

RACE REPORTS

AN ULTRA ROCK AT FLATROCK

by Eric Steele, RD

In the 19 years we have been holding our race, the FlatRock 50K, I have witnessed some incredible acts of raw gutsiness, unrelenting fortitude and the indomitable human spirit, first hand, up close and real. After all, it's the primary reason I am so in love with our sport and have devoted over two decades of my life not only to its development here in the Midwest, but also to my own career as an ultrarunner. However, what I witnessed, and was fortunate to be a part of, on Saturday, September 27 at our 20th Annual FlatRock 50K, left me in utter awe and nearly speechless... something that is quickly becoming a familiar pattern with all Epic Ultra Events I have directed in the past two years.

Unlike last year, we had absolutely beautiful weather at the longest running ultra and trail race in the state of Kansas. It was quite a surreal experience to realize 19 years had gone by and some of our youngest competitors were not even born when I founded the race back in 1995. Earl Blewett from Tulsa, OK, attended that first year and came back for this one. Dennis Haig from Wichita, KS, toed the line (and finished) his 20th consecutive FlatRock 50K, the only runner to ever do so.

We had record numbers turn out this year and the vibe was epic, to say the least. Friends, family, kids and pets were all in attendance to assist their runners in creating the experience of a lifetime. Each person contributed to an



Cheryl Schmidt gets her money's worth, having taken a bite out of the trail

environment that is like none other. From the pre-race meal, to the last finishers crossing the finish line and each moment in between, I was reminded of why I...WE... do this. I have been

made fun of in some circles for calling this our “beloved sport” – but that is how I feel. My life would not be the same without ultrarunning, FlatRock, Epic Ultras and each person’s participation. This sport, this culture, is a lifestyle – and it’s quite simply impossible to explain to those who are not a part of it, which is why I quit attempting to do so many years ago.

The overall winner and male champion was Nathan Sicher, from Joplin, MO, with a time of 4:57. Nathan was just the 23rd person out of 868 total finishers in our 19-year history to ever break five hours on this course. Jeanne Bennett, from Tulsa, OK, claimed female champion honors and set a new female course record with a time of 5:41. In addition, 13-year-old Cameron Plate, from Tulsa, became our youngest male finisher ever, with an impressive time of 6:29. We also knighted our 10th member, Scott Hill, from Wichita, KS, into the FlatRock "Hall of Pain," which takes 10 consecutive finishes of the 50k to achieve.

And, get this, at the end of our awards ceremony, we had our own “In-House” blogger and *UltraRunning* magazine contributor Mr. Zach Adams propose to his girlfriend Candi Paulin by placing his recently earned FlatRock 50K buckle on her finger. She said yes... it was EPIC! They met here at FlatRock, so it couldn't have been more fitting. And I thought I had seen it all here at “The Rock”! 

FLATROCK | INDEPENDENCE, KANSAS | SEPTEMBER 27 | ▲ 2,3

50k | Elevation gain: Approximately 3,000 feet | This is an out-and-back course on the Elk River Hiking Trail winding through limestone bluffs, rock formations and beautiful vistas. The trail is mostly single-track and rocky with no long hills.

