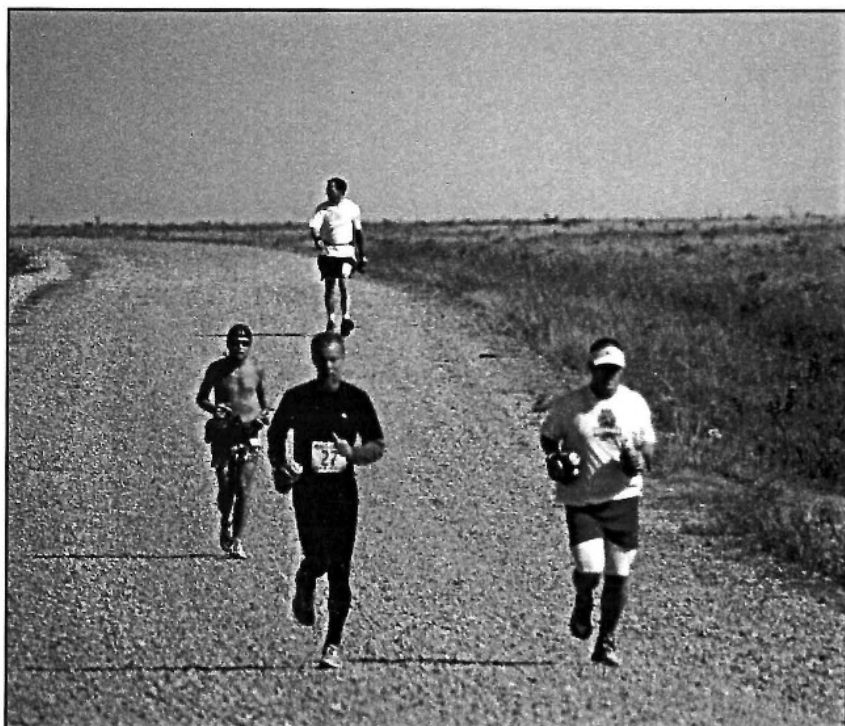


Heartland: A Day In The Tallgrass Prairie

by Randy Albrecht, co-R.D.



Running in the prairie.

Photo by Randy Albrecht



Mark Henderson, victorious again.

Photo by Randy Albrecht

The seventh annual Heartland 50 and 100 Mile started under clear skies, with a record low temperature of 30 degrees F. A slight chance of showers overnight was predicted, but the conditions during the day on Saturday were nearly perfect. By 10:00 a.m. the temperature was 50 degrees F, and the light winds created nearly ideal conditions for the runners. The high reached 66 and the overnight low Sunday morning dropped to only 50. Between 22 and 24 hours into the race however, the runners were greeted with thunder, lightning, and fairly heavy rain at the finish line. Most of the course only received light rain however, which did not cause any real problems for the runners.

With a record number of runners in the field, including four-time winner Mark Henderson and female course record holder Sue Johnston, I knew we would be in for a fast race. Mark told me prior to the race that he thought Eric Clifton's course record of 14:30:27 was within reach, and he was going to go out hard in pursuit of it. He spent very little time in the aid stations and went through the 50-mile turnaround in 7:14, with a 70-minute lead over Sue and Kevin Hawn. The fast pace eventually took its toll on Mark however,

and when he realized the course record was not within reach he began to spend more time at the aid stations. During that time Sue continued to run strong, closing in on the lead. Mark hung on for the win in 18:50:23, with Sue finishing a scant four minutes behind in 18:54:19. Had the race been a few miles longer, things would have become very interesting.

Several other outstanding performances were turned in as well. Phil Sheridan was the first Kansan and finished third overall. Jess McNeely, last year's 50-mile winner, ran a solid 21:47:10 in his first attempt at 100 miles. Eighteen of the 47 finishers went under 24 hours. Mark and Louise Mason have now finished all seven Heartland 100 Mile races.

The male and female 50-mile champions were running their first ultras. Jason Bauer finished in 7:28:45 and Peggy Ward set the women's course record in 8:56:54. Two 50-mile runners, Ben Holmes and Raul Flores, set up a "gypsy" aid station at the 95.2 mile mark, which they nicknamed the "Mirage." This aid station replaced one of our unmanned aid stations and was a pleasant surprise for 100-mile runners.

Special thanks to Hammer Nutrition,

which sponsors the race, the Cassoday Café, which provides a home-cooked pre-race meal, and all of the volunteers who make this race a memorable experience for the runners. Due to their efforts, the race continues to have one of the highest finisher's rates of any ultra. We hope to see each of you back at Heartland or another Kansas Ultrarunners' Society event.

