

2002 Rockin' K 50 Mile and Marathon Trail Runs

by Phil and Stacy Sheridan, R.D.'s

Past editions of the Rockin' K runs have included the "good year", "the mud year", and "the hot year." This year was "the wind year." We had 30 runners starting the 50-mile and 55 in the 27-mile "marathon" race. The race started with near ideal conditions: temperatures in the low 40s and a light overcast sky. The weather service had predicted wind throughout the day. I have run many places, and they all have had wind, certainly not a phenomenon unique to Kansas. It does have special significance here however, due to the notable lack of trees for protection.

The race started well, with the fast guys and gals doing their thing and everyone else following. Most of the fastest marathoners and 50-milers completed the first loop without too much trouble. The wind picked up by mid-morning to a nice steady 20 miles per hour, with gusts of about 30. The mid-pack marathon runners and most 50-milers were starting to feel its effects. By noon everyone on the course started to take a beating. The National Weather Service reported wind at a steady 32 miles per hour, with gusts of up to 40. It stayed that way until the race ended.

The runners remained remarkably upbeat, with an amazing 25 of 30 finishing the second loop in the 50-mile, and all but one marathoner finishing. The 50-mile statistic is impressive, as we allow the runners to drop and still have a marathon finish after the first loop. In the past we have had a 50-percent attrition rate, due to folks opting for beer and chili instead of the second loop.

Of special note were new course records. In the 50-mile, the women's record was smashed by 1:27:11 by Susan Gebhart from Penrose, Colorado, in a time of 8:30:30. Both the men's and women's marathon course records also fell this year, with Kevin Guest taking 14:25 off the old record and Michelle Bredenkamp taking 10:15 off the women's. Dottie Duncan recorded her 100th marathon finish and Tom Detore finished the 50-mile, then

drove to Arkansas and completed Hogeye Marathon the next day.

Cheri Baker adds:

Let's make one thing perfectly clear—Kansas is not flat. On April 6, four hardy Minnesota runners found that out the hard way. Debbie Bailey, Mary Dose, Shannon Wasenda and I toed to the starting line of the Rockin K Trail Marathon. Maybe "toed" is too strong word. Rather we gathered with a group of 85 others in the parking lot of the Corral Shelter. The weather was cool and overcast. We had anguished (of course) over what to wear, but we settled for shorts, long sleeve poly pro shirts, the team singlets and gloves. Interestingly, our race numbers were actually ear tags that are used on cattle!

Down the road a short ways we entered the start of the trail. Unfortunately some local juveniles had started a prairie fire earlier in the week, so for the first 20 minutes we ran on a path through the burn out, which was very eerie. The trail led us to terrain that I did not think Kansas had—large sandstone rock formations with hues from mustard yellow to riotous red, with several neutral shades in between. The trail winds up and down these rocky formations and at the top you can see sweeping panoramas for miles. The trail was soft packed dirt, exceedingly forgiving on the feet. Single-file running was required; because of that we bunched up with some newfound friends along the way. We stayed ahead of them because they pointed out that we were "much faster on the flats," which pumped up our egos and quickened our steps.

The trail also had some interesting sandy spots, the kind of sand that is so fine you wonder if you will still be digging it out of various places for months. Again, the color of the sand ranged from mustard yellow to red and was at times three to four inches thick.

Ah yes, there were also water crossings! Not too many, just enough to have some fun with. After much squealing we all got

through them, some ankle deep, some calf deep. An interesting phenomenon was that when our wet trail shoes hit sand, our shoes grew a half-size larger.

There was a great aid station at the halfway point. It included a tent to escape of the wind, great munchies and friendly volunteers. That was followed by a tough four-mile loop up and down rolling hills on a gravel road to Mushroom State Park and back, then back for the last 10 miles. That section was not nearly as scenic, as we were on the open prairie. Winds kicked up to about 35 miles per hour, but we were comforted by the fact that the volunteers told us this was just a "Kansas breeze." Throw in some more sandy trails and it suddenly became a tough adventure. Finally we spotted more burned out area and realized we were getting close. Up ahead we saw the sign. Shelter! We just had to get back on the road and sprint up the hill into the parking lot. Again, maybe "sprint" is a bit of an exaggeration, but you get the idea. The "fabulous four" from flatland Minnesota completed this 27-mile marathon. Instead of the traditional medal, we received a horseshoe for finishing.

