

Paradise "Whitefish Point" U.P. Michigan Marathon Trip Notes June 13-17, 2013

First up is "Why this marathon?" When Myrtle Beach SC marathon was canceled for snow (2008?), at least two marathoners were up a creek for their 50-state finish since SC had so few marathons. In comes Diane who convinced a young professor to create an event. That marathon, called Kings Mountain, comprised of 14 participants of which two were completing their 50-states, and one was Rob. We kept in touch, he moved to Upper Peninsula, and now has created a Paradise marathon at Whitefish Point. Some of us used this as a reunion.

Now for the review and the question of "Why Go to Paradise?"

- If you love serene runs, lots of unadulterated nature, friendly villagers, special care and attention on the course to include lots of food, plus water-water everywhere, this is for you.
- If you need a big city, empty roadways, lots of people, go to Traverse City instead.

Registration was easy and dirt cheap at about \$35. It even included the administrative fee, a shirt, and lots of service. I'll suggest that even \$50 would seem cheap. All funds go to the Paradise library.

Getting to Paradise was a challenge. I flew into Sault Ste. Marie Ontario since I had a free awards ticket. Rental car was only \$121 for 5 days and about 1 ½ hour drive. There is a U.S. Sault Ste. Marie about ½ hour closer. Some drove from Marquette (3 hours) or Detroit (6 hours) or from Flint (5 hours?).



Hotels are plenty but they probably can't support more than about 150. Host hotel of Magnuson Grand Hotel gave me a lakeside suite with a balcony, refrigerator and microwave as well as a



sofa for about \$130. Regular room \$104. The nearby Paradise Inn was even less money at about \$80, 2-3 blocks closer to the start line, but without the big hot breakfast of the Grand (which used to be a Best Western.) Paradise Inn sounded less modernized, their desk services limited, and they closed down for the evening. The other hotels are tiny cabin type motels.

Package pick up was ultra-simple as after all there were only about 24 of us. It was from 3-6pm at the Grand Hotel and included only a shirt and a couple local brochures. Here's a picture of RD Rob with some of his 'girls' at registration. We brought him a bottle of champagne autographed in Silver Sharpie somewhat like he got for his 50-state finish but with:

For Rob:
With each step you became
-A Runner
-A 50-States Finisher
-Race Director
Congratulations!



T-shirt is well designed with a course map on the front and a creative triangle effect of sponsors names printed on the back. At first I was sorry to get a cotton shirt then realized they are now rare and some runners were pleased to get cotton.

Course is mostly an out-and-back to the Whitefish Point Lighthouse and Shipwreck Museum. There is one short offshoot of a 1.2 mile out-and-back and one small jug-handle type detour from the main road. The offshoot out-and-back turned out to be rather humorous for a couple of us. If you like nature, lake



views, small remote cabins, fun road and cabin signs, birds of all types, etc., then you'll love the course. If you are any spooked about traffic, you won't. We run on the shoulder which is like a bike path and fortunately there isn't much traffic except for locals and the lighthouse.

Official course summary: Starting at Sawmill Creek Park, running Whitefish Point Road past Whitefish Bay, the Betsy River, Whitefish Point Light Station, Lake Superior, Seney National Wildlife Refuge, and finishing at the Whitefish Township Community Center in Paradise, Michigan.

Food on the course was generous and creative: trail mix in cups or dried apricots in a cup. Excellent!

Finish line is so sweet. Race Director Rob says he'll wait for any and everybody and he did. Good thing a couple of us didn't do the full course or he'd have been there a lot later! More on that story coming up



After veiled accusations of cheating and some embarrassment, Annette and I continued to refuse the DNF term and insisted we were DNS as in *Did Nothing Stupid*. Very early in the morning we had realized we weren't up to or wanting 26.2 miles so at the first little out-and-back we announced to everyone officially and





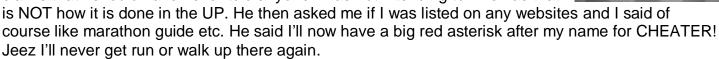
unofficially that we weren't doing it and would own up to such at the finish line. Throughout the course we continued to tell any and every one that we were unofficial, were doing a half marathon plus, and that we'd skipped the 1.2 mile out-and-back. At the turn-around point we stopped awhile and explained and worried about Lois who was seemingly behind us but we pointed out (maybe even dramatically) that she was AHEAD of us officially. Then when we saw Lois with the bicycle chaperone we again made it very clear that we weren't in contention, that she was in fact ahead of us, that we'd cut the course, and would own up it at the finish line.

