

Flat Rock

by Eric Steele, R.D.

Sixty-six runners from eight different states showed up for the seventh annual Flat Rock 50 and 25 Km this year, in what turned out to be the most beautiful weather we have had for the event to date. Returning this year was 50-km course record holder Eddie Mulkey, who was undoubtedly on a mission to break his own mark. Nearly 70 percent of the field had never experienced our "little gem" down here in the southeastern corner of Kansas. They couldn't have picked a better year to try it.

Evidently, after all of my taunting in past race reports and the fact that two women won the 50-km outright last year, we finally had two stallions show up, both of whom ran the course with a reckless abandon and ended up finishing within three minutes of each other. Needless to say, for anyone who has ever competed here at Flat Rock, that is extremely close.

W. Sean Nunn from Raytown, Missouri, and Kansan, Brian Pawley, from Topeka, hammered through to the turnaround in less than 2:15, both of them leaving the aid station less than a minute later with another Kansan, David Wakefield, from



Sean Nunn posted a course record time.

Photo by Eric Steele.

Lenexa, right on their heels. Not only was this David's first time at Flat Rock, it was his first ultra. In the meantime, Mulkey was already four minutes behind the leaders and would eventually end up dropping from the race. Paul Schoenlaub from St. Joseph, Missouri, (the eventual masters winner) was only a couple of minutes behind the leaders, threatening to clip their lead if they let up at any moment.

When the runners reached the home stretch, Nunn used his lengthy stride to barrel down the half-mile section of pavement and on to victory, setting a very impressive course record of 4:47:12. Less than three minutes later, Pawley came rocketing in with a time of 4:49:38. Amazingly, Brian's time would have set a new course record as well, however the younger thoroughbred's final kick was just a little too much for Brian to overcome in the late stages of the race.

1996 female champion Theresa Wheeler, from Wichita, Kansas, scored another big chunk of rock, as she easily cruised to victory in the women's race in 6:23:10. Eudella King from Edmond, Oklahoma, was second in 6:50:59 and was nearly caught by Tammy Brewer from Wichita, Kansas, who ran 6:52:18 to place third overall among the women

One of the unique features of the 50-km event is the offering of lifetime free entry for any competitor that finishes the race ten years in a row. This year we had three individuals with seven consecutive finishes. The included Wichitan Dennis Haig, a former Kansan who now resides in Colorado, Dave Noltensmeyer, and Dave "Blue Flame" Dinkel. Hats off to all of these crazy individuals, who put themselves through such torture just to save a few bucks. As Tom Lasater said, "I will be lucky to still be running by the time I attain my lifetime free entry!" Especially if he keeps running courses like this one. Seriously, these gentlemen exemplify the definition of commitment and heavy mettle through and through. We will be looking forward to inducting them into the Flat Rock "hall of pain" in a few years.

As always, these events could not be conducted without the dedicated support

and staffing of the volunteers who willingly give up the majority of their weekends—or more—to help the competitors achieve their goals and move beyond the spectrum of a limited lifestyle, into the wonderful world of unlimited potential. As competitors, please don't ever forget to thank them profusely, for without them we (runners) could not compete in organized events. And as a race director and founder of this organization (KUS), I sincerely thank them and love them all as well, for they continually teach me what community and unconditional giving is all about. Until next year, remember to always push it until it hurts, then push it some more! See you at the Rock on September 28, 2002.

Flat Rock 50 Km

Independence, Kansas
September 29
Trails

1. W. Sean Nunn, 33, MO	4:47:12 !
2. Brian Pawley, 38	4:49:38
3. Jess McNeely, 32	5:09:03
4. David Wakefield, 26	5:11:36
5. Paul Schoenlaub, 42, MO	5:12:03
6. Dan Pummill, 48, OK	5:22:09
7. Dennis Haig, 41	5:41:00
8. Rick Hoopes, 47, NE	5:53:52
9. Wee-Haur Pek, 32, IL	5:59:59
10. Theresa Wheeler, 34	6:23:10
11. Fred Dummar, 32, MO	6:29:41
12. Eudella King, 30, OK	6:50:59
13. Duane Frichtl, 44, IL	6:51:23
14. Tammy Brewer, 35	6:52:18
15. Kevin Stone, 31, OK	6:53:48
16. Dann Fisher, 38	6:56:38
17. Robert Risser, 61, MO	6:56:58
18. Wes Monteith, 50, TX	7:05:35
19. Bob Marston, 50, MO	7:05:40
20. Micheal Edsall-Cruz, 39, OK	7:15:03
21. Roy Schneider, 35, NE	7:18:06
22. Dana King, 35, OK	7:12:50
23. Sarah Staton, 28, OK	7:25:18
24. Tom Lasater, 44	7:28:25
25. Kevin Wahaus, 40	7:33:41
26. Dave Noltensmeyer, 53, CO	7:39:59
27. Jeffrey Skibbe, 53, IL	7:40:56
28. Doug McCormick, 31, OK	7:50:09
29. Steve Lower, 50	8:30:30
30. Roger Sites, 54	9:15:23
31. David Dinkel, 52	9:33:51

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