

## GET IN, GET OUT

by Stacy Sheridan, co-RD

The Rockin K is a small race in the heart of Kansas. The course is on single-track trail with a short distance on pasture roads and the now infamous Big Bluff Loop, which follows deer trails from the top of the bluff down to the Smoky Hill River and back. This area of Kansas, in the Smoky Hills, features varied terrain with limestone, sandstone, tall grass prairie and mushroom rocks; formations of Dakota Sandstone dotting the prairie.

Race morning dawned clear and cool with temperatures in the 30s and light winds. Of the 102 entrants lined up at the starting line, 41 would start the 50-mile race and over half the field were veteran Rockin K runners. As the day progressed, the 50-mile entrants running their second loop had to deal with in-

creasing wind as it rose into the mid-20 mph range with gusts up to 35 mph.

Two of the things that race director Phil Sheridan tells the runners in the pre-race briefing are that if you are entered in the 50-mile race, the only way you will finish is if you can make it out of the shelter house for the second loop. Most years we only have 25 to 50 percent of the field start the second loop. A warm fire, lots of food and marathon finishers lounging around in the shelter can seduce you into re-thinking the distance you choose. Phil's motto: get in and get out. This year we had a record number of runners take his advice as 35 of the 41 entered left the shelter for their second loop.

The second thing Phil tells the runners is that historically the first runner to complete the first loop, the marathon course, is a 50-mile entrant closely followed by the marathon winner. Last year was an exception to that as Jeremy Morris of Kearney, Nebraska led the entire race, setting a marathon course record of 3:47:56. Once again this year the first runner to the finish/turnaround was a 50-mile entrant; the very same Jeremy Morris, who bettered his marathon time from last year by almost two minutes and went on to win the 50-mile in 8:13:54. The women's overall winner from 2009, Theresa Wheeler, returned to take the winning title again this year, in 10:55:11. ■

## ROCKIN K TRAIL RUN

ELLSWORTH, KANSAS

APRIL 3 | ▲ 2,3

|                            |         |
|----------------------------|---------|
| 1. Jeremy Morris, 30, NE   | 8:13:54 |
| 2. Matthew Becker, 36      | 8:20:39 |
| 3. Todd Nott, 45, NE       | 8:32:36 |
| 4. Darin Schneidewind, 40  | 8:44:47 |
| 5. Brad Bishop, 24, MO     | 8:55:59 |
| 6. Paul Schoenlaub, 50, MO | 8:58:31 |
| 7. Tony Clark              | 9:02:00 |

|                                |          |
|--------------------------------|----------|
| 8. Heath Larson                | 9:05:30  |
| 9. Greg Burger, 43             | 10:04:16 |
| 10. Rick Mayo, MO              | 10:18:14 |
| 11. Eric Schmidgall, 22        | 10:21:08 |
| 12. Raymond Churgovich, 44, CO | 10:40:39 |
| 13. Stuart Johnson             | 10:47:11 |
| 14. Dave Krishock              | 10:51:53 |
| 15. Theresa Wheeler, 43        | 10:55:11 |
| 16. Kurt Schueler, 42          | 10:58:04 |
| Mark Inbody, 43                | 10:58:04 |
| 18. Marc Friesen, 35           | 11:12:53 |
| 19. Dan Sundberg, 27, MO       | 11:21:37 |

|                            |          |
|----------------------------|----------|
| 20. Coleen Voeks           | 11:44:57 |
| 21. Scott Smelser, 23      | 11:51:23 |
| Dustin Birdsong, 28        | 11:51:23 |
| 23. Adam Monaghan, 27      | 12:00:47 |
| 24. Deborah Webster        | 12:02:51 |
| Deb Johnson                | 12:02:51 |
| 26. Joel Sartwell, MO      | 12:17:04 |
| 27. Scott Ewing, MO        | 12:21:08 |
| 28. Gary Fruland, 55, IL   | 12:25:57 |
| 29. Terry Rider, 54        | 12:29:12 |
| 30. Ulla Westerman, 48, CO | 12:48:34 |



# BOBCAT

## TRAIL MARATHON

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