

# Flitton and Bates win 2003 Crazy Bob's

**F**or 30 years folks have been trudging up Bair Canyon in pursuit of only that which the pure mountain air and the scintillating views of heaven from high above Death Row can begin to articulate. And for eight of those years, Todd Flitton, the perennial bridesmaid, the man to whom second through fifth has fallen more than any other - well, up until now Flitton, the Good Doctor himself, has been an also-ran.

But never more, because Dr. Todd Flitton won Crazy Bob's Bair Gutsman Saturday, July 26, going away. Something he's never done before and something he hopes do more often.

Todd Flitton has learned the secret. He's been laying down personal records lately. This one came at Crazy Bob's Bair Gutsman in 1:56:54 on a relatively cool morning during a week of 100-degree days. But two days earlier, he set a PR at the Deseret News 10K.

Not a bad string of accomplishments over a three-day confrontation with the Forces of Evil.

Flitton led from the start, leaving the church opposite City Hall in Fruit Heights and, just more than a mile later, when the runners hit the trail head to Bair Canyon, he was in front and he never relinquished his lead, only stretching it as he ascended the notorious elevation climbs preliminary to and during the Death Row March. Then, as if gathering himself, he cruised past the radar tower at close to 9,000 feet and then down along the road before he hit the finish line and collected his bronze eagle trophy.

It was exactly the same trophy collected by his counterpart, Suzi Bates, 39 years, old, who won the women's race in 2:12:16. Ms. Bates was seventh overall, just behind the anonymous runner who registered for the event, ponying up his entry fee, but neglecting to write his name, age, and sex on his race tag despite the entreaties of the three volunteers who were yelling just those instructions to runners at the registration area. (The Mystery Man was later discovered to be Shane Martin, for whom the Gutsman is an annual excursion into the underbelly of human experience and for whom arriving on time, paying for the race, and then, generally, touching all the bases except the fundamental base of crossing the finish line, is a Herculean accomplishment - in other words, exactly the sort of person Crazy Bob would have considered a good friend.)

Mr. Flitton, 40 years old, was followed by 24-year-old Devin Healy, who led a Healy Family onslaught of some five Healys confronting the mountain. Healy finished in second place in 2:07:13.

The two top men were followed by Dan Kerns, 45, 2:08:08; Steve Barnes, 33, 2:10:34; and Lars Anderson, 38, 2:11:16. Then came the aforementioned no-name-on-tag, Shane Martin, in 2:11:16.

Ms. Bates and Mr. Flitton won a set of Glen's Tires "nearly new" guaranteed radial tires and the coveted bronze eagles. That on top of the satisfaction of being standing champions for a year until they take up their defense against the interlopers.

Women finishing second through fifth were: Laurie Anderson, 37, 2:19:54; Laurie Hutchison, 39, 2:26:53; Deanna McLaughlin, 47, 2:34:30; and Carrie Neiderhauser, 23, 2:35:53.

Oh, and yes, the training secret Dr. Flitton has recently employed that brought him down a few pounds and increased his strength, endurance and speed? King Hell cycling on the order of Lance Armstrong taking on the Alps. Flitton says once or twice a week he does some heavy hill work in the mountains around Morgan and Ogden Valley. "I think it's giving me more quad strength," he said. "It seems to have really made a difference."

Indeed.

## 2003

# Crazy Bob's Bair Gutsman

11 to 13 miles

take your pick

Chronological

Name/Age/Time

Todd Flitton/40/1:56:54

Devin Healy/24/2:07:13

Dan Kerns/45/2:08:08

Steve Barnes/33/2:10:34

Lars Anderson/38/2:11:16

Shane Martin/\*/2:11:16:8

Suzi Bates/39/2:12:16  
Nick Ridd/25/2:14:03  
David Ripplinger/19/2:14:34  
Tyler Bass/17/2:15:43  
Arne Hultquist/45/2:16:28  
David Toone/45/2:18:34  
Brian Hamos/39/2:19:32  
Mike Bills/30/2:19:38  
Laurie Anderson/37/2:19:54  
Paul Servey/29/2:21:56  
Trevor Burnett/24/2:24:07  
Kim Lundgreen/45/2:24:12  
Eric Jensen/28/2:25:20  
Steve Petty/40/2:25:48  
Rick Black/44/2:26:00  
Lorie Hutchison/39/2:26:53  
Keith Klundt/40/2:27:00  
Niels Bigler/36/2:28:14  
Dave Healy/57/2:28:48  
Brett Bass/38/2:31:59  
Wes Ridd/24/2:33:15  
Trace Lund/32/2:33:32  
Chad Holmes/29/2:34:09  
Deanna McLaughlin/47/2:34:30  
Jessie Strickland/21/2:34:51  
Brian Law/44/3:35:00  
Doug Evans/37/3:35:02  
Carrie Niederhauser/23/2:35:52  
no name on tag 4497/2:36:09  
Jon Stromberg/40/2:36:33  
Aaron Little/28/2:37:14

