



Amazing Performances at the Front and Back of the Pack

BY ERIC STEELE, RD

After the inaugural Prairie Spirit Trail 100 & 50 Mile Ultra Races in 2012, we have adapted quite well to the ever-changing personality of Mother Nature. This event would prove, once again, that Mother Nature "runs the show"... at least in the realm of weather, that is. She certainly hit many participants by surprise at our 2nd Annual Prairie Spirit Trail "Fall Classic" 50 Mile & 50K Ultra Races on Saturday, October 25th—as it was unseasonably warm on race day and several parts of Kansas hit record highs. Those expecting a cool, crisp fall day, were, well, dealt a different hand.

In the 50-mile, our male champion and overall winner was Gono Enriquez (Ardmore, OK) in 7:14. Our female champion in the 50-mile and new female course record holder was Natalie Jetensky (Tekamah, NE) in 8:25. In the 50k our male champion, overall winner and new course record holder was hometown boy David Cox (Ottawa, KS) in 3:44. Our female champion in the 50k and new female course record holder was Jill Becker (Sioux City, IA) in 4:48.

From the pre-race meal and briefing to the starting line the next morning, the crowds gathered as the fog began to clear for what were sure to be epic performances out on the course. Nearly half of our field (in both events combined) was going for their longest distance to date. That, combined with many veterans gunning for PRs in their chosen distance, made for a very exciting day. In addition to the runners and their crews and pacers, every single one of the Epic Ultras Brigade/Staff and the ACES students from Cowley College went way "above and

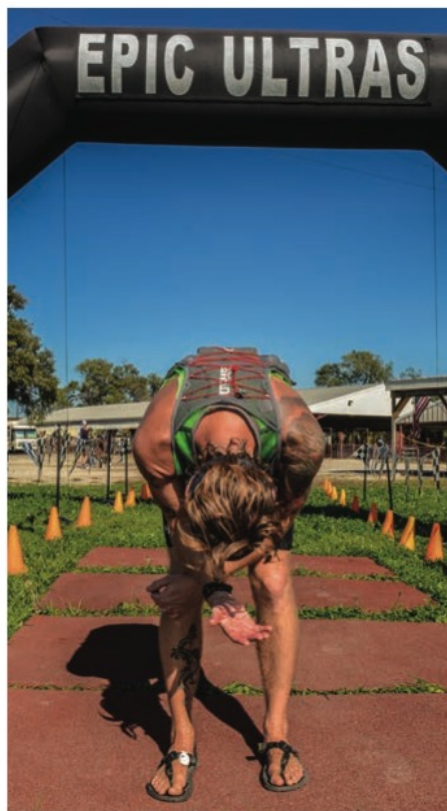
beyond" to, once again, fulfill the Epic Ultras Mission Statement of co-creating "ultrarunning experiences of a lifetime!" Thank you to everyone who came out to run, work or cheer on the finishers.

As many know, the speedsters are always fun to watch, as they are not your typical

ultrarunners, and many times, they leave us in awe of their performances. But equally important is the diverse group of people in our events that makes us love this sport as much as we do. It certainly brings out all abilities, ages, races, shapes, sizes and socioeconomic backgrounds, every one of who is there to achieve their personal goal, whatever that may be. And we are very passionate about helping them all achieve whatever their goals are on race day.

One Epic Ultra competitor stands out when thinking about the plethora of ultrarunners that joined in the fun. Our oldest finisher in the 50k was one who gave us all a goal to aspire to achieve. Carolyn Mitchell from Lenexa, KS, pulled off a spectacular finishing time of 9:41 at the age of 78... Wow! She looked as fresh finishing as she did when she started, and she was all smiles. Quite inspiring, to put it mildly. Another really inspiring finisher was Heather Newman from Independence, KS, who conquered her first 50 miler in 13:24. She continues to demonstrate the true spirit of ultrarunning and perseverance in our beloved sport. And, of course, there are many others driving themselves and inspiring others toward personal greatness.

We were delighted to donate \$500 from race proceeds to the ACES (Academic and Civic Engagement through Service) program of Cowley College and are honored here at Epic Ultras to have now donated over \$7,500 to charitable non-profit organizations from race proceeds since our inception a little over two years ago. 🏃



Matthew Perkins takes a moment at the finish to reflect on his journey. (© Kristi Mayo/Mile 90 Photography)

Prairie Spirit Trail Fall Classic

Ottawa, KS // October 25

🏃 2,1* // 50 Miles & 50k

Elevation gain: Flat. Runners do an out-and-back, beginning in Ottawa, KS and traveling south to Garnett (50-mile) or Richmond (50k), then, back north to the finish. The course is primarily on a crushed limestone trail, with asphalt paths as you travel through each town.

