

HAWK HUNDRED

HAWK COURSE RECORDS FALL

by Gary Henry

Matt Becker and Steph Whitmore killed course records in the 100-mile race during the Hawk Hundred and 50-mile Trail Races on September 13-14, on the North Shore trails at Clinton Lake State Park in Lawrence.

Becker, of Galva, KS, blew through Darin Schneidewind's 2012 record of 20:20 with an 18:47 finish. Whitmore, of Marshalltown, IA, set the standard for the women's race with a 21:33 finish, barely edging out Sherrie Klover's 2012 record of 21:58.

Becker's showing surprised even him.

"The truth is I had little confidence I would finish," he wrote in his race report. "I had tried once before and DNFed. The encouragement along the way was crucial."

Becker wrote that he ran trying not to think too much about the miles ahead, and that he made sure to eat at every aid station and in between.

Second-place finisher Mark Pecaut also surpassed the 2012 100-mile CR with a 20:04 finish, but so far, Becker is the only person to have broken 20 hours on the rocky, root-bound, rolling North Shore trails.

Eight hours and 14 minutes won the 50-mile race for William Malcolm, of Leavenworth, KS, though Kaci Lickteig's 2013 CR of 7:25 still stands as both overall and women's course records. Kristen Wiegand, of Independence, MO, took top women's honors in this year's Hawk 50-mile in 10:04.

Near-perfect running conditions aided competitors in the 100 and the 50. Temperatures at the 6 a.m. start of the eastern Kansas race hovered at 38 degrees F (3.33 degrees C) as, lights bobbing, about 80 100- and 50-mile runners headed onto the narrow wooded trails in the pre-dawn darkness.

Sunrise gifted the runners with a stunning sight along the shores of Clinton Lake, about four miles into the 25-mile course. Acres of mist rose into the chilly air from the still, summer-warm waters, creating massive, fluffy cloud-banks about 1,000 feet above the lake, lit in

shades of orange and magenta by the rising sun.

Though Bunker Hill, near the course's west end, and Sanders' Mound at the east end provide three minor hill climbs, most of the course's approximately 5,000 feet of elevation gain and loss comes from the nearly 25 miles of rolling ups and downs. None are severe. They just never stop.

Runners who failed to eat and drink enough risked a glare from Deb Megerson's "angry Mom eyes" at the West Park Road aid station. Co-Race Director Coleen Voeks encouraged runners who appeared to be loitering at the comfortable aid stations to hustle up with a cheery "I love you, but get the hell out of this aid station now!"

Despite the optimum conditions and support, 16 runners fell out of the 100-mile race before finishing, and six tossed in the towel on the 50.



Shaylene Caffey, in the moment after finishing her first 100-miler, with Race Director Coleen Voeks

Along with Becker and Whitmore's new course records, the 2014 Hawk included one other surprise performance. During his 50-mile race, Harold Toomey asked to be upgraded to the 100, a request RDs rarely get, says Co-Race Director Danny Miller, though, he adds, the reverse is common.

Great weather and beautiful trails inspired Toomey to go for it, and, he posted on Facebook, "I was feeling energetic." Toomey got his wish and his Hawk Hundred belt buckle, with a 31:38 finish in the 32-hour race.

VEHEMENT NON-RUNNER TO 100-MILER IN TWO YEARS BY SHAYLENE CAFFEY

Just over two years prior to the Hawk Hundred, I weighed 233 pounds and was a vehement non-runner. Yet with the help of Ryan, my coach, here I was: thinner and addicted to ultras. The first half of the race passed quickly, chatting nervously with other runners. The day warmed up some, but never quite enough to lose my gloves. Miles 50-75 were spent joking with my pacer Justin, hiking more than running, since my left knee was hurting. Everyone I encountered along the way, I tried to give my congratulations and "good job." Sometimes all it takes is one word from someone else to help lift you up. Once I got back to West Park, Justin handed me over to my husband, Chris, and he brought me in to the finish. "Almost there," was all I could think. So I ran, hard. As fast as I could. Chris cautioned me to keep it slow over the really rocky spots because I was so tired. I felt like I was flying, refusing to slow down or stop. I came around toward the finish and I could hear it. Giving everything I had left, I ran right to Coleen, who hugged me as hard as I did her. I was done. She teased me with my buckle for a second, and we laughed about my squeaker finish: 29:54. I could have pushed harder, but it wouldn't have been as much fun. [UR](#)

