



FLUT 100K Relay: Race Report

By Jennifer Schmidt and Jose Zaragoza

Jennifer's part:

We started long before sunrise, dozens of headlamps lighting up surprisingly cheerful faces. The solo runner next to me joked that all he wanted out of FLUT was to avoid diarrhea. [He ran a fantastic race, finishing second.] Poop jokes at 5:00 am? I love trail runners.

As the first leg of the relay, I got to start with relay and solo runners alike. Relay runners wore a little fluorescent wristband, so I was impressed to see that none of the runners in the front of the pack after the first mile had wristbands. Those guys were incredibly inspiring – Adam Kimble, the eventual winner of the solo race, held sub-7:00 pace for the first 46 miles.

The sun didn't rise until around mile 10, giving me plenty of time to regret not investing in a brighter headlamp. I love technical singletrack... when I can see my feet. After sunrise, though, the rest of the 22 miles were delightful rolling singletrack (plus Cardiac Hill). My part was done by 8:30 and I had a blast the rest of the day watching Zach and Jose crush their first-ever trail race!





Jose's part:

I started my morning trying to figure out when and what to eat. I never raced a long enough distance to worry about fueling. I had a difficult time estimating when our second leg (Zach) would arrive at the exchange area/aid station. I arrived about 90 minutes early but Jennifer and Adam Kimble's crew were there to keep me company. Adam Kimble (a man who ran across the U.S. in 60 days) was the first to arrive to the aid station and Zach came in about 25 minutes later looking strong. I took off way faster than I should have because I knew there were a couple of guys not too far behind me. At this point I had given up on catching up to Adam and was more concerned about being caught by those two guys. After a few miles I turned back and there was no sign of either of them, but I continued pushing because 22 miles is plenty of distance for them to close the gap. Around mile 9 into my leg, I see Adam sitting on a rock stretching his calf assuring me that he was ok and that he would start running again shortly.

The second half of the race was even more exhilarating as I spent the rest of it worried that Adam was going to pass me. After a couple of ankle twists and a fall, I finally hit some road. I tried to switch gears and realized that after 2.5 hours of running, those gears were no longer there. I finally arrived to the finish line and I was happy to see my team cheering for me. It took me over 3 hours to run 22 miles (a distance and time PR) but I feel like I gained lots of mental strength from this experience. Overall, this was a fun race and I hope to return next year with the "GVH Coalition" to defend our title!

