



Hawk Hundred

BY KRISTI MAYO



LEFT: Karen Hodges (left) embraced Michelle Teti after they successfully completed 50 miles on the White Trail. [Kristi Mayo/Mile 90 Photography]

BELOW: AJ Haney seeks relief for his feet in a bucket of water after winning the 50-mile race. [Kristi Mayo/Mile 90 Photography]

The White Trail Support Group is: *"A place for runners personally victimized by the White Trail at Clinton Lake to heal and share their harrowing stories of survival."*

Have you been traumatized by the rocks, roots, switchbacks and undulating elevation of the White Trail at Clinton Lake near Lawrence, Kansas? If so, there's a Facebook support group for that.

In the days following the ninth running of the Hawk Hundred, participants came together in solidarity of the White Trail Support Group. There, they bonded over tales of conniving rocks, lurking roots and sightings of snakes, skunks and spiders. They shared images of lacerations, contusions, blisters and other forms of abuse dealt out by Clinton Lake's White Trail.

"So grateful for the safe space we have created here," wrote group member Danny Loental.

The trauma that drove 120 people to join, began with an extreme weather pattern that dominated eastern Kansas throughout the spring and summer months. Record levels of precipitation caused the water levels at Clinton Lake to rise well over its usual banks. The Hawk Hundred utilizes three trails that roughly parallel each other: the Red Trail, which skims the lake shoreline for a short distance; the Blue Trail, at a slightly higher elevation but still affording lake vistas, less-technical footing, and the occasional breeze; and the White Trail, even higher above the waterline, completely engulfed in the woods. Due to flooding of Red and Blue Trails, the race was run almost exclusively on the White Trail.

The technical White Trail can be described in many ways, but a trail runner would be hard-pressed to call it "flowy."

"The White Trail stole my lunch money yesterday," wrote Jay Antle in the support group. "I demand tough legislation."



The difficulty of the trail was compounded by temperatures that rose to 85 degrees, high humidity, and thunderstorms in the night hours of the race that coated every rock and root in slick mud.

"The White Trail cost me a toenail for each loop," wrote Yvonne Watkins, who finished second overall female in the four-loop, 100-mile race.

A few of the more difficult moments offered by the trail were actually man-made. The lead pack of runners in the 100-mile race went off course due to vandals who tampered with directional signs and flagging. Other runners spent time stooping to pick up numerous mustard packets, apparently dropped by someone attempting to stave off cramps with the condiment.

"I'm not sure how many mustard packets were on the trail that day," said Rachel Sloan, a 50-mile runner and founder of the White Trail Support Group. "I'm going to assume there were initially just a couple and then they started breeding. Seriously bad karma, and the White Trail grew a new rock for every packet dropped. I'm grateful to those who picked up what they could that day!"

Discussion about the mysterious mustard packets and injuries sustained during the race led Sloan to start the support group as a joke. "We added 100 members in the first week," she said. "Ultrarunning is a ridiculous sport at times, and I enjoy laughing at my own misfortunes. Apparently other folks do, too."

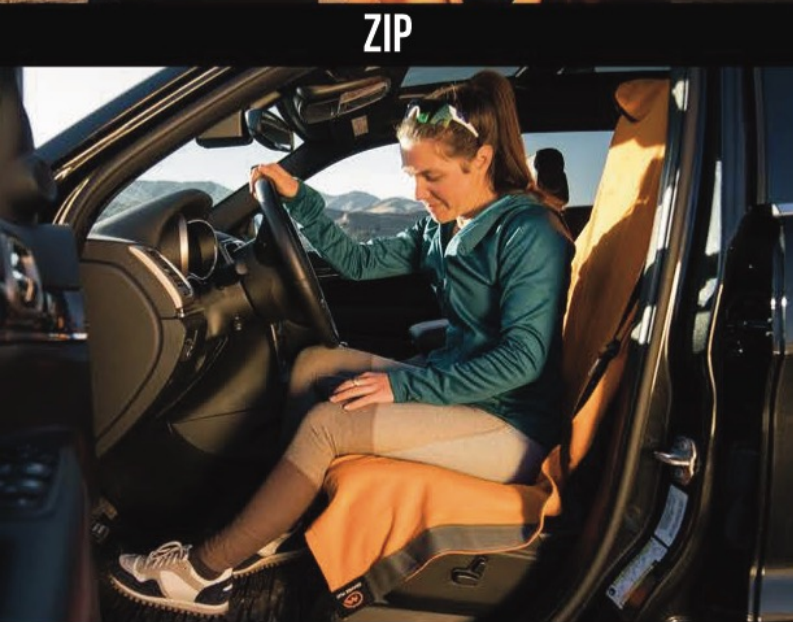
TRANSITION AND SEAT WRAP FOR THE ATHLETE WHO HAS EVERYTHING.



