



PARTY HILL

BY WESLEY BAKER

LAWRENCE, KS

 2,3' // 50K

Elevation gain:
1,845 feet

This race is a three-loop course (10.3-mile loops) with each loop consisting of mostly rugged trails through the trees.

Jill Brockman Sigman of Republic, Missouri, smiles bright on Bunker Hill.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY



The Night Hawk 50K in Lawrence, Kansas, is a party—plain and simple. Held annually on the last Saturday in June starting at 8 p.m., it's a chance for our local trail running communities to come together and be reminded of why we go the extra mile for this sport.

This year in particular was the first chance most of us had to see old friends and running buddies without the need for a mask.

In past years, the race has had its share of unique conditions. In 2018, we experienced a sudden severe thunderstorm in the middle of the night and runners were pulled from the course temporarily for safety. In 2019, excessive rain throughout the summer left most of the trails underwater, and a reroute was necessary that most would agree

increased the already difficult nature of the course. We do not speak of 2020, *the year that does not exist*.

We also had abundant rain leading up to this year's event, and the timing was just incredibly terrible (those who live in the Midwest are used to this phenomenon). Our soil contains a significant amount of clay, which causes it to recover very slowly from a good soak. As such, the race had to be rerouted to the road at the last minute. Race directors Mary Ann Frevert and Shari

Murray Hicks were quick to mark the new course and communicate the changes, and all the runners arrived with their proper shoes and gear.

The Night Hawk 50K course this year offered, on the surface, a slog on 31 miles of concrete. But the actual experience was much better. Part of the 10-mile loop was the infamous Bunker Hill—a grassy knoll that the Lawrence Trail Hawks use for training, as well as part of the Hawk Hundred race in September. While the first loop was rife with swarms of gnats,

all the bugs had gone to sleep by the second and third loops.

Runners received a wonderful tour of Clinton State Park as they made their way to and from the aid station, positioned approximately half way on the 10-mile loop. Though we missed old Night Hawk course favorites such as Sanders Mound and Lake Henry, we were instead treated to sections of the park most of us had never seen before. Weaving in and out of campgrounds, obscure shelters and boat docks where a view of the

ABOVE: Third-place Michael Humston of Greenwood, Missouri shows off the finisher's award for the 50K.
 KRISTI MAYO / MILE 90 PHOTOGRAPHY

ABOVE LEFT: Michael Miley (center, white Ghostbusters shirt) is acknowledged at the pre-race briefing for running the Night Hawk every year since its inception in 2015.
 KRISTI MAYO / MILE 90 PHOTOGRAPHY



A volunteer pours a pitcher of water over Chris Greer's head at 1 a.m., about five miles from the finish of his 50K.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY

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lake was always welcome, it was a fantastic trek around the park. Plus, perhaps the most exciting and often forgotten perk of a road race for the

consummate trail runner: a new personal record.

The Night Hawk this year proved once again that no matter the circumstances or the conditions, it is a race that

cannot be missed. Good times, good friends and an amazing community will ensure this stays in my race rotation for many years to come. ▲

