

## 2023 Odyssey Trail Running Rampage Post Race Newsletter

My Staff and I would like to thank you again for participating in the Odyssey Trail Running Rampage this past weekend. We hope you all made it home safe and look forward to doing it again next year.

We would like to thank you for the feedback you gave us at the event and please feel free to email at us [hq@oarevents.com](mailto:hq@oarevents.com), for any other suggestion you have that would make the event better.

We would like to thank [Mountain Junkies](#) for their timing services. Check out the great events they produce! [Millboro Preservation and Culture Association](#) for providing the food service for our event. And Boy Scout Troop 2 for manning our aid stations. We would like to thank our awesome volunteers.

We would like to thank our Sponsors, [Virginia State Park Series](#) and [Next Level Fitness and Healing](#).

We would like to congratulate all the finishers and especially the first timers to the world of trail running and Odyssey Adventure Racing. We hope you are hooked. We have a great time playing in the dirt!

Congratulation to all the top 3 Female and Male in each event!

### **50K Ultra**

#### Female

1<sup>st</sup>-Francesca Conte- 6:10:58.3

2<sup>nd</sup>-Erica Broadbent- 6:15:14.9

3<sup>rd</sup>-Teresa Bowser- 6:38:21.0

#### Male

1<sup>st</sup>- Ross Meyer- 5:48:04.7

2<sup>nd</sup>-Greg Giunta- 6:11:22.3

3<sup>rd</sup>-Jeff Erkelens- 6:34:42.1

### **26 Miler**

#### Female

1<sup>st</sup>-Michelle MacKie- 5:46:49.8

2<sup>nd</sup>-Annelise Burgess- 6:08:12.3

3<sup>rd</sup>-Kelsey Gibson- 6:21:36.4

#### Male

1<sup>st</sup>-T'Ai Roulston- 4:47:21.3

2<sup>nd</sup>-Mark Davis- 5:04:57.0

3<sup>rd</sup>-Landon Smith- 5:09:21.4

## **13 Miler**

### Female

1<sup>st</sup>-Kate Kogge- 2:14:36.0

2<sup>nd</sup>-Rachel Rabbitt- 2:16:06.3

3<sup>rd</sup>-Bethany Houpt- 2:33:20.5

### Male

1<sup>st</sup>-Brandon Herndon- 2:01:09.7

2<sup>nd</sup>-Robert Starling- 2:02:37.4

3<sup>rd</sup>-Chris Novakoski- 2:05:42.8

## **6 Miler**

### Female

1<sup>st</sup>-Kristie Yelinek- 8:13/M

2<sup>nd</sup>-Andrea Owens- 55:00.5

3<sup>rd</sup>-Ann McCarthy- 1:06:48.2

### Male

1<sup>st</sup>-Topher Royer- 48:11.4

2<sup>nd</sup>-Carl Dobbs- 1:03:01.6

3<sup>rd</sup>-Frank Finch- 1:04:04.8

You can find the full results [here](#) and they will be posted on our [website](#).

Next year's event will be on September 7, 2024. So, book your cabin, tell your friends, and make it a trail running party! [Registration](#) is open now. To give your friends a little extra incentive to join you for next year's event we are offering a 20% discount code good through this Sunday. The code is FRIENDS and we would like to offer you the same discount so we can cheer you on again! Your 20% discount code is TRR23. These codes are good through Sunday September 17, 2023.

Our next event will be our [Land Navigation Clinic](#) in Roanoke, VA on October 28, 2023. This clinic will teach you map and compass skills that will help you take your running adventures to a new level and a

must if you are looking into trying the great sport of adventure racing. There is one spot open for this clinic and the next one will be the end of March 2024.

If you would like to take your training and racing to the next level through practical lifestyle, nutritional, and fitness training contact Ronny Angell, of [Next Level Fitness and Healing](#) at [Ronny@nextlevelfitnessandhealing.com](mailto:Ronny@nextlevelfitnessandhealing.com). The coaching can be done in person or phone and internet. He is passionate about helping people achieve health and fitness goals holistically and sharing his knowledge through 20+ years as an endurance athlete. He also offers personal endurance sports coaching, land navigation training, energy healing, and corrective exercise training used to correct muscular imbalances that are creating pain in the body or inefficiency in your movement patterns.

We look forward to seeing you again and your friends next year!

Thanks again and good luck with any future races you have on your schedule!

Thanks,

Ronny Angell

Race Director

& Your Odyssey Adventure Racing Team