

69. Jim Roy,47	6:29:10
70. Levon Martin,28	6:30:09
71. Vic Harris,41	6:31:24
72. Janine Duplessis,44,WA	6:33:29
73. William Leitch,55,BC	6:36:36
74. Jeff Dean,42,WA	6:36:36
75. Paul Altstadt,36	6:37:09
76. Boone Kauffman,43	6:37:21
77. Kathy Cafazzo,47	6:37:21
78. Reinhold Baues,48	6:38:46
79. Jim Ridlington,54	6:39:02
80. Boris Kort-Packard,29	6:40:55
81. Russ Manies,41	6:43:56
82. Paul Henson,39	6:43:57
83. Rick Klocke,37	6:44:18
84. Paul Terry,34,WA	6:45:07
85. Mike Young,40	6:45:12
86. Janet Toyne,52,BC	6:45:34
87. Clint Morrison,50	6:47:31
88. Roger Dannen,56	6:51:56
89. Greg Lee,39	6:53:37
90. Howard Brown,43	6:54:11
91. Jim Donovan,36	6:54:11
92. Rod Beckner,33	6:54:54
93. Sarah Ehlers,26	6:54:55
94. Randall Law,43	6:54:55
95. Steve Stoyles,42,WA	6:54:55
96. John Bandur,61,WA	6:55:43
97. Lynn Yarnell,48,WA	7:07:53
98. Jeff Mauer,42	7:09:29
99. Tony DeArcos,46,UT	7:11:18
100. Gary Parcher,52	7:13:54
101. Gary Wright,48,WA	7:16:35
102. Peter Bennick,44,WA	7:17:15
103. Eric Reid,21	7:18:47
104. Casey Eisele,21	7:22:11
105. Mitchell Smith,32	7:24:08
106. Steve Loitz,42,WA	7:25:16
107. Marlis DeJongh,47,WA	7:27:21
108. Tim Weber,34	7:30:17
109. Sid Snyder,48	7:31:32
110. Al Miller,45	7:36:18
111. Bob Ross,55	7:37:53
112. John Sears,45	7:41:40
113. William Henshaw,42,WA	7:45:39

114. John Tressler,51	7:46:34
115. Mary Ritz,44,ID	7:46:42
116. Micah Smith,43,WA	7:50:33
117. Robert Volkenand,68	7:52:16
118. Melissa Berman,46	7:54:28
119. Jinny Brown,47	8:08:55
120. Julie Peterson,43	8:15:36
121. Ruth Johns,50	8:16:35
122. Dian Cummings,45	8:18:38
123. Bob Boss,56	8:20:01
124. Joanne Ross,58	8:27:20
125. John Morelock,57	8:30:00
126. John Sulzmann,47	8:40:12
127. David Granum,52	9:00:00
128. Kylv McMurray,37, WA	9:00:00
129. Michael Christiansen,35	9:00:00
133 starters	

Rockin' K Trail Runs

Kanopolis State Park, Ks. April 3, 1999
Trails

50 mile

1. Todd Nott,34,NE	7:17:59!
2. Marc Friesen,24	7:29:09
3. Larry Ridgeway,53,CO	9:14:16
4. Eric Steele,33	9:26:24
5. Bill Shirk,53	11:21:00
6. Chuck Zuegner,39,TX	11:40:38
9 starters	

Marathon

1. Mark Crisman,35	3:51:02!
2. Randy Albrecht,43	3:52:22
3. John Peppiatt,39	4:25:48
4. Earl Blewett,34,OK	4:43:34
5. Frederick Menninger,41	4:45:02
6. Dann Fisher,35	4:47:38
7. Michael Eglinski,35,MO	5:01:03
8. Jordan Clay,37	5:04:39
9. Thomas Lasater,42	5:13:15
10. Larry Lyon,38	5:29:47

11. Joan Morris,32	5:30:48!
12. Frank Dayton,35	5:30:48
13. Ric Lind,36	5:48:19
14. Chris Chandler,43,TX	5:57:35
15. Rich Golden,52	6:44:23
16. Jan Shirk,42	7:34:46
22 starters	

The first edition of the Rockin' K is in the bag. The run proved to be interesting indeed. Spring weather cooperated in a normal Kansas fashion by dropping the temperature from a sunny 82°F on Thursday to 37°F with overnight thunderstorms and a friendly 20 mile-per-hour north breeze at the 6:00 a.m. start. Temperatures never climbed out of the mid-40s all day. The big pre-race dinner conversation topic was "What are you going to wear?" On Saturday morning it looked as if everyone except a couple of fast guys were either wearing or bringing everything they owned!

The Rockin' K is a multi-use trail through the prairie around Kanopolis State Park. The run is a double loop for the 50-mile and a single loop for the marathon, with a short out-and-back road section to make the marathon distance. The course has many short, steep climbs, mixed with a light sprinkling of sand, rocks, and mostly dry, low water crossings.

It is a true prairie run through the open range with very few trees to obscure the views. This gave the runners the full benefit of the light cooling breezes. The trail had one unmanned and one manned aid station, so the runners either had to pack heavy or suffer the consequences of not doing so. All responded to the weather in admirable fashion.

In the 50 mile, Marc Freisen and Todd Nott (running his first 50-mile trail race), started fast and continued to run fast. Marc and Todd were even at the first aid station, with Todd gapping Marc by five minutes at the half. This turned into 16 minutes at the manned aid station (the second time through at about 42 miles) with Marc pulling Todd back in to about 11 minutes at the finish.

In the marathon, Mark Crisman was desperately trying to hold off Randy Albrecht for (what he thought to be) third place. At the finish, the first two runners turned out to be the 50-mile participants, so third suddenly became first, and Randy was one minute and 20 seconds behind in second place. There were no females who finished the 50-mile distance. On the marathon side, Joan Moore was first in 5:30:48.

In the pre-race talk, I mentioned that at the Rockin' K no runner would ever be charged extra fees for additional miles run. In true ultrarunner fashion, Larry Ridgeway responded by getting in four or five extra miles! All of the runners turned an ugly day bright with first class performances.

This was the first ultra that Stacy and I have staged. It was a refreshing change from the five-mile road race and the six-mile trail races we put on.

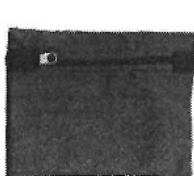
Phil Sheridan (R.D.)

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