



Running with a Heart

BY KRISTI MAYO



Each November, the Lawrence Trail Hawks running club of Lawrence, Kansas, hosts a 50k, 25k and 10k trail run as a fundraiser for a different local charity.

The event, Sanders Saunter, has the feeling of a family reunion: familiar faces, ceramic awards handcrafted by a fellow trail runner and a consistent tone of

reflecting and giving back to the community.

In 2018, the Sanders Saunter felt particularly personal, as it was held in memory of a fellow Trail Hawk, Peggy Beecher. In addition to being a trail runner and a loving mother, Peggy was also the building and pledge manager for the United Way of Douglas County, Kansas. In her honor, the Lawrence Trail Hawks donated \$3,325 to the United Way.

"Some of you ran with your heart as a volunteer," said Race Director Sherrie Klover, after totaling up the donation amount. "Collectively, we made this race shine bright with warmth on a very cold and frosty morning."

At dawn, about 150 people in three distances headed out onto the frozen trails. With a starting temperature of 12 degrees, the

Sanders Saunter

Lawrence, KS // November 10

3,3* // 50k

Elevation gain: 2,005 feet | A two-loop course follows a 15.5-mile, rocky, rooty, single-track loop through the woods and along the shores of Clinton Lake. Weather is often very cold and sometimes snowy.



1	Cory Logsdon, 30, NE	4:02:21
2	Cody Jones, 34, KS	4:24:47
3	Randy Taylor, 36, MO	5:11:25
4	Phillip Harries, 45, KS	5:42:26
5	Terri Payne, 33, KS	5:43:56
6	Cody Bonham, 28, KS	5:52:54
7	Tim Hellhake, 53, MO	5:54:29
8	Chad Fridley, 34, IA	5:57:04
9	Michael Miley, 54, KS	5:58:03
10	Ioana Florescu, 32, MO	6:18:27
11	Chase Hammond, 34, KS	6:19:45
12	John Shelby, 53, MO	6:22:08
13	Bill Loats, 52, KS	6:23:15
14	Jeff Reece, 34, KS	6:24:45
15	Stuart Johnson, 59, KS	6:26:02
16	Carrie Chick, 37, MO	6:28:16
17	Jeff Beecher, 58, KS	6:28:16
18	Carol Johnson, 32, MO	6:43:02
19	Jordan Kinnevan, 24, KS	6:59:20
20	Vanessa West, 47, KS	7:00:52
21	Chris Nicely, 56, KS	7:06:16
22	Julie Noeth, 38, KS	7:11:33
23	Tony Brown, 57, KS	7:15:57
24	Victor Reynoso, 41, KS	7:15:57
25	Rachel Sloan, 31, KS	7:23:07
26	Craig Cloukey, 35, KS	7:25:14
27	Nicole Yedlinsky, 43, KS	7:26:49
28	Catherine Clifford, 36, IA	7:26:57
29	Jonathan Mast, 54, KS	7:42:57
30	Jordan Couturier, 35, KS	7:47:43
31	Rebecca Sudja, 43, KS	8:01:38
32	Jeremy Oxborrow, 37, KS	8:52:00
33	Stuart Bentley, 50, KS	9:00:42
34	John Crum, 45, KS	9:24:49

*See page 37 for key

OPPOSITE, TOP: Chase Hammond ascends Sander's Mound, overlooking Clinton Lake at sunrise. [©Rick Mayo/Mile 90 Photography]

OPPOSITE, BOTTOM: After an emotional finish, race director Sherrie Klover (right) informs Terri Payne that she was the top woman finisher in the 50K. [©Kristi Mayo/Mile 90 Photography]

RIGHT: Stuart Bentley nurtures a fine collection of beard icicles in the sub-freezing conditions. [©Rick Mayo/Mile 90 Photography]



conditions were an adventure of their own. The course, which follows a 15.5-mile, rocky, rooty, single-track loop through the woods and along the shore of Clinton Lake, was dry but garnished in spots by the remains of the season's first snowfall. A breeze kicked up later in the day that kept runners cold, despite sunny skies and gradually warming temperatures that topped out near the freezing mark.

Sanders Saunter 50k usually draws a competitive group of front runners, and this year was no exception. The previous year's winner, Cory Logsdon of Omaha, Nebraska, was pitted against local standout Cody Jones of Kansas City, Kansas. The two stayed close on the first loop of the two-loop course, but Logsdon pulled away in the final loop for the win.

The race also seems to draw people looking for their first ultra finish, and a good example this year was the women's winner, Terri Payne of Manhattan, Kansas. Despite taking a wrong turn, adding bonus mileage and finishing on edge with high emotions and frustration, Payne found a smile when Klover informed her that she had, in fact, finished first (and fifth overall) in her first 50k race.

As the rest of the field found their way to the finish line, the sense of gratitude persisted. "We all know how cold it was, but it was easy to forget with everything that was in place to keep us warm, well-supported, fed, hydrated, encouraged and pushing through the dark moments during the race," wrote 25km runner Holly Pippin of St. Joseph, Missouri. "I had a good race – not my best – but I felt surrounded by awesomeness all morning long!"

Klover echoed the runners' appreciation for the volunteers who battled freezing conditions throughout the day. "The volunteers are the heart of the race and I am so very grateful for every single one of them," she said. "They do this because they believe in this race, they are kind and they are givers from the heart."

That is fitting for a race with the tagline, "The race with a heart." 

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