So what happened at the finish line? Far too many were worried about what to do with the two ladies who had "cut the course!" Had we known there were two participants doing the half-marathon it would have solved everything. No matter, we were happy, laughing at both ourselves and at

everybody who seemed concerned. I mean, really, why did I need an official finish? At nearly age 68, 100-plus to my credit, and no place to put a medal anyway? Smile.

Here is the medal but clearly Rob wasn't giving one to ME! So here's the one given to Lois.

Later from Annette and said in jest: So much angst and all because of lazy Annette. My brother, husband and son gave me hell this afternoon. Professor brother said I should have hobbled up to the lighthouse check point, piteously moaning about a torn "hammie," then jumped into a car and arrived at the finish line, fingers in the "V" for victory pose, yelling 2:15 - winner! Brother claims that I should have never told anyone I was not intending to finish as that



Pictures on the website http://www.whitefishpointmarathon.org/ and they have a Facebook page which you might not be surprised that I can't see. Never say never but so far I am not connected.

Other t-shirts of the area







The mosquitos could carry you away and they certainly swarmed us no matter how much repellent we used. But this last one – grossly funny. You just can't make this stuff up. Mackinac Island did

have fudge shop after fudge shop and they also had horse poop everywhere. They flush the streets each morning and by the time I got there, a flushing was needed.

Signs mostly on the course

The most fully employed in the area must be the signage people and especially those 'For Sale' property signs.



Starting with the host hotel welcoming runners, then into many moose signs but I never saw one. "Little Paradise" I suppose lives in Big Paradise?



Byrd Roost had roosted a long time ago. The welcome moose seemed to only welcome those over 12 feet tall. Slow and bad hole begs the question if there is a good hole.



"Dancing Waters" was next door to the 12 foot high mailbox that said 'Winter Mailbox' but never so good as seeing the big rock that was the turn-around sign. I'd somehow interpreted the t-shirt course design to represent there being two separate out-and-backs and I was all set to cut the next one too. This last sign is "Lazy Moose Lodge."



The lighthouse and moose were constant themes for house signs but this Camp Liki Mi Hini was the best.



Rob was a genius for making these road markers out of water containers. But some resident purposely squashed one. There is a red fish and fortunately Bussiere's was not Bussiere's Bitches but rather Birches. For Sale Signs were in Abundance and clearly the business of the area.





THE Paradise Inn and just before one of the many businesses that were closed down. At the finish line the "Thank You" sign was appreciated but turned out it wasn't for us. We still had a bit to go



Not sure I liked to see "The End is Near" but it was cute as was the 26.1 mile marker. A good time was had by all.

Tourist opportunities abound especially if you like nature.

- Tahquamenon Falls are about 11 miles west. They are the second largest falls east of the
 Mississippi. I had about 4 hours of hiking both the upper and lower falls which included a few
 hundred stairs at two locations. (Was that smart the day before a marathon?) There is a wellrated Brewery on the grounds of the Upper Falls. Diane would later go there in her quest to visit
 every pub in the area. That didn't take very many.
- Great Lakes Shipwreck Museum, Whitefish Point Lighthouse, and the Whitefish Point Bird
 Observatory are about 10 miles north and I spent a few hours there the first day watching a movie,
 touring the lighthouse keeper's home (excellent) and then the museum (more like a death
 memorial.) This is the site of many shipwrecks and some rather ghostly in their tales.
- Old Taverns in town were special for me. (1) Yukon Tavern is old, worldly, full of locals, deep dark old rich woods, and great buffalo burgers. The apparent owners were friendly and with stories as were the locals. Some were surprised how much I liked this simple place but it really had character. (2) Little Falls Inn is near to the Grand Hotel and owned by same folks and just a simple family type restaurant. (3) The Fish House is colorful and not much more than a shack but known for their fresh fish and returned to by tourists as far away as New York. They are only open Friday and Saturday nights and only until the days catch runs out. I agree with its excellent but simple reputation.







