

Wayzata & Cheyenne Mountain on “THE INCLINE” in Manitou Springs, Colorado

23:11*	Mitch Kasyon(CM Alumni) 2011	27:41	Sean O’Day(Alumni) 2014	31:26*	Adam Moline (10) 2008
23:16*	Mark Harries(12) 2010	27:43*	Sean O’Day (Alumni) 2006	31:31*	Jeremy Drenckhahn(10) 2006
23:59	Tristan Myers(CMHS-12) 2013	27:43*	Evan Day (10) 2006	32:04	Matt Peterson(Parent) 2012
24:05	Josh Fowler(CMHS-12) 2012	27:43*	Adam Doyle (CMHS-11) 2011	32:11	Jacob Smith(11) 2014
24:06	Andrew Quirk(12) 2014	27:48	Iain McCrory(12) 2012	32:19	Wesley Heal (10) 2013
24:16	Connor Olson (11) 2013	28:00*	Max Johnson(12) 2009	32:22	Mike Back(Alumni) 2012
24:17*	Danny Ducharme (11) 2007	28:01	Paul Weiler(10) 2014	32:23	Kevin Musliner (11) 2013
24:28*	Oliver Haugland(12) 2009	28:04	Josh Nielsen (12) 2013	32:26	Noah Dent(CMHS-) 2014
24:28*	Jake Fox(CMHS-12) 2010	28:08	Ian Eklin (11) 2013	32:30	Martin Johnson(12) 2014
24:30	Ian Eklin(12) 2014	28:17	Kyle Brandt(11) 2014	32:31	Pat Hoard(Alumni) 2012
24:34*	Jon Lambert (12) 2006	28:23*	Danny Ducharme (10) 2006	32:34*	Josh Bragg (12) 2007
24:41	Andrew Quirk (11) 2013	28:23*	Karl Kabarowski(11) 2009	32:34*	Brandon Heebink (Coach)
24:48*	Sean O’Day (Alumni) 2009	28:27	Alex Baer(CMHS-12) 2012	32:35*	Peter Bache-Wiig (11) 2007
24:54	Andrew Millán(11) 2014	28:28*	Mike Back (Alumni) 2007	33:00*	Mike Back(Alumni) 2009
24:57*	Danny Ducharme (12) 2008	28:32*	Ben Fox (CMHS-11) 2011	33:00*	Mike Back (Alumni) 2011
24:59*	Sean O’Day (Alumni) 2011	28:33*	Jeremy Drenckhahn(11) 2007	33:18*	Danny Gerber (11) 2006
25:08*	Oliver Haugland (11) 2008	28:33	Paul Epland (11) 2013	33:19*	Sam Lebewitz (12) 2010
25:09	James Jones(CMHS-11) 2014	28:35*	Jacob Hallen (Alumni) 2006	33:51*	Kasey Bacso (11) 2007
25:11*	Sean O’Day (Alumni) 2010	28:37	Josh Nielsen(11) 2012	34:05	MacCoy Benzen (12) 2013
25:22*	Connor Olson (9) 2011	28:44	Matt Klepfer (CMHS-12) 2013	34:11*	Matt Peterson (Parent) 2011
25:25*	Sean O’Day (Alumni) 2008	28:47*	Steven Donahue(11) 2009	34:14*	Vignesh Karthikeyan (11) ‘07
25:26	Connor Olson(10) 2012	28:49	Manny Santana(12) 2012	34:16*	Sam Kuzma (CMHS-9) 2011
25:27	Jaret Carpenter(11) 2014	28:52*	Chuck Zulanis (CMHS 12) ‘10	34:45*	Andrzej Kabarowski(Parent) ‘09
25:29	Robert Rudin(12) 2012	28:52*	Joe Meister (12) 2011	35:00*	Mike Back (Alumni) 2010
25:34*	Mark Harries(11) 2009	28:56*	Joe Meister(11) 2010	35:16*	Pat Hoard (Alumni) 2010
25:34*	Nate Heintzeman (12) 2010	28:56*	Matt Bohcali (CMHS 11) 2010	35:21	Jack Newton(CMHS-) 2014
25:51	Thomas Lerdall (11) 2013	28:59*	Adam Moline(11) 2009	35:24*	Ryan Frisbie (12) 2008
26:02*	Josh Fowler (CMHS-11) 2011	28:59	Wes Heal(11) 2014	35:26	Christoph Zurcher (Guide) 2013
26:04*	Tristan Myers (CMHS-10) 2011	29:01*	Connor Eastman (10) 2011	35:39	Mike Back (Alumni) 2013
26:06*	Landon Lozano(12) 2009	29:01	Tristan Pelto(CMHS-11) 2012	36:00	Cale O’Day (Family) 2014
