

Stowe 100 miler and Maple 24 hour Race VOLUNTEERS
A Sincere Thanks to the Heart of the Race

This past weekend, the inaugural Stowe 100 mile and 24 hour Maple Run occurred. BRUTAL and not very Stowe like weather conditions kept the 100 mile finish rate 0 despite a 32 hour time limit. The high temperature was 88 degree's but the interior of my RV registered an interior temp of 114 degrees, when I was trying to turn it into a cooling station (as well as the promised water station) in downtown Stowe.

In addition to the heat about 5 p.m. or so we had a torrential downpour complete with thunder, lightning and ultimately a rainbow! This torrential downpour soaked nearly all the runners and certainly contributed to lots of chaffing.

Everyone persevered and I hope had a great time.

I did alert registered runners that this was an inaugural event and that there may be glitches. Unfortunately because of the West Branch River moving the location of the main aid station headquarters tent placement the mileage was a bit off. Next year the river better not expand its channel (I say this as a homeowner who actually owns a bit of this river at "BooBerry Rock" that has gained me some land and lost me the entirety of "Indie Island")

There were somewhat because my spring was a rough one with Aunt Rosemary passing away. But also I am mid-way through getting the House of Parliament Bank Building in Brunswick MD, a future outdoor recreation facility, Cat Rescue—Catio and a "Community HUG" space in the Mezzanine Space up and running (www.houseofparliamentbankbuilding.org)

The success of this race was because of the awesome volunteers and teamwork by so many folks that contributed in large and HUGE ways.

My AMAZING volunteers included Karen S, Kay/Julian B, Cathy R, Mike, Erin/Lala C, Cheryl C, Anne/Max J, Sarah C, Judith W

Karen S- was my web-developer, project manager, point of contact for so many things...and my fixer. On a personal note her first "fixer" job was in 2010 when Tristan Massie fell of Mt Theilssen in Oregon when I was happily living the dream at Gaithersburg Maryland. Karen dealt with Alamo, drove me to the airport (cause we already had a car at the airport Tristan had used assuming he would come home intact), took in Gilligan our Bernese Mountain dog, kitty-sat my 3 cats at the time Zaboomafoo, PowderPuff Girl and Sagwa (ie Segway).

I knew Karen could handle any tasks I threw her way. Karen also was my MVP during my Bull Run Run Aid Station Captain Days as she would caravan over 1/3 of my food/utensils/water as I always want a back up.

All of these skills came into play as this inaugural event shaped up. Next year she has agreed to take on even more roles which I know will make the 2nd iteration even better. It is important to note next year likely will be a fatass and definitely will be an invitational so more kinks can be ironed out.

Karen was up and volunteering for more than 20+ hours from the start of the race until she had to head off for some other volunteer work by noon Saturday in Newport News VA where she lives.

Kay and Julian are the Inn Keepers at Riverside Inn. When looking at houses in Stowe in 2021 we stayed there with our kitties for most of the summer. Their lovely Inn and Motel is a warm welcoming place and in addition to our kitties, a lamb has stayed there as well as a horse. Julian and Kay were so kind to share a motel room with the race. And several rooms were used by runners/volunteers despite a bit of a septic catastrophe during the late spring that had them scrambling to fix it. I did get relegated to briefly move rocks in the driveway prior to the race but they worked tirelessly to fix this well before the race!

During the race Kay and Julian set up the aid station, checked on and resupplied food/beverages and watched runners come and go throughout the day and night.

On day 2, Saturday, Kay even paced Rhonda for many miles along the rec trail. Kay was an amazing pacer and at one point was sprinting bringing Rhonda some stuff (as pacers jobs entail!) I think Kay may participate as a runner next year-or a dedicated pacer, although I am not sure if she has caught a full case of the ultra-bug.

Cathy R has been my frequent pacer/safety runner at Vermont 100, my Bull Run Run 50 miler aid station volunteer most if not all the years I was a captain and instrumental in assisting this race run smoothly. She put out the Pink traffic cones at turn points, restocked the aid station, ensured runners were well taken care of and even signed up and ran one full long lap of the 24 hour 1 p.m. start time race. Cathy has been at Stowe multiple times so knows the area and thus was able to effectively help with general issues and logistics and support.

Mike- I have known Mike for about 20 years, first during my initial running of Umstead 100 miler (when I learned from his wife, Rhonda that I really should have had gaiters for that course). Mike has been instrumental in Umstead 100 ensuring that so many tasks get completed from prior to the race, during the race and post race clean up. I have spent many hours with Mike and he is so kind and helpful. At my race he helped at the Riverside Aid Station ensuring the water and Gatorade jugs were filled, the ice was well stocked and the runners were safe. This was invaluable as the race was so hot and I did worry about runners experiencing heat related issues. Mike was a calming presence and so helpful to many-thank you!

Anne and Max J-About 5:30 p.m. everyone including myself were cooked....but what to my wondering eyes did appear but my cousin Anne and her wonderful son Max!! They brought fresh energy, fruit, ice and such kindness and enthusiasm. This was their first time at an ultra and for 7+ hours they were champions!

Max enthusiastically cheered on runners, instigated a dance party and even got us all outside to look at the amazing lightning bug display. Max also helped make pierogies, mashed potatoes and the soup with potatoes, which was a big hit once we figured out the recipe (just so you know powdered chicken boulliane goes REALLY far. And you really just need a spoonful or two for a quart or two of water...not a cup or so!). Once we perfected the recipe it was really yummy and Max says he and I are going into the soup business, which actually is a thing here in Vermont and Stowe!