Night Hawk

Lawrence, KS // June 26

🏃 2,3 // 50K

1	Michael Hinterberg, 42, CO	3:52:28
2	Cameron Gee, 37, MO	3:59:24
3	Michael Humston, 49, MO	4:04:42
4	Matthew Metz, 35, KS	4:27:29
5	Dillon Ruble, 20, MO	4:28:38
6	Matthew De Ruyter, 28, KS	4:29:25
7	Jeremiah Nemechek, 34, MO	4:30:25
8	Timothy Garvey, 54, MO	4:45:42
9	Jackie Young, 38, MO	4:46:22
10	Aaron Parker, 38, KS	4:48:06
11	Brian Hall, 43, WI	4:50:11
12	Jeremy Walker, 40, MO	4:54:40
13	Stephanie Cundith, 46, KS	4:56:06
14	Stephen Losey, 44, MO	5:06:31
15	Jenni Sherman, 32, MO	5:12:29
16	Matt Detamore, 42, CO	5:20:49
17	Eric Mcmillan, 43, TX	5:22:55
18	Thaius Boyd, 25, KS	5:23:32
19	Chris Hines, 41, MO	5:24:06
20	Nick Foster, 37, MO	5:27:12
21	Joshua Ellis, 41, KS	5:33:29
22	Nick Sturiale, 32, KS	5:34:58
23	Jon Fye, 38, NE	5:37:12
24	Abigail Kroll, 38, KS	5:40:08
25	Jay Hawks, 51, KS	5:41:42
26	Patrick Burkett, 34, MO	5:41:45
27	Michael Miley, 57, KS	5:42:40
28	Melissa Bland, 33, MO	5:44:58
29	Paul Conry, 40, KS	5:53:31
30	James Kenney, 35, OK	5:55:04
31	Wesley Baker, 44, KS	5:59:41

32	Dennis Cannell, 62, MO	6:08:45
33	Christopher Foster, 29, MO	6:16:05
34	Jill Brockman Sigman, 51, MO	6:17:18
35	Ashley Shaw, 38, KS	6:18:02
36	Tony Brown, 60, KS	6:19:15
37	Sara Wilcox, 47, KS	6:19:38
38	Nathan Anderson, 38, KS	6:22:21
39	Dawson Neir, 21, MO	6:22:39
40	Mickey McLaughlin, 55, KS	6:24:00
41	Tiffany Clements, 29, KS	6:26:19
42	John Scott, 40, KS	6:26:20
43	Kenneth Russell, 30, KS	6:29:38
44	Jordan Dollar, 27, MO	6:34:55
45	Melanie Linderer, 44, MO	6:35:00
46	Rachel Grabow, 37, TX	6:37:43
47	Justin Ensign, 36, MO	6:54:53
48	Chad Pfister, 39, KS	6:54:54
49	Chris Greer, 46, KS	6:56:05
50	Josh Garrison, 45, MO	6:59:33
51	Dink Sommer, 45, MO	6:59:33
52	Blake Rather, 53, MO	6:59:34
53	Dezert Abrams, 42, KS	6:59:48
54	Jordan Shrack, 37, KS	6:59:49
55	Trudi Chavez, 44, KS	6:59:50
56	Allan Benjamin, 65, MO	7:02:52
57	Stuart Johnson, 61, KS	7:02:52
58	David Murphy, 48, MO	7:14:05
59	Kristoffer Singer, 34, KS	7:19:30
60	Chris Stauffer, 48, MO	7:25:37
61	Sam Reinhardt, 26, NE	7:45:02
62	John Crum, 48, KS	8:27:20
63	Eric Deeter, 63, KS	8:45:40

*See page 50 for key

ABOVE: Stephen Losey of Pleasant Hill, Missouri runs the ridge on Bunker Hill as the sun sets in the 50K race.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY

OPPOSITE: Jeremiah Nemechek (left) and Matthew De Ruyter (right) race the setting sun on their first loop of the 50K race.

📷 JOHN KNEPPER / MILE 90 PHOTOGRAPHY

ELEVATION & SURFACE

🏃 4, 4 So, what does that little symbol mean? The first number is the elevation profile, the second is the quality of the surface. Both are on a 1 – 5 scale, with 5 being the most difficult.

ELEVATION PROFILE

- 1 Flat or nearly flat
- 2 Rolling; total climb up to 50' per mile (2,500' in 50 miles)
- 3 Hilly; total climb between 50'-150' per mile (2,500'–7,500' in 50 miles)
- 4 Very hilly; total climb between 150'-250' per mile (7,500'–12,500' in 50 miles)
- 5 Mountainous; total climb more than 250' per mile

SURFACE

- 1 Paved or very smooth
- 2 Mostly groomed trail or dirt roads
- 3 Trail or dirt road with some rocks, roots and/or ruts
- 4 Trail or dirt road with substantial rocks, roots and/or ruts
- 5 Very rough trail