This race is for the true trail runner, but even the first-timer (Shannon) in our group enjoyed the experience. Race directors Stacy and Phil Sheridan were great. They e-mailed us regularly on the course conditions and weather. Stacy is the one really in charge, and not only directs the race, but makes the pasta feed and the fabulous chili that is waiting at the end. Phil did an incredible job of marking the course. They also have a 50-mile run at the same time, which is a double loop of the course. We politely declined doing the second loop. We totally lucked out on the weather. Hot and sunny would have been brutal, because there is literally no shade anywhere. Two years ago they had a lot of rain a few days before the race, which made the sand and water crossings a quagmire. If you are tough and love an adventure, mark this one on your calendar.

Rockin' K 50 Mile and Marathon

Kanopis State Lake, Kansas

April 6

Horse trails

50 Miles

1. Todd Nott, 37, NE	7:28:02
2. Paul Schoenlaub, 42, MO	7:30:18
3. Erik Solof, 34, CO	7:34:15
4. Randy Albrecht, 46	7:59:31
5. Todd Salzer, 28, CO	8:21:59
6. Susan Gebhart, 47, CO	8:30:30
7. Art Long, 32, CO	8:31:53
Tammy Stone, 40, CO	8:31:53
9. Stuart Johnson, 42	8:34:47
10. Bob Woods, 51	8:40:42
11. Stephanie Schwartz, 29, CO	8:45:40
12. Marc Friesen, 27	8:54:38
13. Doug Wielgat, 46, WI	9:06:20
14. Chris Jarvis, 43, NE	9:15:59
Wayne Wallace, 44, NE	9:15:59
16. Tom Detore, 54, NE	9:47:38
17. Dale Nielsen, 42, NE	9:49:22
18. Fred Dummar, 33, MO	10:01:14
19. Ben Holmes, 45	10:02:17
20. Jeff Sherwood, 51, WI	10:26:26
21. Dann Fisher, 38	10:33:32
Miles Fisher, 5	10:33:32
23. Jim Davis, 60	11:18:11
Nancy Davis, 50	11:18:11
25. Bill Shirk, 56	11:27:20

30 starters

Marathon

1. Kevin Guest, 33, MO	3:37:37
2. Mark Crisman, 38	3:51:34
3. Dan Winston, 41	4:07:50
4. Christopher Call, 35	4:11:15
Gary Histan, 40	4:11:15
6. Michelle Bredenkamp, 32	4:20:36
7. Tim Halder, WA	4:26:51
8. Kristin Suprak, 25	4:28:14
9. Theresa Wheeler, 35	4:44:56
10. Thomas Ball, 42, AZ	4:45:16
11. Stephan Ruscheinski, 33, MO	4:47:43
12. Michael Johnson, 40	4:49:59
13. Scott Bishop, 30	4:55:56
14. Mike Bishop, 45	4:56:57
15. Mel Hull, 38	4:59:39
16. Oakley Allen, 56	5:06:32
17. Luis Rios, 48, MA	5:10:33
18. Susan Crangle, 23, MA	5:11:38
19. Christopher King, 37	5:12:10
20. Jon Dahlke, 20	5:19:09
LeRoy Dahlke, 53, IA	5:19:09
Howard Ward, 45, MO	5:19:09
23. Don Mrozek, 57	5:21:07
24. John Kedzuf, 51	5:22:07
25. Bill Gombac, 52, OK	5:23:32
26. Rex Friend, 47, OK	5:23:48
27. Frank Dayton, 38	5:29:32
Joan Morris, 35	5:29:32
29. Nels Bentson, 57, OK	5:30:49
30. Susan Dummar, 37, MO	5:38:55
31. Terry Hettterscheidt, 51, CO	5:40:09
32. Beth Rogers, 57	5:44:32
33. Monte Fjosne, 51, MN	5:51:50
34. James Myrick, 37, MO	5:52:14
35. Robert Crangle, 32, DC	6:09:19
Mike Frontz, 33, TX	6:09:19
Kimball Crangle-Krisman, 25, CO	6:09:19
38. Carmen Eichman, 38	6:13:02

