

# One Hundred Miles in America's Heartland

by Randy Albrecht, R.D.



Monica Scholz en route to her 15th 100-mile finish this year.

The first annual Heartland 100 was held on Saturday, October 14, 2000. Weather is the one factor that can turn this relatively easy course into a very tough race, especially in the prairie, where a runner has no protection from the elements. During the three days leading up to the race, Kansas lived up to its reputation with strong gusty winds. Hans Dieter commented on how his tent had blown over while camping at El Dorado Lake. Friday night brought strong thunderstorms into the area, which is unusual for this time of the year. While the rain excited the local ranchers who had experienced a long, hot and dry summer, it probably terrified a few of the runners, thinking what might lie ahead.

Race day conditions were nearly ideal however, with only moderate winds and a temperature of 60 degrees F at the start of the race. The high temperature on Saturday was around 70 with an overnight low of 57 on Sunday morning. Skies were mostly overcast with only a few brief patches of light drizzle during the race. Several storms approached the area during the night, but the course remained mostly dry. Ulrich Kamm stated, "At night the light show in the north with 100 coyotes howling at the same time—that's something I'll not forget." We had scheduled the race during a full moon with the hopes of a clear sky. Many runners

commented that during the breaks in the cloud cover they were able to run the course without the aid of flashlights.

Phil Sheridan took the early lead, arriving at the 26-mile mark in 3:50 with a nine-minute lead over Kevin Guest and a 15-minute lead over Charles Stodter. Mark Henderson, Jason Hodde and Scott Demaree were in close pursuit. At the 50-mile turnaround, Phil had increased his lead to 28 minutes over Kevin. Phil however, was fighting a nagging injury from Wasatch and was forced to retire from the race at the 63.4-mile mark.

By 74 miles it appeared to be a two-man race, with Mark Henderson holding on to a 27-minute lead over Charles Stodter. Somewhere around this point Mark could see Charles' flashlight, felt he was being caught, and decided to put on a surge to increase, or at least maintain his lead. One of the rules to remember in the prairie is that objects are never as close as they seem. This may have contributed to Mark's excitement, which led to a wrong turn. Charles then gained the lead, which he never relinquished, finishing in 18:56. Mark recovered to finish second and was closely followed by Kevin Guest and Scott Demaree.

What made Charles' performance more remarkable is that this was only his second ultra, the first being a 42-mile race in 1998. At the pre-race meal he was asked

what he thought his finishing time would be; he indicated around 19 hours. While Charles lives only 30 miles from the course, he ran the race without a water bottle or a crew. With this one under his belt, even greater performances should be in his future.

With only four women in the race the clear favorite appeared to be Monica Scholz. She maintained a 30 to 70-minute lead through most of the race, finishing in 23:18 in her 15th 100-mile finish this year. Patricia Cook finished second in a time of 24:57 with Louise Mason in third at 27:27.

Many other runners had excellent performances. Hans-Dieter Weisshaar finished in 26:21 for his 19th 100-mile race this year. Several runners indicated that this was their first 100-mile finish, while both Kevin Guest and Mike Haviland indicated they had set PR's at both 50 and 100 miles.

This course is an excellent choice for a first attempt at the 100-mile distance, as the finishing rate of 81.5 percent attests. The course also proved to be fast as several PR's were set, although to a runner they could not believe there were that many hills in Kansas. For ultrarunners looking for a different adventure, the openness of the prairie presents challenges and views that are uniquely different from any other 100-mile race. We look forward to seeing more runners next October for the second annual Heartland 100.



Winner Charles Stodter relaxes briefly at mile 42 aid station.

