

SPIRIT OF THE PRAIRIE

by Gary Henry

Cold, wind and four sub-18 hour finishers in the 100-mile race marked the tenth running of the Kansas Ultrarunners Society's annual Heartland 50- and 100-Mile ultramarathons in the rugged Flint Hills of Eastern Kansas.

Long-time Heartland volunteer Dave Dinkel started the clock and said, "go" at 6:00 a.m. Saturday morning under clear black skies glittering with stars. Temperatures were below freezing but hopes were high as the runners, including 61 starters in the 100-mile, shuffled, loped or tore off into the darkness.

There was a brief flare of color and light at dawn but it didn't last as the cold, gray clouds blew in from the north and swiftly clamped down on the sunrise. But the sun didn't give up; it fought the clouds all morning. Unfortunately, it didn't fight hard enough. By the afternoon a sullen, heavy sky had descended on the course. "It was like running through ice-water," commented Brad Bishop, 24, who despite the conditions grabbed a third place finish in only his second 50-mile start. As night and temperatures both fell, the murderous crosswind kept blowing. Fortunately, the aid station volunteers had hot food and caffeine ready for runners who needed to warm up and wake up. That may have been one reason why the 20 DNFs, about one-third of all the runners, were only marginally more than the race sees under ideal conditions.

In the 50-mile, 43 of 44 starters made it to the turnaround at the Teeterville Road aid station and back again for the finish. The 50-mile's fourth overall and first place woman, Kathy Youngren, 35, also set the women's course record in 8:38.

Brad Smythe, 31, Bishop and Youngren followed Phil Sheridan, 52, who came in first at 7:33. It was Phil's second victory in the 50-mile at Heartland.

The veteran finisher and volunteer at multiple Heartland 50s and 100s celebrated his win by reporting to the Texaco Hill aid station for the 100-mile race and staying up all night helping the other volunteers feed and water the cold, footsore 100-milers who'd made it to the 70-mile mark.

In the 100-mile race, home-state Kansas runners took four of the top five finishes. Daniel Schmidt, 51, was the only out-of-stater (hailing from Colorado) in the fast first five, taking third in 17:34 – a time that would've won the 2006 and 2004 races, and would've come close in 2005.

Jess McNeely, 40, won first place honors in 17:02, fourth-fastest time ever, followed 25 minutes later by Scott Hill, 30. Tony Clark, 31, paced fourth-place Kyle Amos, 34, in to a 17:37 finish. Darin Schneidewind, 40, took fifth in 18:19. All the Kansans except Darin are Heartland 100 veterans. And except for Tony, who was pac-



Hundred-miler John Flagler climbs out of a valley about 11 miles into the race

ing, they all set personal records. Course record-holder Paul Dewitt can breathe easy though, as his 2007 time of 14:26 still stands as Heartland's all-time fastest 100.

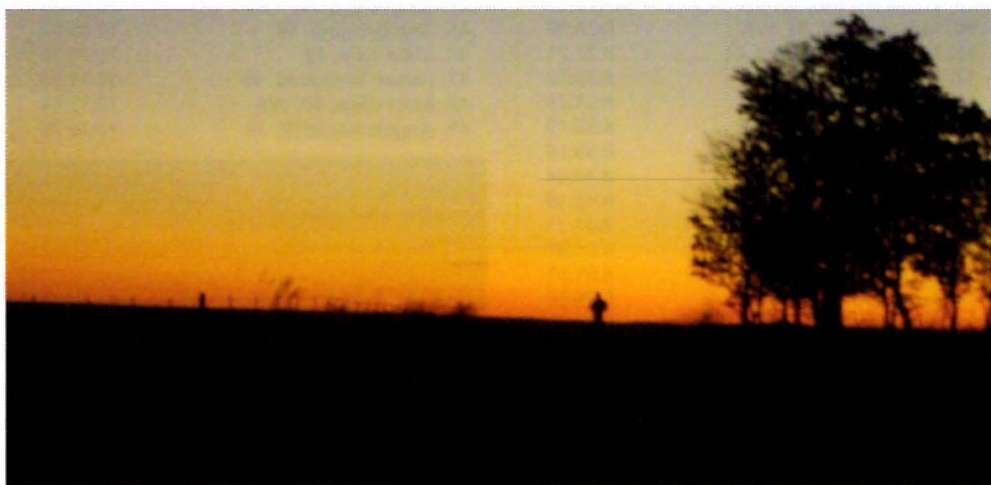
Champion marathoner and ultrarunner Amy Palmiero-Winters, 37, captured first place women's honors in the 100, good for ninth overall. An amputee, the thin metal running prosthesis taking the place of the lower left leg she lost in a motorcycle accident mirrored the steely resolve that carried her to an 18:54 finish. Amy was just 15 minutes shy of Sue Johnston's 2002 course record of 18:39. Second place woman and 11th overall, Susan Lance, 49, was barely 20 minutes behind in 19:17.

Heartland 2009 ended 26 minutes before the 30-hour cut-off as Joe Galloway, 52, crossed the

finish line and staked the final claim to the race's silver and gold finisher's belt buckle with the buffalo design and "Spirit of the Prairie" inscription. This year's event was a contradictory race – with some of the worst conditions in Heartland history from start to finish, and some of the best performances, first to last.