• Mackinac Island is just a bit over one hour away to the passenger ferry out of St Ignace which takes 15-25 minutes depending on which type of ferry you choose. No cars allowed on the island. It's lovely, has carriages, a state park full of wildflowers plus Arch Rock, a big parade on my touring day in honor of the Lilac Festival, and full of fudge shops, fatties and horse poop (more on that later) along with a huge Grand Hotel with the longest balcony in the Americas. I'm glad I went and spent the day but I wouldn't go again. Oh, by the way, if you go it should be in the morning shortly after they've opened the fire hydrants to clean the streets. Maybe car pollution isn't so bad after all.

• Sault Ste Marie Michigan and Sault Ste Marie Canada – pronounced Soo Saint Marie. I felt sure the locks in Soo Michigan would be interesting but once you've seen one lock, you've seen them all. The parks were nice and the old buildings interesting but sad to see so many empty. Soo Canada is composed of over 40% Italians so I'd looked forward to a big Italian meal but the abundance of abandoned buildings there took me by surprise and kept me from spending the time I intended. (Besides, my time was taken up partly by the border crossing.) These parks were lovely too and looked immediately over to Soo Michigan. Old abandoned factories were common.

It was not my best travel day aka Win a Few – Lose a Few

- The two Soo Cities were not what I expected and didn't keep my interest very long.
- Crossing the border into Canada was as tedious as getting into the U.S. and the customs officer
 found my border crossing story hard to believe; but after looking at my rental car agreement, my
 air ticket and my marathon registration, he accepted it. Do I look like a spy?
- The Sault Ste. Marie Canadian airport was mosquito infested.
- Restaurant food was iffy and maybe the cause of some serious tummy issues.
- The first portion of the trip was a darned prop plane and very bumpy.
- Air Canada was unable to provide me with the second leg boarding pass so in Toronto I went to Air Canada ticket agent and was unsuccessful there too. Eventually I had to exit the baggage area and go to the United ticket counter who were covering the second leg.
- At the United counter we realized all flights were greatly delayed so I was rebooked on an earlier flight which was scheduled even later than my original flight.
- Going through customs I used Global Entry and declared that I had no food but just as I was
 exiting was when I remembered a tiny piece of sandwich left in my purse, so I got out of line and
 put it into a garbage can. Mistake. I was flagged and spent awhile in the Ag Dept being sorted
 out along with all the other criminals. They didn't care that I'd really only been in the U.S. and was
 merely flying through a Canadian airport. They didn't care of my effort to be truthful. I'd answered
 NO to food and 2 minutes later is just 2 minutes too late.
- Flight delays continued to mount but you really have to be at the gate just in case they leave early (I've seen it happen) and that gate was not very accommodating with grumpy folks sitting all over the floor and fanning themselves in the heat.
- Three hours later than planned I was home and to bed by 2am.

The good is that the ticket was basically free, I got into the lounges, and upgraded to first class. And that I did make it home where I always feel most welcome though I should be treated as a stranger.

Whitefish Point Marathon Runner Information Sheet

Welcome to Paradise, and thank you for your participation in the inaugural Whitefish Point Marathon. You have found your way to Magnuson Grand Hotel for registration and/or check-in, or you have bypassed the hotel choosing to register and check in at the start-line instead.

If you have not already figured this out, the 'center' of town is the flashing light where M-123 turns west and Whitefish Point Road continues north along Lake Superior. Magnuson Grand Hotel is 1/3 mile south of the light, Vagabond Motel is a bit further south, and Curley's Motel and Paradise Inn Hotel are both on the corner at the light. Freighter's View Motel is 2 miles north of the light.

Sawmill Creek Park is the staging area and the starting point of the race. Please do not park along Whitefish Point Road north of Sawmill Creek Park, or anywhere on the east side of the road. This will obstruct the marathon course and jeopardize the safety of the runners. I just spoke to a Paradise merchant, and marathoners are authorized to park behind North Coast Realty. It is a log building adjacent to Paradise Inn on M-123, and it is a very short walk through the woods back to Sawmill Creek Park. You will be running on the bike and pedestrian path along the side of the road, on the

left side facing oncoming automobile traffic. Please stay on the designated path. If you run double or triple, you will cause motorists to have to move to the center of the road, and jeopardize runner safety.

