

ROCKIN K | 50M | KANOPOLIS STATE PARK, KS | APRIL 2

ROCKIN THE PARK

by Stacy and Phil Sheridan, co-RDs

The Rockin K 50-mile takes place at Kanopolis State Park, Kansas's first public recreation area. Construction of Kanopolis dam was started in 1940 but was halted in 1942 due to World War II. It was finally finished and dedicated in 1948 and now the park covers 15,000 acres and has over 27 miles of trails. The Rockin K uses almost all of them and although we struggle to stomp out the ever-present stigma of "Kansas is flat, how hard could it be?" in every one of the last 13 years, we hear more than once, "This is Kansas, I thought the course would be flat and fast." With 2,500 feet of ascent, we have a few hills, along with rocks, roots, sugar sand, waist-deep water crossings and wonderful, wide-open spaces.

With a cool temperature of 36 degrees and a calm wind at the start, the runners headed down the hill to the turn onto the trails. A perfect morning for running would turn into a too warm afternoon and a battle against 20 mph winds with gusts to 35 mph. The warmth and wind would take its toll on the 50-mile field, eroding the finishers' numbers to just 24 of the 38 who had started.

Jeremy Morris, the overall winner in a time of 8:47:39, knows the Rockin K course well, as this was the fourth year he has run it, twice as a marathoner and once before as a 50-mile runner. Brad Bishop and Todd Nott dueled back and forth, with Bishop prevailing in 9:12 to Nott's 9:19:49.

On the women's side of the race, Shelley Egli took the lead and never looked back, with a 26-minute lead over second place at the halfway point. Shelley would go on to shatter the previous women's course record of 10:01:16 (2006 - Tammy Stone), winning in 9:54:57. Theresa Wheeler claimed second with a time of 11:35:07, and Coleen Voeks was third in 12:16:02.

Tony Clark, an accomplished trail runner and valued volunteer, and his friend Jason, worked the Gate Six aid station the entire day, then went on to trail sweep; encouraging, pushing and prodding along the last three runners, who all finished less than 10 seconds under the 13-hour cutoff.

GARY HENRY WRITES:

The course is more like New Mexico or West Texas than the Sunflower State. It boasts Kansas's vast grassy plains, but also winds through stony hills, bizarre rock formations and red sandstone canyons and cliffs.

Running long is a privilege you earn by building muscles to endure the strain. You can take them a little further than they're used to. But a sharp mileage increase, as Coach Janet



Stuart Johnson, Kurt Egli and Shelley Egli taking a dip

Hamilton writes in her book *Running Strong and Injury Free*, carries a sharp increase in the risk of injury.

Unfortunately, life sometimes conflicts with training.

... I splashed through shivery-cold water crossings, and even enjoyed Big Bluff Loop. It's the heart of Rockin K, with three long, steep climbs, where you pull yourself up using trees, rocks, roots and cuss-words, to an incredible view 400 feet above the Smokey Hills River. The day heated into 70-degree temps. A south wind rose. By late morning, it blew in a steady 20-mph range, gusting into the 30s.

My spouse, Karen, took a break from her finish-line duties to ply me with coconut water and an avocado wrap. We restocked my caps, gels, "Perp" and HEED, then she threw me back into the race, where I told myself for the hundredth time - never start an ultra under-trained again.

With about a mile left, I hit deep sand. I could hear faraway finish line cheers and cowbells. But like in a bad dream, I could only slog through the soft, deep, treacherous stuff as precious minutes ticked away.

Finally, I was back on hard trail. Felt weak. Disliked what the watch said. Decided now was the time to quit conserving energy.

Marshalling my last ragged remnants of gumption, I rounded a thicket, and pounded in to the finish line, not DFL, but not far away, to the welcome cheers of friends, the arms of my spouse, and a clock that said I could've taken a few minutes more.

I reveled in handshakes, hugs and congratulations for my slowest, most painful, possibly most damaging 50-mile finish ever.

