

Fat Ass 50s

Mid-Hudson Version

by Pete Colaizzo, R.D.

The first Mid-Hudson Fat Ass was held in 1996, making this the eighth running of the race. Rainer Koch of Germany notched the fifth-fastest time in race history (3:27:06) as the Mid-Hudson Fat Ass 50 Km 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 U.S. 100-km team member Bob Sweeney. Cheng-Hua Lee, from Albany, easily outdistanced the women's field of five runners with an

eighth-place overall time of 5:00:10. 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 to about 40 degrees F and the course was free of ice and snow.

Fat Ass 50 Km, Mid-Hudson Version

Staatsburg, New York

January 3, 2004

Hilly, five-km road loop

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

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