

CAUMSETT PARK



50 K RUN



2008 USA 50 km Road Championship and
2008 USATF Long Island Association
Championship

CAUMSETT STATE HISTORIC PARK
50K RACE (31.07 Miles)

Lloyd Neck, Long Island, New York

SUNDAY MARCH 2, 2008

COURSE: Certified 2.635 mile loop on a paved path through Caumsett State Historic Park. This race will give you the chance to explore this beautiful park with outstanding scenic views overlooking Long Island Sound.

TIMING & SCORING: JMS Racing Services, Inc. Using the AMB elite timing system. You **MUST** wear your chip to be timed!

AWARDS: Cash Prizes --\$150; \$75; \$50 for top three Male and Female Overall and Masters finishers. (No duplication of Cash Awards, except Course and National Record Bonus Awards).

\$500 Bonus if the first male finisher breaks Gregory Crowther's course record of 3:04:35 or if the first female finisher breaks Anne Lundblad's course record of 3:35:48. \$1000 bonus if the first male finisher breaks Alex Tilson's USATF National 50K record of 2:51:48 or if the first female finisher breaks Janice Klecker's USATF National 50K record of 3:13:51. Merchandise Prizes for the top USATF - Long Island finishers.

YOU MUST BE A USATF MEMBER AND A UNITED STATES CITIZEN TO BE ELIGIBLE FOR A CASH AWARD!

Awards for all age group winners. Special Awards to all official finishers. Team Awards to top USATF Teams.
do not permit pets in State Parks!

SPECIAL PERKS: Quality shirt to each official entrant.

ENTRY FEES: \$35.00 for entries received by 2/24/08.
\$40.00 Late entry 2/25-3/1; \$45.00 day of race. PLEASE
REGISTER EARLY TO AVOID LATE FEES!

AID STATION: One Station per loop providing water, sports drink and food snacks. Second (fluids only) aid station at the halfway point of each loop.

COMING FROM OUT OF TOWN? Contact our host Hotel, the Melville Marriott at (800) 228-9290 or (631) 423-1600 for the special rate

CALL GLIRC @ (516) 349-7646 for entry forms or information or REGISTER ONLINE @ www.glirc.org.



PHOTO BY: CADMEN MILNER

"Most of all, I know that things in my life that seemed overwhelming a week ago just don't seem like such a big deal anymore" - Patrick McCartney after his first 100 at Heartland

Heartland 100 | FAST TIMES AND FIREWORKS IN THE PRAIRIE by randy albrecht, rd

The weeks leading up to the eighth annual Heartland races were unusually warm, with race day highs projected at around 80 degrees, so I anticipated slower times with many runners struggling in the heat. The second week in October was chosen for this race as October weather is usually mild and severe storms do not frequently occur. This is Kansas however, and you have to be prepared for rapid changes in the weather. Approximately three hours into the race the storm hit with lots of lightning, thunder and brief heavy rain. As a race director, a severe thunderstorm is one of my biggest fears. On the prairie, you are the highest object and lightening is always a serious concern. Fortunately, the storm passed quickly without any problems, and the ensuing cloud cover helped to keep the highs for the day in the low 70s. The usual Kansas winds picked up during the day and while I tell the runners that we designed the course so that the majority of the race is run in a cross wind, I doubt it ever feels that way to them.

Just maybe that lightning early in the event energized the runners, prompting them to move a little faster, as course records were set in both races. With Paul DeWitt and Mark Henderson in the field, I knew we would have a fast race. Back in 2002, when Eric Clifton set the course record of 14:30:27, I figured it would stand for many years. When Paul DeWitt reached the 50 mile turnaround in 6:56 I knew there was a chance for a course record if the weather would cooperate. Mark Henderson's 50-mile split was 7:24, closely followed by Clark McLemore in 7:26 and Rob Cowan in 7:46. Paul continued to extend his lead and slowed down very little in the second half of the race, finishing with a new course record of 14:26:43. Mark hung on for second, finishing in 17:37:15. This was his eighth Heartland with five wins and three second place

finishes. Louise Mason is the only other runner finishing each Heartland 100. Carrie Sauter, ran a very consistent race, pulling away from her competition and finishing in 20:46:57.

When we formed our running club, Kansas Ultrarunners Society, in 1994 our goal was to promote ultrarunning in Kansas. At that time there were only a few of us who had ever run an ultra and there were no races in Kansas. While Kansas may never be the hot bed of ultrarunning, we now have several high quality races to choose from and each year we expose more runners to the ultra experience. This year's First Kansan competition was very close. Jess McNeely knocked two hours off last year's time and finished in 19:19:05, but could not catch Tony Clark. In his first attempt at 100 miles he ran a very impressive 18:28:04.

In the 50 mile race, Joe Reis of New York set a course record, finishing in 7:04:23 and Chris Harrison from California was the first female finisher in 9:24:41. The 50 mile finishing rate continues to be high with 28 of the 29 starters finishing.

