

southeast Iowa, just outside Fairfield. Fairfield is pretty much equi-distant from all the major cities in the midwest, being just a four- to six-hour drive from all of them. The pre-race lasagna dinner and post race chili, made by race director Bob Lyon's mom, are provided free to all runners and their families.

Dan Hawthorne

Flat Rock 50 Km

Independence, Kan. September 28, 1997
Ou-and-back on rocky trails

1. Robert Clementz,38,TX	5:05:54!
2. Randy Ellis,45,OK	5:29:01
3. Kevin Cooper,37,MO	5:37:29
4. Steve Pollock,37,MO	5:48:15
5. <u>Gwen Heist</u> ,31,MO	5:51:31!
6. Dennis Haig,37	5:54:24
7. Lindon Bontz,39	6:23:58
8. Jordan Clay,36	6:28:24
9. <u>Mindy Wilson</u> ,30,MO	6:35:32
10. Duane Grigg,46,MO	6:43:30
11. Bob Parker,48,MO	6:46:41
12. <u>Theresa Wheeler</u> ,30	6:52:16
13. David Noltensmeyer,48	6:55:36
14. Bob Marston,46,MO	6:57:31
15. Scott Mitchell,36	6:59:16
16. Robert Risser,57,MO	7:01:44
17. Scott Grim,34	7:17:41
18. John Hargrove,52,OK	7:21:26
19. Terry Hedrick,44	7:42:27
20. Thomas Lasater,40	7:44:01
21. Michael Hickman,49	7:56:48
22. Jack Edmonds,49,AR	8:09:03
23. J. Nick Howell,40	8:09:24
24. David Dinkel,48	8:09:47
25. <u>Lori Tracy</u> ,36,TX	8:40:32
26. Buddy Jones,59,OK	9:44:55
27. Michael Burlakoff,41	9:46:15
28. Bob Nugent,42	9:52:38
29. John Reals,48	9:56:54

The name of this race should be changed to "Watch Your Step 50 Km." The only flat rocks on the course are vertical ones that form dirt-covered hills along much of the trail. The north shore trail of the Elk City Reservoir is beautiful to hike, but a slew of other adjectives can better describe the course if you are attempting to run at under five-hour pace.

I traveled to Kansas with visions of running a course record and breaking the five-hour barrier. Five hours sounds soft unless you are one of the 62 runners who have attempted this race.

Defending champion and course record holder Phil Sheridan led at the start. As we headed up the trail, I fell in behind him, content to let him show the way and clear out the spider webs. After a mile or so he took a slight wrong turn, and I blazed the path through the rock-strewn trail and the hundreds of spider webs. Not 20 minutes into the race I heard a few choice words from Phil. I looked back after turning a few corners to find the trail clear. I discovered later that he had twisted his

ankle badly and dropped out.

The first half of the trail was great, except for the moss-covered rocks that dropped me on my hip just before the second aid station. I was pleasantly surprised to see my wife and children at the third aid station. My wife asked what I was doing in the lead. "I don't know!" was my reply. Actually, I was feeling good at that point and it didn't seem like I was pushing the pace much. The crew at the fourth aid station was not ready for me. They had some water out, but all the food was still packed away in boxes. They moved quickly once I asked them if they had anything to eat.

I reached the turnaround under 2:20, where I changed socks, shirt, and my pack. Changing from a double water bottle pack to a single ended up being a poor decision. Even though a canopy of trees covered most of the trail, the temperature began to rise considerably. I did not have much of a lead after my three-minute stop at half-way—about four minutes. I missed the course markers as the trail turned away from the river, and lost about three minutes or so.

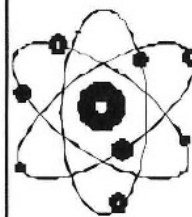
The excitement of the competition, not knowing what kind of lead I had, and the thought of the first sub-five-hour time on this course obscured my judgment concerning fluid and food intake. I was running out of water before each aid station and not drinking or eating enough at the tables. By the last aid station I was feeling the effects of dehydration. Tripping over some invisible rocks and roots in the last few miles slowed me further. Needless to say, the five-hour barrier is still out there to be broken.

Robert Clementz

Man Against Horse 50 Mile Run

Prescott, Ariz. October 4, 1997
Mountainous trail, dirt roads, 4,200' of climb

1. James Dunlop	7:05:25!
2. Paul Bonnett-Castillo	7:49:12
3. Louis Paciello	8:11:20
4. Eric Benson	8:23:24
5. Gene Joseph	8:24:20
6. Jim Alt	8:35:01
7. Ron Beard	8:53:13
8. Mike Ehlerman	9:00:25
9. <u>Julie Arter</u>	9:00:25
10. <u>June Gessner</u>	9:11:00
11. Joe Galope	9:27:50
12. Warren Craddock	9:52:15
13. Tom Doboze	9:57:05
14. <u>Beverly Rogers</u>	9:59:55
15. Steve Kozachik	10:06:12
16. <u>Diane Siegel</u>	10:23:14
17. Jim Ingalls	10:31:12
18. Phil Trifunac	11:01:55
19. Vince Devlin	11:04:20
20. <u>Judy Overholtzer</u>	11:08:45
21. James Rapp	11:09:20
22. Tom Geantil	11:30:00
23. <u>Joana Losito Ahlers</u>	11:38:07



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** See "Inside the Science of UltraRunning"
by Kevin Setnes, October 1997