RICK MAYO / MILE 90 PHOTOGRAPHY

HAWK HUNDRED | LAWRENCE, KANSAS | SEPTEMBER 13 | ▲ 3,3

100 miles | 50 miles | Elevation gain: 100 mile – 8,000 feet / 50 mile – 4,000 feet | This course is a 25-mile loop repeated twice or four times, depending on distance, through the rolling hills of Clinton State Park.

100 MILES

1. Matthew Becker, 40
2. Mark Pecaut, 39
3. Drew Jordan, 31
4. Steph Whitmore, 35, IA
5. Tim Hellhake, 49, MO
6. James Catron, 39, TX
7. Tanner Tenbrink, 34
8. Dave Krishock, 54
9. Nathan Ferraro, 25, OK
10. Reggie Bollinger, 36, NE
11. Bill Loats, 48
12. Gary Henry, 58
13. Krystle Dalke, 32

- 18:47:24
- 20:04:14
- 21:03:42
- 21:33:09
- 22:33:22
- 22:56:12
- 25:27:30
- 25:30:38
- 26:14:00
- 27:01:02
- 27:29:56
- 27:32:53
- 27:38:09

50 MILES

14. Cody Chitwood, 33
15. Kelly Cool, 33
16. William Sprouse, 45
17. Shaylene Caffey, 29, MO
18. Darin Brunin, 29
19. Paul Endacott, 49
20. Jodi Roznowski, 36, NE
21. Elden Galano, 56
22. Harold Toomey, 50, TX
1. William Malcolm, 29
2. Andrew Readinger, 30, TX
3. Matt O'Reilly, 30

- 29:19:53
- 29:44:51
- 29:46:54
- 29:54:12
- 30:45:49
- 30:53:08
- 30:56:33
- 31:29:49
- 31:38:04
4. Alex Francisco, 24, MO
5. Marvin Mastin, 48
6. Jason Yuhasz, 37
7. Kristen Weigand, 35, MO
8. Jeff Gregg, 32, NE
9. Kristy Simcox, 33
10. Donald Wells, 46, AZ
11. Michele Weaver, 46
12. Raven Rajani, 42
13. Cindy Kosmicki, 37, NE
14. Alissa Sebastian, 44, MO
15. Aaron Baty, 34
16. Mike Minter, 40, MO
17. Heather Cotten, 39

- 9:26:40
- 9:26:53
- 9:57:49
- 10:04:11
- 10:38:00
- 10:43:33
- 11:00:05
- 11:04:11
- 11:42:02
- 11:42:20
- 11:51:45
- 12:20:26
- 12:45:15
18. Robert Hall, 57
19. Brandy Holey, 35, MO
20. Eric Rath, 47
21. Annie-Lori Jobe, 34, IA
22. Jana Voracek, 43, NE
23. Kelvin Reid, 52, OK
24. Betsy Kapiloff, 54, NM
25. Melissa Melton, 43, MO
26. Jim Lane, 41, MO
27. Chris Perry, 38
- Doni Kealey, 37
29. Doug Weaver, 51
- 12:50:15
- 12:50:17
- 12:54:36
- 13:13:49
- 13:15:35
- 13:42:38
- 13:57:20
- 15:45:25
- 16:06:07
- 16:35:00
- 16:35:00
- 21:47:52



RICK MAYO / MILE 90 PHOTOGRAPHY

A foggy sunrise over Sander's Mound



KRISTI MAYO / MILE 90 PHOTOGRAPHY

Steph Whitmore of Marshalltown, Iowa takes Bunker Hill on the first loop of the course en route to a first-place finish in the women's 100-mile race



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