

Cahaba River Ramble Trail Race Results

Howdy folks. I hope everyone had a great run on Sunday...I know I sure had a fine time sharing my "secret spot" with you. The Cahaba Refuge is truly a remarkable place...and of course my hope is that by exposing you to the Cahaba you will want to take care of it... Like we say: Get Wet. Get Wise. See the River.

We had 135 people from 6 states register for the two races, 54 in the 10 miler and 81 in the 5k. We had folks from Illinois, Texas, Florida, Tennessee, Georgia, and of course sweet home Alabama. A few folks didn't show up, a few only registered to give us their support, while a few others snuck past without giving up race #'s. Here are the results for the rest of you. Great Job!

Patrick Broderick blazed the 10 mile race in 1:11:47, while Alison Hulseby took the women's crown in 1:23:39. Yes, she is my wife, and yes, she is faster than me... Alex Bunn, Todd Henderson, Mary Jo Schmalz and Brooke Carruthers rounded out the 10 milers winners circle. Even from the finish line, I could hear people cursing me from the ridge-top. Come on; admit it...now that it's over and you've had time to let it sink in...you LIKED the Great Equalizer. Every great trail run needs a notorious section. .. And you had to have enjoyed all the Oak Leaf Hydrangea in full bloom on your way back down.

In the 5k race Jason Lackey had no problems, winning in 21:08. Similarly, Aytrea Barnette cruised in to take the win in 23:18. Katey Lackey, Stephanie Thomas, Robert Jackson and Jay Heatherly also took home prizes with outstanding times. Be sure and check out all the pictures at www.amylewissides.com There are great shots of almost everybody that you can purchase. I should have a slideshow of the finishes up on the site in a couple of days, as well as these results and an informal survey. I would love to know what we can do to make it better. If you liked it, please send an email to stephen_a_miller@fws.gov and tell him you think it's worth having again next year.

Next year we will have an earlier start, and perhaps even hold the event on the Saturday previous to Memorial day weekend...that all depends on what people want. Thanks again, and we'll see you next year! ---Shane Hulsey

Thanks to High Country Outfitters/Urban Outpost staff for all the prizes, the socks, and all the help and kindness. These guys are the real deal. Thanks also to Salomon, Merrell, Camelback, Outdoor Research and Todd Walton, The North Face, Trail Runner Magazine, Buffalo Rock for the water and Gatorade, Allcomm Communications and Brad Hinds for the radios, all CRS staffs always, all the incredible volunteers: Lisa Buck, Annette Harris, Paula Fancher, Ricky Lecroix, Rachel Reinhart, Tom Hagood, Joe Schuster, Roland Ryan, Jaclyn Sontaag, Brandon Gardner, JM Cifonie, Donald and Billie Sue Hulsey, a BIG THANKS to Marty Schulman who helped me do LOTS of trail work, Dwight Cooley, James Allison, Sierra and Jimmy Stiles, Debbie Pezzillo, all of our Board Members that helped out and supported us, The Friends of the Cahaba Nat'l wildlife Refuge, Steve Miller for letting us put on the race in the first place, the National Fish and Wildlife Foundation, and everyone else that made this event possible.

10 Mile Race: (54 total registered)

1. Patrick Broderick, 27, Birmingham 1:11:47
2. Alex Bunn, 22, Athens, Ga 1:15:30
3. Todd Henderson, 38, Sylacauga, Al 1:17:30
4. Robert Pless, 42, Birmingham 1:18:42
5. Andrew Connell, 24, Tuscaloosa 1:23:10
6. Alison Hulsey 26, Birmingham (1 F) 1:23:39
7. Gregg Hardwick, Helena 1:24:40
8. Gerry Day, 35, Vestavia 1:25:04
9. Jim Wiley, 27, Birmingham 1:25:45
10. Ryan Reardon, 34, Homewood 1:26:02
11. Harri Haikala, 43, Birmingham 1:27:18
12. Mary Jo Schmalz, 40, Bham (2 F) 1:1:27:45
13. Brooke Carruthers, 34, Bham (3 F) 1:30:42
14. Tony Crumpton, 33, Birmingham 1:31:56
15. Victor Zirkelbach, 26, Hoover 1:33:22
16. Mark Carmichael, 37, Birmingham 1:34:01
17. Mike Stansberry, Hanceville, Al 1:34:18
18. Craig Kelly, 57, Huntsville 1:34:33

