



Stereotype-Busting in Kansas

BY BEN HOLMES, RD



LEFT: Dustine Hemphill on the rocky Red Trail. [© Rick Mayo/Mile 90 Photography]

BELOW: Ultrarunning veteran Terri Hayes, 73 years old, finishes the marathon and then heads out for extra mileage to get 50k for the day. [© Kristi Mayo/Mile 90 Photography]

OPPOSITE: Jeff Browning opens up on a downhill. [© Rick Mayo/Mile 90 Photography]

Kansas is thought of by many as a sandy, flat landscape with views of wheat and cornfields, unfettered by mountains or trees. With this stereotype in mind, it's no wonder why runners are surprised when they participate in their first Trail Nerds event. The Free State Trail Run, with its variety of ultra and non-ultra distances, changed many non-Kansans' thoughts about the technicality and sheer challenging joy one can have while running trails in Kansas.

For 10 years, Free State has offered two ultra distances: a two-loop 40-miler and a three-loop 100k. The loop is laid out completely on well-marked, rocky single-track trails in the woods. With five staffed aid stations and four unstaffed water stations per loop, one need only carry a water bottle to sustain oneself. The course this year was in exquisite condition and very ripe for records to be broken. The weather for race day was shaping up to be perfect, although fairly humid. Now we just needed some talent to show up to our little "flatlander" event to take advantage of conditions.

I started perusing the online entrants, then... wham! Jeff Browning? Jeremy Morris? Maybe Ben Hian's 2012 100K record of 8:53:22 would be broken. A race director is always hopeful! Jeremy Morris is a Midwestern ultrarunner with a decent winning pedigree and a talent for investigating every detail about the course that he is about to run. In 2015, he won the Free State 40-miler in the most inhospitable conditions we've seen – other than the "tornado year," perhaps. I was impressed with

his stick-to-itiveness in that race, so was excited to see him on the 100k roster for this year. And Jeff Browning... a.k.a. "Bronco Billy"? The same Jeff Browning who won the 2016 HURT 100 and wins or podiums in any of the tough, knee-knacking events he enters? Things were definitely lining up!

The ultra distance starters took off down the trail at exactly 7 a.m., with Browning leading Morris, followed closely by veteran ultrarunner Todd Nott. The 100k and 40-mile racers settled

into their place on the conga line, with just a few spots to pass in the first couple of miles. By the time they made their way to mile seven, on the extremely rocky one-mile section of shoreline trail, Morris was clinging about 15 strides behind Browning, and the rest of the field was in total jockeying-back-and-forth chaos. And that was basically how the rest of the day went, with Browning gapping Morris a little more, but Morris trying to stick with the pace Browning was setting. Somewhere out in the woods, Morris got too close to a tree, tore his Hammer Nutrition singlet half off and gouged his back enough to proudly sport a new ultra-scar.

Browning and Morris both beat the old course record, with



Browning leading Morris by 11 minutes and change, with finishing times of 8:30:08 and 8:41:49, respectively. Todd Nott rounded out the top three – pretty good for a 51 year old! The top three women, in order, were: Krystle Dalke, Dustine Hemphill and Nancy Marks. The 40-mile race had its share of intrigue and mayhem, with local runner William Malcolm winning the male field, with the only sub-seven-hour time of 6:52:14. Malcolm was followed by Andrew Petefish and James Dougan for second and third. Gregory Burger finished fourth overall and was the male masters' winner at the tender age of 49. Julia Leth-Perez and Tabitha Campbell stuck it out and were the only two 40-mile female finishers.

To all ultrarunners out there: broaden your horizons and come to Kansas for a stereo-type-busting good time! 🏃

Free State

Lawrence, KS // April 16

🏃 2,5* // 100k & 40 Miles

Elevation gain: Relatively flat | This is a loop course on rocky single-track trails. The 40-mile course is two big loops and the 100K is three big loops.

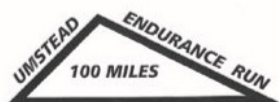
100K

1	Jeff Browning, 44, OR	8:30:08
2	Jeremy Morris, 36, NE	8:41:49
3	Todd Nott, 51, NE	10:28:05
4	Shawn Gilbert, 48, NE	10:54:34
5	Andy Emerson, 47, MO	12:12:26
6	Krystle Dalke, 33, KS	13:25:57
7	Scott Singleton, 33, MO	14:40:57
8	Dustin Hemphill, 39, MO	14:50:26
9	Dave Rogers, 30, KS	15:30:46
10	Mark Gierman, 57, IL	15:58:32
11	Aaron Duncan, 26, MO	16:51:30
12	Nancy Marks, 55, TX	16:51:31

40 MILES

1	William Malcolm, 30, KS	6:52:14
2	Andrew Petefish, 26, KS	7:16:37
3	James Dougan, 38, AR	7:39:11
4	Gregory Burger, 49, KS	8:17:54
5	Cristian Robbins, 35, KS	8:26:17
6	Dan Hoelter, 35, AR	8:30:14
7	Matt McClasky, 33, IL	8:30:15
8	Jared Gantt, 26, KS	8:41:52
9	Carlos Rodriguez, 50, KS	8:57:12
10	Andy Bowman, 52, KS	9:35:52
11	Mark Hammer, 55, NE	10:45:43
12	Matt SeEVERS, 44, NE	11:11:02
13	Matt Turner, 30, KS	11:56:36
14	Julia Leth-Perez, 35, KS	12:10:39
15	Tabitha Campbell, 46, NE	12:18:40

*See page 46 for key



THE NORTH CAROLINA ULTRA RUNNING ASSOCIATION
PRESENTS THE TWENTY - THIRD ANNUAL



UMSTEAD 100 MILE ENDURANCE RUN

DATE / LOCATION:	APRIL 1, 2017 - 6 AM - 30 Hour Time Limit - At Wm. B. Umstead State Park, Raleigh, North Carolina
RACE PHILOSOPHY:	To provide a race which bridges the gap between 50 mile races and the more demanding mountainous 100 mile races. To allow runners to break 24 hours or finish a 100 miler where severe topography, heat and getting lost are removed as major obstacles.
COURSE:	A 12.5 mile loop course including a 1.8 mile out and back spur. Beautifully wooded, rolling topography with 8,000 feet of total climb. The trail is a converted gravel road, 10 to 12 feet wide, with a finely crushed granite screenings surface.
AID STATIONS:	There are two fully stocked, manned aid stations per loop. There will be a wide variety of food and drinks available. There are 5 additional water stops per loop.
50 MILE OPTION:	This race is held primarily as a 100 mile event, however, all runners who complete at least 50 miles will have their certified 50 mile times reported to UltraRunning Magazine.
REGISTRATION:	Online - <u>Saturday, September 10th, 2016 - NOON - EDT</u> via Umstead100.org website. Hard Copies - <u>Second Chance Lottery</u> - 55 General Entry Slots, 10 Slots each, Competitive, 500/1000 Mile Club & Past Volunteers. See Website for more information. Entry Fee is \$180.
NEW AWARD:	<u>BLAKE NORWOOD MEMORIAL AWARD</u> - Paid entry spot awarded to 4 Active Duty Service Members (2 male and 2 Female). See Website for more information.
CONTACT:	RHONDA HAMPTON, RACE DIRECTOR RACE WEBSITE: WWW.UMSTEAD100.ORG