

HAWK HUNDRED

WORTH THE EFFORT

by Danny Miller, RD

Race directing is hard work. More thought, planning, and frustration go into a race than most runners ever see. Inevitably, all race directors reach a point pre-race where they start wondering, "Why am I doing this?" This is the third year I've put on the Hawk, and the third time I've found myself asking that very question.

But then race weekend arrives and you're quickly reminded why it is you put in so much effort. Old friends arrive, clearly nervous but hap-

py to be there and ready to run. And new faces appear, too—faces that by the end of the weekend will become just like old friends, inviting you to their homes for races and visits. Yes, there is considerable frustration and stress in race directing, but there is immeasurable reward.

We ordered in nearly perfect weather for the Hawk this year, lucky we weren't running one weekend earlier when daytime temps topped 100 degrees. We barely pushed through 80 on race week-



RICK MAYO, MILE 90 PHOTOGRAPHY

50-miler Larry Long follows 100-miler Dale Cougot along the shore of Clinton Lake

The mOUntaiNBACK 50

Nine-time host of the USA 50 Mile Road Championships

Just for the hill of it.

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10.19.14

Matt Flaherty clicks off a CR 5:28:11

A scenic single loop on 82% dirt forest roads

Photo: fongstudio2.com

end. We even managed some clouds and a little light rain on Sunday to cool the 100-mile runners.

Highlights from the weekend were numerous. In total, 34 runners completed the 50-mile race and 15 runners completed the 100-mile. A major highpoint was Kaci Lickteig from Omaha, Nebraska, breaking the overall 50-mile course record with a mind-blowing time of 7:25:38 and beating the old course record by nearly 15 minutes. Also of note, Elden Galano of Wichita, Kansas, completed his third Hawk Hundred. As a little reminder, I gave him number 300 for this year's race. Yes, race directors not only torture you with the course, but they look for other, more subtle tools as well. Now, where did I put that number 400?

No report should end without a huge thank you to the volunteers, crew and pacers who make events like the Hawk possible. There were lots of bleary eyes out there come Sunday morning, but every time a runner crossed the finish line, they were reminded of the true reward of their work. ■



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RICK MAYO, MILE 90 PHOTOGRAPHY

Marathon champ Claire Smith may need to step up to the ultra distance next year given her success on the "short course"



RICK MAYO, MILE 90 PHOTOGRAPHY

Corey Lutters dances over a rocky section typical of the course



RICK MAYO, MILE 90 PHOTOGRAPHY

First-time 100-mile finisher Eric Boos navigates the trail at night with his pacer

HAWK HUNDRED | LAWRENCE, KANSAS | SEPTEMBER 14 | ▲ 3,3

100 MILES

1. Darrin Johnson, 45
2. Chris Witkowski, 27, WI
3. Derek Strain, 47, IL
4. Wendy Foote, 48, IA
5. Ron Frederick, 46, WA
6. Dale Cougot, 47, TX
7. Krystle Dalke, 31
8. Eric Boos, 31, NE
9. Wael Sammur, 51, MO
10. Tiffany Dore, 35, IL
11. Carl Cleveland, 47
12. Steve Baker, 43

- 23:05:40
- 24:10:30
- 24:23:25
- 25:46:15
- 26:41:02
- 26:57:50
- 27:41:13
- 27:47:41
- 27:49:40
- 28:43:15
- 28:51:39
- 29:12:30

50 MILES

13. Kevin Brown, 47
14. Elden Galano, 55
15. Gregg Mrkvicka, 48, MO
1. Kaci Lickteig, 27, NE
2. Miguel Ordorica, 41, NE
3. Adam Dearing, 31, MO
4. George Myers, 42
5. Mindy Coolman, 31, IA
6. Chris Benjamin, 37, MO
7. Matt McClasky, 31, MO
8. John Baragary, 49

- 29:12:40
- 29:18:20
- 30:26:21
- 7:25:38
- 8:03:55
- 8:11:57
- 8:29:22
- 8:33:04
- 9:33:00
- 9:54:06
- 10:06:56

9. Kasper Schirer, 30
10. Angela Hill, 37, WI
11. Larry Long Jr, 45
12. Marsha Xiong, 23, MO
13. Lori Leonard, 52, NE
14. Leslie Jacobi, 31, IL
15. Dean Russell, 57, MO
16. Edward Caraccilo, 43
17. Bill Loats, 47
18. Jason Yuhasz, 36
19. Jeff Wells, 55, MO
20. Michele Weaver, 45
21. Holly Phillips, 38

- 10:13:02
- 10:31:17
- 10:37:10
- 10:50:26
- 11:26:59
- 11:28:00
- 11:34:39
- 11:37:07
- 11:38:43
- 11:48:04
- 11:52:33
- 12:18:36
- 12:31:49

22. Dennis Haig, 53
23. Jack McCarney, 26, PA
24. Rita Weaver, 37
25. Vern Huth, 42, MO
26. Donel Regan, 51, WI
27. Deb Taylor, 38
28. Adam Hill, 39, MO
29. Sheldon Thompson, 25, MO
30. Chris Thomas, 41
31. Derrick Boos, 36, MO

- 12:57:57
- 14:15:53
- 14:48:17
- 14:50:42
- 14:53:59
- 14:53:59
- 15:09:38
- 15:35:43
- 16:11:03
- 19:03:15

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