



Rock On, Lake Perry!

BY BEN HOLMES



The ninth annual Rock On, Lake Perry! 50K went through somewhat of a personality change. Due to so many running (and other) events in the month of May, it was moved to January. A winter 50k in the Midwest? Are you nuts? Well, that depends on who you ask. But it turned out to be nuts – in a good way.

The week prior to the race had its share of snow. It wasn't much, but it drifted enough to make course marking and trail maintenance a little challenging. It was still a beautiful experience. The bald eagles were back and showing off why they are the top of the food chain. Nine of them were in one cove of the lake, hunting and flying, laden with both squirrels and fish.

The hardwood forests in this part of the Midwest can become jungle-like by early May, complete with heat, humidity and thick flora. Not so for this year's event. On race day, the weather cooperated with an absolutely perfect mid-30s to mid-40s temperature and sunny skies. The frosting of snow on the course smoothed out the rockiness of the trail, resulting in some surprisingly fast times for runners who have competed in the previous events. With the lack of humidity, we ended up with less than our normal share of 50k DNFs, and the last runners finished 1-2 hours faster than normal.

Brady Poskin (Kansas City, Missouri) has always performed



well in this event and this year he won it in 4:22:50. Todd Nott (54 years old), is a perennial top performer in many Trail Nerd races. He finished in second place in 4:46:50. Chase Hammond (Hays, Kansas) was the third-place male on the podium. In the female division, Suzanne Stephensen (Leavenworth, Kansas) finished first, with a spunky Marianna Inslee (Fort Collins, Colorado) in second place.

Post-race festivities at any of our four Lake Perry trail races are always a nice, laid-back hang. This year, hot potato soup and craft beer awaited the finishers. Support crews and families gathered to clang cowbells and cheer on the runners as they climbed the steep switchback hill leading up to the finish line.

Put this one onto your bucket list for next January to enjoy a low-stress, low-key and fun winter 50k. 🏃

OPPOSITE TOP: Bob Wooten follows the Copperhead Trail, which includes scenic views of Lake Perry. [📷 Rick Mayo / Mile 90 Photography]

OPPOSITE BOTTOM: RD Ben Holmes (far left) sends the runners off for a day in the snowy woods. [📷 Rick Mayo / Mile 90 Photography]

ABOVE: Suzanne Stephensen cruises through the snowy woods en route to a win in the women's race. [📷 Rick Mayo / Mile 90 Photography]

Rock On, Lake Perry!

Meriden, KS // January 26

🏃 3,4* // 50k

Elevation Gain: 3,500 feet | Shaded trail run on rocky and hilly trails. 100% single-track trails in hardwood forest. Every hill is runnable. The 50k is a 3-loop course.

1	Brady Poskin, 33, MO	4:22:50
2	Todd Nott, 54, NE	4:46:50
3	Chase Hammond, 34, KS	5:31:40
4	Phil Divinski, 31, KS	5:43:30
5	Nate Welsh, 33, KS	5:44:00
6	Nick Hansen, 41, MN	5:47:30
7	Nick Foster, 35, MO	5:49:30
8	Dan Jarrell, 48, KS	5:53:20
9	Suzanne Stephensen, 34, KS	6:42:40
10	Bob Wooten, 40, KS	6:42:41
11	Chad Lunders, 49, NE	7:04:25
12	Marianna Inslee, 53, CO	7:24:20
13	Kyle Spring, 31, KS	7:24:21
14	Paul Nickell, 30, MO	7:45:46

*See page 49 for key

VERMONT 50

SEPTEMBER 29, 2019

50 Mile/50K Run
50-Mile 3-Person Relay Run

**Registration Opens
May 25 at 7:00pm.**

"...the 50-mile course felt like you had magically strung together the most beautiful and challenging trails I have ever seen. Thank you." **Sarah Correia**

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