SECURE



ZIP



PROTECT

CHANGE SECURELY,
PROTECT YOUR SEAT.



ORANGE MUD

ORANGEMUD.COM/WRAP

ULTRARACES



Hawk Hundred, Lawrence, KS

Despite a 38% finish rate in the 100-mile race, RD Sherrie Klover described the event as the best Hawk Hundred yet. The efforts of race organizers and volunteers to clear trail, mark and re-mark the course, feed and hydrate the runners in sweltering conditions and attend to injuries and exhaustion, did not go unnoticed by participants.

"It's a very well-organized race," said Sloan, "and you meet so many awesome people, no matter if you run or volunteer." 🦅

"The White Trail stole my lunch money yesterday," wrote Jay Antle in the support group. "I demand tough legislation."

Hawk Hundred

Lawrence, KS // September 7

🦅 2.1 // 100 Miles, 50 Miles

Elevation gain: 100 mile - 8,000 feet; 50 mile - 4,000 feet | This course is a 25-mile loop repeated twice or four times, depending on distance, through the rolling hills of Clinton State Park. Note: The course was altered this year due to weather.

100 MILES

1	Jacob Wishko, 32, MO	23:06:08
2	Chase Hammond, 35, KS	23:44:52
3	Jeremy Wittrock, 36, SD	26:19:01
4	David Brimhall, 40, MO	27:08:01
5	Joe Barnard, 39, KS	27:57:45
6	Michele Weaver, 51, KS	28:58:05
7	Yvonne Watkins, 49, KS	29:56:28
8	Gerardo Ramirez, 47, TX	30:08:49
9	Helen Garen, 54, OH	30:10:59
10	Bill Loats, 53, KS	30:33:20
11	Holly Lindroth, 33, IL	30:41:58
12	Andre Daigle, 58, OC	30:49:07
13	Brian Scantlin, 44, KS	30:54:04
14	Jordan Shrack, 36, KS	30:55:44
15	John Chumbley, 27, KS	31:06:42
16	Erin Betz, 40, MD	31:19:24
17	Katherine Martyn, 43, KS	31:21:47
18	Chris Hines, 39, MO	31:23:13
19	Melissa Bland, 31, MO	31:26:11
20	Siva Balu, 40, IL	31:38:18
21	William Sprouse, 50, KS	31:56:56

50 MILES

1	AJ Haney, 21, KS	7:40:05
2	Quinten Doyle, 31, MT	9:16:04
3	Eric Towle, 34, KS	9:27:11
4	Chad Fridley, 35, IA	9:42:36
5	Peter Benson, 45, KS	10:57:23
6	Jimmy Brown, 49, NE	11:09:17
7	Maahi Yarlagaadda, 40, KS	11:19:00
8	Stephen Foster, 50, MO	11:19:15
9	Dylan Fosdick, 26, KS	11:27:50
10	Jenna Terrill, 33, KS	11:27:51
11	Brad Deghand, 27, MO	11:36:58
12	Marcia Dority Baker, 42, NE	11:43:13
13	Jennifer Williams, 39, MO	11:45:15
14	Eric Davis, 33, MO	11:50:36
15	Rachel Sloan, 31, KS	11:51:24
16	Frank Peachey, 32, KS	11:52:55
17	Ellen Judy, 31, KS	11:59:56
18	Ruth Loffi, 57, OK	12:01:46
19	Lance Rupert, 44, KS	12:05:46
20	Conan Mowbray, 45, VA	12:16:05
21	Dink Sommer, 43, MO	12:25:26
22	Anthony Hofmann, 53, KS	12:27:07
23	Jordy Stoller, 23, NE	12:28:53
24	Jay Hawks, 49, KS	12:31:49
25	Jennie Terflinger, 38, KS	12:35:35
26	Kelsey Bergen, 34, NE	12:38:23
27	Micah Bevins, 42, OK	12:39:45
28	Rick Hillyer, 55, IL	12:45:46
29	Jay Mooney, 44, KS	12:47:20

