

Breezy and Beautiful | by randy albrecht, rd

When we formed Kansas Ultrarunners' Society (KUS) in 1995 our vision was to create an atmosphere that would foster not only the enlightenment of the novice ultrarunner, but nurture the needs of the veteran ultrarunner as well. In 2000 when we developed the plans for Heartland we knew that we had come up with a course through the tallgrass prairie of the Flint Hills that would meet our mission. Every year we get runners who decide to make Heartland their first attempt at either 50 or 100 miles, and runners who want to challenge themselves on a course which, when mother nature cooperates, allows for some very fast times.

Another goal when we created KUS was to expose runners in Kansas and the Midwest to our great sport; at that time there were probably less than a dozen runners in Kansas who had ever completed an ultra and most runners had not even heard of races beyond the marathon distance. We give out a First Kansas Finisher award at Heartland as an incentive to encourage more local runners. For the first six years of our race we were always concerned that we might not have a finisher to give the award to as we averaged only two Kansas finishers. This year you would have had to run under 17:05 to win the award.



Wynn Davis hits the Ridgeline aid station inbound at mile 64

There were three Kansans under 24 hours, nine who finished the 100-mile race and 12 who finished the 50-mile. While Kansas may never be a hotbed of ultrarunning, the sport is growing with many more runners and some very fast runners. In addition to KUS, the Kansas City Trail Nerds and Great Plains Running Company of Topeka have contributed greatly to this accomplishment.

A week before this year's race the weather was predicted to be cool and wet. Fortunately they missed the forecast by two days and race day brought unusually warm conditions with a race day high of 81 degrees and an overnight low of 62 degrees. While the warm conditions took a toll on the runners, most were prepared and adjusted their pace.

The 100-mile race turned into a two-man battle. The lead was exchanged several times before Wynn Davis pulled ahead for good and won in a time of 16:20:28, the third fastest time in race history. He was closely followed by Michael Adams, the first Kansan in 17:05:08 and closely followed by Kyle Amos in 18:13:16. The women's winner was Barbara Elias who finished in 21:18:34 with Chrissy Ferguson fin-

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Kansas City Trail Nerd Kyle Amos gets an escort from his crew -spouse Stacy and son Ryder



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Steve Benz takes a moment out from running the Heartland 100 to bond with Bessie the Cow

