

MAKE IT THROUGH





ANYTHING

BY KAYLA HAUCK

HAWK HUNDRED LAWRENCE, KS // SEPTEMBER 7

 **3,3' // 100 MILES, 75
MILES, 50 MILES**

Elevation gain:
100-mile – 8,000 feet
75-mile – 6,000
50-mile – 4,000

This course is a 25-mile loop repeated two, three or four times, depending on distance, through the rolling hills of Clinton State Park.

Kayla Hauck (author) strides behind fiancé Mike Zubelewicz on the Bunker Hill section.

 KRISTI MAYO / MILE 90 PHOTOGRAPHY





LEFT: Carson Turner of Columbia, Missouri, cruises the technical Red Trail early in the 100-mile race.

📷 RICK MAYO / MILE 90 PHOTOGRAPHY

OPPOSITE: Michelle Pope (left) and Madi Wilkins (right) early in the 50-mile race.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY



At least a dozen times throughout the Hawk Hundred trail race in Lawrence, Kansas, my fiancé, Mike Zubelewicz, and I heard, “If you can make it through this together without fighting, you can make it through anything.” We got engaged earlier this year and have since been balancing 100-miler training with wedding planning.

In January 2024, Mike signed up for the Hawk Hundred and invited me to join. I had eight months to train, and I was excited to prepare for such a daunting challenge. Our goal was simply to finish the 100 miles – something neither of us had done before. We entered the race with the same pacing plan, but the freedom to separate anytime one of us needed to break away. It would all be worth it if one of us could tackle the full race.

We spent the first few miles working through nerves and jitters before settling into the zone. Earlier than either of us could have anticipated, Mike hit his

wall. Somewhere around the 20-mile mark, Mike was locked up mentally and in serious physical pain. He was slow to communicate it with me, but he continued to fight through. My vocal optimism shifted into quiet determination. I wanted to stay with him stride for stride, to keep the forward momentum and give him a chance to work through the rut he found himself in.

Shortly before the halfway point, words of encouragement from a veteran runner offered Mike reprieve – and allowed him to offer me the support I needed as I hit my own wave of despair. I was overwhelmed by the thought of running through the night and I struggled to visualize completing the final miles. Mike led the way through the darkness and continued to pace us incredibly well. There were only a few stretches through the back half of the race where conversation filled the gap between our strides. One step at a time, we began to realize we were actually

going to finish. But even better than that, we were still there doing it together.

We crossed the finish line closer to one another than when we began. There is an indescribable connection that was formed between us along that trail. Our character was split wide open for the other to see, as we pushed our physical and mental effort to its limit. Mike and I continue to process the depth of what we experienced over those miles as we prepare for the next adventure ahead.

We are thrilled to be getting married, and whether we ever run that far again or not, it was a journey we will never forget. I have always thought of running as an individual sport, but I am beginning to see its ability to forge some of the deepest connections I have ever experienced. Keep running and keep loving. These are memories well worth making. ▲





LEFT: Cameron Gee takes a nap after winning the 50-mile race on a warm day.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY

OPPOSITE: Matthew Sumner is the final finisher in the 2024 Hawk Hundred.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY

Hawk Hundred

Lawrence, KS // September 7
 🏃 3,3' // 100 MILES, 75 MILES, 50 MILES

100 MILES

1	Tyler Drenkow, 33, IA	22:55:55
2	Carson Turner, 22, MO	23:31:30
3	Shane Williams, 44, KS	26:27:22
4	Aaron Nathan, 36, KS	26:42:26
5	Kodi Crofoot, 43, KS	27:47:38
6	Kayla Straub, 35, KS	28:05:40
7	Kayla Hauck, 32, MO	30:01:23
8	Michael Zubelewicz, 37, MO	30:01:25
9	Zach Slayton, 36, KS	30:13:32
10	Gilbert Hernandez, 36, KS	30:16:54
11	Chase Cabanillas, 40, CA	30:24:09
12	Bob Wooten, 45, KS	30:28:31
13	Lindsey Heineken, 39, KS	30:49:34
14	Maggie Kriz, 34, MN	30:50:54
15	Mary Corey, 56, MO	30:59:59
16	Eric Ramirez, 35, MO	31:03:50
17	Matthew Sumner, 38, MO	31:23:05

75 MILES

1	Brian Elledge, 55, MO	28:47:52
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50 MILES

1	Cameron Gee, 40, MO	8:56:47
2	Nick Martin, 28, KS	9:15:43
3	Devin Frost, 47, MO	9:30:55
4	Stephen Seat, 47, KS	11:37:55
5	Sophia Jones, 30, KS	11:51:04
6	Amanda Jacobsma, 39, SD	11:56:01
7	Christopher Foster, 32, MO	12:42:31
8	Kelby Marsh, 45, KS	14:02:12
9	Matthew O'Callaghan, 24, MO	14:05:15
10	Doug Baldwin, 59, MO	14:50:19
11	Dana Lehman, 52, KS	15:25:54
12	Keith Krieger, 70, MO	15:25:58
13	Braydon Thurston, 20, KS	15:35:07
14	Steven Fitch, 42, KS	15:41:31
15	Tamara McEwen, 51, OR	16:30:30
16	Michelle Pope, 49, MO	16:54:31
16	Madi Wilkins, 30, MO	16:54:31
18	Jadon Schwartz, 20, KS	16:54:52
19	Katie Nelson, 39, SD	17:04:47
20	Ed Maye, 63, MO	18:28:25
21	Courtney Fuller, 49, OK	19:55:25

*See page 49 for key

Beautiful races in magical places



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