



Beginners Welcome

BY KRISTI MAYO



By most accounts, the conditions at the third annual Prairie Spirit Trail 100- and 50-mile races weren't much to write home about: highs in the lower 50s, lows in the upper 30s and no precipitation. That meant 75 runners from 16 states and Great Britain got to enjoy the course for what it truly is: a rails-to-trails course with fully stocked aid stations and enthusiastic, ultra-experienced volunteers.

Winner Justin Franklin said he prefers hilly and technical trails, but chose this race partly because of its nontechnical nature. Franklin avoided going out too fast on the flat course and eventually edged himself into the lead. Over the last 25 miles, he and his pacer shifted into defensive mode, minimizing time at aid stations. When dark settled over the course, though, a pair of headlamps flickered not far behind. "Sometimes they seemed to be far away, and then would appear to be right behind us," said Franklin. "It started to make me crazy, but my pacer, Trace, kept me focused."

The headlamps belonged to Joseph Barnard, who was also running his first 100-mile race, and his pacer. "Honestly, I didn't really know what to expect going into this race," recalled

Prairie Spirit Trail

Ottawa, KS // March 28

2,2* // 100 & 50 Miles

Elevation gain: Flat | Both courses are out-and-backs on a flat rails-to-trails course, primarily on crushed limestone gravel, with small sections of asphalt when the trail passes through small towns. The trail is wide enough in most sections to comfortably run three abreast.

100 Miles

1	Justin Franklin, 28, OK	17:24:29
2	Joe Barnard, 34, KS	17:31:17
3	Kodi Panzer, 33, KS	19:16:36
4	John Stewart, 52, IN	19:20:10
5	Paul Schoenlaub, 55, MO	19:53:08
6	Rebecca Gartrell, 42, TX	20:44:09
7	Shane Naugher, 43, MO	20:58:48
8	John Becker, 46, CO	21:24:52
9	Daron Pratt, 45, MO	21:28:42
10	Krystle Dalke, 32, KS	22:09:22
11	Rob Wright, 40, CO	22:18:03
12	Jason Beck, 36, IL	22:25:10
13	Christine Ngai, 33, IL	22:47:33
14	Justin McCune, 39, OK	22:48:31
15	John Taylor, 53, MN	23:16:20
16	Kevin Dorsey, 44, TN	23:18:06
17	William Sprouse, 45, KS	23:18:34
18	Joshua Witte, 43, TX	23:20:03
19	Robert Hall, 58, KS	23:42:35
20	Kenneth Fancett, 65, GBR	23:45:12
21	Scott Demaree, 63, TX	23:45:26
22	Peggy Ward, 51, KS	23:51:36
23	Jill Becker, 28, IA	24:05:47
24	Matthew Watts, 58, CO	24:31:28
25	Heather Rickerl, 38, CO	25:04:52
26	Darin Brunin, 30, KS	25:10:44
27	Peter Johnson, 61, GBR	25:32:10
28	Andrew Olsen, 30, TX	25:34:19
29	Robert Murphy, 56, NE	25:42:20
30	Charly Larson, 39, CO	26:10:09
31	Kelvin Reid, 53, OK	26:26:13

32	Travis Owens, 50, OK	26:47:24
33	Jana Graham, 53, OK	26:54:40
34	Kathy Hoover, 54, OK	26:54:40
35	Jordan Schmidt, 20, MN	27:00:46
36	Gary Jurgensen, 54, MO	27:07:43
37	Traviss Willcox, 48, GBR	27:14:24
38	Donald Baun, 64, OH	27:22:12
39	Cathy Nevans, 49, TX	27:45:32
40	Nathan Chandler, 39, NE	27:52:14
41	Elden Galano, 57, KS	27:57:52
42	Chris Smith, 34, OK	28:13:03
43	Tony Adrian, 51, IN	28:43:10
44	Moraima Bailey, 45, IN	28:43:43
45	Ron Ruhs, 47, NE	28:44:12
46	Charlotte Lindley, 63, OK	28:55:14
47	Migdalia Sepulveda, 47, IL	28:55:43
48	Dennis Crosby, 68, OK	29:08:06
49	Garry Shults, 65, IN	29:16:36
50	Carson Galloway, 24, IA	29:47:13