On reflection, there are several lessons here.

Hope I got the right one. ■

4. Michael Bergquist, 39
5. Don Helfer, 50
6. Alex Santiago
7. Brian Pawley, 48
8. Justin Nelson, 34
9. Andrew Tepper
10. Derek Blacklock, 42
11. Krissy Moehl, 33, WA
12. Greg Bergeron, 41
13. Darin Thomas, 40
14. Chad Coon, 26
15. Shannon Jensen, 38
16. Ari Theodore, 39
17. Mark Colby, 42
18. J. Elmer, 54
19. Andrea Foster, 36
20. J. Miller, 42
21. Mudnguts Miller, 59
22. Mikelle Stephenson, 37
23. Adam Caldwell, 36
24. Paul Killpack, 42
25. Britta Hanel, 26
26. Brittney Farmer, 32
27. James Brown, 50
28. Annie Fairbanks, 36
29. Richard Boud, 54
30. Nanette Palmer, 43
31. Abbey Hawks, 27
32. James Skaggs, 52
33. Stacey Bracken, 34
34. Mike Roberts, 37
35. Kameron Kershaw, 36
36. Rob Ross
37. Rob Girouard, 38
38. Chad Nelson, 38
39. Mark Udy, 39
40. Joyce Littlewood, 46
41. Logan Murphy, 31
42. Deborah Battaglia
43. Gary Culver, 58
44. Barton Wagstaff, 33
45. Dennis Jensen, 63
46. Donald Genovesse, 30
47. Judy Blackmore, 57
48. Mandy McLaws, 36
49. Darin Johnson, 28
50. Anne Giuliano, 46
51. Carson Wagstaff, 27
52. Wayne Reisberg, 43
53. Janice O'Grady, 62, CO
54. Jason Smith, 42
55. Janette Maas, 51
56. Nancey Shumard, 40
57. Luke Shumard, 37
58. Pete Johnson, 24
59. Cory Reese, 33
60. Justin Johnson, 33
61. Al Miller, 67
62. Lynn Jensen, 50
63. James Willcox, 54
64. Sarah Hughes, 59
65. Karen Boothe, 55

- 4:00:09
- 4:14:41
- 4:35:05
- 4:37:40
- 4:40:12
- 4:41:10
- 4:55:29
- 5:01:25
- 5:07:27
- 5:10:27
- 5:12:17
- 5:15:06
- 5:15:13
- 5:17:59
- 5:20:06
- 5:24:07
- 5:26:09
- 5:26:09
- 5:27:15
- 5:29:47
- 5:30:40
- 5:33:13
- 5:33:43
- 5:36:09
- 5:38:20
- 5:39:16
- 5:42:18
- 5:42:51
- 5:43:55
- 5:45:34
- 5:45:48
- 5:47:07
- 5:47:22
- 5:47:39
- 5:47:58
- 5:51:03
- 5:57:11
- 6:02:29
- 6:03:14
- 6:04:12
- 6:07:33
- 6:28:34
- 6:29:53
- 6:35:14
- 6:35:14
- 6:37:31
- 6:37:31
- 6:43:39
- 6:43:52
- 6:47:55
- 6:50:00
- 6:51:26
- 6:57:15
- 6:57:16
- 7:00:46
- 7:03:53
- 7:05:08
- 7:11:03
- 7:17:51
- 7:17:53
- 7:24:16
- 7:27:52

RUTH ANDERSON

SAN FRANCISCO, CALIFORNIA
APRIL 23 | ▲ 2,1

100 KM

1. Joseph Binder, 27
2. Jon Olsen, 36
3. Eduardo Vasquez,
4. Sean Lang, 29
5. Andrew Foster, 27
6. Scott Laberge, 53
7. Jon Anon, 47
8. Yujun Wang, 40
9. Charles Blakeney, 48
10. Jason Reed, 32
11. Jim Magill, 64
12. Lisa Huerta, 49
13. Raman Rajpal, 55