The course heads north for 5 miles on Whitefish Point Road. The first water station is at MM 2. Then at the intersection with Vermilion Road is the second (and third) water station (MM 5). There, course turns left, and continues for 1.2 miles (one-half mile down Vermilion Road there is a toilet at the Andrus Lake Campground). At 1.2 miles, there is a turn-around point and a check-point, where a volunteer will confirm your passage. Make sure that you are recognized by the volunteer. The course returns to Whitefish Point Road and continues north (another left turn). After another 3 miles is another water station and porta-potty. Three miles further, you will reach the Whitefish Point Lighthouse and The Shipwreck Museum. As you approach the station, there is another water station on the left. Beyond that, toilets are in the second building (away from the road). You are authorized to use their facilities. As you continue north in the parking lot, you will see a large rock/boulder. This is the next check-point and turn-around point. Again there is a volunteer here who will confirm your passage. You will pass on the left of the rock and turning right, make a U-turn. You will now heading south on Whitefish Point Rd. Make certain – especially if you use the bathroom at the Point – that your number is verified by the volunteer at the check-point. Heading south, there is another water station in 3 miles – across the street from the porta-potty that you passed earlier. Still 3 miles further, again at the intersection with Vermilion Rd, is another water station. After departing this intersection, you will soon come to Superior Drive, a gravel road. Turn left, and continue on the road, following the turns to the right. You will be running along Lake Superior again and will be on the gravel road for about 1.3 miles. Then the course re-joins Whitefish Point Road, continuing south. After about a mile you will come to the next water station at Freighter's View motel. Two miles further, you will pass Sawmill Creek Park, and the final water station will be ahead and on the left. You will now come to the flashing light and will run along M-123 for the last mile and a quarter. After crossing over O'Brien Creek, you have one mile to go to the finish line. The finish line is at the Whitefish Township Community Center, where, just past the Road Commission garages, you will turn slightly left toward the finish line banner as you enter the Community Center grounds.

Refreshments - Gatorade, water, bagels and bananas - will be available (probably inside due to the huge mosquito population that has developed over the last 2 to 3 weeks). There are trophies for first place men and first place women, though there will be no formal presentation. While I have been involved in many marathon events, this is the first that I have planned and executed. We want this event to grow and improve, so I greatly value your feedback. Please go to marathonguide.com and submit your comments for the Whitefish Point Marathon. I will definitely read and evaluate your input.

Thanks for being a part of this event and have a safe and pleasant trip back home. Hope to see you back here next year!

Rob

Water Stations
MM 2 (water)
MM 5 (water)
MM 7.2 (water)
MM 10.4 (water & Gatorade)
MM 13.2 (water, Gatorade, dried fruit, trail mix, & gel)
MM 16.4 (water, Gatorade, dried fruit, & trail mix)
MM 19.4 (water, Gatorade, dried fruit, trail mix, & gel)
MM 29.6 (water & Gatorade)
MM 24.6 (water & Gatorade)

Finish line message from the website:

Mr. Rob Klein, Race Director feels the event was a great success thanks to the support of resident volunteers and area businesses. Despite the best efforts of mosquitoes, the runners stayed ahead of the pesky varmints and thoroughly enjoyed the view as they began the race at Sawmill Creek Park, ran to the Whitefish Point Light Station and returned on Whitefish Point Road to the Whitefish Point Township Community Center to cross the finish line. The inaugural event heralded runners from Fort Myer's, Florida; Nashville, Tennessee; Middletown, New Jersey; Wheaton, Illinois; and Flower Mound, Texas. Originally the race was announced to be a full marathon event only but Mr. Klein discovered an interest by half-marathon runners as well. So accommodations were made to support a couple of runners in their efforts to compete in a half-marathon. Next year, the Whitefish Point Marathon will offer trophies to the fastest man and woman in the half-marathon event as well as the full marathon. As the inaugural event, the Whitefish Point Marathon was able to operate efficiently to offer a small donation to its targeted charities: the Whitefish Township Community Library and the Upper Peninsula Regional Blood Center. The goal in the years to follow is to build those funds in support of these worthy charities and to encourage others to visit the Eastern UP of Michigan.

Day after summary from RD:

Dear Runners.

