

|                                |         |
|--------------------------------|---------|
| 95. Scott Johnson              | 5:57:05 |
| 96. Gary Bruland               | 5:58:22 |
| 97. Wayne Janik                | 6:00:36 |
| 98. <u>Kim Kashirsky</u>       | 6:03:35 |
| 99. <u>Diane Slutika</u>       | 6:03:36 |
| 100. Paul Piplani              | 6:05:57 |
| 101. Dennis Lineham            | 6:07:30 |
| 102. <u>Catherine Westphal</u> | 6:07:51 |
| 103. Grundlingh Enslin         | 6:08:01 |
| 104. Jerry Shepherd            | 6:08:26 |
| 105. Don Kern                  | 6:09:05 |
| 106. Marvin Sato               | 6:09:49 |
| 107. <u>Mo Fraley</u>          | 6:09:50 |
| 108. Thomas Mosher             | 6:14:16 |
| 109. Ian Stevens               | 6:17:23 |
| 110. <u>China Chien</u>        | 6:18:41 |
| 111. <u>Carol Krochmal</u>     | 6:19:41 |
| Frank Krochmal                 | 6:19:41 |
| 113. James De Gregorio         | 6:20:30 |
| 114. Manjunath Chinya          | 6:21:17 |
| 115. Klaus Thiedmann           | 6:23:41 |
| 116. Dennis Boothe             | 6:23:43 |
| 117. Frank Bartocci            | 6:27:38 |
| 118. <u>Chrystal Knight</u>    | 6:42:33 |
| 119. <u>Layne Reibel</u>       | 6:44:54 |
| 120. Kelvin Lu                 | 6:48:25 |
| 121. Susan Nash                | 6:53:17 |
| 122. Perry Fisher              | 7:08:48 |
| 143 starters                   |         |

## Rockin K Trail Run

Kanopolis State Park, Kan. April 1, 2000  
Trails, 50 miles

|                              |           |
|------------------------------|-----------|
| 1. Marc Friesen,25           | 7:49:58   |
| 2. Randy Albrecht,44         | 8:50:21   |
| 3. Eric Steele,34            | 9:33:25   |
| 4. Duane Frichtl,43,IL       | 10:09:11  |
| <u>Molly Gibb,38,OK</u>      | 10:09:11! |
| 6. Chris Jarvis,41,NE        | 10:11:36  |
| Wayne Wallace,42,NE          | 10:11:36  |
| 8. Dann Fisher,36            | 10:23:38  |
| 9. <u>Lisa Conover,41,WI</u> | 10:43:18  |

|                          |          |
|--------------------------|----------|
| 10. Rex Friend,45,OK     | 11:25:29 |
| 11. Dave Noltensmeyer,51 | 11:30:25 |
| 12. Jim Davis,58         | 12:06:33 |
| <u>Nancy Davis,48</u>    | 12:06:33 |
| 14. David Dinkel,51      | 12:25:01 |
| 24 starters              |          |

It's 4:00 a.m. and the race director stands on a bridge out in the prairie of central Kansas, a cold mist falls in the 38 degree air, his flashlight plays across the swift, muddy, rising waters of Alum Creek. An inch of slow, soaking rain has fallen overnight, this added to three inches of rain last week. There will be mud. The low water crossings will not be low.

The Rockin K is a loop of the trail system at Kanopolis State Park with a short out and back on dirt roads to Mushroom Rock State park. The 50 mile is a double loop with an aid station at the start/finish, an unmanned aid station where the trail crosses itself, and a manned aid station at about 14 miles. Due to washed-out four wheel drive roads, the unmanned aid station had to be packed in, and was limited to water only, neither drop bags nor goodies.

The course is normally a nice mix of sand, rock, water, and hills. Due to the rain the normally dry water crossings had become knee- to waist-deep. Alum Creek was running close to waist-deep with a strong current. One deeper crossing required a short detour be marked around it.

Into this came 64 starters, 24 looking for 50 miles and 40 intent on the marathon finish. At 6:00 a.m. the runners lined up; the rain had stopped, but the temperature was still a cool 38 degrees. As the

runners hit the trail, the more experienced ones realized the futility of skipping around the mud and just plowed straight on in, and within a mile or two, the newbies joined them plowing the prairie, as it soon became completely obvious to all that there was no possibility of staying clean and dry.

At the 5-km road section, an out and back to Mushroom Rock Park, the fastest runners were soon to be running a 30-minute 5 km split, and numerous runners took an hour to do the 5 km road.

Even though the trail was wet and muddy, every runner was grateful to finish the road and get back on the trail. After the road section the trail did several more waist-deep crossings and there were numerous hills, to a place a couple of miles before the finish where we had marked the course to detour around a five-foot deep crossing about 50 feet across.

I had arranged the course so that the 50 milers have a marathon finish at the turnaround for the second lap. So the 50 milers had to decide between more mud, cold water and hills or warm chili, cold beer, and a blazing fireplace. For nine of the 50-milers temptation won.

In the 50-mile race, Marc Friesen took off as if he were in a 10 km and soon gapped everyone. He increased this gap until the finish in 7:49:58. In the women's 50-mile Molly Gibb was running hard against Lisa Conover through the first lap. Lisa was ahead at the manned aid station by about three minutes, but Molly caught her and went up by about five minutes at the turn around for the second loop.

She increased this lead through the second loop, setting the women's course record in 10:09:11.

*Phil Sheridan (R.D.)*



Angela Dietrick and Lynnete Dorsett wade through what is normally a small creek.

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