

Cochrane is youngest athlete to finish the Fat Dog 120-miler



A RUNNER'S MIND

CHRISTINE BLANCHETTE

Imagine driving your car at 50 km per hour for 193.121 kilometers. That converts to 120 miles and would take just under four hours to get there in perfect conditions driving at the aforementioned speed. I get tired thinking of being in a car for that long. Now imagine running 120 miles, with the added pressure of having to complete the distance inside 48 hours just so your result will count.

Jamaica's Usain Bolt is the fastest man on earth, having run 100 metres in 9.58 seconds at the Beijing Olympics, or about 50 km per hour over the distance. If he didn't slow down it would have taken him about four hours to run 120 miles. Impossible? Of course it is. Until Sunday, however, it was also impossible for a 22-year-old man to finish a 120-mile race, but that's what Chris Cochrane did: He completed the Fat Dog 120-miler at Keremeos, BC on August 16 to 17 in 47 hours and 1 minute to become the youngest athlete to complete the event.

The total elevation gain of 8,672 metres borders on insanity. With almost as much vertical climbing (8,848 metres) as Mount Everest, the Fat Dog traverses through four provincial parks, revealing stunning vistas — indeed, it's regarded as Canada's most scenic ultra race. Throw in thick forested trails, bountiful mosquitoes, extremely long climbs and severe descents, and your recipe for torture is almost complete.



COURTESY PHOTO

Chris running with his father Brad.

I tracked Cochrane down this week by phone at his UBC office where he works as a research lab assistant, and couldn't help wondering if he was still intact.

"It was harder than the Ironman, the blisters wore on me," the easy-going Cochrane said. While enjoying some decent running conditions, Cochrane said, "Overnight it was cold, windy and foggy." When attempting to rest, he would either be sleeping on the side of the trail or at the aid station where in both nights he slept only 45 minutes at a time, and otherwise took 15-minute snoozes. Staying on his feet for 47 hours with only three naps of 15 minutes each throughout the whole race paints a vivid picture of resolve. Previously Chris and his father, Brad Cochrane, were my story subjects of a very rare father/son finish at the 2011 Canadian Ironman championship, yet the younger Cochrane yearned for an even greater challenge.

Chris had the support of two pacers, including father Brad and his 23-year-old girlfriend, Jenna who paced him Saturday at 3 a.m. (If this isn't love, what is?) for 10 hours.

Brad said of his son: "For the last 10-plus hours, with the amount of pain he was getting from his blistered feet, it was an extremely emotional time for me to be with him." He continued, "Many times we would just stop for 20-30 seconds so that he could close his eyes so I

would just stand there hugging him and encouraging him while he rested his eyes and took some deep breaths."

Indeed, it was no walk in the park — there were 31 participants and only 18 finished. The fastest time was 44-year-old Hassan Lotfi-Pour who did it in 26 hours and 59 minutes. The fastest female was 29-year-old Nicola Gildersleeve in a time of 33 hours and 47 minutes.

Brad said by e-mail: "The race organization (was) fantastic!! And they take care of you and feed you so well at aid stations and at the end of the race!"

Chris looked forward to having a hamburger at the finish before going to bed that morning. During the race Chris ate energy bars, lots of candy, fig newtons and fruit. He had water, energy drink, and pop. Chris's friends are awestruck by his performance and he is considering doing it again, he's just not sure when. But for now, he is proud of his accomplishment and for receiving a Fat Dog belt buckle as an award.

Trivia: Why is it called a Fat Dog 120 Miler? — There is a Fat Dog Trail where bears would hang out the most, said, 22-year-old Chris Cochrane, youngest-ever finisher.

www.christineruns.com

Twitter: [christineruns](https://twitter.com/christineruns)

Christine Blanchette is sponsored by New Balance

Usain Bolt made to work for 100-meter win in 9.90 seconds at Weltklasse meet

By Graham Dunbar
THE ASSOCIATED PRESS
ZURICH, SWITZERLAND

However, Bondarenko crashed through the bar at 2.46. He'd earlier won the event with a clearance at 2.33.

In a stirring women's 5,000 metres duel between Ethiopian greats, Meseret Defar surged past Tirunesh Dibaba in the final straight.

Still, Bolt was the main attraction as usual and put on a typical pre-race act for the crowd, taking centre stage seconds after Bondarenko's record attempt.

The sprinting superstar pressed his hands together in a prayer-like pose, head bowed before breaking into karate-style moves. He bowed again as the camera moved along the line.

On a cool evening, Bolt laboured at the start and a rare defeat seemed possible at halfway.

Yet Bolt allowed himself a smile on crossing the finish line, looking across to Ashmeade on his left and world silver medallist Justin Gatlin of the United States to his right. Gatlin was third in 9.96.

Usain Bolt had to work hard for his 100-meter victory in 9.90 seconds at the Weltklasse Diamond League meeting on Thursday.

The world and Olympic champion had the slowest reaction time out of the starting blocks, and was led deep into the race by fellow Jamaican Nickel Ashmeade, running two lanes to his left.

Bolt gritted his teeth and muscled through the slight headwind to hit the front at the 85-meter mark and edge ahead of Ashmeade, who clocked 9.94 for second place.

With a parade of new world champions in action, the sold-out Zurich stadium fell silent to watch Ukrainian high jumper Bohdan Bondarenko's latest attempt to break the 20-year-old world record of 2.45 metres set by Javier Sotomayor of Cuba.



Football at Bishop's



HOME OPENER

Bishop's

VS

Sherbrooke VERT & OR

Wear purple, cheer loud & be proud!

Admission: Reserved Seat \$20.; Adult \$13; Student \$5; BU Student \$3; 12 & under \$2

Sunday, September 1, 2013

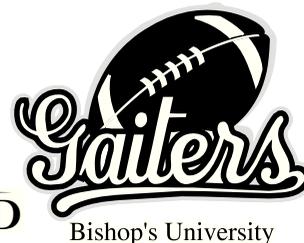
Kick-off at 2 p.m.

COULTER FIELD



"Proud sponsor of the Bishop's Gaiters"

THE RECORD
"Proud supporter of the Bishop's Gaiters"



Bishop's University

51637