

Spirit of the Prairie Runs Strong at Heartland 100 Mile

by Randy Albrecht and Jim Davis, co-R.D.s



Frances Griffin and Marla Hendricks, heading for home.
Photo by Warren Bushey.



The Heartland ultras embrace the open prairie.
Photo by Warren Bushey.

When we first organized this race in 2000 we tried to decide how to entice runners to Kansas. We knew that once we got runners to the Flint Hills Tallgrass Prairie they would fall in love with the uniqueness of the race. But how could we convince runners that Kansas is not flat and boring? We finally decided that the best way to promote the new race was to describe it as a great place for first-time as well as experienced runners looking to run a fast time. After all, the original mission statement for Kansas Ultrarunners' Society was to create an atmosphere that fosters not only the enlightenment of the novice ultrarunner, but nurtures the needs of the veteran ultrarunner as well.

This year's race fulfilled my original idea of the type of runners we would attract to the race. We had our fastest field in the six-year history of the event, and the most novice runners as well. As a race director you always get a little nervous when you see a lot of novice runners entered in the event. Of the 96 entries received for the two races, 39 had run fewer than five ultras. My fears were not necessary, as 34 of the runners new to the sport finished.

Race day conditions were very favorable for fast times. The temperature at the start was near a record low at 33 degrees F, but quickly warmed up with the afternoon highs in the mid 60s. Winds were light by Kansas standards, 10 to 15 miles per hour. Saturday night temperatures were warmer, with the overnight low in the upper 30s. Jess

McNeely, running his first 50-mile race, won in 7:47:04, followed closely by Bill Ouren in 8:02:25. Joyce Florance was the women's winner in a course record time of 9:08:41, with Ginger Tidmore second in 9:25:26. Twenty-one of the 50-mile finishers had completed two or less ultras and for eight, this was their first ultra.

The 100-mile race was the closest and fastest in the six-year history of the event. Nine runners went under 20 hours and more than half of the finishers were under 24 hours. Mark Henderson has now won the event four of the six years it has been held. His winning time of 17:14:53 was the second-fastest in the event history; only Eric Clifton's 14:30:27 in 2002 was faster. For any fast runners looking to challenge Mark's dominance in this event, beware, as he told me after the race that he is actually starting to learn the course. Suzanne Weightman was the women's champion, finishing in 19:57:58. Her time was also the second-fastest ever in the race; only Sue Johnston's 18:39:47 in 2002 was faster. Theresa Wheeler, running her first 100-mile, was the first Kansan in an excellent time of 22:34:24. Edwin Demoney, at 71 years old, received the largest ovation at the awards ceremony and is now the oldest runner to finish the Heartland 100. His time of 28:19:10 was well under the 30-hour time limit. Louise Mason and Mark Henderson have now finished all six Heartland 100s.

In race history we have had a 79-percent finishing rate in the 100-mile and a 95-percent finishing rate in the

50-mile. A great group of volunteers working the aid stations has contributed to this success. Many of these volunteers have worked every event and often spend more time on the course than the runners. Mark Henderson may have summed it up the best when he told me after the race "You guys do more with less people than any race I have ever been to." Thanks to each of you for helping to make the 2005 Heartland races a success. We hope to see you in 2006 or at other Kansas Ultrarunners' Society events.