I wanted to thank each of you for coming to run in the inaugural Whitefish Point Marathon. Some of you were perhaps skeptics, wondering if I knew what I was doing (and I didn't know). But I have run enough marathons, and observed enough about how it was done, and what it took to make it happen (maybe kind of like monkey see, monkey do). Then we started really late. I had the ambition for this race two years ago and simply could not bring it to fruition without a Website. Another group of folks talked about hosting a marathon in Paradise two years ago, and after another season had passed and still no marathon, I approached the Paradise Area Chamber of Commerce about supporting my vision for a marathon to Whitefish Point and back. They too, were skeptical. Most of the members did not know me personally, and they did not know if I could raise volunteers, gain support from the community and regional businesses, and just pull it all together.

Then I was facing the 50 States Marathon Club requirement of having the website up 60 days prior and having 10 runners complete the race - in order for those clubbers to get "Michigan credit" for this race. I met with the Chamber in early March this year. They liked the idea, but gave me some tasks to do, and told me to come back in a month and they would consider a vote at that time. Right after the March meeting Nikki Craig and I decided we needed to get the Website up (mid-March) and start getting word out to potential runners. I agreed to pay for the URL if the Chamber voted me down. At the April meeting the Chamber voted (strongly) to back the Whitefish Point Marathon. In the days following, I started talking to friends and acquaintances to volunteer to help, and there was no abundance of folks stepping up to help. In the end, I had enough, but just enough. In the meantime, our township supervisor Bill Manghan (water station volunteer at MM2) worked with me getting requests submitted to the state and county for road use permits, road commission support for barrels and cones, sheriff and ambulance support, and use of both Sawmill Creek Park and the Community Center. Bill even rode the course with me multiple times and painted the mile markers on the course for me. Then, Nikki reached out to numerous regional health and athletic groups to announce our race. The radio station in Newberry continued to announce and promote the race on the air too. And runner Bill Sved, who lives in the area, and who is no stranger to Paradise - or marathons - gave me support, encouragement, and suggestions along the way too.

In the mean-time, I coordinated with the Boone's in Houston to get the race listed on the 50 States Marathon Club Website; and Marathon Maniacs and marathonguide.com both listed the race too. So we were getting the word out. And I personally e-mailed many running acquaintances from my years on the marathon circuit, and a few chose to come. But into May, it was still unclear if I would get 10 runners to participate. We forged ahead, I bought supplies, we designed a medal, Nikki and Jody

came up with a T-shirt design. I decided that a gallon of water and a gallon of Gatorade would provide for 14 runners, per water station. Fourteen runners seemed like a good number to shoot for. Nikki's husband Duanne told me, "You need to plan for at least 25 runners". So I doubled my earlier numbers and figured we could handle 25 to 30 runners. If we got swamped at the end, we'd need to buy more stuff. Then as the end of May approached, registrations started coming in: 12, then 14, then 16; soon 20. Our excitement was building as the numbers grew. Now it looked like we could get 25 runners; maybe even 30. The first Monday in June we ordered T-shirts and medals, and a few extra of both. As race day approached we still gained a few more registrations. It looked like we were going to fall just short of 25. Then Cindy came in Friday afternoon to register; Scott registered Saturday morning as the start time approached (interestingly, it Scott and Cindy who would take home the trophies!) We now had our field: 25 registrations. Duanne was somewhat prophetic (we did have one no-show).

Everything came together. I worked non-stop Thursday to get the course set up and bottles out (Bill Sved asked that I still use the bottle mile markers; I agreed). Then Friday, the signs went up and the tables too. Supplies were delivered to volunteers, and then Friday afternoon check-in. Everything was set. The sign at the start-line was torn down by a passing drilling rig - the posts too - and had to be re-erected. The sign went back up Saturday morning only to be hit by a high boat antenna. The three remaining ropes kept the banner flying until after the start. The volunteers came to their stations, and the race began at 7:00 am. Those individuals made the refreshments possible.

I worked really hard so this could be a satisfying experience. We had an almost natural course up Whitefish Point Road, and with a couple of side roads got the distance; it was a descent course - and flat. You guys and gals took the risk of coming to participate. Most of you offered positive comments about the course, the organization, and the over-all experience. And, of course, we wanted to exhibit and showcase the eastern Upper Peninsula, which we were able to do. You all were brave! Thank you again for coming and I hope you all have pleasant memories to keep for the years ahead. Please keep this race in mind for next year. It is tentatively scheduled for June 14th 2014. There were a couple of discrepancies in the recording of finish times, but I think we got it all straightened out. If you have any issues or concerns, please feel free to contact me. Have a great summer!