AMY PALMIERO-WINTERS ADDS:

The cattle crossings cracked me up and I was lucky to have a few handsome guys hold my hand to get across them. I did slip down into one with my prosthetic and I sure did scream out loud, but not quite as loud as I screamed when I saw the snake. He wasn't too fierce cause he was "RIP" but hey, a snake is a snake; you just never know if he's foolin'. ■



Dawn silhouettes a lone runner seven miles into the course

HEARTLAND

CASSEDAY, KANSAS
OCTOBER 10 | DIRT ROADS

100 MILES

1. Jess McNeely, 40	17:02:26
2. Scott Hill, 30	17:27:07
3. Daniel Schmidt, 51, CO	17:34:33
4. Kyle Amos, 34	17:37:13
5. Darin Schneidewind, 40	18:19:50
6. Rick Hoopes, 55, NE	18:26:03
7. Paul Schoenlaub, 50, MO	18:47:45
8. Amy Palmiero-Winters, 37, NY	18:54:13
9. Mike Sheehy, 37, CA	19:00:49
10. Susan Lance, 49, GA	19:17:21
11. Robert Youngren, 35, AL	20:21:33
12. Markus Mueller, 45, CO	21:20:33
13. Dan Brenden, 58, AZ	22:24:07
14. Bob Murphy, 51, NE	23:26:25
15. Joe Judd, 46, CO	23:54:23
16. Jason McGinnis, 28, OK	24:23:45
Kathy Hoover, 49, OK	24:23:45
18. Stephen Gorny, 42	24:28:16
19. Vincent Swendsen, 47, NC	24:34:24
20. Thomas Orf, 37, TX	25:27:03
21. Nick Bassett, 64, AZ	25:50:20
22. Barbara Elias, 47, AZ	25:50:21
23. Marie Lewis, 45, NC	26:52:14
24. Gary Born, 56, IA	26:52:53
25. Dale Perry, 52, CO	27:00:48
26. Gary Henry, 53	27:07:17
27. Terry Rider, 54	27:34:08
Adam Monaghan, 26	27:34:08
29. Elden Galano, 51	28:04:46
30. Stuart Ray, 52	28:32:35
31. Ernest Stolen, 60, AK	28:34:58
32. John Flagler, 46, MO	28:38:47
33. Maria Bawn, 53, CO	28:46:29
34. Brent Schmitter, 31, TX	28:48:54
35. Kevin Fredrickson, 48	28:52:44
36. Ryan Valdez, 32, TX	28:53:31
37. Ulla Westermann, 47, CO	29:15:30
38. Rosemary Evans, 56, KY	29:21:53



Susan Lance and Bob Murphy paw the ground moments before the start

39. Alston Jennings, 62, AR	29:30:09
40. Christy Scott, 36, AL	29:30:39
41. Joseph Galloway, 52, IA	29:34:07

50 MILES

1. Phil Sheridan, 52	7:33:45
2. Brad Smythe, 31, NC	7:53:17
3. Brad Bishop, 24, MO	8:17:32
4. Kathy Youngren, 35, AL	8:38:38
5. Stephen Kolouch, 34	8:57:48
6. Nathan Chandler, 33, NE	9:06:34
7. John Kevern, 28	9:11:22
8. Samantha Kevern, 27	9:20:19
9. John Knowles, 43	9:31:15
10. John Cassidy, 44, CO	9:37:15
11. Greg Klenda, 47	9:37:27
12. Scott Groom, 44	9:41:38
13. Willie Lambert, 47	9:49:35
14. Tom Jackson, 53	9:57:18
15. Mark Newman, 57, MO	10:04:09
16. Matt Foresman, 54, MO	10:04:34
17. Earl Blewett, 45, OK	10:04:59
Richard Oswalt, 52	10:04:59
Eddie Spencer, 40, OK	10:04:59

20. Michelle Bautista, 49, MO	10:06:48
21. Jill Floyd, 46, GA	10:17:43
22. Kyle Phillips, 31	10:23:10
23. Jennifer Franklin-McAnarny, 41	10:42:51
24. Bryan Tlamka, 34, NE	10:55:50
25. Carl Koecher, 70, CO	11:13:22
26. Lynne Scheetz, 46, PA	11:24:12
27. Tom Detore, 61	11:48:40
28. Laura Range, 43, MO	11:49:05
29. Steve Grady, 52, TX	11:54:23
30. Janice O'Grady, 61, CO	11:56:39
31. Gary Sivilie, 49, CO	12:07:17
32. Ruth Fox, 52	12:08:36
33. Jennifer Clinchard, 41, NE	12:16:59
34. Lisa Kedzuf-McGinnis, 33, OK	12:27:33
Randy Ellis, 57, OK	12:27:33
36. Jennifer Johnson, 36	12:43:25
Michelle Jackson, 43	12:43:25
38. Mike Ladd, 38	12:44:11
39. Richard Broyles, 38, OK	12:56:09
Phil Wright, 65, CA	12:56:09
41. Debbie Rogers, 55, MD	13:51:09
42. Deborah Botkin, 38, GA	13:51:10
43. Daniel Kukula, 65, CA	14:02:55



Nearing the turnaround in the hundred



Dale Perry keeping warm despite frigid winds



Amy Palmiero-Winters - Yes she can!