50 KM

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|--------------------------------|---------|-----------------------------|---------|-----------------------------------|---------|------------------------------|---------|
| 1. Nathan Sicher, 33, MO | 4:57:11 | 28. Ronald Lapoint, 33 | 7:01:57 | 55. Kaylee Wheeler, 22, NE | 7:54:01 | 82. Reina Probert, 51, MO | 9:02:06 |
| 2. Adam Dearing, 32 | 5:10:19 | 29. Geoff Hanley, 38, OK | 7:02:26 | 56. Frans Pieter Van Veen, 35, OK | 7:55:39 | 83. Joell Chockley, 45 | 9:02:06 |
| 3. Jeanne Bennett, 40, OK | 5:41:42 | 30. Shawn Walters, 33 | 7:03:10 | 57. Sonya Lingvai, 42 | 8:00:18 | 84. Patrick Allen, 59 | 9:04:37 |
| 4. Jess McNeely, 45 | 5:41:43 | 31. Tim Neely, 41 | 7:11:07 | 58. Robert Hall, 57 | 8:05:30 | 85. Ben Schears, 33 | 9:05:00 |
| 5. Zach Adams, 37 | 5:52:28 | 32. Monica De Leon, 35, TX | 7:13:01 | 59. Debra Norman, 54, MO | 8:05:41 | 86. Clay Zapletal, 53 | 9:06:09 |
| 6. Don Solberg, 45, CO | 5:55:05 | 33. Michael Hunter, 39 | 7:16:25 | 60. Cheryl Schmidt, 51 | 8:06:20 | 87. Moraima Bailey, 44, IN | 9:06:19 |
| 7. Troy Williams, 45 | 5:56:36 | Krystle Dalke, 32 | 7:16:25 | 61. Phil Knowles, 42 | 8:06:22 | Tony Adrian, 51, IN | 9:06:19 |
| 8. Paul Schoenlaub, 55, MO | 5:58:13 | 35. Johnny Webb, 23 | 7:16:27 | 62. Scott Foster, 38 | 8:09:42 | 89. Brandy Holey, 35, MO | 9:08:44 |
| 9. Carson Galloway, 24, IA | 5:59:44 | 36. Mark Inbody, 48 | 7:20:02 | 63. Justin Chockley, 31 | 8:15:26 | 90. Cheryl Ford, 44, OK | 9:11:56 |
| 10. Ken Schramm, 50, MO | 6:15:22 | 37. Eric Shebesta, 47, MO | 7:21:56 | 64. Kimberly Myers, 39 | 8:19:52 | 91. Lee Cordell, 42, NE | 9:16:10 |
| 11. Candi Paulin, 33 | 6:15:55 | 38. Dave Meeth, 51 | 7:23:55 | 65. Mike Rives, 53, OK | 8:26:27 | 92. Joshua Faulkner, 35, OK | 9:21:00 |
| 12. Gregory Burger, 48 | 6:20:40 | 39. Ann Benson, 46 | 7:25:23 | 66. Brian Smith, 51 | 8:26:28 | 93. Jeff Duncan, 49 | 9:21:56 |
| 13. Scott Hill, 35 | 6:22:10 | 40. Dennis Haig, 54 | 7:27:50 | 67. Tom Rogers, 43, MO | 8:28:17 | 94. Jim Sheldon, 53 | 9:25:24 |
| 14. John Craig, 43 | 6:22:27 | 41. Andrew Tracey, 53, NE | 7:31:20 | 68. Roy Schneider, 48, NE | 8:31:30 | 95. Gene Dixon, 43 | 9:31:43 |
| 15. Matthew Greathouse, 36, NE | 6:24:01 | 42. Chris Martin, 35 | 7:34:34 | 69. Cory Chockley, 23 | 8:33:18 | 96. Christy Victor, 43, IN | 9:32:55 |
| 16. Cameron Plate, 13, OK | 6:29:59 | 43. Kristen McCune, 24 | 7:36:27 | 70. Adele Jordan, 31 | 8:34:28 | 97. Jared McCloe, 40 | 9:33:59 |
| 17. Aaron Norman, 33, MO | 6:33:35 | 44. Annie-Lori Jobe, 34, IA | 7:38:05 | 71. Lloyd Lantz II, 52 | 8:34:33 | 98. Bill Barnett, 60 | 9:36:24 |
| 18. Jeff Elbert, 45, OK | 6:34:22 | 45. Michael Mora, 39 | 7:41:36 | 72. Robert McPherson, 51, MO | 8:36:10 | 99. Chris Crockett, 44 | 9:37:38 |
| 19. Jimmy Brown, 44, NE | 6:34:37 | 46. Francisco Arellano, 36 | 7:42:54 | 73. Trevor James, 38, MO | 8:37:23 | 100. Marcus Needham, 32 | 9:37:53 |
| 20. Joshua Watson, 36 | 6:35:37 | 47. Krystal Brown, 49, OK | 7:45:31 | 74. Hung Nguyen, 36 | 8:39:55 | 101. Cory Nation, 35 | 9:38:49 |
| 21. Patrick Hupp, 33, MO | 6:41:28 | 48. Matthew Hall, 25 | 7:45:49 | 75. Earl Blewett, 50, OK | 8:41:58 | 102. Lynna Gilstrap, 64, OK | 9:42:20 |
| 22. Gerry Hollis, 46 | 6:41:58 | 49. Mindy Coolman, 32, IA | 7:45:51 | 76. Brett Huber, 42, MO | 8:44:20 | 103. Joseph Galloway, 57, IA | 9:42:33 |
| 23. Adam Dolezal, 39 | 6:44:30 | 50. Sean Hamlin, 40 | 7:46:21 | 77. Rob Downing Jr, 44 | 8:44:56 | 104. Diana Liska, 39, NE | 9:42:39 |
| 24. Alejandro Segovia, 35, TX | 6:51:55 | 51. Adam Monaghan, 31 | 7:47:27 | 78. Daniel Droessler, 37 | 8:47:02 | 105. William Smith, 32 | 9:51:50 |
| 25. Henri Coeme, 61, MO | 6:51:59 | 52. Tammy Winn, 45, OK | 7:51:02 | 79. Ryan Schwatken, 38 | 8:49:37 | 106. Shawndra Burgardt, 40 | 9:53:20 |
| 26. Chris Umscheid, 38, MO | 6:55:18 | 53. Jerime Carpenter, 35 | 7:52:05 | 80. Rick Wilson, 45, OK | 8:50:39 | | |