50 MILES

1. Toshikazu Hosaka, 33
2. Wim Van Dam, 48
3. Clare Abram, 40
4. Patrick McCloskey, 44
5. Adam Blum, 46
6. Naresh Bhagavatha, 33
7. Dane Larsen, 60
8. Jeffery Deslich, 51
9. Bill Dodson, 76
10. Michael Pawloski, 41
11. Jean Suyenaga, 44
12. Jonathan Huerta, 15
13. Nishad Singh, 15
14. William Basye, 36
15. Krishna Kumaraswamy, 32

50 KM

1. Ian Sharman, 30
2. Victor Ballesteros, 40
3. Charles Wickersham, 38
4. Martin Gaffuri, 25
5. Amy Burton, 37
6. Rene Brunet, 61
7. Marion LeClerc, 39
8. Anil Rao, 35
9. Daniel Garcia-Denson, 41
10. Sam Louie, 44
11. Deborah Georges, 53
12. Jason Jones, 38
13. Kai Huang, 42
14. Leigh Moser, 42
15. Eric Poulsen, 59
16. Susan Brewer, 47
17. Greg Lancot, 41
18. Chihping Fu, 45
19. Robert Cervero, 59
20. Carl Jacob, 58
21. Eric Wu, 27
22. Dan Manns, 48
23. Ashley Parker, 50
24. Noe Castanon, 40
25. Laura Villandre, 45
26. Valerie Hower, 31
27. William McCarty, 63
28. Kat Powell, 60
29. Bryce Rhodes, 34
30. Cassandra Johnson, 65
31. John Rhodes, 63
32. Terry Rhodes, 54
33. Laurie Woodrow, 50
34. Estelle Atney, 43
35. Brad Carpenter, 50
36. Anu Singh, 47
37. Tony Nguyen, 37
38. Samantha Pohl
39. Alicia Pohl

SALT FLATS 100

100 MILES | GRANTSVILLE, UTAH
APRIL 29 | ▲ 2,2

1. Jay Aldous, 49
2. Davy Crockett, 52
3. Heidi Bennett, 34
4. Emmanuelle Duden, 42, QC
5. Andre Cojocar, 46, QC
6. Ben Benjamin, 64, OR

SKYLINE TO THE SEA 50 K

SARATOGA, CALIFORNIA
APRIL 10 | ▲ 2,3

1. Leor Pantilat, 26
2. Leigh Schmitt, 38
3. Joel Lanz, 38
4. Jeremy Johnson, 30
5. Christopher Ratliff, 41
6. Will Gotthardt, 46
7. Judd Haaland, 46
8. Mark Tanaka, 44
9. Sebastien Renaudin, 31
10. Randy Katz, 30
11. Troy Hartman, 41
12. Peter Fish, 46
13. Cassandra Dufek, 26
14. Kevin Luu, 34
15. Tim Corliss, 39
16. Chris Eide, 34
17. Colleen Corcoran, 31
18. Galen Pewtherer, 39
19. Kim Gimenez, 46
20. Amy Burton, 37
21. Gary Lindberg, 42
22. Larissa Polischuk, 38
23. John Fors, 43
24. Steve McCluhan, 50
25. Tim Roush, 44
26. Casey Kleinman, 43, UT
27. Mike Topper, 51
28. Christopher Zimmerman, 37
29. Adam Rohm, 39
30. Tony Leung, 42
31. Walter Edwards, 35
32. Emily Straley, 30
33. Steven Baker, 29
34. Jeffery Rogers, 49
35. Hao Liu, 34
36. Natasha Burroughs, 37
37. James Eggen, 44
38. Dave Tearpak, 32
39. Carli Martin, 39
40. Anne Kilgore, 55, UT
41. Anne Valta, 41
42. Rob Greenhaw, 51
43. Eric Hayton, 41
44. Patricia Beaty, 44, UT
45. Chris Fiorentino, 48
46. Bob Hartmann, 61
47. Scott Lucchesi, 45
48. Andrew Wong, 27
49. Mike Nuttall, 61
50. Bill Farrett, 40, CO
51. Scott Kreider, 45
52. Justina Holiat, 32
53. Shaun Woody, 33
54. Yi Chang, 39
55. Pete Perez, 28
56. Mark Holland, 33
57. Hector Estrada, 43
58. Liz Bernstein, 35
59. Hanoch Raviv, 49
60. Ken Brunt, 46
61. Ryan Novack, 34
62. Sarah Nels, 31
63. Marie Lanka, 33
64. Denise Stetson, 30
65. Sean Mofidi, 24
66. Kevin Beile, 50
67. David Black, 33
68. Stephen Deluna, 47
69. Elisheva Verdi, 35
70. Ly Ho, 30
71. Angela Rebol, 35
72. Molly Boutillette, 40
73. Melanie Michalak, 27
74. Yun Lin, 37
75. Jay Sturges, 36
76. Audrey Muller-Hartwig, 66
77. I-Tao Tsai, 39
78. Jonathan Deluna, 31
79. Drew McDonald, 32
80. Jeanette Haggas, 31
81. Dan Wallace, 51
82. Missy Yarbrough, 33
83. Yuka Muto, 34
84. Jayne Peterlin, 44
85. Tim Chen, 45
86. Myles Smythe, 31
87. Jackie Childers, 20
88. Gary Benson, 41, CO