Erin and Lala-Erin has minimal experience in ultra's so this was a trial by fire for her. But she and her pup Lala did great despite the SUPER HOT weather. They attended to the runners needs, gave so much encouragement and helped out so much.

Erin (and Cheryl) were responsible for a donut run as well as some ice runs that kept the runners moving forward throughout the day.

Erin also took my desperate call very late Friday night/early Saturday morning (between 3:30 or 4 a.m.) when I desperately needed some relief and help with cooking food and manning the aid station. I know the runners and I REALLY appreciated her getting up and helping out so early and doing a great job.

Cheryl C-Cheryl helped out with the runners ensuring all were fed, watered and had their donut and ice needs met. Cheryl rode along with Erin and for pick up tasks (the most important ice resupply) had both working together to ensure runners had so much ice for beverages, to put in ice-y bandana's and all over everywhere.

As with all the other volunteers Cheryl also helped with pack up after the race which is a key tasks and with everyone contributing makes for an easier task.

In addition to this Cheryl did run a half marathon during the event.

Sarah C-I reached out to my former tenant Sarah (who helped Cathy and I many years ago when I cooked about 400 potatoes for Vermont 100 miler) and I think she was intrigued about what an ultra is all about and how in the world runners need 400 potatoes. She now knows and I think and *HOPE* will be running this event next year!

My friend and 24 hour runner: Linda was struggling a bit about 6 p.m. and Sarah got called into being a safety runner/pacer. Off they went to Riverside Inn so Linda could continue her stated goal of completing a 50 miler. The glowing reviews I got from Linda later that evening were exactly why I created and implemented this race. Sarah walked back from Riverside alone then returned to her car which was actually up by the covered bridge turn around.

But wait, there's more! Sarah returned on Saturday morning and helped with Rhonda the last remaining runner on the course (who unfortunately I had a lap count snafu about 3 a.m.) Sarah, Kay and I were all wandering along with Rhonda trying to help her accomplish her goal of 100 miles. Unfortunately math is math so ultimately with a slowdown due to stomach issues and the lap glitch even a 32 hour time limit would not enable Rhonda to finish the 100 mile...but she did make it about 91 miles in about 30 hours. Next year the race will have a 36 hour cutoff.

Before the race there were many folks who helped out that I need to acknowledge:

Jamie R-Last September the idea of a 100 miler started during a conversation. She nudged me along, gave me lots of positive feedback and kept me on track during the fall and winter as I proceeded through the permit process within Stowe (if you ever want to see the dossier I created it is many, many, many pages with tables of contents, rationale and examples and documentation). Ultimately I was given a permit for 50 runners. As I proceeded through the chutes and ladders of this process she listened to me and gave lots of advice and support which I greatly appreciated.

My Registered Runners: Linda, Rhonda, Judith, Elaine, Cathy and Jennifer. As I created the runsignup account I had quite a few snafu's. The runners kindly and gently reminded me when things I thought were fully set up seemed to disappear. And of course my first participant email lacked both the attached letter and the associated map. Oops.

I also did get quite a few clarifying questions that were helpful as I communicated with the runners. I appreciated these greatly as this is my 5th summer in Stowe and likely I have now spent at least 200 or 300

days in Stowe many of which have been spent on the rec trail. So what is obvious to me is not obvious to others. Hopefully next year my documentation is clearer. But also I know have several runners who I know can mentor up the 2027 cadre of women runners.

Judith W-helped “my fixer” Karen and I organize the food for the aid station into bins of “likes” as well as to set up the aid station goods and paraphenelia. She also helped with setting up the runners registration packets and keeping the process moving forward on Thursday.

Judith also gave my kitties so much love before and after the race, which is perhaps the MOST important task in my world. From 3:45 a.m. Friday morning until afternoon noon on Saturday I spent about 15 minutes in my house. And because I live on a main road and my kitties are not street smart they ended up relegated to my master bedroom (which is pretty substantial but had limited people). Judith gave the kitties love, hand fed Indie (who is sadly in the beginnings of both liver and kidney failure) and petted them. Knowing that the kitties were getting extra love despite my neglect during the race made me very happy and I greatly appreciated it!

After the race was completed a short award ceremony was held. By that time I was completely spent and I am so lucky all my volunteers and the runners helped clean up the area and got everything back to my house or Kay/Julians.’

I was so honored to run a bit of the course with both Linda and Rhonda, I was so thrilled to take pictures along the course particularly during the first lap. And I was so happy to help everyone during the peak heat of mid-afternoon with the bucket of ice I wandered along the rec trail bringing the ice to the runners.

It also was such a treat to bring such delight to the runners Friday afternoon when I was able to hand deliver a bunch of ice pops on my e-bike. Next year hopefully I have more volunteers (hopefully runners bring crew/pacers to help out) and I suspect this summer I may rustle up some locals to help out at the race as I volunteer locally at races and trail building and trail work.

Many years ago I worked at Disney World and the mantra they stated and emulated at the time was “EXCEED EXPECTATIONS” I hope I did this during the 2026 race and hope I will have the honor to do this in 2027.

I know that if I was able to exceed expectations it was only because of my full set of volunteers as well as amazing runners who participated in this race!

Happy Running!
Tammy, Cloppie and Indie