



Ultra Indulgence

BY KRISTI MAYO



Kansas Fall Ultra Extravaganza

Ottawa, KS // October 24

2.2* // 100 Miles,
50 Miles, 50k

Elevation gain: Relatively flat | An out-and-back rails-to-trails course on the Prairie Spirit Trail. The trail is 8-10 feet wide and primarily crushed limestone with some asphalt paths as runners travel through small towns.

100 MILES

1	Pete Kostelnick, 28, NE	14:13:09
2	Krystle Dalke, 33, KS	19:34:25
3	Adam Dolezal, 40, KS	21:30:44
4	Kodi Panzer, 34, KS	21:51:41
5	Michael Pfannenstiel, 50, KS	22:12:09
6	Jordan Schmidt, 21, MN	23:18:41
7	Jill Hudson, 53, WA	23:25:13
8	Paul Maness, 45, MO	23:26:41
9	Steve Gasser, 45, MN	23:33:28
10	William Sprouse, 46, KS	23:36:25
11	Christy Hammond, 39, WA	23:36:58
12	Peggy Ward, 51, KS	24:09:20
13	Adam Monaghan, 32, KS	24:09:24
14	Matthew Watts, 59, CO	24:34:22
15	Kenneth Arble, 59, MI	24:43:44
16	Jeremy Gibson, 42, KS	24:55:53
17	Erich Singer, 36, KS	25:03:57
18	Karl Singer, 34, KS	25:03:59
19	Justin Hoffman, 36, KS	25:23:42
20	Arnold Begay, 52, OK	25:28:13
21	Stephen Tucker, 48, KS	25:49:19
22	Windy Shull, 44, MO	25:59:39
23	Mark McCaslin, 46, MI	26:04:15

24	Dennis Wilson, 57, NE	26:10:06
25	Clay Zapletal, 54, KS	26:17:40
26	Mike Clawson, 48, NE	28:04:53
27	Moraima Bailey, 45, IN	28:48:42
28	Elden Galano, 57, KS	29:01:01
29	Polly Choate, 44, OK	29:41:01
30	Joseph Galloway, 58, IA	29:45:45
31	Carson Galloway, 25, IA	29:45:46

50 MILES

1	Rob Hays, 49, KS	6:15:04
2	Troy Cupp, 44, KS	7:53:11
3	Eric Mcmillan, 37, TX	8:20:29
4	Stephanie Cundith, 40, KS	8:22:09
5	Tyler Burgess, 26, MO	8:43:55
6	Scott Vorhees, 40, MO	8:43:56
7	Grant Schulte, 33, NE	8:45:40
8	Wyatt Clifton, 39, KS	8:51:42
9	Isabella Mullins, 22, KS	9:04:19
10	Kim Brooks, 42, KS	9:06:19
11	Steve Kleiboecker, 51, MO	9:08:45
12	Justin Johns, 32, TX	9:27:05
13	Carolyn Armour, 51, AR	9:29:08
14	Tj Blodgett, 33, MO	9:29:37
15	Curt Vanlaningham, 41, NE	9:29:38
16	Julie Vanlue, 46, MO	9:32:59
17	Heidi Matsakis, 38, KS	9:37:00
18	Fred Lawley, 46, AR	9:39:30
19	Paul Salina, 50, IL	9:42:54
20	Scott Foster, 39, KS	9:49:54
21	Timothy Burke, 46, MO	9:50:08
22	Donna Boyd, 44, AR	11:00:56
23	Michelle Lewis, 45, MO	11:13:23
24	Kenny Jones, 48, TX	11:25:16
25	Timothy Metcalf, 45, MO	11:27:09
26	Terance Lee, 64, IL	11:27:16

The Kansas Fall Ultra Extravaganza served up three distances ranging from 50k to 100 miles along the rails-to-trails Prairie Spirit Trail course. While the race event management company, Epic Ultras, has offered various events, including all three distances, on this course since 2013, this was the first time runners took on all three distances at the same time... and it was the first time a 100-mile race took place on this course in the fall.

Waves of runners left the race headquarters every hour, beginning with the 100-mile participants at 6 a.m. Included in the field were three people attempting the final leg of the Kansas Grand Slam, as well as 2015 Badwater 135 winner Pete Kostelnick. The 50-mile race started just after sunrise, and the 50k runners took off into an overcast, cool and breezy morning. The daytime wind – creating some resistance on the return trip of the out-and-back – would prove to be the only weather-related factor in an otherwise perfect running day with highs in the 60s and a damp but calm overnight with a low in the low 40s.

Jenna Mutz of Joplin, MO, made short work of the 50k, tackling the course with metronomic determination and timing her arrival at each aid station according to her carefully laid pre-race plan. The plan paid off with an overall win (nearly 20 minutes ahead of second place) and a new course record.

In another dominating performance, Rob Hays of Topeka, KS, took on his first ultra-distance race in the 50-mile event and won, leading second place by more than 1.5 hours.

