

71. Christine Ballard, 50	7:51:00	78. Abe Pacheco, 40	8:27:41	John Carlson, 60	9:16:32
72. Mark Konodi, 47	7:51:56	79. Barbara Langham, 48	8:30:29	86. Ron Warner, 59	9:54:56
73. Cheri Gillis, 51	7:58:10	80. Jayne Fleming, 58	8:31:47	87. Keith Wood, 74	10:33:19
74. Pete Seihymer, 44	8:03:45	81. Ann Reiland, 50	8:41:10	88. David Nunn, 40	11:03:19
75. Steve Loitz, 47	8:16:32	82. Debbie Kolp, 49	8:43:54	Gloria Deem, 56	11:03:19
76. Pat Hogan, 52	8:19:01	83. Bill Ball, 36	9:06:19	93 starters	
77. Eugene Nunn, 69	8:23:24	84. Sharon Carlson, 54	9:16:32		

Flat Rock 50 Km: Schoenlaub's Shining

by Eric Steele R.D.

Thirty-eight runners from nine states toed the line for the ninth annual Flat Rock 50 Km. After an eventful weather system blew through Friday night, complete with horizontal rain blowing from several directions and acorn-sized hail, Saturday morning was beautiful and the race started without any hitches. Paul Schoenlaub and David Wakefield were trying to be cool and act nonchalant, but were both chomping at the proverbial bit—anxious, yet confident—like prizefighters getting ready to tear into each other. At the start, the two blew down the small piece of road before disappearing onto the trail, never to be seen again by other competitors. Both of these gentlemen are what we consider “Flat Rock crazies” because they have both been here twice and they both returned for a third time. More importantly, they both had intentions of breaking five hours on this course. Crazy? In the previous eight years only 1.24 percent of all competitors here at the Flat Rock 50 Km have achieved a sub five-hour finish.

The race between these two demented hopefuls was still fairly close at the turnaround point, but Schoenlaub pulled away on the return trip. With fire in his eyes, a champion's grace in his stride and a massive smile upon his face, Schoenlaub ran under the finisher's tent in a time of 4:57:25 to become only the fourth competitor in the nine-year history of this event to break five hours; he also broke became the oldest sub five-hour finisher. About 25 minutes later Wakefield came cruising in, shaking his head and mumbling something to himself about not breaking five hours, again.

Past women's champion and six-time finisher Mindy Wilson narrowly defended her 2002 victory, finishing in 6:29:07, just in front of 2001 women's champion and six-time previous finisher Theresa

Wheeler, who blazed through the finisher's tent in 6:35:32. Mari Mohr, who last year sprained her ankle during the race, showing true grit and an unyielding determination in returning, and recorded a very respectable time of 6:52:10 in claiming the women's masters title.

Dave Dinkel, Dave Noltensmeyer and Dennis Haig all finished their ninth consecutive Flat Rocks and are now only one race away from lifetime free entry into the event and are slated to become the first inductees into the “Flat Rock Hall of Pain” upon completing next year's 50-km. We also attracted our youngest competitor in the history of the 50-km, 18-year-old Brenton Floyd. Floyd has completed marathons in all 50 states and is the youngest finisher of the “50 state club,” undoubtedly due to the whirlybird cap he wears during races.

Once again, we had another large turnout at the post-race campfire, which demonstrated that the Flat Rock family is continuing to grow as the rich lore associated with the camaraderie of the people and the sweet, yet wicked nature of this course are entwining their way into the ultrarunning community. As always, the help of some key individuals was critical in the manifestation of another successful event. Thanks to all of the extremely dedicated volunteers who have given of their time and talent to make this event an experience that many runners want to, and will, have again. Many thanks also to Hammer Nutrition/E-Caps and Conquest Thirst Quencher, who have given tremendously over the years to support our events and provide excellent fuel for the competitors. Finally, thanks to those competitors, individuals who truly appreciate the experience we have grown fond of calling “KUSpitality.”

Next year we are celebrating our 10th anniversary; if you have entered the 50 or

25-km in the previous nine years you are entitled to a 50-percent discount for our 10th anniversary event. We are capping entries at 125 for both races combined and are confident we will reach capacity many months before the event. Entry forms are available on our website at ultrarunners.info/fr50.pdf.

Flat Rock 50 Km Independence, Kansas September 27 Trails

1. Paul Schoenlaub, 44, MO	4:57:25
2. David Wakefield, 28, NM	5:21:34
3. David Scott, 42, MO	5:44:21
4. Jack Christian, 50, OK	5:46:09
5. Steve Siegle, 42	5:57:26
6. Patrick Mills, 52, IL	6:24:17
7. Dennis Haig, 43	6:27:39
8. David White, 44, MO	6:28:55
9. Mindy Wilson, 36, MO	6:29:07
10. Theresa Wheeler, 36	6:35:32
11. Alexander Kovalev, 32	6:35:37
12. Timothy Collins, 29, IL	6:44:35
13. Mari Mohr, 48	6:52:10
14. Michael Talbert, 45, OK	7:06:53
15. Steve Lower, 52	7:22:46
16. Dan Carnesciali, 39, MO	7:27:49
17. Lynn Ballard, 46, TX	7:37:22
18. Roy Schneider, 37, NE	7:40:04
19. Nancy Davis, 51	7:43:43
Jim Davis, 61	7:43:43
21. Kay Mathias, 43	7:52:37
22. Ken Childress, 44, OK	7:53:00
23. Tony Suttle, 51, IL	7:54:18
Duane Frichl, 46, IL	7:54:18
Bill Dey, 43, IL	7:54:18
Danielle Rideout, 25, IL	7:54:18
27. David Noltensmeyer, 54, CO	8:02:03
28. Bill Gomboc, 53, OK	8:02:13
29. Rex Friend, 48, OK	8:11:37
30. John Hargrove, 58, OK	8:29:27
31. Jim Perry, 54, OK	8:30:37
32. Don Mrozek, 58	8:36:52
33. Thomas Lasater, 46	9:10:04
34. Jim Johnson, 43	9:15:57
35. Brenton Floyd, 18, TN	9:18:37
36. David Dinkel, 54	10:17:33

38 starters