

## **FANS 12-Hour in Minneapolis by David Holmen June 2012**

On June 2, 2012, I ran the FANS 12-Hour Run in Minneapolis, MN. After traveling to so many races, it was nice to do a home town race. FANS is my favorite race. I've done the 24-hour race seven times, and this was the second time I did the 12-hour race.

In the past, I've done this race competitively, but this year I was using the race as a long training run for the Western States 100. I thought 100K would be a reasonable goal that wouldn't take an all-out effort. I was wrong.

The FANS course is a 2.42.17 mile (mostly) paved loop around Lake Nokomis. Before the first full lap around the lake, we do an out-and-back segment that's 1.656 miles. The purpose of the out-and-back is so the 50 mile and 100K splits are each at the end of a lap. Volunteers count each runner's laps.

Until the last hour of the race, you must complete a full lap around the lake for it to count. In the last hour, you have the option of switching to "short laps," which are on an out-and-back segment that's 1/8 mile each way.

There are two aid stations on each lap, and I took walking breaks after each aid station. At first, I was on a pace that would get me to about 65 miles. By the time the race was half over, I was already tiring. I knew I would get to 100K, but I would have to work for it. I ended up reaching 100K with about 20 minutes to spare, and then I did another 1.5 miles on the short course. I was pleased to reach my goal, but I'm concerned that it took so much effort.

On a positive note, this race was a great opportunity to get used to eating solid food. At Western States, I'll get some of my Calories from gel packets, but in this race, I relied entirely on Gatorade and solid food. I sampled a variety of foods, including PBJs, bananas and fig bars. Later in the race, they had pizza. From that point on, I had a thin slice of pizza after every lap. In all, I had five slices of pizza. I'm pleased with the amount of solid food I was able to eat without any discomfort.

FANS started out as a local race that would draw a few ultrarunners from other states. In recent years, it's become popular with a few members of the 50 States Marathon Club and the Darkside Running Club. It's also one of the few races in North America where race walkers can earn a Centurian badge for walking 100 miles in 24 hours. Walkers traveled from several different states, and one walked nearly 102 miles.

There are always a number of runners who post impressive results at this race. This year, John Maas celebrated his birthday by not only winning the 12-hour race, but setting an American age group record. Twenty-three runners reached 100 miles in the 24-hour race and twelve reached 100K in the 12-hour race.