

A field of 12 runners assembled for the cold 6:00 a.m. start at the Hollingberry Fieldhouse on the campus of Washington State University. Eventual winner and three-time former race winner Mark Heaphy shot out to an early lead that would never be relinquished. Traveling all the way from Moscow (Idaho) was John Bales, who finished third. The two female runners, Lynne Werner and Connie Ridenour, both had impressive races, taking second and fourth place, respectively. Lynne's mid-race surge was remarkable to spectators and fellow runners, as she was seen increasing her tempo by more than 30 seconds per mile descending the race's legendary Steptoe Grade, after a six-mile ascent up the gravel road.

After winding through rolling hills over the first 20 miles, the course flattens dramatically as it parallels the Snake River for a scenic 18 of its total 1,040-mile length. This section of the race offers both a mental and physical challenge for runners, as sight lines extend many miles in the distance, but the grade is completely flat, asking runners to recruit the use of the same muscles for hours on end. Mercifully, the Steptoe Grade appears near mile 38, beckoning runners from the river's edge to the tree-lined hills that lead them back to Pullman. The final 20 miles are dotted with farms and fields, quietly removed from the activity of Pullman.

The ultrarunners in this race are really not running "solo." Most runners who enter the WSU 100 Km do so as part of a relay team, each starting an hour and a half after the solo runners. That's good news for the ultra folks. Just when the body is beginning to falter, support appears in the form of eager relay runners, who cheer and verbally support the "crazies" who do the race alone. Post-race massages and warm showers do their usual nifty trick of easing the pain later on.

Support from the race organization at exchange points, pre-determined drop bags, as well as the camaraderie of individual support crews that are common at ultras make this race more of a group effort than a competition between individuals. Sure, finishing times are recorded for posterity, but the shared goal of completing a 62-mile run brings the runners together both in task and in spirit.

For the bold out there who might be contemplating a race beyond the marathon, 50-km, or 50-mile distances, you need not look further than the

"Palouse." The rich brown and green hills and majestic river canyons will welcome you with open arms, and sometimes, with weather that's as unpredictable as ultrarunning itself.

WSU 100 Km

Pullman, Washington
April 6

Paved and gravel roads

1. Mark Heaphy, 40, MT	9:14:20
2. Lynne Werner, 51	10:48:40
3. John Bales, 35, ID	10:52:51
4. Connie Ridenour, 44	10:58:51
5. Greg Pressler, 35, OR	11:04:30
6. Dave Dutton, 46	11:19:32
7. Tom Rowe, 54, MT	11:25:04
8. Justin Lange, 18, ID	11:42:42
9. Stuart White 56, MT	12:48:30

12 starters

Rockin K Trail Runs

by Phil Sheridan R.D.

The Rockin K trail run is composed of a series of loop trails in the Kanopolis State Park with a five-mile out-and-back section to Mushroom Rock State Park, mostly on horse and mountain bike trails, all single-track trails. Most of the trail system is on U.S. Army Corps of Engineers land. This is a potential high water area for the lake. Since the topography is deceptively hilly, the public land follows the canyons and watersheds well away from the lake. For much of the race the lake is not in sight.

The fifth annual, 2003 version included a new trail loop, "Big Bluffs" which was included when we were denied approval by the wildlife department on our permit application for part of the existing trail system. The parks department let me have this area as an exchange for the lost trail loop. John Peppiatt first ran the "Big Bluffs" section, a collection of interconnected game trails. I have to blame him totally for putting the idea of using this trail in my mind. Bill Shirk and John helped me connect the game trails and do brush hog work, making runnable trail where none existed before. Due to the changes, this year's race included a couple of beaver bog crossings. After the new trail was whacked out, it was GPS'ed to 28.05 miles for the marathon and 50.66 miles for the 50-mile.

In the week prior to the run I was wondering if I needed to order I.V. bags,

as temperatures soared into the 90s. A cold front rolled in the night before and dropped the race day start to the mid-30s with daytime highs of about 50 and overcast with little wind.

Marc Friesen took the lead in the 50-mile race and never looked back, finishing in 8:05:40. Randy Albrecht passed Adam Chase during the last eight-mile section to take second in 9:12:37. Stephanie Schwartz ran easily to lead the women in 9:43:40. In the marathon, Wil Punt built a five-minute lead on Jonathon Beverly to win in 4:05:58. The women's marathon race was not decided until after the first 20 miles. Four women were within seven minutes of each other going into the last nine-mile home stretch. Kay Mathias pulled ahead and finished in 6:02:26, just 11 minutes ahead of the second woman, Nancy Dalrymple.