Heartland 100 Mile and 50 Mile

Cassoday, Kansas

October 14

Gravel roads

100 Miles

1. Mark Henderson, 46, TX	18:50:23
2. Sue Johnston, 40, VT	18:54:19
3. Phil Sheridan, 49	19:37:13
4. Kevin Hawn, 48, PA	20:03:39
5. Mark Hartinger, 49, WA	20:51:25
6. Eugene Trahern, 43, OR	20:51:25
7. Garrett Mulrooney, 38, MN	21:04:01
8. Kevin Radel, 47, WI	21:21:38
9. Jess McNeely, 37	21:47:10
10. Scott Eason, 41, AR	21:49:34
11. Gabe Bevan, 34, MO	22:11:17
12. Matthew Watts, 50, CO	22:48:33
13. Anita Fromm, 35, CO	22:55:20
14. Axel Reissnecker, 53, TX	22:56:21
15. Don Ryan, 57, MO	23:08:37
16. Arthur Smith, 34, CA	23:27:58
17. Mike Lipton, 41, VA	23:35:03
18. Paul Grimm, 37, CO	23:54:07
19. Deb Cooney, 52, PA	24:32:48

20. Jeff Genova, 38, AR	24:49:47
21. Willie Lambert, 44	24:56:01
22. Chase Squires, 40, CO	25:07:58
23. Tony Bierman, 50, IL	25:14:17
24. <u>Anne Watts</u> , 51, CO	25:28:44
25. Vince Gerber, 51, CO	25:30:00
26. Dale Perry, 49, CO	25:43:37
27. Hoskuldur Kristvinsson, 57, ICE	25:47:40
28. <u>Lisa Henson</u> , 45, CA	25:58:41
29. David Pontious, 41, IL	25:58:42
30. Dan Harshburger, 59, OR	26:07:48
31. Donald Landry, 61, QC	26:29:54
32. Jean-Jacques d'Aquin, 67, CO	26:34:53
33. David Hughes, 61, IN	26:42:01
34. Scott Jacaway, 48, IL	27:05:11
35. Jim Perry, 57, OK	27:11:12
36. Robert Botto, 57, TX	27:15:06
37. Marc Needlman, 46, IL	27:15:21
38. Dan Coats, 50, CO	27:19:04
39. <u>Yen Nguyen</u> , 44, TX	27:31:29
40. Kevin Guest, 38, MO	27:33:52
41. Dmitry Rozinsky, 30, TX	27:46:48
42. <u>Faye Hawn</u> , 52, PA	27:50:17
43. Les Martisko, 62, MN	28:08:12
44. Brian Tidmore, 43, TX	28:33:57
45. <u>Louise Mason</u> , 53, IL	28:56:47
46. <u>Bonnie Riley</u> , 54, MN	28:59:39
47. Marion Landry, 62, QC	29:20:59

59 Starters

50 Miles

1. Jason Bauer, 32, MO	7:28:45
2. Kyle Amos, 31	7:42:52
Josh Pool, 26, MO	7:42:52
4. Matt Becker, 32	8:16:14
5. Chris Corbin, 28, OK	8:16:16
6. Bob Woods, 55	8:27:22
7. Dave Krishock, 47	8:33:33
8. <u>Peggy Ward</u> , 42	8:56:54
9. <u>Tia Bodington</u> , 50, CO	9:11:00
10. Dave Hartinger, 41, OH	9:20:59
11. Todd Hildreth, 43, MO	9:21:37
12. <u>Christi Harrison</u> , 47, CA	9:22:38
13. <u>Megan Oswalt</u> , 37	9:26:45
Dick Oswalt, 49	9:26:45
15. Russell Ball, 34	9:35:15
16. Eric Grauer, 36, OK	9:48:02
17. Ben Holmes, 49	9:48:16
18. Andrew Chaney, 41	9:49:06
Scott Hill, 27	9:49:06
20. Marc Friesen, 32	9:51:59
21. Marvin Lee, 45, OK	10:11:46
22. Eric Poulsen, 55, CA	10:27:39
23. Ron Paul, 25, TX	10:35:19
Matt Bickhard, 44	10:35:19
25. Randy Witlicki, 50, VT	10:58:50
26. Bill Heldenbrand, 60, MO	11:05:12
27. <u>Caryn Jacaway</u> , 44, IL	11:13:06
28. Paul Morgan, 65, FL	11:31:48
29. Rich Dennett, 44	11:47:21
30. Wayne Dean, 37, VA	11:47:34
31. John Cassidy, 41, CO	12:15:11
<u>Molly Gibb</u> , 45, CO	12:15:11
Ron Wright, 59, CO	12:15:11
34. <u>Karen Riddle</u> , 53, TX	12:53:56
35. Nels Bentson, 62, OK	13:24:42
36. Ken Saveth, 47, OK	13:25:18
37. <u>Varsha Kulkarni</u> , 42, IL	13:35:12
<u>Tonya Siltman</u> , 35, IL	13:35:12
39. Alston Jennings, 59, AR	13:41:07
40. Bill Shirk, 60	16:14:57
41. James Ewing, 51, IL	18:24:39