- 3:24:09!
 - 3:38:19
 - 3:54:35
 - 4:05:34
 - 4:08:51
 - 4:13:35
 - 4:16:05
 - 4:17:24
 - 4:31:37
 - 4:32:31
 - 4:35:37
 - 4:38:13
 - 4:42:06
 - 4:43:21
 - 4:44:40
 - 4:46:38
 - 4:51:53
 - 4:52:29
 - 4:53:45
 - 4:55:49
 - 4:55:57
 - 4:57:00
 - 4:57:50
 - 4:58:13
 - 4:58:52
 - 4:59:51
 - 5:01:26
 - 5:02:16
 - 5:05:37
 - 5:06:45
 - 5:08:22
 - 5:08:30
 - 5:09:19
 - 5:15:13
 - 5:15:49
 - 5:15:56
 - 5:17:47
 - 5:17:50
 - 5:20:47
 - 5:20:55
 - 5:22:13
 - 5:22:25
 - 5:23:27
 - 5:24:19
 - 5:25:37
 - 5:31:53
 - 5:32:09
 - 5:33:43
 - 5:35:12
 - 5:35:33
 - 5:35:39
 - 5:38:34
 - 5:42:38
 - 5:44:33
 - 5:47:56
 - 5:48:35
 - 5:52:34
 - 5:54:26
 - 5:54:44
 - 5:54:57
 - 5:54:59
 - 5:55:07
 - 5:55:42
 - 5:58:35
 - 5:58:59
 - 5:59:01
 - 5:59:05
 - 5:59:15
 - 5:59:50
 - 6:01:36
 - 6:06:42
 - 6:08:43
 - 6:13:37
 - 6:13:44
 - 6:15:41
 - 6:16:53
 - 6:18:52
 - 6:20:27
 - 6:21:50
 - 6:22:24
 - 6:23:17
 - 6:24:39
 - 6:25:55
 - 6:26:45
 - 6:27:24
 - 6:27:30
 - 6:28:19
 - 6:28:55
89. Brett Kessler, 43, CO
 90. Ivette Sanborn, 38
 91. Beth Epstein, 56
 92. Troy Rahmig, 34
 93. Corina Rahmig, 31
 94. Emily Conley, 38, TN
 95. Ellen Wallace, 43
 96. Glenn Martinson, 43
 97. Loren Geller, 43
 98. Amie Voorhees, 37
 99. Barry Keogh, 48, CO
 100. David Kung, 39
 101. Tom Neary, 55
 102. Benjamin Chu, 40
 103. Jolie Burk, 33
 104. Myla Johnson, 45, TX
 105. Dennis Parsons, 51
 106. Arianna Mayes, 35
 107. Terry Koslofsky, 50
 108. Clyde Waggoner, 54, CO
 109. Karen Gray, 44
 110. Kerry Armistead, 40
 111. Lisa Sibley, 29
 112. Dirk Hoekstra, 66
 113. Bj Haack, 41
 114. Joel Stepanek, 47
 115. Glenda Dagg, 22
 116. Ken Michal, 40
 117. Steve Myers, 58
 118. Amanda Casto, 29
 119. Christie Richardson, 45, GA
 120. Amy Oliver, 47, GA
 121. Tom Davis, 58
 122. John Devlin, 46
 123. Cortney Donato, 27
 124. Peter Farrell, 44
 125. Lonney Vogt, 56, CO
 126. Michael Zensius, 39
 127. Ken Cales, 47, CO
 128. Nancy Waggoner, 46, CO
 129. Julie Lee, 42
 130. Paula Hoyle, 28
 131. Jasmin Fiandaca, 36
 132. Opritsa Tudorici, 37
 133. Jessie Rodriguez, 35
 134. Toni Lambio, 32
 135. Todd Wong, 41
 136. Cindi Farrell, 43
 137. David Grace, 43, MD
 138. Eric Negherbon, 38
 139. Rob Huff, 38
 140. Dyan Bender, 48
 141. Ilya Shafir, 36
 142. Richard Hahn, 49
 143. Liza Gualandi, 35, NJ
 144. Harvey Liu, 44
 145. Danny Baker, 44
 146. Raina Cordich, 35
 147. Kathy LeBleu, 46
 148. Allen Lucas, 53
 149. Kathy Kwong, 29
 150. Raul Ebio, 41
 151. Justine Tamaro, 45