Rockin' K 50 Mile and 28 Mile

Kanopolis State Park, Kansas
April 5

Trails and dirt roads

50 Miles

1. Marc Friesen, 28	8:05:40!
2. Randy Albrecht, 47	9:12:37
3. Adam Chase, 37, CO	9:25:19
4. Stephanie Schwartz, 30, CO	9:43:40!
Stuart Johnson, 43	9:43:40
6. Rick Hoopes, 48, NE	10:45:00
7. Jordan Clay, 41, IL	10:55:30
8. Steve Lind, 48, IA	11:47:12
9. Roy Schneider, 36, NE	12:00:12
10. Jim Davis, 61	12:17:21
Nancy Davis, 51	12:17:21

Marathon

1. Wil Punt, 43	4:05:58!
2. Jonathan Beverly, 38, NE	4:12:24
3. Kevin Guest, 34, MO	4:20:03
4. Mark Crisman, 39	4:32:37
5. Steven Dewald, 37, NE	4:35:53
6. Paul Schoenlaub, 43, MO	5:02:25
7. Christopher Schnitker, 35, CO	5:05:54
8. Alexander Kovalev, 31, MO	5:14:10
9. Greg Martens, 44	5:18:12
10. Tim Byrnes, 56	5:20:51
11. Dan Winston, 42	5:20:58
12. David Harper, 41	5:24:34
13. Mark Crowson, 46	5:29:12
14. Steve Fredrickson, 56, WA	5:32:40
15. Richard Roth, 52, CO	5:35:16
16. Howard Ward, 46, MO	5:38:06
17. Willie Lambert, 40	5:39:59
18. Nolan Shigley, 27, NE	5:47:59
19. Johnny Spriggs, 48, OK	5:58:15
20. Don Peter, 47	6:00:24
21. Kay Mathias, 43	6:02:26!
22. Kris Graves, 27	6:10:14
Joe Graves, 23	6:10:14
24. Nancy Dalrymple, 39, AR	6:13:29
25. Paula Lodi, 34	6:14:10

26. Ronald Johnson, 51, NE	6:20:34
27. <u>Marlys Morrison</u> , 49	6:21:03
28. Michael Johnson, 41	6:30:05
29. Chris King, 38	6:30:38
30. Scott Bishop, 31	6:32:59
31. <u>Kimberly Spielman</u> , 27	6:34:13
Jim Myers, 55	6:34:13
33. Rudy Petty, 53, MO	6:37:45
34. Paul Fournier, WI	6:39:46
35. Ronald Lindquist, 55, NE	6:40:32
36. Richard Lipsey, 57	6:42:39
37. <u>Rebecca Dickinson</u> , 43, CO	6:44:24
38. <u>Hazel Matthews</u> , 53	6:50:33
39. Rich Golden, 56, OK	6:53:15
40. <u>Maggie McCoy</u> , 53	7:03:15
Eugene Bruckert, 67, IL	7:03:15
42. <u>Kelly Greenberg</u> , 23, MD	7:24:30
Joseph McLamb, 36	7:24:30
Gregory Wilhite, 32, VA	7:24:30
45. Byron Reed, 42, AR	7:28:50
<u>Donna Lenz</u> , 47, AR	7:28:50
47. Dan Charles, 36, AR	7:32:03
48. Frank Bartocci, 55, MN	7:33:23
49. <u>Ruth Morrow</u> , TX	7:37:04
50. Michael Sicard, 33, TN	7:45:24
51. Wesley Love, 68, IN	7:46:50
52. Mike Bishop, 46	8:18:01
Steve Bishop, 54	8:18:01
54. <u>Kathryn Gaeddert</u> , 55	10:16:55
55. <u>Jayne Dunlap</u> , 56	10:16:58

Marathon (opted from 50-mile)

1. Kyle Amos, 27	4:56:08
2. Dave McGuire, 49	4:58:18
3. Michael Schupp, 51	5:11:55
4. Mike Jensen, 38, CO	5:12:40
5. Todd Salzer, 29, CO	5:24:34
6. Ben Holmes, 46	5:36:56
7. Doug Birdsong, 49	6:48:24
8. Mike Allen, 52	6:48:24
9. Ed Payne, 54	6:52:54
10. Bill Shirk, 57	7:30:12
11. Dave Dinkel, 54	7:50:25

Tough Running on the Knobstone Trail

by Gregory Trapp

April 12, 2003 marked the inaugural running of the Knobstone Trail 50 Mile endurance run, and it was quite a challenging event. When one thinks of the state of Indiana, the common perception is of a flatland of cornfields and basketball courts. While this may be true for much of the state, the southern end contains the Jackson-Washington and Clark State Forests, which provide the remote, rugged lands covered by the Knobstone Trail. Founded in 1980 and expanded in 1999, the trails are a paint-

blazed series of single-track trails, accessible only to walkers, runners and hikers (with no bicycle, horse or motorized vehicle access). With a few loops near the end of the course, the 48-mile trail system was "stretched" to 50 miles for this race. Oh, and did I mention the 19,400 feet of elevation change over the length of the course?

