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**Ultramarathon World**

## Fast times at Mid-Hudson Fat Ass 50Km

Rainer Koch of Germany wins in 3:27:06

**UW**

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### Fat Ass 50km - Mid-Hudson

Norrie State Park, Staatsburg, New York - 3 January 2004

10 repeats of a hilly, road 5km loop

1. Rainer Koch, 23, Germany	3:27:06	
2. Bob Sweeney, 36, NY	3:34:50	
3. Steve Marsalese, 38, NY	3:44:17	
4. Andrei Aroneano, 49, NJ	4:06:06	
5. Dave Getz, 46, NY		4:28:11
6. Pete Colaizzo, 39, NY	4:32:55	
7. Don Villeneuve, 63, NY	4:55:59	
8. Cheng-Hua Lee, 33, NY	5:00:10	
9. Doug Freese, 58, NY	5:05:26	
Nick Palazzo, 56, NY	5:05:26	
11. Bruce Boyd, 65, CT	5:21:20	
12. Robert Lazerson, 48, NY	5:23:10	
13. Jackie Simonsen, 42, VT	5:36:39	
14. Leo Saposnick, 57, NY	5:37:42	
15. Erika Abraham, 65, NY	6:04:53	
16. Dick Hoch, 63, CT	6:06:59	
17. Deborah Redding, 49, NJ	6:13:05	
18. Al Grigull, 66, NY		6:28:36
25 starters		

#### Report by:

**Pete Colaizzo: Mid-Hudson RRC**

Rainer Koch of Germany notched the fifth-fastest time in race history (3:27:06) as the Mid-Hudson Fat Ass 50km returned after a one-year hiatus.

The 2003 edition was canceled due to a snowstorm.

Koch, who is living for a short time in New Jersey, blitzed the field from the start and outdistanced two-time race champion and four-time USA 100km team member Bob Sweeney, who was second in 3:34:50. Sweeney had a busy fall racing season, including the World 100km in Taiwan in November and the Sunmart 50 in Texas in December. After a well-deserved training break, he used this race as a kickoff to his 2004 training.

Steve Marsalese arrived late but made up for lost time and was the only other runner under 4 hours. His time ranks him ninth all-time in race history. The first Mid-Hudson Fat Ass was held in 1996, making this the eighth running of the race.

Cheng-Hua Lee of Albany, NY, easily outdistanced the women's field of five runners with an eighth-place overall time of 5:00:10. Ironman triathlete Jackie Simonsen made the long trek from northern Vermont and

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placed second  
among women and 13th overall in 5:36:39. There were 18 finishers.

The weather for this year's edition was about as good as it gets for  
New

York's Mid-Hudson Valley in January. There was light rain and  
temperatures

in the mid-30s F to about 40 degrees F and the course was free of  
ice and

snow. The ninth running of the Mid-Hudson Fat Ass is planned for  
early

January 2005. Pete Coalizzo: [runhed246@hotmail.com](mailto:runhed246@hotmail.com)

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