39. Debbie Bailey, 41, MN	6:20:10	Bob Meacham, 52	7:10:47
Cheri Baker, 54, MN	6:20:10	51. Dottie Duncan, 47, IL	7:47:44
Mary Dose, 58, MN	6:20:10	Rocky Holly, 48, CO	7:47:44
Shannon Wasenda, 49, MN	6:20:10	53. Richard Golden, 55, OK	8:16:37
43. Byron Reed, 41, AR	6:43:25	54. Jan Shirk, 45	8:38:07
44. Donna Lenz, 46, AR	6:43:50	55 starters	
45. Dan Charles, 35, AR	6:44:06	50-mile runners, opted for marathon	
46. Lawrence Friedman, 64, TX	6:51:18	Bjorn Grass, 40, NY	3:43:48
Randall Hansen, 55, IA	6:51:18	Molly Gibb, 40, CO	4:28:41
48. Lynn Friedman, 47, TX	6:58:50	Chris Haigh, 36	5:00:53
49. Joseph Lickteig, 53	7:10:47	Jason Daniels, 26, MO	5:18:19

Bonneville Shoreline Trail Marathon

by John Bartley and Dan Barnett, co-R.D.'s

The Bonneville Shoreline Trail Marathon continued to grow in its third running. Forty-eight runners turned up for the 8:00 a.m. start at Morris Meadow on the northern side of Salt Lake City and 34 finished, up from last year's 38 and 27, respectively. Participation is still free, but if this growth rate keeps up too much longer, we may have to think about asking for a small contribution to cover stocking the aid stations (although several people made voluntary contributions this year—thanks!).

Although there was very little mud on the trail this year, there were a few stretches covered by patches of a foot or more of old mushy snow leftover from a couple of late-season storms. We thought that would slow people enough so the course records would be safe. Hah!

Karl Meltzer left Morris Meadow with two clear objectives: not to go off course as he did last year, and not to let Ken Jensen stay close and then power by near the end as he did last year. Mission accomplished—big time. Karl's split of 1:30 for the first loop was a new record by several minutes, enough to establish a two-minute lead over Ken as well. Then Karl sped up. Ken kept chasing Karl and broke his course record from last year by 19 minutes, but still trailed Karl by 20 minutes at the end! We now have some idea how people felt at last year's Hardrock 100. Jim Nelson, winner of the inaugural BSTM, lowered his time from two years ago by nearly a half-hour to finish third.

Last year's winner Ruth Zollinger, who missed this year's run, is no longer the only woman to have run the BSTM in less than five hours. Petra Pirc eclipsed Ruth's course record by 13 minutes, and made it look amazingly easy.

The improved aid stations were a big hit, in great measure thanks to the help of Jill

Bohney and Rich Baxter. Jill and Rich decided the first 10.6 mile loop (which has 3,100 feet of climb and the abundance of rocks that is traditional in the Wasatch) was a sufficient workout, and then drove to the new aid station, where they proceeded to do most of the work. Thanks also to Candy Lavicki who after running the first loop, provided professional massages at the finish. Most of all, thanks to all of the runners for a great day.

Bonneville Shoreline Marathon

Bonneville, Utah

April 6

Trails

1. Karl Meltzer	3:53!
2. Ken Jensen	4:13
3. Jim Nelson	4:37
4. Petra Pirc	4:38!
5. Dan Haesloop	4:38
6. Dave Hunt	5:10
7. Ted Heal	5:17
8. Krissy Moehl	5:17
9. Brandon Szybrowski	5:17
10. Tim Seminoff	5:19
11. Scott Mason	5:21
12. Arne Hultquist	5:24
13. Troy Olson	5:24
14. Tom Remkes	5:30
15. Stan Richards	5:30
16. Nathan Durtschi	5:40
17. Brian Kamm	5:46
18. Carter Williams	5:49
19. Dale Heizler	5:57
20. John Moellmer	6:09
21. John Diroll	6:09
22. John Service	6:13
23. Bob Adler	6:24
24. Bert Ley	6:26
25. Grizz Randall	6:31
26. Lee Johnson	6:31
27. Shauna Heisler	6:39
28. Ulrich Brunhart	6:39
29. Barb Elias	6:51
30. Paul Hart	7:31
31. Lise Brunhart	7:31
32. Irv Nielsen	7:45
33. Cynthia Daniels	9:05