Twenty-nine runners registered to run a variety of lengths available, ranging from a half-marathon to the full 50-mile. Due to the difficulty of the course, the starting time was scheduled for 4:00 a.m., which was to follow our 45-minute trip to the starting point on this point-to-point run. With staggered start times, runners covering shorter distances had the luxury of sleeping in; those of us looking forward to the 2:30 a.m. wake-up time for the 50-mile chose to take advantage of lodging in the bunkhouse at the finish area. A campfire provided a cheery welcome as the runners arrived; soon we were munching on pre-run pizza and covering final directions on negotiating the course. Tom McGinnis, who organized the event, stressed to those among us who were unfamiliar with the trail that on the early stretches the difficulty of the upcoming hills was deceptive. Get a little confident, we were warned, and the stretch of miles 30 to 40 would be endless. Nervous about what was in store in the morning, we turned in.

Saturday dawned clear and cool, with temperatures predicted to rise from the 40s into the 70s. With a blaze of Indiana-legal pyrotechnics, 16 runners set off into the early morning darkness. I can only imagine what was going through the heads of a group of sleepy nearby campers as we bombed out of the darkness and scurried across a creek next to their campsite. Sorry! By 6:00 a.m., flashlights were no longer necessary, and we were able to begin to enjoy the beauty of this rugged trail. The early morning found six of us running as a group, with different individuals leading the pack. After more than 20 miles, our freight train of runners began to break up, and I soon found myself running in solitude in a beautiful state park. This was the first I have ever heard a turkey call out in the wild, and ran across the biggest doe I have ever seen. While maybe only one to two miles (as the crow flies) from civilization, the trail still felt remote and isolated. Tom's warnings of the difficulty

of the middle stretch were quite true—I began to regret my earlier fast descents. Though switchback ascents of 200 feet up the sides of ridges (some all trail, others a combination trail and steps) had me slowing considerably to catch my breath, it was the downhills that provided the more difficult challenge to my tired, sore legs. While there were still many steep ascents and descents in the remaining 20 miles to the finish line, the trail did provide some moments of respite. Pine needles carpeted the trail in sections of flatland, and the final miles of the run were run along the creek and shore side at Spurgeon Lake. I was happy to be able to hold on to my third place position, finishing nearly an hour-and-a-half behind winner Russ Goodman.

Homemade potato soup and lasagna soon were available, as the participants of the staggered start times began their arrival at the finish area, greeted by the cheers and encouragement of their fellow runners. Mr. McGinnis claimed surprise at our comments on the difficulty of the course, given some of the faster finishing times. For a very nominal fee, we were provided with first class on-trail aid and support, group lodging, durable topographic maps, and a very challenging and beautiful network of trails to enjoy. For those who are looking for a tough, rewarding one-day running challenge, save room in next April's calendar for the Knobstone Trail run.

Knobstone Trail 50 Mile and 50 Km

Scarborough, Indiana
April 12
Tough trails

50 Miles

1. Russ Goodman, 31	10:58:44
2. Dave Corfman, 40, OH	11:32:52
3. Gregory Trapp, 40, OH	12:22:44
4. Frank Olsen, 54	12:40:06
5. Bob Combs, 35, OH	13:40:00
6. Wayne Jones, 44	14:06:00
Raymond Olin, 30	14:06:00
8. Todd Veldhuizen, 29	14:26:00
9. <u>Shelly Lancaster</u> , 44	14:30:00
10. <u>Carol Goodman</u> , 40	15:45:00
11. Larry Pederson, 48, MN	16:05:00
Chris McMahon, 43	16:05:00
13. Curt Chambers, 42	NT

50 Km

1. Bob Engel, 48, OH	8:59:00
2. Joe Novicky, 42, OH	9:09:35
3. <u>Noelle Olson</u> , 44, AZ	NT
4. Jay Hodde, 33	NT