

WIND BREAK

by Tony Clark, co-RD

Runners looking for a challenge on many levels got what they came for at the 11th annual Heartland 100/50. The majority of this course is run on dirt roads through private ranch land in the beautiful Flint Hills of Kansas. This means awesome views but at times very rough footing. The other major challenge this year for most runners was the nearly 40-degree temperature swing that occurred from start to finish. The highs on Saturday were in the upper 80s and early Sunday morning the temperature was right at 50 degrees, quite a difference from the 2009 event when the air barely rose above freezing.

Probably the most notable weather change was the usually incessant wind, which decided to take it easy on the 2010 runners. For most of the day they had a 10-15 mph south wind, very weak by Kansas standards, and basically no wind at night. This was quite a change from the typical 25-40 mph gusts that are part of the

experience on this course in the open prairie. No aid stations had to be anchored down so that they wouldn't blow into the next county – a very mild year by both runners' and volunteers' standards.

The warm weather did not stop Daniel Schmidt from blazing his way back into town with a 17:12 winning time. Daniel led for more than half of the race. Then, with about 16 miles to go, Brad Bishop mounted a challenge, but just didn't have quite enough left to get it done, coming in at 17:32. The first Kansan to finish, Phil Sheridan with 19:31, rounded out the top three.

The women had quite a race going on through the first 60 miles. At the 50-mile turnaround, three of them were within two minutes of each other, but Susan Lance's pace over the second half proved to be too much for the others as she cruised back to town with an impres-

sive 20:22 for first female and sixth place overall. Tara Tosta crossed the line at 21:39 and tenth place, with Christy Scott rounding out the top three in 22:56.

In the 50-mile event, we had two new course records. Jeremy Morris blazed in with a 6:48 to set the male course record and Chasady Arsiaga made her 50-mile debut with an 8:36 and new female course record.

Louise Mason became our first 1,000-mile finisher and received a beautiful 1,000-mile award for her constancy at the event.

Like all ultra events, this could not have gone as well as it did without the help of our volunteers and first class aid stations. The unseasonably high temperatures prompted runners to plow through 500-600 pounds of ice on the course; each aid station found ways to cool runners the best they could and not one runner was taken off the course due to heat issues. ■

HEARTLAND 100 CASSODAY, KANSAS OCTOBER 9 | ▲ 2,2

100 MILES

1. Daniel Schmidt, 52, CO	17:12:56
2. Brad Bishop, 25, MO	17:32:32
3. Phil Sheridan, 53	19:31:04
4. Mark Plucinski, 55, MO	19:52:57
5. Eric Podlasek, 34, IL	20:02:26
6. Susan Lance, 50, GA	20:22:59
7. Claude Hicks, Jr, 50, TX	20:35:29
8. Chuck Dodd, 43	21:02:22
9. David Bock, 50	21:22:03
10. Tara Tosta, 37, TX	21:39:46
11. Adam Monaghan, 27	22:22:19
12. Dan Brenden, 59, AZ	22:34:18
13. Jerret Halter, 28, IL	22:40:49
14. Christy Scott, 37, AL	22:56:58
15. Gerardo Ramirez, 38, TX	22:59:57
16. Alan Barnes, 54, MO	23:09:39
17. Jesse Sjoberg, 38, MO	23:11:32
18. Kevin Dorsey, 39, TN	23:22:12
19. Tom Hanley, 41, IA	24:19:54
20. Susan Kokesch, 44, OR	25:04:21
21. Julian Smith, 44, CO	25:06:44
22. Tom Lane, 39, AR	25:21:45
23. Mark Inbody, 44	25:30:31

24. Shane Skowron, 22, NY	25:35:24
25. Scott Groom, 46	25:43:05
26. Elden Galano, 52	25:46:09
27. JR Growney, 44	26:31:27
28. Deborah Webster, 50	26:32:18
29. Coleen Voeks, 37	26:36:20
30. Dennis Haig, 50	26:38:44
31. Steve Hoyer, 53, NE	26:45:59
32. William Foulks, 34	26:55:49
33. Tony Bierman, 54, IL	27:15:55
34. Kristin Scott, 41, TX	27:26:11
35. Richard Oswalt, 53	27:38:33
36. James Faford, 47, IL	27:41:47
37. Dennis Bisnette, 50, MS	27:44:13
Dean Saxson,	27:44:13
39. Kevin Guest, 42, MO	27:45:50
40. Kevin Fredrickson, 49	27:49:36
41. Laurie Euler, 28	27:52:33
42. Steven Desantis, 49, VA	28:14:31
Vincent Swendsen, 49, NC	28:14:31
44. Bryan Tlamka, 35, NE	28:25:03
45. Michael Linkogel, 39, MO	28:25:30
46. Karen Pearson, 46, GA	28:46:35
47. Alan Zwart, 39, DC	28:47:24
48. John Prozelt, 50, IL	28:48:21
49. Ernest Stolen, 61, AK	28:57:25
50. Lynn Karner, 53, IL	29:04:34
Susan Canevello, 43, IL	29:04:34
52. Yen Nguyen, 47, TX	29:09:36
Peter Bennett, 34, TX	29:09:36

54. Louise Mason, 57, IL	29:18:06
55. Joseph Galloway, 53, IA	29:39:51

50 MILES

1. Jeremy Morris, 31, NE	6:48:05
2. Marvin Mastin, 45	7:53:28
3. John Knowles, 44	8:12:02
4. Chasady Arsiaga, 21	8:36:16
5. Jed Ecord, 43	8:46:30
6. Seth Haines, 37	8:49:13
7. Karen Plucinski, 47, MO	8:49:29
8. Christian Stewart, 33, FL	9:38:54
9. Andy Bowman, 47	9:47:53
10. Scott Eads, 49	10:00:08
11. Darrel Allen, 45, OK	10:14:59
12. Daniel Ebert, 46	10:46:37
13. Dan Thomason, 37, MO	10:54:56
14. Ruth Fox, 53	10:58:08
15. Margaret Wood, 49, OK	11:37:13
16. John Southard, 61, MO	11:39:54
17. Jennifer Clinchard, 42, NE	11:44:27
18. David Hendrix, 46, CO	11:54:37
19. Michael Haviland, 68, GA	12:24:13
20. Curtis Scott, 45, OK	12:39:59
21. Anne Watts, 55, CO	12:48:06
22. Steve Grady, 53, TX	12:48:58
23. Donnie Dempewolf, 22	13:20:01
24. Karen Riddle, 57, TX	13:41:09
25. Daniel Kukula, 66, CA	17:04:24