



Love, Light and Hope

BY KRISTI MAYO



If you're searching for a trail race during any season in Kansas, there's a good chance you'll stumble across a few hosted by the Lawrence Trail Hawks. This tight-knit running group – wielding the motto “kindness to life and land” – puts on events throughout the year, with distances ranging from 5k to 100 miles. The one event that speaks most clearly to its motto, however, comes at the end of the racing season: Sanders' Saunter, nicknamed the “Race with a Heart.”

Sanders' Saunter, with 10k, 25k and 50k options, takes place at Clinton Lake near Lawrence, Kansas, and borrows its name from the section of course that runs up and down a rather abrupt hill overlooking the lake. The race logo depicts a runner ascending Sanders' Mound, and for 2017 that logo was altered to show a woman and child making the climb. This illustration was a nod to the race's local charity partner, the Willow

Domestic Violence Center – an organization that supports people who have experienced domestic violence or human trafficking by providing safety, education and advocacy.

Each year, the Trail Hawks organize Sanders' Saunter in an effort to give back to their local community. And every year, the local trail running community gives a little more. In 2017, 166 runners and 30 volunteers turned out on a chilly, overcast and eventually drizzly November day to tackle the rocky single-track trails along Clinton Lake. The course doesn't boast any major climbs (other than that pesky Sanders' Mound), but its subtle curves and undulations provide for deceptively difficult navigation. Just when a runner finds a good stride, there's a switch-back or a rock waiting to slow it back down.

The rocky course left its mark on the right knee of 50k winner Cory Logsdon, who – despite the fall – was the first person in the two-year history of the 50k race to break

Cory Logsdon of Omaha, NB, goes sub-four hours to win. [© Kristi Mayo/Mile 90 Photography]

four hours. “The volunteers were vocal and in full effort with aiding all the runners and providing support,” said Logsdon. “The trails may have gotten the better half of me, but what's an ultra without a little bloodshed?”

The group gathered \$4,450 in race-day donations, plus another \$550 raised independently by runner Jared Norman. The total donation of \$5,000 was presented to the Willow Domestic Violence Center on November 21, 2017.

“In times of darkness, the Lawrence Trail Hawks' little charity run manifested a ripple effect of love, light and hope,” said Race Director Sherrie Klover. “Together we made a difference, ran with our hearts, and raised a substantial donation for the Willow Domestic Violence Center.” 



Sanders' Saunter

Lawrence, KS // November 11

3,3* // 50K

Elevation gain: 2,005 feet | The 50k is two loops. Rocks and roots are scattered throughout the rolling hills. Glimpses of the lake, through the trees, are the highlight of the inbound blue trail which also offers a slight reprieve from the rocks/roots that seem to never end on the first eight miles of the course.

1	Cory Logsdon, 29, NE	3:52:52
2	Jared Norman, 28, MO	4:28:37
3	Matthew Becker, 43, KS	5:11:39
4	Chad Wooderson, 42, MO	5:17:26
5	Scott Reichardt, 45, NE	5:18:46
6	Joe Joyner, 55, MO	5:29:36
7	Jimmy Brown, 47, NE	5:38:20
8	Kyle Rowl, 28, KS	5:42:09
9	Jeff Rothen, 49, KS	5:42:47
10	Aj Haney, 19, KS	5:44:46
11	Regan Stoops, 37, KS	5:46:45

12	Ami Weidler-Hyten, 45, KS	5:47:36
13	Jay Hawks, 47, KS	5:48:01
14	Jeff Preston, 32, KS	5:52:00
15	Katherine Martyn, 41, KS	6:06:42
16	Chase Hammond, 33, KS	6:08:10
17	Stuart Johnson, 58, KS	6:17:10
18	Marty Ertz, 32, NE	6:20:54
19	Dean Russell, 61, MO	6:24:39
20	Peter Benson, 43, KS	6:25:00
21	Yvonne Watkins, 48, KS	6:25:05
22	Derek Pflugrad, 32, MO	6:34:55
23	David Reddel, 52, NE	6:35:01
24	Maahi Yarlagadda, 38, KS	6:37:48
25	Dennis Cannell, 59, MO	6:40:52
26	Hope Quade, 25, MO	6:53:28
27	William Tucker, 52, NE	6:54:00
28	Tess Bennett, 50, KS	7:02:13
29	Sarah Schulte, 31, KS	7:02:56
30	Debra Norman, 57, MO	7:09:22
31	Denis McCarthy, 58, MO	7:20:19
32	Carolynn Shultz, 34, KS	7:23:13
33	Shari Hicks, 44, KS	7:23:18
34	Chris Clark, 48, MO	7:27:02
35	Derek Swartzel, 34, KS	7:29:13
36	Char Ruiz, 53, MO	7:29:34
37	Heather Duris, 44, KS	7:37:02
38	Jeremy Oxborrow, 36, KS	7:55:17
39	Geoffrey Alonso, 34, KS	8:05:09
40	Jeffrey Howerton, 39, MO	8:07:38
41	John Fritchey, 45, MO	8:15:24
42	Kimberly Hawks, 46, KS	8:17:21
43	Jason Dinkel, 43, KS	8:20:04
44	Krystal Dinkel, 42, KS	8:20:08
45	Sara Morris, 42, KS	8:26:06
46	Diane Sudlow, 57, KS	8:26:17
47	Vicki Mignot, 45, KS	9:25:53
48	Amy Bertrand, 50, KS	9:52:55
49	Lauren Caldwell, 31, MO	10:06:13
50	Megan Moriarty, 36, KS	10:06:13

Carolyn Shultz in the cedars on the Blue Trail. [📷 Rick Mayo/Mile 90 Photography]

*See page 40 for key

For runners, by runners.

MT. TAYLOR 50K

Sept. 29, 2018

Grants, New Mexico

MT. TAYLOR
ELEVATION 11,301

