

# ers Running Far on Superior's South Shore, COVID or Not!

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COVID-19 has, of course, cancelled most events this summer. For runners who enjoy races and training, it has been a challenge to keep motivated in the summer heat with no races on the horizon. So, why not make the best of the current situation and create some unique running adventures close to home on the South Shore? In June, my running buddy, Brenda Goetz, devised a 20-mile course through Orienta, which we trained for and enjoyed doing together. Then we set our goals a little longer.

I had done multiple marathons, near and far, and lots of local races of varying distances, but had never before run an ultra-marathon distance (defined as anything longer than a 26.2-mile marathon). Brenda had done many races including two 50K



Brenda Goetz and Pat Murphy getting ready to set out on a 40+ mile run on Saturday, July 18, 2020.



Stats for the run: Time 8 hours, 27 minutes, 33 seconds; 40.40 miles; 3,650 calories!

ultramarathons. So, I devised a course (using ) where we could each push ourselves to run longer and further than either of us had before. We picked 65 kilometers (40.39 miles) as the distance to shoot for since I turned 65 years old this year. We decided to do it on Saturday, July 18.

After a night of storms, our hot and humid run began at 6 a.m. when the severe thunderstorm warning lifted. We started and ended at the

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## Running Far on Superior's South Shore...

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Herbster beach, with a jump into the lake at the end. The route had a lot of variety, covering beautiful wooded and sun-drenched gravel and asphalt roads and trails along the lake, by the Bark Bay Slough, through and around Cornucopia, Spirit Point, Roman's Point, Blueberry Lane, Lost Creek Beach, and back to Herbster via Bark River Road, Clover Cemetery and Lenawee Road. We left drop bags with drinks, food, sunscreen and a change of shoes and socks at the driveways of three friends who lived at strategic places along the way (mile 17, 24 and 31) so we didn't have to carry everything we would need to make it through. The high heat and humidity were intense, though, so we were happy to get water from friends at a few extra places along the way.

I had told a few friends and also members of Best Feet Forward, a women's fitness group that I lead, that we planned to do it. I invited them to walk, bike, run, or cheer us on along the route, while social distancing, if they liked. I did not expect many to turn out given the extreme weather and the unknowns of when we would be in a particular place along the route. Brenda and I motivated each other from opposite sides of the road along the way. And, it was truly magical and super fun to have so many people show up and encourage us along the way, whether waving and cheering from passing cars to running, walking, biking, operating mobile aid stations by car and motorcycle, offering us water to drink and pour over our heads, posting signs, spraying us with a garden hose, offering us

treats, taking photos and so much more. Many people met us at our imaginary finish line at the beach and some joined us in jumping in the lake. A very long, and very slow run for two endurance running nuts became a safe and fun community event, a rarity in the pandemic! Brenda and I are ever grateful to all who encouraged us and helped to turn a steamy, hot 8 and ½ hour slog into an amazing adventure.

Never underestimate the power of running to bring people together and inspire one another (even while social distancing)! People are already asking what's next and how they can take part. We're scheming. I hope our story will inspire you to put on your running or hiking shoes and hit the roads and trails! One foot in front of the other, repeat! See you out there!

**Pat Murphy**  
Herbster, Wisconsin



Brenda Goetz (left) and Pat Murphy (right) take a very refreshing dip in Lake Superior to cool off following their 40.40 mile run along the lake and south shore towns of Herbster and Cornucopia.



The runners still looking quite fresh at mile 31 near the Town of Clover Cemetery, where a cooler with drinks and a change of shoes waited for them. Pictured, left to right: Mary Anne Morris, Colleen Greene, Brenda Goetz, Darlene Joecks and Pat Murphy.



Celebrating the successful endeavor are, left to right: Sara Mustonen, Mary Agostine, Brenda Goetz, Mary Anne Morris, Max Campbell, Darlene Joecks, Nancy Langston, Pat Murphy, Sue Kemnitz, Colleen Greene and Cindy Hurt.