





Kansans Vibes

BY DEVIN NELSON

PRAIRIE SPIRIT TRAIL OTTAWA, KS // MARCH 22

**Elevation gain/loss:
Minimal
100M, 100k, 50M, 50k**

The races are rails-to-trails courses that run through numerous little towns.

Runners will do an out-and-back, beginning in Ottawa, KS and traveling south to Iola (100-milers), Garnett (50-milers) or Richmond (50k), then, back north to the finish.

The 100k will start on the trail in Ottawa and will head south to the turnaround in Welda and back north to the finish in Ottawa. The course is primarily on a crushed limestone trail, with asphalt paths through each town.

Devin Nelson (author) with good vibes early in the 100-mile race.

📷 KRISTI MAYO / MILE 90
PHOTOGRAPHY



There are few events where the name embodies the race. The Prairie Spirit is a rails-to-trail course that starts in Ottawa, Kansas, and travels south to the town of Iola and then back again – passing through small towns and farming communities along the way. Runners traverse wheat fields, cross railroad tracks (and occasionally wait on the trains themselves) and experience small-town Kansas vibes as they stop at aid stations. Each town is different: Colony has a grain elevator, Richmond has a population of 459 people and, in Garnett, there's the historic Santa Fe Depot,

built in 1931. The spirit of the prairie is truly built into the race.

A springtime race in northeast Kansas can be a roll of the dice when it comes to weather. Historically, this race has had record-high temps in the 80s, blistering cold winds and multiple feet of snow drifts – sometimes all within the same race. In the 2025 running, we were fortunate to have a slightly cool start in the 40s and highs in the upper 60s to low 70s.

Kansas, Missouri and Oklahoma are fortunate to have a great communities of ultra-runners who love to give back. Each aid station is packed with experienced runners who are good with problem-solving and know how to

help a runner with what they need and get them back on course. This race is deceiving, as it is easy to start off at a faster pace than you want, and – as some know – you can pay for it later in the race. But with experienced volunteers, it is a comfort to know you are going to be taken care of.

The Prairie Spirit is a USATF-certified course, and people from across the country use this race to qualify for other races, set records and PRs. In 2025, we saw multiple records fall. The state records in the men's and women's 100-mile were broken, as well as the 50k and 50-mile races. When the weather cooperates, greatness can happen



on the Prairie Spirit. Runners were greeted overnight with amazing temperatures and an awe-inspiring display of lightning with a passing Midwestern thunderstorm. Runners will run this race to check the box of a Kansas race but are often surprised not only with the Midwestern hospitality but also how a good, drenching Midwestern storm can give a runner new life and a unique experience.

Outlaw Race Series has put on this race for many years, and every year, the responses and feedback are second-to-none with the runners praising the vibes of the race, the volunteers and the race directors for putting on a great event for runners of all shapes and sizes.

With generous cutoffs, runners for shorter distances still have the same cutoffs as the 100-milers, which is a relief for someone who is trying to PR.

I personally set out for a PR and achieved it. I had to problem-solve, but I also knew each aid station was going to have what I needed to continue. Fortunately, this race is perfect for all runners – from elites to back-of-the-packers – which makes it ideal for going after personal goals, no matter what they might be.▲

ABOVE: 50k runner Sarah Durbin (left) heads into the midway aid station surrounded by supporters.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY

OPPOSITE: Pete Kostelnick runs inbound toward a new Kansas state record in the 100-mile distance.

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Prairie Spirit Trail

Ottawa, KS // March 22

1, 1.2 // 100 MILES, 100K, 50 MILES, 50K

100 MILES

1	Pete Kostelnick, 37, AZ	14:02:25
2	Angela Smith, 27, KS	15:51:24
3	Brian Hall, 47, WI	16:34:00
4	Nicholas Steel, 22, MN	17:17:44
5	Anastasia Rolek, 44, CO	18:08:15
6	Samuel Gunoe, 35, KS	18:47:07
7	Ike Book, 24, MO	18:59:44
8	Amy Nichols, 41, OK	19:26:58
9	Daniel Spangler, 29, TX	19:37:10
10	David Theriot, 50, OK	20:17:12
11	Philip Atoigue, 32, NE	21:03:06
12	William Gunn, 52, NC	21:28:42
13	Aaron Nathan, 36, KS	21:56:29
14	Hunter Hufferd, 39, KS	22:07:26
15	Jonathan Prosser, 35, KS	22:07:28
16	Devin Nelson, 34, KS	22:22:12
17	Gary Horn, 68, TX	22:35:41
18	Caleb Harvey, 35, KS	22:47:11
19	Ed West, 58, KS	22:47:12
20	Blaine Moore, 54, KS	22:47:12
21	Nate Kruse, 47, SD	22:50:45
22	Lance Smith, 54, SD	22:50:46
23	Michelle Vircks, 50, MO	23:40:56
24	Maryellen Cressy, 52, MN	24:42:12
25	Marc Doherty, 50, KS	25:31:28
26	Hunter Munns, 60, KS	25:53:26
27	Kristen Tippit, 41, MO	26:55:54
28	Lena Cowell, 32, NE	26:55:54
29	James Taylor, 39, KS	27:08:16
30	Sean Frost, 36, KS	27:21:35
31	Alan Joyner, 40, MO	28:09:34
32	Jared Muse, 51, OK	28:51:55
33	Jason Burgess, 48, OK	28:52:27
34	William Sprouse, 55, KS	29:21:06