50 Miles

1	Nathan Sicher, 33, MO	6:20:04
2	Brandon Purdeu, 27, GA	6:38:58
3	Aaron Dement, 47, IL	6:55:03
4	Richard Stigall, 47, KS	7:07:40
5	Christy Nielsen, 39, NE	7:07:48
6	JC Chase, 32, MO	7:27:58
7	Jenna Mutz, 34, MO	7:47:15
8	Andrew O'Hara, 36, KS	7:53:57
9	Jeffrey Foes, 49, MO	7:58:07
10	Brian Cox, 35, WY	8:06:10
11	Kenn Moon, 41, KS	8:16:38
12	Scott Vorhees, 39, MO	8:32:39
13	Alan Sherman, 43, MD	8:33:07
14	Viktor Vajda, 24, IL	8:34:16
15	Julia Nyiro, 21, KS	8:38:08
16	Zach Adams, 37, KS	8:40:53
17	Jonathan Tanner, 27, NE	8:41:38
18	Aaron Pope, 23, KS	8:42:38
19	Thomas Stanley, 28, KS	8:48:52
20	Austin Freeburg, 31, NE	8:52:01
21	Andrew Tracey, 54, NE	8:53:53

22	Justin Chockley, 32, KS	8:58:03
23	Jd Masuhud, 39, MO	9:04:38
24	Todd Welch, 48, AR	9:15:05
25	Rachel Gantenbein, 33, IA	9:15:49
26	Heidi Conto, 40, WI	9:17:54
27	Tim Ulrich, 42, WI	9:17:54
28	John Coleman, 39, FL	9:19:33
29	Danny Hale, 43, MO	9:19:50
30	Emma Schuering, 28, MO	9:27:14
31	Cameron Plate, 13, OK	9:28:28
32	Bill Ford, 52, OK	9:39:09
33	Ruth Loffi, 52, OK	9:39:09
34	Luke Simmons, 21, OK	9:39:36
35	Steve Wayant, 50, OK	9:40:53
36	Matthew Miller, 27, IL	9:43:57
37	Doug Colglazier, 39, MN	9:48:03
38	Trevor Woods, 32, KS	9:52:09
39	Casey Woolfolk, 30, KS	9:56:24
40	Julie Perry, 51, KS	9:59:23
41	Joe Cox, 27, MO	10:03:47
42	Caleb Lareau, 22, OK	10:22:12
43	Andy Paul, 42, NE	10:27:40
44	Matthew Battiston, 47, KS	10:29:02
45	John Close, 31, KS	10:30:33
46	Windy Shull, 43, MO	10:30:55
47	Lionie Carpenter, 41, KS	10:34:47
48	Stephanie Wattenbarger, 50, MO	10:39:28
49	Jennifer Snow, 43, ID	10:41:23
50	Brandee Schuelke, 40, ID	10:41:58
51	Brett Behrens, 40, NE	10:42:09
52	Brian Smith, 51, KS	10:43:08
53	Greg Gray, 44, NE	10:44:25
54	Marcus Needham, 33, KS	10:44:55
55	Charlie Bachmann, 61, CA	10:47:28
56	Bruce Urquhart, 59, CA	10:47:28
57	Melissa Bailey, 35, KS	10:49:32
58	Howard Mayson, 62, CO	10:59:39
59	Cori Wilkerson, 37, CO	11:04:05
60	Lana Melroy, 38, NE	11:04:05
61	Beth Gulley, 41, KS	11:04:05
62	Stephen Lassen, 41, KS	11:06:04