Itinerary <u>Thu Jun 13</u>

8:35am Depart Newark EWR via Air Canada AC#7471 10:09am Arrive Toronto, ON Canada for plane change

12:00noon Depart Toronto YYZ via Air Canada AC#7791

1:29pm Arrive Sault Ste. Marie, ON Canada

Rental car Avis - Drive approximately 1:20 across border plus crossing time

Hotel Magnuson Grand Hotel Lakefront Paradise Michigan.

8112 N. M-123 / P.O. Box 327, Paradise, Michigan 49768

info@paradisemichiganhotel.com

www.magnusonhotels.com/Magnuson-Grand-Hotel-Lakefront-Paradise/

Tele: 906-492-3770 Fax 906-492-3771

Directions: The hotel is 1/3 mile south of the light, behind the Little Falls Inn.

From the web: Enjoy convenient access to Tahquamenon Falls, Lake Superior and Whitefish Point Lighthouse while staying at this Paradise, Michigan hotel. Welcome to this lakefront Magnuson Grand Hotel where guests will receive exceptional customer service, unbeatable amenities and a fabulous location all for an affordable price. Guests will enjoy well-appointed guest rooms, some with balconies and water views, featuring satellite television with HBO® and free high-speed Internet access. Every morning guests are treated to a complimentary hot breakfast while looking out at a magnificent view of Whitefish Bay.

To make traveling even easier, this Paradise, Michigan hotel comes equipped with an indoor heated swimming pool, hot tub, and sauna. Guest will especially enjoy the sandy beach located right on the hotel grounds plus convenient parking for large trucks and snowmobile trailers. We are also a Biker Friendly Hotel! The Magnuson Grand Hotel Lakefront Paradise is located close to where travelers want to be while visiting Paradise. Nestled on Lake Superior's Whitefish Bay, and with direct snowmobile trail access from their parking lot, guests will appreciate the location of this Paradise Magnuson Grand hotel while enjoying a variety of activities including snowmobiling, canoeing, kayaking, fishing, hiking, cross skiing, snow shoeing, and bird watching.

No visit to Paradise is complete without visiting our famous local attractions such as Tahquamenon Falls, Great Lakes Shipwreck Museum, Whitefish Point Lighthouse, and the Whitefish Point Bird Observatory. What's more, we will often host guests in town attending our annual Blueberry Festival, 2 annual winter festivals or to participate in the Tahquamenon Trail Run, or the Tahquamenon Wilderness Canoe. The friendly, knowledgeable staff is ready to ensure a fun-filled memorable stay in Paradise, Michigan.

Fri Jun 14

Open – suggestions above plus Pictured Rocks cruise

Registration is at the Magnuson Grand Hotel from 3:00pm until 6:00pm Friday afternoon, 6/14. Late registration is from 6:00am until 7:00am at Sawmill Creek Park.

Dinner at Little Falls Inn, Paradise, on M-123 in front of Grand Hotel

Sat Jun 15

Marathon – see <u>www.whitefishpointmarathon.org</u>

Inaugural event; enjoy the beauty that surrounds you. About 21 registered as of 6/06/13

Course: Starting at Sawmill Creek Park, running Whitefish Point Road past Whitefish Bay, the Betsy River, Whitefish Point Light Station, Lake Superior, Seney National Wildlife Refuge, and finishing at the Whitefish Township Community Center in Paradise, Michigan.

7:00am start at Sawmill Creek Park (1/4 mile north of the light).

Each runner is required to carry a water-bottle. There are a couple of longer stretches between water stops. We feel it is better to have it than not need it.

Mon Jun 17

Early departure to Canadian town of Sault Ste. Marie as tourist

4:30pm Depart Sault Ste. Marie YAM via Air Canada AC#7794

5:55pm Arrive Toronto YYZ for plane change

8:58pm Depart Toronto via United UA#3270

10:29pm Arrive Newark EWR

Participants:

Diane Bolton with Tommy arriving Wednesday into Flint Michigan, driving about 4 hours, and staying overnight on way at Mackinac

Annette Wulffe - maybe with her boys

Lois Berkowitz – driving in from Detroit area, staying at Paradise Inn maybe only one night Cowboy Jeff – from Fort Meyer Florida