30	Jennifer Dorris, 43, AR	12:47:29
31	Lindsey Heineken, 34, KS	12:56:32
32	Andrew Lagerstrom, 30, KS	12:58:10
33	Dezert Abrams, 41, KS	12:59:17
34	Michelle Pope, 44, MO	13:09:32
35	Stephen O'Neal, 40, AR	13:10:04
36	Camille McCue, 38, IL	13:25:00
37	Bob Brashear, 60, KY	13:26:34
38	Wesley Baker, 43, KS	13:35:27
39	Karen Hodges, 63, MO	13:47:15
40	Michelle Teti, 44, MO	13:47:15
41	John Sullivan, 43, DC	13:50:48
42	Jack Nance, 24, MS	13:52:45
43	Amanda Betzen, 31, KS	13:55:26
44	Joey Betzen, 32, KS	13:55:26
45	Jeff Debrie, 45, NE	13:56:53
46	Kamryn Johnson, 24, MO	14:04:55
47	Kristy Clark, 38, KS	14:18:55
48	Rebecca Hennessy, 57, MO	14:29:38
49	Robert Hillyer, 28, MO	14:30:13
50	Eric Lain, 33, MO	14:32:27
51	Torrey Wilson, 28, NE	14:35:28
52	Ed Woerner, 69, KS	14:35:57
53	Dick Canterbury, 71, OH	14:37:51
54	Brian Fields, 39, MO	14:49:28
55	Paul Snider, 36, KS	15:03:12
56	Mark Kramer, 31, KS	15:03:24
57	Michael Conway, 50, TX	15:04:57
58	Kirk Hansen, 45, NE	15:14:25
59	Craig Wagner, 56, NE	15:26:18
60	Chris Stauffer, 46, MO	15:26:27
61	Abram Schroen, 41, NE	15:28:15
62	Tony Brown, 58, KS	15:29:34
63	Catherine Yuhas, 27, NE	15:48:05
64	Aron Moriarty, 48, KS	15:48:05
65	Greg Maynard, 48, MO	15:49:45
66	Josh Garrison, 44, MO	15:49:46
67	Rob Beeler, 42, MO	15:49:46
68	Marc Stephens, 43, MO	15:59:34
69	Timmy Treon, 46, MO	16:03:42
70	Dennis Wilson, 61, NE	16:07:34
71	Steve Crutchfield, 52, KS	16:28:17
72	Kimberly Hawks, 48, KS	16:28:20
73	Ed Maye, 58, MO	16:28:55
74	John Fritchey, 47, MO	16:29:02
75	Karen Conrad, 38, NE	16:29:33
76	Rachel Baker, 41, MO	16:38:10
77	Brandy Holey, 40, MO	17:10:05
78	Chau Smith, 69, KS	17:10:05
79	Kenneth Greenwood, 47, NM	17:30:09
80	Juli Tripple, 43, IA	18:05:00
81	Doug Tripple, 46, IA	18:05:00
82	John Crum, 46, KS	18:05:20
83	Christopher Maxwell, 32, KS	18:24:39
84	Caitlin Peterson, 35, NY	18:24:39
85	Kristy Lang, 24, MO	18:25:23
86	David Murphy, 47, MO	18:25:24
87	Paul Agruso, 39, TX	18:32:50
88	Tammy Wetzel, 49, NJ	19:08:16
89	Jennifer Parisi, 50, NJ	19:08:17
90	Scott Barker, 56, IA	19:38:58
91	Josh Pfeffer, 45, MN	20:08:21
92	Doug Weaver, 56, KS	26:35:02

*See page 45 for key