heartland 100 | 100 MILES • CASSEDAY, KS • OCTOBER 11 • DIRT ROADS

1. Wynn Davis, 27, WI	16:20:28	35. Yen Nguyen, 46, TX	27:23:32	12. Kimberly Spielman, 33	10:37:26
2. Michael Adams, 38	17:05:08	36. John Simmons, 28, TX	27:25:51	13. Jared Busen, 26, IL	10:50:56
3. Kyle Amos, 33	18:13:16	37. Abigail Meadows, 36, TX	27:28:27	14. Elizabeth Meador, 20, OK	11:10:50
4. Matt Clay, 30, OK	18:39:32	38. Sherry Meador, 43, AL	27:36:03	15. Richard Oswalt, 51	11:11:53
5. Jeremy Morris, 29, NE	19:04:36	39. Rosemary Evans, 55, KY	27:40:19	16. Stephen Reynolds, 40, MO	11:12:06
6. Jess McNeely, 39	19:29:22	40. Tony Bierman, 52, IL	27:45:59	17. Michael Linkogel, 37, MO	11:12:21
7. Andrew Davis, 39, MN	19:33:44	41. Carl Heldebrandt, 43, IL	27:46:27	18. Edward Thompson, 45, MO	11:12:42
8. Scott Fitzgerald, 38	20:30:26	42. Tom Ripley, 59, WA	28:17:38	19. Kristi Grace, 49, MO	11:22:12
9. Steve Kirk, 48, AR	20:42:08	43. Marshall King, 39, TX	28:25:21	Joe Sumner, 57, AZ	11:22:12
10. Don Ryan, 59, MO	20:56:30	44. Mary Vish, 58, NJ	28:31:03	21. Adam Bierman, 18, IL	11:43:17
11. Dan Brenden, 57, AZ	21:05:56	45. Famida Hanif-Weddle, 55, CA	28:39:38	22. John Buering, 53, IL	11:43:56
12. Nick Bassett, 63, AZ	21:18:34	46. Dale Perry, 51, CO	28:42:26	23. Bob Marston, 57, AR	11:45:25
Barbara Elias, 46, AZ	21:18:34	47. Vincent Swendsen, 46, NJ	28:48:44	24. Cameron Ziegenfuss, 23, IA	11:55:54
14. Mark Bowman, 53, IL	21:32:24	48. Janice O'Grady, 59, CO	28:58:34	25. KC Kopaska, 50, MO	12:13:39
15. John Richardson, 54, MO	21:41:06	49. Louise Mason, 55, IL	28:59:30	26. Randall Snyder, 64, NE	12:29:23
16. Randy Ellis, 56, OK	21:48:35	50. Angela Ivory, 40, TN	29:07:07	27. Jay Miller, 58	12:45:13
17. Joe Miller, 40, IL	21:55:02	51. David Hughes, 62, IN	29:07:09	Karen Riddle, 55, TX	12:45:13
18. Scott Hill, 29	22:33:20	52. Joe Galloway, 51, IA	29:09:36	29. Steve Breeding, 59	12:54:52
19. Mike Smith, 50, IN	22:43:31	53. Rich Limacher, 58, IL	29:41:10	30. Jennifer Clinchard, 40, NE	12:58:22
20. Elden Galano, 50	23:04:58			31. Ephraim Romesberg, 77, CA	12:59:29
21. Brian Klippenstein, 45, MO	23:17:41			32. Mike Haviland, 66, CA	13:17:45
David Walch, 30, MO	23:17:41			33. David Wood, 47, OK	13:24:58
23. Ken Childress, 49, OK	23:20:18			34. Thomas Hill, 44, OK	13:24:59
24. Mark Stovall, 41, MO	23:26:52			Bret Sholar, 42, OK	13:24:59
25. Chrissy Ferguson, 47, AR	23:28:04			36. Carson Johnson, 62	13:49:40
26. Joe Roche, 52, OH	24:27:00			37. Rick Carr, 52, TX	13:50:11
27. Laura Cook, 51	25:47:47			38. Brian Joachims, 41, OK	14:24:10
28. Steven Benz, 37, IA	25:53:06			39. Alston Jennings, Jr., 61, AR	14:30:55
29. Joe Judd, 45, CO	26:04:44			40. Robert Hildebrandt, 59, AK	14:42:40
30. Scott Henrikson, 44	26:15:23			41. James Ewing, 53, IL	18:27:40
31. Kathy Hoover, 48, OK	26:34:34				
Johnny Spriggs, 54, OK	26:34:34				
33. Adam Monaghan, 25	26:38:20				
34. Shira McDonald, 30, WA	26:52:46				

67 Starters

50 MILES

1. David Wakefield, 33	7:39:51
2. Charles Dodd, 41	7:56:46
3. Phil Sheridan, 51	9:03:26
4. Greg Klenda, 46	9:17:22
5. Steven DeSantis, 47, VA	9:19:20
6. Michael Talbert, 49, OK	9:21:52
7. Chris Harrison, 48, CA	9:29:34
8. Scott Groom, 44	9:38:20
9. Bill Ford, 45, OK	9:47:22
10. Nicholas Lang, 26	10:28:31
11. Coleen Voeks, 35	10:30:31

42 Starters

ishing second in 23:28:04. Twenty-five of the 53 finishers completed the race in under 24 hours. Louise Mason finished in 28:59:30 to become the race's only nine-time finisher.

David Wakefield was the 50-mile winner in 7:39:51, followed closely by Charles Dodd in 7:56:46. Chris Harrison returned to defend her 50-mile win from last year and accomplished that mission with a time of 9:29:34.

Runners every year tell me that the course was a lot harder than they anticipated and yes, Kansas is not flat as there are lots of rolling hills on the course. Heartland consistently has an extremely high finish rate and much of the credit should go to the race volunteers. Most of our aid stations have had the same core group every year and they do whatever it takes to help the runners safely get to the finish line.