SOARING EAGLE PARK

SAMMAMISH, WASHINGTON
APRIL 30 | ▲ 4,3

1. Eric Kutter, 44
2. Matthew Gliboff, 23
3. Ather Haleem, 30
4. Carsten Buus, 43
5. Boram Kim, 24
6. Theresa Novillo, 36

SOARING EAGLE 50K

SNOQUALMIE, WASHINGTON
APRIL 10 | ▲ 2,3

1. Joe Creighton
2. Frank Hodge
3. Candice Burt
4. Martin Fagan
5. Randy Pulkrabek
6. Maylon Harold
7. David Coates
8. Mark McCabe
9. Chris Ralph
- Tom Ripley

- 6:28:56
- 6:30:56
- 6:31:53
- 6:32:38
- 6:32:40
- 6:33:11
- 6:34:14
- 6:34:16
- 6:36:55
- 6:40:24
- 6:41:31
- 6:44:32
- 6:46:17
- 6:49:42
- 6:50:44
- 6:51:00
- 6:53:00
- 6:53:24
- 6:54:29
- 6:55:00
- 6:58:44
- 6:58:45
- 6:58:48
- 6:59:50
- 6:59:50
- 7:06:56
- 7:08:16
- 7:08:16
- 7:08:17
- 7:11:01
- 7:11:44
- 7:11:49
- 7:12:40
- 7:12:53
- 7:13:09
- 7:14:26
- 7:14:38
- 7:19:01
- 7:19:03
- 7:20:14
- 7:23:13
- 7:24:44
- 7:30:30
- 7:33:18
- 7:35:14
- 7:36:24
- 7:38:30
- 7:41:10
- 7:43:16
- 7:47:35
- 7:50:51
- 7:51:14
- 7:54:53
- 7:59:40
- 8:00:19
- 8:18:28
- 8:40:32
- 8:40:33
- 8:42:02
- 8:50:43
- 8:50:45
- 8:52:42

- 4:41:44
- 4:48:39
- 5:36:21
- 6:03:11
- 6:49:53
- 7:01:58
- 7:07:19
- 7:26:55
- 8:49:18
- 8:49:18