

Women Rule at KUS 24 Hour

by Eric Steele, R.D.

Twenty-one runners from seven different states including Arizona, Colorado, Indiana, Kansas, Oklahoma, Texas and West Virginia toed the line at the Fifth Annual KUS 12 and 24 Hour Ultra. Unfortunately, last year's decision to use the Champion Chip electronic lap counting system turned into a nightmare, which led us to return to Linwood Park and count laps manually again. The bonus for our competitors and lap counters was the fact that the course is a flat certified one-mile, partially paved partial asphalt loop, with no road crossings or speed bumps.

Temperatures were in the low 70s at the 9:00 a.m. starting time and would climb to nearly 80 before the day was out, however, overcast skies and a blustery wind helped keep some runners cooler than if Mr. Blue Sky would have blessed us all day. The past year has turned out to be a "banner year" for women in KUS events and today would be no different. Early on, speedster Marc Friesen jumped out to a lead, amassing 34 miles six hours into the event, closely followed by Theresa Daus-Weber with 33 miles, who was training for her 10th Leadville finish this summer. Meanwhile, Debra Richmeier was consistently running five miles per hour, a feat that would end up lasting nearly 18 hours into the event. Right behind her was Kevin McCormick, who was searching for his first 100-mile finish in a 24-hour event.

By the time we reached the twelve-hour mark, four casualties had already occurred in the 24-hour and our field of competitors was decreased to 14 individuals. Debra had crept past Theresa by one mile with 61 miles, and Friesen had dropped to third, tied with McCormick, 57 miles for each. Those who have ever competed in a 24-hour event know that the second 12 hours is when you separate the runners who really want to break 100 miles or achieve their PR, with those who find sleep or relaxation a better option—especially when in a race with a morning start, such as we had.

During those next 12 hours, Debra, Theresa and Kevin kept plugging away, while Marc and other competitors continued to compromise their original goals by taking several extended breaks. Once the principle of "slight edge" had levied its collective toll, these three

competitors stood out as the trio to reach what arguably is considered the "holy grail" of a 24-hour event, 100 miles (or better). It's just amazing how those minutes add up to hours and subsequently, lost mileage.

By the time Marc Friesen and Richard Golden sprinted (hand-in-hand) across the finish for their final loop, with less than a minute to spare, the ladies (Debra and Theresa) had finished first and second respectively, with Kevin breaking 100 miles for his first time and finishing third overall. All three competitors earned the KUS Abilene Distance Achievement Award (representative of running from Wichita to Abilene, Kansas). This was after we had been treated to a 5:33 mile from the speedster Marc Friesen, after challenging Phil "Skippy" Sheridan (who was volunteering and well rested, not to mention a very accomplished ultrarunner as well) to blaze a loop with him, claiming he could take him—and that he did. Look for Friesen to be a serious "ultra threat" in years to come.

The 12-hour event saw Badwater hopeful Karl Keltner compile 50 miles in the allotted time, which was fairly impressive for a guy who was built a lot more like a football player than a runner. Ultra newbies Stacy Gonzales and Susie Faulds shattered their original goals, totaling 40 and 33 miles, respectively.

Finally, a sincere thanks to all of our competitors for supporting ultrarunning in Kansas and the most heartfelt appreciation to all of the KUS volunteers, without whom we would not be able to host such successful ultra events. Thanks so much, you are all loved and cherished deeply and can never be told this enough! We look forward to seeing all of you again in late April next year. Until then, see you at Flat Rock on September 29, 2001.

Kansas Ultrarunner's Society 24 Hour

Wichita, Kansas

April 21

One-mile road loop

24 Hours

1. Debra Richmeier, 40, CO	110
2. Theresa Daus-Weber, 46, CO	104
3. Kevin McCormick, 43, TX	100
4. Marc Friesen, 25	93
5. Ulrich Kamm, 53, CO	89

6. Richard Golden, 54	86
7. Dennis Haig, 41	80
Ric Lind, 38	80
Jim Perry, 51, OK	80
10. Tony Bridwell, 35, OK	70
11. David Dinkel, 52	63
12. Gary Smith, 45, AZ	52
13. Jay Bohnsack, 44, IN	50
14. Gregory Helbig, 45, WV	45
15. Dann Fisher, 37	35
16. Ron Jansen, 33	32
17. Ivo Majetic, 32, CO	19
18. Marvin Skagerberg, 63, CO	14

12 Hour

1. Karl Keltner, 39	50
2. Stacy Gonzales, 37	40
3. Susie Faulds, 51	33

Diez Vista 50 Km

Port Moody, British Columbia

April 14

Rugged Trails

1. William Emerson, 37	4:26:37
2. Paul Terry, 36	4:39:55
3. Rob Lang, 44	4:40:34
4. Ted Russo, 39	4:41:48
5. Randy Hunter, 32	4:48:44
6. Paul Slaymaker, 31	4:56:24
7. Andy Nicol, 41	4:57:30
8. Terry Lewis, 43	4:58:56
9. Dave Terry, 39	5:04:28
10. Scott McCoubrey, 38	5:04:51
11. Patrick DeSousa, 34	5:09:45
12. Ean Jackson, 43	5:11:59
13. Stan Jang, 33	5:15:19
14. Matthew Sessions, 36	5:18:25
15. Murray Lancaster, 32	5:19:57
16. Brian Patterson, 50	5:20:59
17. John Wagner, 52	5:24:29
18. Jim Winter, 36	5:27:35
19. Penny Plamondon, 33	5:29:19
20. Steffan Tweedle, 27	5:30:06
21. Eric Muller, 32	5:30:57
22. Shawn O'Toole, 35	5:31:23
23. Martin Dodds, 36	5:34:12
24. Darren Lauscher, 40	5:35:09
25. Ron Adams, 52	5:36:59
26. Calla Romes, 35	5:37:11
27. Michael Wardas, 35	5:39:13
28. Sally Marcellus, 47	5:39:27
29. Desmond Mott, 41	5:40:43
30. Mike Mastine, 45	5:41:43
31. Shane Reaume, 31	5:42:25
32. Derrick Johnstone, 34	5:44:14
33. Phillip Craven, 53	5:46:52
34. Peter Zubick, 42	5:47:46