

1st annual
Wulfman's Continental Divide Trail 14 K
(Saturday, 28 June 2008)

Wulfman's Continental Divide Trail 14K was created as a tribute to the late John "Wulfman" Wulf of Butte. The race was held one year to the day of the Wulfman's passing, and the trail was one of his favorites.

One tech-savy race management team member (Gary Gurtler) constructed a starting device for the race which produced a continuous sequence of 15-second, red-yellow-green light flashes that were punctuated with an audible "BEEEEEP." Each of those beeps signaled one runner to start out onto the course.

Beginning at 8 a.m., a clear and sunny morning greeted 116 runners who started at staggered time intervals. Two runners who missed their assigned starting times were the author of this article and his wife (Ray & Nicole Hunt). At 7:11 a.m. the same morning, we were in a hospital paying the ultimate tribute to Wulfman. Our first child was born by emergency C-section at that time on the first anniversary of Wulfman's death. We had a boy, who we named Eon Journey, and no we are not Rainbow members (though we hold nothing against those people).

The race winners today were Sarah Keller of Billings and Thomas Jodoin of Helena. Jodoin (pronounced "Joe-dn") came to trail running from his super-duper-fast history of middle-distance track racing, while iron-woman Keller came to this race from the opposite extreme of duathlon, marathon and triathlon.

2008 Men's & Women's Victors from Wulfman's CDT-14K



Thomas Jodoin (shown here on some wintery jaunt) completed Wulfman's CDT-14K in 58:51.



Masters division endurance athlete Sarah Keller (photo from 2004 collegiate race) earned an 18 second margin of victory among all women, with a time of 1:10:37.

The 27 year old Jodoin, known affectionately to children in his Helena neighborhood as "the tallest man in the world," listed his height as "19 hands" and his weight as "11.5 stone." Those familiar with old English measurements, would rightly picture Jodoin's sleek, Abe Lincoln-like body features, and Jodoin put those long-lever-legs to good use here today, by propelling himself over the CDT in a time that made him the only runner to finish faster than one hour. His time was 58:51.

Keller (42) doubled up as winner in the women's open and masters' age divisions with time of 1:10:37. One of Keller's greatest career athletic achievements came when she placed fourth in the 2002 World Long-Course Duathlon Championship which was held in Austria. She also finished Hawaii's 2003 Ironman Triathlon in the outstanding time of 11 hours and 14 minutes.

Jodoin considers his greatest athletic feat to be his ongoing 15-year injury-free streak of consistent training. He credited his streak with helping him to steadily improve his endurance in longer races, and although he still enjoys track racing, he says he prefers running trails for longer distances because "it is somewhat easier mentally because it is more than just plodding along. There is just so much more going on that is it more stimulating. I believe trail running is probably the most efficient workout because I can get an anaerobic and aerobic workout and develop coordination in the same run."

Jodoin, who plans to return and defend his 2008 Wulfman's title, predicted that 2009's south to north course direction will lend itself to faster finish times than this year's north-south route. If that is true, Jodoin may lead the small group of elite men who have a reasonable possibility of eclipsing the 4-minute barrier on the course -- that is, averaging less than 4 minutes per kilometer to produce a finish time under 56 minutes. Race officials plan to offer a \$100 bonus to the 2009 race winner if he eclipses that barrier. The same bonus is planned for the first place woman if she finishes faster than 66 minutes.