Thanks goes out to all of our aid station volunteers. Their hard work and experience has helped many a runner finish the race. Each year Heartland has one of the highest finish rates of any 100 mile race in the country and this year was no exception, with 75 percent finishing. A special thanks also goes out to Willie Lambert and Great Plains Running Store for the running products given away at the 100 mile awards ceremony and Hammer Nutrition for their race sponsorship. For those of you who have never experienced a run in the prairie, take a look at the short file produced by Eric Steele on the KUS website and see if next year's race is something you want to experience.

heartland ultras | CASSODAY, KANSAS • OCTOBER 13 • DIRT ROADS

100 MILES

1. Paul DeWitt, 39, CO	14:26:43
2. Mark Henderson, 47, TX	17:37:15
3. Rob Cowan, 47, CA	17:40:24
4. Tony Clark, 29	18:28:04
5. Clark McLemore, 41, MO	18:54:20
6. Jess McNeely, 38	19:19:05
7. Troy Troncin, 35, IA	20:22:09
8. Carrie Sauter, 33, MD	20:46:57
9. Patrick McCartney, 35, IN	21:35:20
10. Gerardo Ramirez, 35, TX	21:35:25
11. Don Ryan, 58, MO	21:40:22
12. Christopher Wile, 51, MA	22:19:16
13. Dan Brenden, 50, AZ	22:38:11
14. Scott Hill, 28	22:46:46
15. Cheryl Zwarkowski, 49, CA	23:10:07
16. Richard Johnson, 54, MO	23:28:32
17. Janet Casal, 49, WA	23:29:19
18. Arnold Begay, 44, OK	23:38:24
19. Karen Wiggins, 48, WA	23:58:32
20. Steve Hanes, 51, PA	24:20:36
21. Brent Jesko, 39, WI	24:30:39
22. Stephanie Day, 43, WA	24:31:39
23. Joseph Neubauer, 60, MO	24:34:25
24. Elden Galano, 49	24:40:22
25. Blaine Broadbridge, 46, FL	24:41:15
26. Bret Sholar, 41, OK	24:48:02

27. Sandy Powell, 48, NM	25:25:47
28. Anita Fromm, 36, NM	25:55:43
29. Bob Dewar, 62, MO	26:28:31
30. Todd Hildreth, 44, MO	26:37:40
31. Larry Rigsby, 56, TN	26:44:58
32. Yen Nguyen, 45, TX	27:18:53
33. Janice O'Grady, 58, CO	27:30:07
34. Trent Phillips, 33, IL	27:37:46
35. Ben Finkbeiner, 24, OK	27:40:31
36. Linda Rust, 47, TX	27:55:25
37. Rosemary Evans, 54, KY	27:57:09
38. Casey Lopez, 31, WI	28:00:37
39. Jim Kerse, 59, NZL	28:02:59
40. Allen Smelser, 55	28:18:42
41. Steve Bunch, 24	28:43:01
42. John Hargrove, 63, OK	28:44:16
43. Rex Friend, 52, OK	29:03:29
44. Brandi Resa, 34, CO	29:11:11
45. Joe Judd, 44, CO	29:24:42
46. Susan Fields, 37, TX	29:27:55
47. Joseph Galloway, 50, IA	29:29:53
48. Alan Zwart, 36, DC	29:31:04
49. Marla Hendricks, 52, TX	29:31:23
50. Louise Mason, 54, IL	29:37:23
51. Fred Matthews, 52, TN	29:39:30
52. Dan Stake, 52, OK	29:39:30

50 MILES

1. Joe Reis, 39, NY	7:04:23
2. Ken Wells, 50	9:02:52
3. Gary Denny, 50, MO	9:16:06
4. Everett Shepherd, 22	9:22:48
5. Chris Harrison, 48, CA	9:24:41
6. Jeremy Klein, 32, NE	9:38:55
7. Mari Bashor, 59	10:09:12
8. Laura Cook, 50	10:19:28
9. Bob Marston, 56, AR	10:23:03
10. Michael Haviland, 65, CA	10:42:20
11. Toney Welch, 51, CO	10:46:20
12. Robert Botto, 58, TX	10:55:26
13. Penny Mooney, 42, TX	10:55:26
14. Patricia Cook, 55, MO	11:02:15
15. Thomas Okazaki, 50, TX	11:03:34
16. Jeff Cumblidge, 41, NE	11:12:37
17. Rickey Randall, 30, OK	11:26:07
18. Jan Ryerse, 62, MO	11:44:23
19. Hazel Matthews, 58	12:07:30
20. Don Adolf, 70, CO	12:07:51
21. Elizabeth Meador, 19, OK	12:14:17
22. Sherry Meador, 42, AL	12:14:44
23. Johnny Raney, 46, VA	12:32:43
24. Sherman Hodges, 72, IL	12:43:42
25. Ronald Collett, 44, OK	13:02:28
26. George Mauldin, 46, OK	13:02:28
27. Michael Jennings, 41, OK	13:59:21
28. Terri Hayes, 64, SC	14:22:16