



Nighty Night

BY MARY ANN FREVERT, RD

Ashley Shaw uses the Night Hawk 50K as a prep race for the Hawk Hundred, on the same trail system in September.

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The second annual running of The Night Hawk 50K proved to be quite challenging for the runners. The heat and high humidity took its toll on even the best-trained runners as well as the local participants, who tend to acclimate to the Kansas summers by mid-June. This race was created for runners who want the nighttime trail-running experience without having to run a 100-mile race. It fast became an ideal training run for the upcoming Hawk Hundred, also put on by the Lawrence Trail Hawks on the same trails.

The Clinton Lake North Shore Trails wind over some pretty technical terrain with many rocks and roots. Running this trail in the daylight is tough enough, but can prove to be even trickier at night. We started the race at 8 p.m. with 49 runners in the 50k and 39 runners in newly added 10-mile. We had 10 runners drop from the 50k after completing the first loop and several others that dropped out on course for various reasons. Dehydration became an issue for most of them. This was a good indicator that the conditions were brutal out there. We had 31 runners finish the 50k.

We heard many compliments on our volunteers and runners. One such story complements the selfless acts of two runners, Leia Anderson and Ashley Shaw, who helped Heather Hallquist Cotten when she went down and busted open her knee bombing a rocky downhill section. They took at least 10-15 minutes of their time to bandage her knee, call the RDs, communicate their location, and get her out for a vehicle transport back to headquarters. She was taken to

the ER by a friend, where she received 18 stitches.

Justin Franklin from Collinsville, OK, was our first-place 50k winner in 5:42:17, with Mark Nygaard and Matt Krauss taking second and third, respectively. Our first-place female in a time of 6:44:47 was Kristen Weigand from Independence, MO. Tessa Green and Michele Weaver captured second and third place. Many lessons have been learned in the past two years and we are excited to continue to improve our race. We hope to add a 20-mile option next year. Below are a couple of quotes that express our vision for the race:

"Wow! That turned out way more difficult than I expected. Huge props to everyone that took on the Night Hawk in those most difficult conditions. Thanks to the two amazing RDs. You ladies have one special race going here. It was great as always to meet new people from the ultra crowd

and share war stories. Special thanks to a volunteer at Land's End Aid Station! I pulled in there in really bad shape on the last loop. He quickly nursed me back from the brink. You really saved the day, man! Thanks."

— Justin Franklin
(first-place finisher overall)

"Thank you all for such a challenging, yet rewarding race. This was my first night race on trails. I appreciate the RDs and volunteers for encouraging me and helping me succeed in finishing my training run towards my 103-miler in October! This was not for the weak! Though I was the last physical runner, you all welcomed me in and gave me a full heart!!!" — Chrissy Whitten

Night Hawk 50K

Lawrence, KS // June 25

2,3" // 50k

Elevation gain: Regular course – 1,845 feet; Alternate course – 1,588 feet | This race is a three-loop course (each loop 10.3) with each loop consists of mostly rugged trails through the beautiful trees. The alternate course (run this year) is 70% asphalt paved roads and 30% cross country type running.

1	Justin Franklin, 29, OK	5:42:17
2	Mark Nygaard, 47, NE	5:47:35
3	Matt Krauss, 31, GA	6:11:08
4	Michael Bergen, 32, NE	6:15:10
5	Bill Loats, 50, KS	6:22:50
6	Nick Combs, 33, KS	6:39:38
7	Kristen Weigand, 36, MO	6:44:47
8	Aaron Baldwin, 34, KS	6:48:59
9	Michael Miley, 52, KS	6:50:08
10	Albert Mauro, 49, MO	6:57:56
11	Paul Tiedemann, 26, KS	7:03:51
12	Tessa Green, 44, KS	7:20:48
13	Matt Boyles, 30, KS	7:28:05
14	RJ Chiles, 45, OK	7:36:39
15	Christopher Garvin, 42, VA	7:39:00
16	Michele Weaver, 47, KS	7:40:41
17	Anthony Heykoop, 23, OK	7:50:53
18	Jonathan Mast, 52, KS	7:54:05
19	Leia Anderson, 32, MO	7:58:53
20	Ashley Shaw, 33, KS	8:00:13
21	Marie Polick, 26, OK	8:12:47
22	John Munson, 59, KS	8:15:40
23	Jay Kost, 51, SD	8:17:29
24	Christian Beer, 31, KS	8:18:00
24	Mitchell Moore, 26, KS	8:18:00
26	Dennis Cannell, 57, MO	8:34:56
27	Matthew Battiston, 49, KS	8:45:48
28	Trudi Chavez, 39, KS	9:11:52
28	Ami Weidler-Hyten, 44, KS	9:11:52
30	Rich Holmes, 66, NC	9:19:56
31	Chrissy Whitten, 37, OK	9:36:09

*See page 46 for key