## Heartland 100 Mile

Cassoday, Kansas

October 14, 2000

50-mile out and back on gravel roads

|                                   |           |
|-----------------------------------|-----------|
| 1. Charles Stodter, 43            | 18:56:57  |
| 2. Mark Henderson, 40, TX         | 20:51:24  |
| 3. Kevin Guest, 32, MO            | 21:03:43  |
| 4. Scott Demaree, 49, TX          | 21:15:05  |
| 5. Jason Hodde, 30, IN            | 23:07:30  |
| 6. John Bandur, 62, WA            | 23:16:45  |
| 7. Mike Haviland, 58, CA          | 23:18:15  |
| 8. <u>Monica Scholz</u> , 33, CAN | 23:18:16  |
| 9. Brad Drake, 46, WI             | 24:46:30  |
| 10. Jim Sullivan, 48, FL          | 24:49:49  |
| 11. <u>Patricia Cook</u> , 48, MO | 24:57:21  |
| 12. Ron McBee, 55, MS             | 25:28:49  |
| 13. Vincent Swendsen, 38, NC      | 26:21:42  |
| Hans-D Weisshaar, 60, GER         | 26:21:42  |
| 15. Dick Hogan, 54, IA            | 26:43:25  |
| 16. Lynn Karner, 43, IL           | 27:27:19  |
| 17. <u>Louise Mason</u> , 47, IL  | 27:27:27  |
| 18. Drew Kelly, 53, GA            | 27:31:36  |
| 19. Ulrich Kamm, 53, CO           | 28:45:56  |
| 20. Earl Ortiz, 54, NM            | 29:17:44  |
| 21. Kevin McCormick, 41, TX       | 30:00:00  |
| Bill Shirk, 55                    | 30:00:00  |
| 23. David Roemer, 41, NY          | 34:28:05* |

27 starters

\*over time limit



Hans-Dieter Weisshaar and Vincent Swendsen. Both runners had run the Arkansas Traveller the previous weekend. The Heartland was Hans-Dieter's 19th 100-miler this year.

## THE SILVERTIP 50 KM:

### How to Look Good as a Race Director Without Even Trying

by Rob Lang

Since I started running ultras five years ago I've wanted to put on a trail 50-km and get rave reviews as a race director. Here's my 15-step plan, along with who really deserves the credit.

1. Tell Mark Sherman and Sally Marcellus that you'll "allow" them to be co-race directors.

2. Find a great course on jeep roads and double-track trails that rambles through three spectacular mountain valleys in the North Cascades and add some fall colors. Mark found and designed the course which he also helped flag the day before along with Sally and Max Welker.

3. Have a cabin right at the start/finish where runners and volunteers can stay before and after the run. Make sure it's well stocked with food and beer. Thanks to Mark, Trisha Sherman and Sally.

4. Get the absolute best volunteers to work the aid stations. Thanks to the Wardas (Michael, Adrianna and Jacob) and Apland (Jean, Shannon and Ron) families.

5. Have runners bring food for the aid stations and post race without even being asked. Thanks to Gail Bazeley.

6. Borrow the Diez Vista race equipment (water/electrolyte jugs and shelter).

Thanks to Gail again as well as George Foreshaw and Earl Preeper.

7. Have stained glass snowflake awards and personalized nicknames based on the initials S.T. Thanks again to Sally.

8. Arrange handmade wood letter holder trophies depicting a die-cut Grizzly for the winners. Thanks to Bert Hamson.

9. Have a great post race feast including vegetarian chili, buns, Gail's famous apple crisp and loads of other dessert. Thanks to Sally and Trisha.

10. Arrange use of changing rooms and the hot tub right next to the Start/Finish. Thanks to the Sunshine Valley Recreation Board and Mark.

11. Invite the greatest group of local ultra trail runners you know and let them loose. Thanks to all the runners.

12. Give everyone hats and Ultimate Direction water bottles. Thanks to Montrail and Ian Torrance.

13. Keep the entry fee down (five dollars) by getting a cash sponsor. Thanks to Total Marine Logistics.

14. Take everyone's picture and get it to them. Thanks to Steve Mercer (digital) and Sally (35 mm).

15. Make it look like it's going to be a really nasty day by arranging an overnight deluge and rain at the start but then have it clear up completely and warm to shirt sleeve temperatures by noon. Thanks to the Weather Gods.

What did I do? I'm taking all the credit! This year's event was a test. The runners seemed to think it went pretty well. Next year we plan to be back with a mid August date. Although we hope the number of runners will grow we will continue to emphasize the participation aspect of this run while still honoring the winners.

### Silvertip 50 Km

Sunshine Valley, British Columbia  
September 30, 2000  
7000-foot climb

|                                |          |
|--------------------------------|----------|
| 1. Matt Sessions, 35           | 4:57:16! |
| 2. Bert Hamson, 51             | 5:35:56  |
| 3. <u>Gail Bazeley</u> , 50    | 5:54:34! |
| 4. Earl Preeper, 43            | 5:59:26  |
| 5. Peter O'Brien, 61           | 6:23:31  |
| 6. <u>Sarah Gallazini</u> , 48 | 6:36:25  |
| 7. John Little, 58             | 6:40:13  |
| 8. Bruce Grant, 34             | 6:50:30  |