63	Nicole Furman, 29, NE	11:17:07
64	Audrey Ibarra, 40, TX	11:21:35
65	Frank Evans, 52, MO	11:22:36
66	Brad Christensen, 37, MN	11:29:32
67	Nicholas Plants, 39, OK	11:29:33
68	David Burgoon, 41, KS	11:36:48
69	Allen Lee Williams, 33, TX	11:46:13
70	Gina Carroll, 47, OK	11:49:34
71	Jennifer Baker, 35, OK	11:49:35
72	Jonathan Mast, 51, KS	11:49:43
73	Ron Marsh, 51, KS	11:54:16
74	Josiah Gbekpa, 30, KS	11:57:03
75	Jory Brownd, 32, OK	12:06:31
76	Johannathan Ward, 38, NE	12:06:37
77	Tod Mccomb, 50, IA	12:07:28
78	Mike Haviland, 73, GA	12:09:49
79	Reina Probert, 51, MO	12:28:00
80	Drina Haviland, 66, GA	12:33:48
81	Gene Field, 50, KS	12:33:52
82	Dennis Hall, 53, IA	12:39:49
83	Callie Streich, 34, MO	12:40:15
84	Monica Williams, 1, MD	12:49:08
85	Sally Grobelny, 46, MO	12:51:29
86	Everett Riggs, 48, WA	12:51:53
87	Nancy Bauer, 53, SD	12:59:19
88	Kevin Hoffman, 33, KS	13:03:17
89	Kristen McCune, 25, KS	13:08:10
90	Liz Johnson, 24, HI	13:08:11
91	Elizabeth Bachmann, 52, CA	13:14:02
92	Iradj Strobe, 36, KS	13:16:26
93	Kloti Stone, 46, MO	13:19:14
94	Janet Marshall, 60, TX	13:41:31
95	William Marshall, 62, TX	13:41:31
96	Scott Thompson, 52, IN	13:49:29
97	Joan Rose, 58, ND	13:49:52
98	David Bernstein, 43, OK	14:07:29
99	Bobbie Ruhs, 53, NE	14:40:32
100	Pamela Okazaki, 49, TX	14:56:11
101	Thomas Okazaki, 58, TX	14:56:11
102	Karen Riddle, 62, TX	14:57:53
103	Nina Grado, 36, NE	19:02:05

*See page 34 for key

Barnard. "My plan was to run as far as I could, as fast as I could. I remember periodically in the last 30 or 40 miles, I would catch a glimpse of the leader." Barnard closed the gap to finish in second place, less than seven minutes behind Franklin.

Rounding out the top three, Kodi Panzer brought with her experience from one 100-mile finish, and utilized lessons learned in that first effort to fine-tune her race at Prairie Spirit. She paid more attention to her nutrition, enjoyed a full change of shoes and clothes at mile 70 and enlisted the help of a pacer to avoid sleepiness and sloppy eating habits for the last 38 miles.

The efforts paid off, bringing Panzer to the finish line in third place overall, first female and earning her a new course record. "The most success I received on the flat, long Prairie Spirit Trail was sticking to my run/walk intervals to conserve energy,"

said Panzer, when asked what advice she'd give to a runner considering this race. "You also have to find a way to occupy your mind: even though the scenery is beautiful, it's a long stretch that makes the mental challenge difficult."

Franklin echoed Panzer's advice. "Every inch of the course is runnable, so trying to conserve so you can run more of the second half will give you a better finish," he said.

"This is a great 100-mile race to put on your list," Franklin concluded. "Epic Ultras puts on first-class events. All the aid stations are great for a first-timer." 🏃

OPPOSITE: Rob Wright greets a chilly start to 100 miles in front of the silos.
[© Rick Mayo/Mile 90 Photography]

RIGHT: Charity Larson finishes her 100-mile race in memory of her mother.
[© Rick Mayo/Mile 90 Photography]



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