Alecia Finlinson/28/2:37:58  
Andrew Wahlstrom/\*/2:37:58  
Cindy Bell/32/2:38:20  
Chad Iverson/31/2:39:12  
Kristen Fullmer/21/2:39:50  
Greg Lawson/61/2:40:14  
Tyler Burnett/24/2:42:11  
Maria Fisher/38/2:42:45  
Juli Blanch/34/2:44:48  
Pablo Ribaldi/35/2:45:23  
Christy Turnbull/29/2:45:44  
Stephanie Povey/43/2:46:03  
William Little/52/2:46:42  
Rand Blair/22/2:48:20  
Ben Smith/34/2:48:48  
Carson Dickson/27/2:48:53  
Scott Heusser/25/2:48:53:5  
Ginger Stanton/24/2:49:28  
Richard Emlet/49/2:49:34  
Ray Curry/50/2:50:36  
Stan Penrod/36/2:52:30  
Amy Jensen/32/2:52:50  
Mary Ellen Haycock/29/2:52:50:5  
Dave Martin/46/2:52:55  
Dave Jensen/43/2:53:33  
Shelly Seibel/39/2:53:48  
Lori McKnight/25/2:53:57  
Heather Black/\*/2:53:57:6  
Joni Taylor/28/2:54:40  
Andrew Pavlovich/20/2:55:58  
Dan Vause/23/2:56:06

Jaci Cummings/40/2:56:56  
Matt Mills/35/2:57:29  
Paul Burnham/35/2:58:49  
no information on tag 4482/2:58:51  
Julie Duerden/41/2:59:00  
Sherry Iverson/29/2:59:54  
Judy Cooley/39/3:00:14  
Erik Cooley/47/3:00:14:9  
Kirk Gallacher/14/3:00:45  
Dave Capson/41/3:00:46  
Tanner Trujillo/22/3:01:45  
Andrew Wittwer/32/3:01:51  
Todd Baird/34/3:02:16  
Jessica Ridd/23/3:05:10  
Spencer Cooper/\*/3:05:11  
Breona Carter/21/3:05:15  
Scott Waterfall/48/3:05:55  
Angie Flatau/39/3:06:58  
Jason Dana/33/3:08:56  
Ben Romney/24/3:10:04  
Blake Haycock/36/3:10:14  
Jim Ackley/36/3:10:14:8  
Lowell Hawkes/60/3:10:17  
Matt Cook/31/3:11:32  
Nick Jensen/21/3:14:06  
Michael Gallegos/41/3:14:21  
Charles Trujillo/23/3:14:22  
William Stirling/40/3:14:33  
Hazel Riley/45/3:15:04  
Amber Strickland/20/3:15:21  
Robert Sanders/32/3:15:46

Angela Bullett/26/3:16:14  
Janica Horner/25/3:16:22  
Paula Heusser/30/3:16:32  
Chase Skidmore/17/3:16:33  
Mike Martineau/18/3:16:46  
Ritchie Olsen/47/3:16:57  
Amanda Pace/16/3:17:23  
Brian Deeter/37/3:17:40  
Brent R. Scott/52/3:17:50  
Kristin Healy/20/3:18:38  
Ryan Healy/25/3:18:38:8  
Doug Emerick/64/3:19:08  
David Sanders/323:19:09  
Brooke Stromberg/11/3:19:22  
Robert Green/45/ 3:19:37  
Trent Weaver/45/3:19:40  
Dirk Keyes/29/3:19:49  
Tanner Neiderhauser/23/3:19:50  
Dallen Smith/13/3:19:55  
Tod Smith/43/3:20:03  
Nathan May/23/3:20:29  
Steve Hatch/46/3:20:34  
Denise Osuna/32/3:20:35  
Cindy Gallagher/35/3:21:58  
Sheth Owen/26/3:22:14  
Sue Fairbourn/23/3:24:24  
Mark Pugmire/45/3:24:45  
Kit Ishimatsu/41/3:25:04  
Mike Landheim/32//3:25:56  
Shane D. Smooth/43/3:26:56  
Scott Peterson/48/3:27:05