19. Faris Malki, 31, Birmingham	1:35:15
20. Darryl Thomas, 49, Hoover	1:35:36
21. Ben Eubanks, 20, Falkville, Al	1:39:20
22. Patrick Willard, Birmingham	1:39:59
23. Jim Schmalz, 40, Birmingham	1:40:00
24. Jen Cifonie, 32, Birmingham (4F)	1:41:27
25. Melonie Mcbrayer, 38, Homewood(5F)	1:42:08
26. Scott Sweat, 36, Birmingham	1:42:31
27. William Potter, 59, Selma, Al	1:43:55
28. Robert Applebaum, 42, Birmingham	1:44:49
29. Jeanne Fourie, 32, Birmingham (6F)	1:47:49
30. Maggie Amsler, 48, Pelham (7F)	1:47:50
31. James Bunn, 52, Hoover	1:48:12
32. Beth Dreher, 27, Birmingham (8F)	1:48:53
33. Willie Clemons, Chelsea, Al	1:49:47
34. Randall Cahffinch, 42, Hoover	1:54:02
35. Dauna Coulter, 50, Huntsville (9F)	1:54:40
36. Melissa Love, 39, Oxford, Al	1:56:08
37. Patricia Lattner, 41, Tuscaloosa	1:57:07
38. Diann Tolbert, 53, Huntsville	1:57:18
39. Jessica Dallow, 35, Birmingham (10F)	1:58:27
40. Allyson Edwards, 41, Leeds	1:58:31
41. Matthew Coleman, 36, Birmingham	1:59:08
42. Ellie Jo Malki, 30, Birmingham	2:03:58
43. Autumn Bobo, 29, Oxford, Al	2:04:40
44. Joanna Gilbert	2:07:18
45. Lauren Jones, Hoover	2:07:21
46. Debbi Higginbotham. 50, Huntsville	2:27:06

5k Race (81 total registered)

1. Jason Lackey, 28, Hoover	21:08
2. Aytree Barnette, Homewood (1F)	23:18

3. Robert Jackson, 37, Anniston	24:13
4. Jay Heatherly, 27, Auburn	25:55
5. George Baldwin, 23, Pleasant Grove	26:48
6. Christopher Engel, 36, Birmingham	27:07
7. Roger Keel, 48, Homewood,	28:31
8. Katie Lackey, 26, Hoover (2F)	28:33
9. Rick Williams, 48, Birmingham	28:48
10. Mitch Dean, 19, Birmingham	29:03
11. James Allison, 55, Rutledge Ga	29:30
12. Tom Hagood, 52, Birmingham	29:31
13. Stephanie Thomas, 15, Hoover(3F)	29:32
14. Paul O Connor, 29, Scottsboro, AL	29:33
15. Kaela Brinkman, 15	29:37
16. Stephanie Newman, 44, Homewood	29:39
17. Sandra Paxton, 36, Madison, Al	29:45
18. Bridget Kinsella, Chicago, Il	30:13
19. Phil Segroves, Chicago Il	30:15
20. Mark Coyle, 37, Birmingham	30:15
21. Flint Liddon, 41, Birmingham	30:18
22. John Carchedi, 56, Georgetown TX	30:42
23. Bill Bowman, 62, Birmingham	30:45
24. Mark Myers, 49, Hoover	30:54
25. Charles Whitson, 64, Hoover	31:16
26. Mitzi Dayball, 43, Chelsea, Al	31:25
27. Mark Rikard, 44, Birmingham	31:38
28. Kristen Kirksey, 25, Chattanooga TN	31:58
29. Angela Rausch, 27, Columbiana AL	32:01
30. Virginia Freeman, 37, Birmingham	32:19
31. Paul Freeman, 36, Birmingham	32:35
32. George Barckley, 42, Mt Olive	33:06
33. Madeline Haikala, 41, Birmingham	33:07
34. Candace Schlosser, 39, Bham	33:13
35. Steve Nelko, 55, Northport	33:16
36. David Slobodon, 67	33:18

37. Richard Carroll, 49, Tuscaloosa	33:22
38. Liz Tharpe	33:37
39. Abbie Dean, 20, Bham	33:56
40. Jenny Blair, 46, Hoover	33:58
41. Landon Henderson, 9, Sylacauga	34:07
42. Bobby Barnette, Homewood	35:12
43. Courtney Pigford, 32, Bham	35:16
44. Kelly Harbin, 27, Bham	35:31
45. Joni Schopp, 44, Hoover	35:37
46. Cindy Lowery, 32, Bham	35:47
47. Lauren Fine, 25, Bham	35:53
48. Hilary Aten, 26, Bham	38:00
49. Cody Callahan, 45, Bham	38:08
50. William Callahan, 42, Bham	38:09
51. Allissa Haikala, 14, Bham	38:10
52. Brenda Cummings, 65 Huntsville	38:15
53. Katrina Plyer, 30,	38:17
54. Shanna Sweet, 23, Birmingham	38:30
55. Stephanie Nevin, 21, Helena	38:32
56. Dick Pigford, 59, Leeds	39:04
57. Dana Pigford, 56, Leeds	39:57
58. Jaquelyn Overbeyhart, 34, Bham	40:31
59. Mary Martin, 59, Bham	40:54
60. Eleanor Delbane, 64, Trussville	41:02
61. Jimmy Cash, 49, Homewood	41:34
62. Diana Dupraw, 27, Bham	41:51
63. Ashley Hulsey, 35, Bham	42:23
64. Jamie Henderson, Sylacauga	42:42
65. Suzy Donnelly, 40, Naples Fl	43:37
66. Laura Bass, 47, Homewood	44:05
67. Debbie Pezzillo, Leeds	44:16
68. Mallory Henderson, 11, Sylacauga	44:17
69. Katie Pezzillo, 24, Leeds	46:51
70. Jennifer Jones, 22, Bham	51:42

