

Massanutten Mountain Trails (MMT) 100 Mile Run

Sean Andrish and John Nelson got a leg up on the 100 mile aspirants this year by completing the Massanutten Mountain Trails 100 mile run sponsored by the [Virginia Happy Trails Running Club](#) (VHTRC). Run through the George Washington National Forest in the Shenandoah Valley, this race has been held annually since 1995. Of all the participants, only 62% of those who have toed the starting line have finished, so they belong to a select group.

According to its website, the "MMT is a challenging 100 mile trail ultra over a demanding, rocky course in the Massanutten Mountains of Virginia's Shenandoah Valley. The course includes short but rugged mountain climbs that total over 18,000 feet. While the May date usually avoids Virginia's brutal summer weather, we have had rain and violent storms in prior years. The event is noted for its well-stocked, friendly aid stations and good course marking. The starting field is limited to 150 runners."

The run started on Saturday, May 19th at 5 am. Sean placed fourth with a time of 21:46:58 and John crossed the finished line after being in motion for 31:57:50.

No word yet on how they're feeling. To say they are a bit tired would be an understatement. Perhaps we can coax a race report out of them when they are fully recovered. Until then, we'll just say.

Congratulations Sean and John. Well done.