Heartland 100 Mile and 50 Mile

Cassoday, Kansas

October 8

Trials and roads

100 Miles

1. Mark Henderson, 45, TX	17:14:53
2. David Jones, 53, TN	17:51:19
3. Ryan Loehding, 33, TX	18:05:55
4. Dave Bursler, 40, DE	18:56:50
5. John Dodds, 54, VA	18:57:58
Ron Ely, 34, MD	18:57:58
7. Paul Schoenlaub, 46, MO	19:49:52
8. Steve Varga, 52, WA	19:57:58
<u>Suzanne Weightman</u> , 41, PA	19:57:58
10. Paul Tidmore, 37, TX	20:40:34
11. Joe Winch, 49, IA	21:07:46
12. <u>Theresa Wheeler</u> , 38	22:34:24
13. Phil Rosenstein, 35, NJ	22:49:49
14. David Pontious, 40, IL	23:03:36
15. Vincent Swendsen, 43, NJ	23:09:40
Roger Cain, 43, CO	23:09:40
17. Andrew Pollock, 34, MD	23:10:40
18. Doug Ryan, 48, TX	23:14:45
19. Randy Ellis, 53, OK	23:23:05
20. David Pellegrino, 33, SC	23:27:20
21. Richard Friesner, 23	23:45:00
22. Frederick Davis III, 57, OH	23:48:40
23. James Breyfogle, 23, NM	24:03:50

24. Patricia Mueller, 47, IN	25:29:35	42. Frances Griffin, 52, TX	29:27:18	14. Edward Stillie, 47	10:38:35
25. Debra Richmeier, 45, CO	25:59:05	43. Marla Hendricks, 50, TX	29:30:48	15. Steve Hughes, 44, CO	10:45:43
26. Jeff Nuemann, 42, MO	26:37:35	56 starters		16. Mike Strong, 54	10:48:30
27. Jan Ryerse, 60, MO	26:37:35	50 Miles		17. Johnny Spriggs, 51, OK	10:51:56
2. Scott Snyder, 50, CO	26:37:35	1. Jess McNeely, 36	7:47:04	18. Ron Paul, 24, TX	11:07:28
29. Rex Friend, 50, OK	26:42:20	2. Bill Ouren, 31, NE	8:02:25	Mark Jacquez, 27	11:07:28
30. Phil Wright, 61, CA	26:50:10	3. Robert Bannan, 23, TN	8:33:00	20. Todd Christell, 50, MO	11:22:37
31. Kevin Guest, 37, CO	27:07:18	4. Buddy Foutts, 50	8:43:23	21. Alane Taylor, 42, NE	11:33:57
32. Jim Perry, 56, OK	27:41:44	5. Mike Morgan, 37	9:02:16	Bruce Purdy *, 49, MI	11:33:57
33. Thomas Skinner, 59, GA	27:48:00	6. Richard Oswald,	9:03:36	23. Wayne Purinton, 58	11:48:36
34. Lisa Allen, 41, CO	27:54:30	7. Joyce Florance, 49, LA	9:08:41	24. Jim Wheeler, 63, NE	12:20:50
35. Mike Brooks, 59, ME	28:03:50	8. Ginger Tidmore, 35, TX	9:25:26	25. Christina Ralph *, 54, WA	12:48:59
36. N. Edwin Demoney, 71, VA	28:19:10	9. JR Growney, 40	9:44:34	Tom Ripley *, 56, WA	12:48:59
37. Kevin Hatfield, 30, GA	28:37:28	10. Greg Martens, 47	9:48:32	27. Donna Creditor, 45, IL	12:52:20
38. Leonard Martin, 52, TN	29:08:25	11. Todd Hildreth, 42, MO	9:55:19	Bonnie McElwee, 65, IL	12:52:20
39. Louise Mason, 52, IL	29:12:18	12. Carolyn Ammon, 48	10:05:20	30 starters	
40. Joseph Galloway, 48, IA	29:16:55	13. Eric Poulsen *, 54, CA	10:06:00	* dropped down from 100 miles	
41. Kevin McCormick, 46, TX	29:22:10				

Meltzer Notches Another 100-Mile Victory in San Diego

by Paul Schmidt, R.D.

