



# *A Humdinger of a Race*

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Photos compliments of Dave Decoteau

# The Geisinger Humdinger

Outdoor Recreation



I'm not crazy. I'm just up for a good challenge. Fortunately, I signed up for the 2008 Geisinger Humdinger **7.1 Mile Trail Run**. This race is part of the Rivertown Race Series and is sponsored by the Montour Area Recreation Commission. I figured this would be a great, early season race to test my stamina and ability.

I show up at The Pine Barn Inn on race day and I'm ready to go! In my mind I'm thinking that the snow we had last night, about 3", will actually be a good thing. The trail is probably full of icy patches. The snow will have covered the ice and that helps to decrease the trail danger. Ice isn't your friend when you're running a race like this. The trail has approximately **3.51 miles of climbing**. That's right...climbing! It brings you up about 1,483 feet then, like some sick roller coaster, brings you speeding back down. Some of the terrain is so steep and precarious that you have to use your hands AND your feet. You feel more like you are climbing a rock wall rather than running a race. If you're not concentrating hard and being ever so cautious, you run the risk of slipping off the course or tumbling down one of the icy

slopes. Good fortune was with us during this race; only minor bumps and contusions were reported. The only blood I saw was on the race doctor so if someone had to bleed...

It's a zany race made even more outrageous by the fact that the **32 degree weather** seemed just about perfect. The sun was out if you looked above the trees, the winds were generally calm. If the racers had a chance to look up without getting trampled by other eager runners, they would have seen a most spectacular March day. Spectacular except for the grueling task at hand...the running...the climbing...ah, but the elation that comes with finally being done...then the hot Chili and cold beer that await you at the post race awards ceremony. I get to sit back and relax, enjoying the satisfaction that only running up and down 7.1 miles of frozen single-track trails can bring.

I thoroughly enjoyed putting myself through the paces for this race. It benefits a great cause, makes me step up and push myself to the limits. It also makes me hope for snow for the 2009 race...that's right, I'll be checking [www.rivertownrace.com](http://www.rivertownrace.com) to stay informed about this and all the races in this series.

I'll be back, but I'm still not crazy.