John Yzurdiaga/62/3:27:12  
Lynda Ashbury/42/3:27:18  
Douglas Pierce/36/3:27:22  
Michael Gary Belnap/50/3:28:38  
Brenda Frazier/32/3:29:02  
Lisa Larson/40/3:29:34  
Robert Trefth/51/3:29:35  
Iris Tolley/61/3:29:58  
Paul Lawrence/43/3:30:15  
Rebecca Heusser/28/3:30:32  
J.D. Frazier/32/3:30:48  
Ed Hemphill/36/3:32:09  
Lauri Schiesz/40/3:33:36  
Lance Pratt/39/3:36:37  
Sharon Yamato/54/3:33:58  
Richard Seaman/43/3:34:00  
Heather Richmond/37/3:35:46  
Kristen Piteck/\*/3:35:47  
Peter Matheson/42/3:35:48  
Nicole Meppen/20/3:35:54  
Brad Iverson/26/3:35:55  
Seth Brinkerhoff/26/3:36:37  
Brandon Knudsen/26/3:36:38  
Kurtis Ure/40/3:37:53  
Tom Meyer/33/3:38:21  
Colette Singleton/37/3:38:37  
Sydney Galbraith/41/ 3:38:38  
Rich Shaw/47/3:38:45  
Mason Neiderhauser/28/3:39:30  
Nicole Vreeland/31/3:39:53  
Nathan Hair/25/3:39:54

Jamie Burnett/35/3:40:22  
Mike Garlick/45/3:40:23  
Farrell Skidmore/47/3:41:40  
Cory Crossley/35/3:41:39  
David Lewis/14/3:42:07  
Jane Jensen/49/3:42:34  
Diane Boston/32/3:42:47  
Kimball Ball/37/3:44:23  
Gary Larson/44/3:45:31  
Robert Peterson/37/3:49:59  
Bill Rosqvist/63/3:50:22  
Terry Jensen/60/3:50:24  
Vicky West/56/3:50:26  
Diane Langston/38/3:54:29  
John Rhodes/42/3:54:21  
Ann Park/26/3:54:31  
Chantel Astorga/17/3:57:13  
Perry Trujillo/43/3:59:22  
Nylin Johnson/44/4:01:38  
Amy Wallace/18/4:01:56  
Brent Kimball/39/4:02:17  
Mike Hichen/46/4:02:25  
Joyce Wiley/58/4:02:39  
Annie Hatch/18/4:04:27  
Cheryl Landheim/53/4:04:52  
Kori Scott/28/4:05:07  
Brent D. Scott/29/4:05:07:5  
Bret Poll/31/4:09:15  
Kathy Hatch/46/4:09:58  
Michael Sanders/62/4:09:59  
Shana Robbins/33/4:10:23



Stephanie Poll/30/4:10:25  
Jill Naylor/42/4:13:23  
April Stoddard/31/4:17:22  
Craig Wilcox/36/4:20:55  
Wendalee Witwer/32/4:20:59  
Jodi Martin/44/4:21:06  
Erik Singleton/37/4:24:03  
Chuck Singleton/66/4:24:03:5  
Mike Raider/24/4:24:28  
Tiffani Moench/32/4:25:36  
Brent Stuart/44/4:30:21  
Cheryl Johnson/42/4:30:41  
Amy Hayter/32/4:30:41:5  
Whitney Dustin/15/4:31:45  
Rockie Dustin/45/4:31:45:5  
Linday Burnett/21/4:31:47  
Alan Robison/52/4:33:02  
Kathy Iverson/56/4:33:49  
Ashley Bennett/13/4:34:58  
Joan Bennett/13/4:37:28  
Brandon Sorenson/\*/4:37:29  
Kristy Tomlinson/39/4:38:11  
Jim Ridd/50/4:38:12  
Abbie Ridd/15/4:38:35  
Pete Zisumbo/38/4:41:58  
Kim Peterson/28/4:42:01  
Chelle Zisumbo/34/4:42:28  
Chad Miller/37/4:44:37  
Nile Rassmussen/49/4:50:45  
George Snell/70/4:50:46  
David Lewis/\*/4:51:36

Sherrell Healy/58/4:52:05

Vance Garfield/53/4:53:14

Jill Jacobsen/50/4:54:24

Gary Iverson/59/5:13:17

Martial Thirsk/62/5:13:18

\*not given