After several years of last-minute course changes due to fires, we finally got to hold the run as planned. Runners enjoyed blue skies and moderate temperatures as they traveled along the historical Pacific Crest Trail. Karl Meltzer, Mike Wedemeyer, and Hal Koerner challenged the course and each other for the entire run. They finished more than two hours before the next competitors. Their fast times forced assistant race director Larry Pustinger to plan for contingency aid stations as he waited to see if the top runners would beat the aid station volunteers to several remote sites. Fortunately, the aid volunteers won that competition! The contest for the lead position was decided after halfway, at which point Karl put some distance between Mike and Hal on the more than seven-mile climb up from the desert turnaround. Mike and Hal made up some of this time later in the run, but Karl persevered to win the race. It has been a remarkable year for Karl; San Diego marked his fourth 100-mile victory in 2005, to go along with Hardrock, Wasatch, and the Bear, all difficult, challenging mountain 100-milers.

Olga Varlamova had a strong run, leading the women's field from the start to the finish despite experiencing some difficult low points. Early on, Tracy Bahr pursed Olga, but Tracy was troubled by stomach distress for much of the run. We

are especially proud of the runners who completed their first 100-mile runs. On the other side of the ledger, Hans-Dieter Weisscharr celebrated his 85th 100-mile run finish. Everyone cheered on Joe and Mylinh Pham's exciting and emotional completion of the course.

This year the efforts of San Diego Ultra Running Friends (SURF) greatly contributed to the success of the run. Club member Glenda Kimmerly, the Leona Divide director, took over all of the aid station staffing and menu planning. The runners were all pleased with the efficient, friendly, and caring treatment they received throughout the run, and the food was fantastic. The list of club supporters is very long; thanks to them all. SURF has adopted 10 miles of the course and members have worked very hard to maintain our little section of the Pacific Crest Trail and build a great working relationship with the U.S. Forest Service. We are very thankful to the San Diego Mountain Rescue Team and the San Diego Amateur Radio Emergency Service volunteers who did a great job ensuring the safety of the runners and helping crew members keep track of their runners. Congratulations to all runners who courageously toed the line and the volunteers that helped make their dream a reality. My heartfelt thanks to all of you that have helped me put on this event.

San Diego 100 Mile Endurance Run

San Diego, California

October 22

85 miles on Pacific Crest Trail, 15 miles of jeep roads

1. Karl Meltzer, 37, UT	17:24:15!
2. Mike Wedemeyer, 30, OR	17:42:32
3. Hal Koerner, 29, WA	17:52:28
4. Michael Popov, 27, RUS	20:59:54
5. Tracy Moore, 44	22:00:54
6. Rick Hoopes, 51, NE	22:38:27
7. Olga Varlamova, 36, OR	23:08:27!
8. Micah White, 42	23:31:03
9. Russ Kline, 41, AZ	23:41:05
Jamie Gifford, 43, WA	23:41:05
11. Robert Harris, 37	24:43:19
12. Denis Trafecanty, 63	24:45:05
13. Tracy Bahr, 33, OR	25:44:30
14. Casey Hare, 31	26:03:25
15. Dan Brenden, 54, AZ	26:08:04
16. Beat Jegerlehner, 36	26:33:00
17. Mike Hecox, 31, WA	26:42:15
18. Stephen Harris, 51	27:03:20
19. Dennis Drey, 54, NM	27:26:27
20. Chris Luberecki, 38	27:29:15
21. Bill Elbersen, 58, AK	27:39:40
22. Mark Kiner, 31	27:42:05
23. Dennis Aslett, 56, ID	27:49:45
Jody Aslett, 37, ID	27:49:45
25. Bud Phillips, 58	28:02:15
26. Danny Trudeau, 52	28:03:40
27. Matthew Watts, 49, CO	28:29:15
28. Andy Kumeda, 37	28:38:50
29. Jim Parker, 35	28:43:10
30. Daren Sefcik, 38	28:49:30
31. Edrie Totten, 46	28:54:55
32. Catra Corbett, 40	29:00:20
33. Alex Sox-Harris, 42	29:19:40
34. John Taylor, 43, MN	29:47:35
Junwei Ng, 22	29:47:35
Sean Cunniff, 33, NM	29:47:35
37. Hans-Dieter Weisscharr, 65, GER	30:18:15
38. Mylinh Nguyen, 47	31:37:10
39. Chau Pham, 52	31:39:28