26:07	Sean O’Day(Alumni) 2012	29:03*	Evan Day (12) 2008	36:05	Jacob Baucom(CMHS-) 2014
26:08*	Sean O’Day (Alumni) 2007	29:03*	Josh Nielsen (10) 2011	36:09*	Kurt Harries (Parent)
26:08*	Steven Donahue (12) 2010	29:08*	Karl Kabarowski (9) 2007	36:17*	Maggie Donahue (Alumni) ‘10
26:08	Andrew Quirk(10) 2012	29:16*	Jon Hackbart (12) 2008	36:35*	Pat Hoard (Alumni) 2011
26:10	Thomas Lerdall(12) 2014	29:20*	Josh Thorson (9) 2008	36:52*	Vignesh Karthikeyan (12) ‘08
26:23	Josh Halverson(10) 2014	29:20*	Aaron Breyer (9) 2010	38:05	Hunter Haskins(CMHS-) 2014
26:24*	Josh Thorson (12) 2011	29:22	Kevin Myers (12) 2013	38:11	Greg Lerdall(Parent) 2014
26:25	Jack Prazich(12) 2014	29:33	Ian Eklin(10) 2012	38:44*	Manny Day (Parent) 2008
26:26*	Adam Moline (12) 2010	29:36	Mark Popp(Coach) 2014	38:52*	Manny Day (Parent) 2007
26:27*	Evan Day (11) 2007	29:43*	Tristan Meyers (CMHS 9) ‘10	39:59	Jon Eklin(Parent) 2014
26:27*	Ben Millis(12) 2009	29:45*	Greg Scott (12) 2010	41:54*	Eric Jahn (Coach) 2010
26:30	Nick Kerbeshian(10) 2014	29:46*	Anders Bowman (12) 2007	42:00	Paul Nielsen(Parent) 2012
26:34*	Nate Heintzeman(11) 2009	29:50*	Karl Kabarowski (10) 2008	42:06*	Dom Newman(Coach) 2009
26:38*	Josh Thorson(10) 2009	29:52	Brendan Myers (10) 2013	43:42*	Ed Wasz (Parent) 2008
26:42	Derek Peterson(12) 2012	29:52	Nick Shaleen(11) 2014	44:30	Matt Quirk(Parent) 2014
26:44*	Jeremy Drenckhahn(12) 2008	29:55*	Chris Olmanson(12) 2009	44:44	Paul Nielsen (Parent) 2013
26:46*	Derek Peterson (10) 2010	29:58*	Nate Engel (11) 2008	45:43*	Tom Holmes (Parent) 2007
26:46	Adam Brandt(12) 2012	30:01	Garrett Knorr(CMHS-12) 2014	46:52*	Dean Bacso (Parent) 2007
26:49	Sean O’Day (Alumni) 2013	30:01	Gavin Ugianskis(CMHS-11) ‘14	47:19	Gary Prazich (Parent) 2013
26:57*	Mark Popp(Coach) 2009	30:04	Erik Brua(12) 2012	48:00*	Michael Trione (CMHS-10) ‘11
26:57	Andrew Millán (10) 2013	30:06*	Kasey Bacso (10) 2006	49:58*	Ben Bache-Wiig (Parent) ‘08
26:58*	Oliver Haugland (10) 2007	30:07*	Jon Hackbart (11) 2007	51:39*	Gary Donahue (Parent) 2010
27:03	Paul Epland(12) 2014	30:11*	Peter Bache-Wiig (12) 2008	67:49*	Doug Ducharme (Parent) ‘08
27:08*	Mark Harries (10) 2008	30:12*	Andrew Wasz (12) 2008	76:23	Mark Epland(Parent) 2014
27:14*	Nate Engel(12) 2009	30:27*	John Subialka(12) 2009	77:26*	Dan Thorson (Parent) 2010
27:14*	Derek Peterson (11) 2011	30:27*	Brian Jarvey(10) 2009	93:56	Drew Heal(Parent) 2014
27:15	Jaret Carpenter (10) 2013	30:28*	Jacob Thorson (12) 2007		
27:19	Jack Prazich (11) 2013	30:29*	Aaron Breyer (10) 2011		
27:20*	Peter Holmes (12) 2007	30:30	Connor Eastman(11) 2012		
27:26	Thomas Lerdall(10) 2012	30:52*	Mike Back (Alumni) 2006		
27:32	Ben Fox(CMHS-12) 2012	31:00	Christoph Zurcher(Guide) 2012		
27:36	Brendan Meyers(CMHS-11) ‘14	31:09*	Tristan Pelti (CMHS-10) ‘11		
27:37*	Landon Lozano (11) 2008	31:10*	Brian Jarvey (11) 2010		