50 Miles

1	Gono Enriquez, 30	7:14:42
2	Matthew Perkins, 40	8:08:59
3	Daron Pratt, 45	8:19:30
4	Natalie Jetensky, 44	8:25:02
5	Stephanie Cundith, 39	8:37:57
6	Harrison French, 54	8:50:27
7	April Reed, 40	8:53:30
8	William Soucie, 34	9:00:28
9	Eric Mcmillan, 36	9:11:55
10	Steve Kleiboeker, 50	9:29:43
11	Shawn Franks, 38	9:32:53
12	Krystle Dalke, 32	9:44:00
13	Mark Berry, 55	9:47:57
14	James Kolb, 29	9:49:20

15	Kaitlyn Sevarino, 27	9:49:55
16	Angela Petty, 50	10:02:14
17	Rita Weaver, 38	10:05:18
18	Paul Dial, 48	10:12:40
19	Joe Beber, 34	10:17:28
20	John Derby, 42	10:25:37
21	Justin Hoffman, 35	10:36:38
22	Christy Stillwell, 44	10:39:05
23	Lisa Richards, 38	10:44:26
24	Jana Phillips, 50	10:47:38
25	Edward Caracillo, 45	10:51:58
26	Eric Kimlinger, 37	10:53:35
27	Scott Snyder, 40	10:56:19
28	Christa King, 43	10:58:44
29	Deborah Lantz, 55	11:01:07
30	Sherrie Klover, 47	11:01:07
31	Barry Smith, 47	11:02:14
32	Sean Hamlin, 40	11:06:14
33	Jessica Knopf, 27	11:06:37
34	Mike Clawson, 47	11:17:57
35	Julie Stark, 48	11:35:04
36	Alexis Soucie, 34	11:38:01
37	Rob Downing Jr, 44	11:52:42
38	John Pranschke, 58	11:52:46
39	Tony Brown, 53	11:54:21
40	Shelly Mack, 47	12:06:12

41	Diane Bolton, 53	12:06:12
42	Rob Apple, 53	12:06:12
43	Rocky Randall, 37	12:15:29
44	Reina Probert, 51	12:22:39
45	Michael Cirone, 42	12:38:07
46	John Dietrich, 59	12:58:09
47	Misty Suarez, 45	13:08:25
48	Tammy Reynolds, 38	13:08:25
49	Ben Schears, 33	13:08:35
50	Rachel Schears, 31	13:08:35
51	Francisco Arellano, 36	13:12:28
52	Robert Hall, 57	13:23:10
53	Brandy Holey, 35	13:23:10
54	Heather Newman, 33	13:24:42

50k

1	David Cox, 29	3:44:21
2	Michael Pfannenstiel, 49	4:39:12
3	Jill Becker, 27	4:48:09
4	Kodi Panzer, 33	4:50:27
5	Scott Hill, 35	4:52:15
6	Ryan Stansfield, 39	4:54:02
7	Jennifer Arrowsmith, 39	4:54:02
8	Dann Fisher, 51	4:58:03
9	Francene Johnson, 44	5:16:58
10	Cody Cunningham, 28	5:23:16

11	Kris Marshall, 39	5:23:46
12	Ciro Ortega, 44	5:27:03
13	Beth Gully, 40	5:40:02
14	Steve Richards, 60	6:03:29
15	Bob Woods, 63	6:10:34
16	Zach Shemon, 30	6:14:35
17	Henry Yount, 54	6:15:20
18	Kim Brooks, 41	6:19:15
19	Deb Anderson, 44	6:24:09
20	Bruce Cameron, 45	6:51:48
21	David Killingsworth, 54	6:59:03
22	Tam Nguyen, 33	7:01:20
23	Tammy Wiemken, 51	7:11:41
24	Chandy Davidson, 38	7:16:49
25	David Hoysm, 34	7:16:54
26	Mark Mannering, 56	7:45:32
27	Robert Dewar, 69	7:49:20
28	Julia Edwards, 40	7:49:21
29	Loree Hoag, 48	8:03:30
30	Chad Stadsfold, 35	8:32:04
31	Bryan Lawson, 34	8:32:28
32	Billie Rhodes, 37	8:33:10
33	Karen Nicholson, 49	9:41:14
34	Carolyn Mitchell, 78	9:41:15

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