Despite the standout performances at the smaller distances, all eyes were on Kostelnick as the day progressed, as he blazed to the front and built what would eventually be a more than five-hour lead over the rest of the 100-mile field. Not long after the day faded to a blazing pink and orange sunset, Kostelnick reached the finish line in 14:13. Because this was the first time a 100-mile race had been run on this course in the fall, there were no true records to beat; nonetheless, his time came in 57 minutes under a March 2014 time

27	Kristina Clifton, 40, KS	11:28:17
28	Jen Mommens, 34, MO	11:35:37
29	Henry Yount, 55, KS	11:39:13
30	William Marshall, 62, TX	11:41:48
31	Eric Rothrock, 26, KS	11:44:44
32	Frans Pieter Van Veen, 36, OK	11:44:44
33	Randy Nieman, 48, IA	11:48:04
34	Marji Stark, 52, MO	11:53:43
35	Marilou Doerflinger, 54, WA	11:56:46
36	Jenny Stinson, 56, ID	11:57:22
37	Cymber Gieringer, 44, AR	11:59:49
38	Chad Helmer, 45, MO	11:59:49
39	Angel Stegner, 38, MO	12:20:08
40	David Essary, 34, TN	12:29:57
41	Joan Filipowski, 61, IN	12:36:05
42	Nikki Todd, 48, WA	12:42:18
43	Cynthia Stapp, 56, KS	14:06:13
44	Crystal Rodriguez Lutgen, 36, MO	14:32:05
45	Brandy Holey, 36, MO	14:32:06

50K

1	Jenna Mutz, 34, MO	3:57:50
2	Scott Holder, 54, MO	4:15:48
3	Henri Coeme, 62, MO	4:27:26
4	Brandon Plate, 15, OK	4:50:30
5	Cameron Plate, 14, OK	4:50:30
6	Kandra Hoyt, 31, KS	5:18:01
7	Abbey Whisler, 21, KS	5:32:16
8	Ellen Mayberry, 41, IA	5:37:39
9	Rachel Speer, 34, SC	5:38:48
10	Andrea Knight, 35, OK	5:51:56
11	Teresa Smith, 42, MO	5:52:08
12	Vanessa Yunger, 40, KS	5:53:47
13	Laurie Miller, 52, KS	5:53:47
14	Kendra Kuhlman, 37, KS	6:04:28

15	Lisa Truax, 36, MN	6:08:32
16	Patrick Allen, 60, OK	6:11:43
17	Heather Hunter, 39, IA	6:13:11
18	Bryan Lawson, 35, IA	6:14:14
19	Deborah Burkart Cotch, 49, OK	6:16:43
20	Sarah Farsace, 33, MO	6:20:45
21	Sheryl Collmer, 57, TX	6:23:19
22	Anne Watts, 60, CO	6:24:00
23	Josiah Gbekpa, 31, KS	6:37:16
24	Eddie Dieker, 58, KS	6:38:59
25	Erin Dart, 32, KS	6:48:13
26	Melissa Romero, 35, MO	6:49:01
27	Gay Purcell, 43, MO	6:49:04
28	Julie Allen, 47, MO	6:49:08
29	Jamie Jo Hatfield, 47, MO	6:49:49
30	Tony Dorrell, 51, KS	6:50:04
31	Debbie Shores, 61, KS	6:50:05
32	Dave White, 56, MO	6:53:26
33	Matt Turner, 30, KS	6:54:04
34	Indika McCampbell, 39, KS	7:15:17
35	Sally Finder-Weepee, 52, IA	7:21:22
36	Patrick Weepee, 54, IA	7:21:22
37	Amanda Jones, 42, KS	7:26:13
38	Paula Whited, 31, KS	7:31:06
39	Jesi Bingham, 30, MO	7:31:06
40	Michaela Myer, 26, KS	7:31:06
41	Byron Folkerts, 61, KS	7:44:06
42	Loree Hoag, 49, CO	7:45:20
43	Janet Marshall, 61, TX	7:48:31
44	Rosie Saiz, 25, KS	7:52:10
45	Don Guy, 53, TX	7:58:45
46	Cindy Hodgins, 35, KS	9:22:14
47	Bambi Kline, 39, KS	9:22:19
48	Dave Renfro, 44, AR	11:01:02

*See page 50 for key

OPPOSITE: Peggy Ward, one of three 2015 Kansas Grand Slam finishers, completes her slam with a 5th-place finish in the women's 100-mile race. [Abby Servaes/Mile 90 Photography]

RIGHT: Rob Hays wins the 50 mile—his first ever ultra attempt. [Rick Mayo/Mile 90 Photography]

FAR RIGHT: Pete Kostelnick nears the turnaround in the 100-mile race. [Rick Mayo/Mile 90 Photography]



set by John Cash on the same course under very similar conditions.

KANSAS SLAM

For the second year, Epic Ultras hosted the Kansas Grand Slam – a four-leg tour of Kansas' 100-mile races: the Prairie Spirit Trail 100 in March, the Honey Badger 100

in July, the Hawk 100 in September and the Fall Ultra Extravaganza 100 in October. By the start of the Extravaganza, three people were still in contention for the Slam: Krystle Dalke, William Sprouse and Peggy Ward.

Early in the day, Dalke made it clear that she intended to finish strong, moving into second before the turnaround at the 50-mile

mark and staying there for the remainder of the race. Sprouse – who successfully completed the Kansas Grand Slam in 2014 – finished the series with a sub-24-hour finish on the Prairie Spirit Trail course. And Peggy Ward wasn't far behind, with a 24:09 finish to cap off an impressive year of 100-mile indulgence. 🏃

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