* Time from parking lot start multiplied by 1.143, so that it can be compared to new start at base.

August 2, 2008 NEW YORK TIMES Up a Mountain, Olympic Dreams Are Carved

By GREG BISHOP - MANITOU SPRINGS, Colo. —

The United States Olympic Committee has a sprawling training center in Colorado Springs, a multimillion dollar facility where hundreds of athletes train.

But about 15 minutes away, at the base of Pikes Peak, a trail carved like a scar up the mountain and lined with railroad ties has been, as much as any newfangled training device, the pathway to Beijing for many United States Olympians. Elite American athletes have gathered here for years in search of the most basic and punishing workout: Man versus Hill.

“It’s the one workout where people truly have to face something that is unbeatable,” the speedskater Apolo Ohno said. “It is you against yourself.”

The trail, known among the athletes as the Incline, gains

about 2,000 feet in elevation over the length of about one mile. Olympians call it a beast, a bear and a battle-ax, a source of pride and exhaustion for them.

The wrestler Daniel Cormier first conquered the Incline in 2002. On his drive back to the Olympic Training Center, he developed full-body cramps, and the van carrying the freestyle wrestling team had to pull over so coaches could administer a rubdown.

“It’s not running,” the Greco-Roman wrestling gold medalist Rulon Gardner said. “It’s not walking. It’s surviving.”

The triathlete Mark Fretta owns the unofficial record up the Incline, 16 minutes 42 seconds, despite a broken collarbone sustained during a bicycle crash in South Africa. The same day he broke the record, Fretta ascended four times.

As the legend of the Incline grows, so does Fretta’s place in it. A reporter called recently from India, wanting to know his secret and asking about his stories.
continued on next page

The Incline Article, continued

Like the time Michelle Blessing, a triathlete coach, offered to give her Porsche to any athlete who could run the entire trail. She knew no one would be able to complete the challenge, having herself run the Incline with friends each year on her birthday — all of them dressed as Marilyn Monroe in high heels, boas and halter dresses.

“The Incline is one of my favorite things about Colorado Springs and a real source of pride at the training center,” Fretta said. “Everybody’s looking for the notch on their belt.”

The Incline’s vertical rise tops out at about 8,500 feet. The trail follows what was once a cable car route that closed after a rock slide in 1990.

This stairway to heaven — or at least to the Olympics — is used by all kinds of athletes at the training center. The wrestling teams incorporate the Incline into their workouts, as do triathletes, speedskaters, weight lifters and volleyball players.

Sometimes, coaches will call wrestlers at 3:30 a.m. and direct them to the Incline. A few years ago, after three early trips to the Incline, the Greco

Roman wrestler T. C. Dantzler had to ask an assistant coach to call his wife and explain that he was not leaving in the middle of the night for another woman.

The wrestler Steve Mocco played nose tackle at Oklahoma State and still counts the Incline among the most grueling workouts of his life. Mocco, of North Bergen, N.J., revels in standing at the base of the trail at 5 a.m., surrounded by silence, ready to be humbled. Or working his way past the weekend warriors and fitness freaks, all 275 pounds of him pushing forward.

“It’s weird,” Mocco said. “You think of yourself as this great athlete. Then you look left, and there are two grandmas passing you. Then you look right, and a man with a long beard and a walking stick goes by.”

The wrestlers have a single rule: don’t stop. They are reminded of the words repeated often by the assistant Greco Roman coach Momir Petkovic.

“Forget technology,” he says. “It comes down to how much you want it. If you’re in the middle of nowhere, with nothing, you are going to find your way out. You will find a way to become a champion.”

From the bottom, where a no trespassing sign greets them, visitors head north. The first time, no one warns them of the secret. They reach it about two-thirds of the way up, a false peak that from the bottom appears to be the top, one last trick from the Incline gods.

Kevin Jackson, the freestyle wrestling coach and a gold medalist at the 1992 Olympics, wasted all his energy getting to the false peak his first time up. A 65-year-old woman passed him in the final stretch while his wrestlers clapped and cheered.

The Incline is a lot like life that way, Dantzler said. Just when he thinks he has it figured out, there is always another lesson, no matter the strategy or number of attempts.

“Once you think you’ve done it all in terms of training, you come back to the Incline,” Dantzler said. “You need to scratch the bottom of the barrel, get splinters under your fingernails and dust in your eyes. You need to come back with Incline rash.”

An inoperative garden hose sits at the top, one last cruel joke. Olympians pause there for the panoramic view, or run wind sprints, or compare times.

“No matter how many times you do it, the ending never changes,”

Petkovic said. “Every time it kicks your butt.”

Athletes say the workout uses every muscle in their bodies. Some take it to another level, like Ohno, who wears a 20- to 40-pound weight vest.

Coaches love the old-school aspect of the Incline.

“The Incline brings you back to the early times, to push-ups and pull-ups and situps and old-fashioned workouts,” Jackson said.

Some coaches even use the Incline as old-fashioned punishment, like the speedskating coach who found that his athletes had been out drinking the night before an intense workout, then took them to the Incline. They vomited halfway up.

As long as they are training, Olympians will return here, for their pride and for the gut check and for the most basic workout of them all: Man versus Hill.

“The mountain is the mountain,” Fretta said. “It doesn’t move. There is no way to cheat.”

And only one way to go: up.