

WOMEN RULE THE ROCK

By Eric Steele, R.D.

As we entered our sixth year here at the Rock we had no idea what was in store for us. Then again, that is the beauty of ultras—the unknown, the unbelievable, the women. Huh? Yes, the women. Returning past Flat Rock 50 Km women's champions Gwen Heist ('97 and '98) and Mindy Wilson ('99) battled for nearly six hours. When the dust had settled, both were overall victors of this year's race. Gwen took the lead near the halfway point and never relinquished it. Mindy undoubtedly smelled blood the entire time while Gwen was constantly looking over her shoulder.

Impressive was Gwen's determination to regain her place as women's champion at Flat Rock, however, equally as impressive was Mindy chopping nearly twenty minutes off of her winning time from last year. Not to mention, both of them beat the entire men's field. Hey guys—come show us you've got what the ladies of the rock have.

All afternoon the cowbells rang, the people cheered, and the infamous "blue horn" was blasted as runners made their way down the gravel road and through the finishing tent. Looks on the runner's faces ranged from a pure exhaustive exhilaration to one of wanting to kill somebody—that somebody probably being me.

With less than 20 minutes to spare before the ten hour cutoff, Dave "Blue Flame" Dinkel rounded the corner of the gravel road with his classic "weebles wobble, but they don't fall down" running style, to the roaring of the crowd as we cheered him into the tent and sighed with relief that the Blue Flame had not sputtered out on his sixth consecutive finish here at the Rock.

After the last two years of nearly dark 7:00 a.m. starts, which included one broken ankle, we decided to push the start time back this year for the overall safety of the runners. All future years "nationally advertised" start times will be 7:30 for the 50-km and 8:30 for the 25-km.

The Kansas UltraRunners' Society is nearly six years old now and the solid infrastructure that this event has built for our society is irreplaceable, to say the least. None of it could have been pulled off without the dedicated service of several key individuals/organizations and the participation of the valiant souls who return to the rock year after year and the timid newbies who really have no idea what in heavens sake they are getting themselves into, but push on and become part of Kansas ultrarunning history.

When I first picked up the phone and called Scott Demaree nearly seven years ago and

suggested we start an ultrarunning organization, my end vision was a regional ultrarunning community that would flourish and host ultra-events for most distances. Now, with the addition and successful first completion of the Heartland 100, we (KUS) have four events on the annual ultra-calendar and I feel as if my original vision has been achieved, or as the Native Americans would say, "it has come to pass." The cornerstone being, of course, the Flat Rock races.

The development of our special little KUS family has been tested through fire here at "the Rock" and out of our sacrificial pyre the Phoenix of our organization has now risen to a clearly defined part of Kansas and ultrarunning history. My sincerest thanks and admiration to each and every one of you who have made it happen, you know who you are and you will always be loved and deeply appreciated. See ya' next year, if not sooner!

Flat Rock 50 Km

Independence, Kansas

September 30, 2000

Hiking Trails

1. Gwen Heist, 33, MO	5:49:48
2. Mindy Wilson, 33, MO	5:56:26
3. Duane Grigg, 49, MO	6:05:59
4. Duane Frichtl, 43, IL	6:07:07
5. Kurt Wiedenkiller, 34	6:14:41
John Bowman, 34	6:14:41
7. Theresa Wheeler, 33	6:15:38
8. David White, 41, MO	6:21:00
9. Dennis Haig, 40	6:37:30
10. Bob Woods, 49	6:39:19
11. Chuck Zeugner, 40, TX	6:41:38
12. Fredrick Menninger, 43	6:50:16
13. Jason Daniels, 24, MO	6:56:45
14. David Noltensmeyer, 52	7:01:09
15. Rex Friend, 45, OK	7:05:11
16. Cole Grigg, 21, MO	7:10:02
17. Jim Davis, 58	7:10:45
Nancy Davis, 49	7:10:45
19. John Hargrove, 56, OK	7:13:44
20. David Harper, 39	7:17:06
21. Jim Huss, 37, MO	7:24:16
22. Bob Marston, 49, MO	7:26:48
23. Roy Schneider, 34, NE	7:28:39
24. Kevin Wahaus, 39	7:31:33
25. Thomas Lasater, 43	7:31:44
26. Wes Seitz, 60, IL	7:42:13
27. Jefferey Skibbe, 52, IL	7:43:20
28. Wes Monteith, 49, TX	7:45:00
29. Bill Shirk, 54	7:45:41
30. Suzanne Canar, 34, IL	7:54:48
31. Roger Sites, 53	8:06:52
32. John Lemay, 26	8:18:20
Randy Sanders, 31	8:18:20
34. Chuck Streit, 55, OK	8:42:23
35. Chris Chandler, 44, TX	8:49:24
36. Donna Squyres, 47, TX	9:09:10
37. Jim Perry, 51, OK	9:30:52
38. Dave Dinkel, 51	9:41:44

Four Over Century Mark at Children's Hospital 24 Hour

by Charlie Kozlesky

Ten runners began running the one mile loop in Woodsfield for the 23rd Annual Children's Hospital 24-Hour Run at 9:00 a.m. on October 7 and a total of 784 miles was run before the 9:00 a.m. finish the next day. This year's race raised at least \$20,000 for several Children's Hospitals. This brings the total for the 23 annual charity runs to over \$325,000.

This was only the third time in the 23-year history that it did not rain or snow during the run. This year, runners had to brave a stiff wind during the daylight hours and temperatures in the mid 20s during the night. Bo Pfeffer, 48, of New Castle, Indiana along with training partner Ron Grimes 53, also from New Castle, Indiana ran very consistently for the majority of the day. Bo led all runners with his steady pace, crossing the 100-mile point in 21:07:38. John Zerger and Charlie Kozlesky joined forces to help each other to reach the century mark. John was two miles ahead and reached the 100-mile mark in 22:05:28 and Charlie Kozlesky reached the century point in 22:41:29. This was the 16th time that Charlie has reached the century in Woodsfield! Ronald Grimes continued to press on to the 100-mile mark, reaching his goal in 23:12:35. Bo Pfeffer took a short break after reaching the century mark and continued on for four more miles for a total of 104, enough for the victory.

Once again race director Pandora Neuhart organized a fantastic race. Pandora makes room reservations for all runners and families, and coordinates the food for the race as well. All runners and families were treated to a lasagna dinner on Friday evening, breakfast on Saturday morning, and a breakfast on Sunday. The 24th Children's Hospital 24 Hour Charity Run will be run on Saturday and Sunday, October 6, 2001. Race packets are presently available.

Children's Hospital 24 Hour

Woodsfield, Ohio

October 7, 2000

Flat one-mile loop

1. Bo Pfeffer, 48, IN	104
2. John Zerger, 38, NC	102
3. Charlie Kozlesky, 48	100
4. Ronald Grimes, 53, IN	100
5. Michael Hartman, 41, MI	82
6. Dick Sanders, 51, NY	77
7. Dale Brewer, 53	60
8. Keith Flint, 39	55
9. Lori Michener	53
10. Ruta Mazelis, 42	51