Grinding Out a Victory at Cascade Crest

by Phil Shaw

Three years ago the Cascade Crest Classic (CCC) 100 Mile introduced me to a really long race. It has treated me well, yielding a third, then second, and now a first place finish this year. This race rewards persistence and I am not fast. I will never be fast. Physiology, however, places no constraints on willpower.

With a finishing rate well below average this year, every runner suffered. A late morning start rudely sent us grinding up the first climb in uncomfortable heat. By Stampede Pass at mile 35 some of the runners were dropping back or dropping out, unable to keep down food and liquids. The only sensible strategy for me was to set a steady pace, run my race, and wait for the leaders to fall apart.

Despite the glorious distractions of Mount Rainier and the Alpine Lakes Crest, I reached a low point around mile 40, after feeling my feet grow more and more sore and my legs more and more sluggish during the afternoon. It's not physical discomfort that makes the distance hard, but acute awareness of decline. I prefer stable, constant pain over a mild, albeit increasing, discomfort. I told myself conditions would only improve—at least it couldn't get worse.

Then the sun went down, but not before a roped bushwhack and the infamous tunnel. Not only does the CCC run on and around the Crest, its runs through it. Beyond the halfway point, I headed up Keechelus Ridge knowing I was in second place, behind course record holder Todd Walker. A fast descent down the opposite side helped me close the gap.

I finally caught Todd around mile 80, after a slow struggle along the "trail from hell" and a grind up to the Cardiac

Needles. My legs and stomach continued to cooperate, although Todd pushed a brutal pace. For the next two hours I barely managed to stay ahead. Luckily, a long, winding descent from No Name Ridge on sturdy legs lengthened the gap.

I ran through the last aid station just before sunrise and gave everything over the final flat miles. Somehow it seems inappropriate to grind through 100 miles only to hurry at the very end, but I always find the strength to sprint through the finish. Maybe that's what the post-race glow is for: finally, a chance to soak it all up.

The North Cascades are beautiful and brutal. They demand strength and respect. Every year, the phenomenal work of volunteers, organizers, and runners honor those demands. Congratulations to all involved with this event.



Phil Shaw, en route to victory.

67 STARTED CCC 100 Mile Results		
1. Phil Shaw 20:28	19. BILL DAVENPORT 28:09	39. MELISSA BERMAN 31:09
2. Todd Walker 20:48	20. ANNA BATES 28:37 M F	40. DAVID ESKBRAND 31:09
3. Mike Mason 21:22	21. MIKE BURKE 28:37	41. JEFF MIKESSELL 31:16
4. Danell Jensen 21:58	22. CHRIS PERRY 28:44	42. GILLES BARBERO 31:20
5. Stan Holman 22:25 M	23. ANNE VERHOEF 28:49 M F	43. MARCUS MAYFIELD 31:31
6. Donnie Vukob 24:02 F	24. MIKE DAY 29:21	
7. Ralph Boler 24:12	25. JOHN HACHRAY 29:31	
8. Tony C 24:46 M	26. DAVE DUTTON 29:56	
9. Chris Montgomery 25:29	27. HANS DIETTER WEISSHAAR 30:03	
10. Karl Johnson 25:37 M	28. ARTINA MARTINEAU 30:22	
11. Susan Boehrer 26:05 F	29. BOBBY KEECH 30:26	
12. Joe Lee 26:05	30. GREGG CHRISTENSEN 30:31	
13. Ian McIlvenna 26:06	31. FRANK ZELANTZ 30:32 F	
14. JEFF ARUDT 26:54	32. DAVID BUSS 30:33	
15. Roger Michel 26:54	33. SHAWN LAWSON 30:35 F	
16. DAN PROBST 27:05	34. ALAN HOLTZ 30:49	
17. CHAD HYSON 27:34	35. JAVICE PRICE 30:51 F	
18. DIANE VANDEREN 27:46 F	36. SHIRLEE ROSS 30:51 F	
	37. CAMERON MCGINNIS 30:56	
	38. TOM CHAPMAN 31:00	