100K

1	Andrea White, 32, NV	9:22:45
2	Forrest Kievit, 44, NE	9:45:53
3	Brady Holdredge, 25, MO	13:00:12
4	Brian Cole, 52, MO	13:33:49

5	Sarah Bauer, 51, MO	14:14:39
6	Ryan Lefebvre, 44, KS	14:45:25
7	Brandon Hokit, 51, OK	15:10:32
8	Zach Stahly, 42, NE	15:15:53
9	Dakota Schwebke, 29, IA	15:30:10
10	Tyler Scheidt, 27, NE	19:50:00
11	Ed Maye, 64, MO	19:52:53
12	Isaac Maytum, 29, NE	20:14:28
13	Eric Durrett, 42, CO	20:45:14

50 MILES

1	Henry Rokusek, 22, KS	5:57:22
2	Kayla Straub, 35, KS	7:03:38
3	John Seals, 55, IA	7:48:12
4	Saul Nunez, 29, MO	8:29:34
5	Kendra Eerdmans, 31, ND	8:32:18
6	Kent Hileman, 46, KS	8:36:12
7	Elliot Brand, 52, KS	8:36:47
8	Anne-Marie Russell, 42, MO	8:39:07
9	Aaron Goldsmith, 45, NE	8:59:03
10	Jacob Gallagher, 30, IA	9:10:48
11	Lane Veld, 24, OK	9:17:31
12	Deric Schnelle, 54, KS	9:20:09
13	Katherine Pogranicy, 46, NE	9:23:54
14	Caleb Rains, 26, KS	9:33:07
15	Matthew Lensing, 39, WA	9:52:14
16	Joey Turner, 42, KS	10:10:40
17	Jennifer Stong, 52, OK	10:18:58
18	Eli Camp, 29, KS	10:32:44
19	Henry Bickerstaff, 70, OK	10:35:04
20	Nolan Schmiedler, 40, KS	10:38:09
21	Tony Clark, 47, KS	10:48:30
22	Christopher Brown, 38, KS	10:52:20
23	Benjamin Snider, 31, KS	11:14:51
24	Vanessa Schilling, 50, IL	11:15:31
25	Maggie Rainey, 28, NE	11:19:39
26	Thor Hollen, 24, MN	11:26:58
27	Sebastian Madrid, 46, CO	11:27:49
28	Jennifer Knies, 49, KS	11:31:34
29	Joshua Demetri, 26, OK	11:38:59
30	Michael Criss, 65, KS	11:43:08
31	Nick Sabatka, 42, NE	11:46:46
32	Cecilia Wheeler, 45, SC	11:48:15
33	Allyssa Loya, 39, TX	11:48:32
34	Brad Nielsen, 66, IA	11:55:50
35	Jared Gross, 31, KS	12:00:37
36	Corey Schumacher, 45, IL	12:29:36

LEFT: Nap time on the Prairie Spirit Trail with 100-mile runner Jonathan Prosser.

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RIGHT: Jessalyn Sadler and pacer run toward a new Kansas state record in the 50K distance.

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37	Scott Leuschen, 49, OK	12:47:07
38	Patrick Learned, 35, MO	12:48:06
39	Jami Leuschen, 42, OK	12:48:31
40	Chase Herrick, 27, CO	12:50:24
41	Carrie Chappell, 45, TN	13:00:47
42	Melanie Linderer, 48, MO	13:49:17
43	Emily Hughes, 47, MO	13:49:56
44	Deborah Ansley, 68, GA	14:28:29
45	Shelton Ansley, 72, GA	14:28:29
46	Brianna Lough, 31, NE	15:14:18
47	Heather Vannes, 55, CA	15:39:59
48	Rachel Vannes, 33, CA	15:40:01

50K

1	Jessalyn Sadler, 36, MO	3:30:37
2	Kyle Deluna, 42, IN	4:09:07
3	Alex Mcnamara, 32, MO	4:14:06
4	Rebecca Romary, 45, KS	4:23:38
5	Sean Galloway, 40, KS	4:47:07
6	Jeffrey Kern, 42, MO	4:55:51
7	Mary Anderson, 60, SD	5:01:16
8	Elliott Scott, 34, KS	5:01:19
9	William Culley, 50, IL	5:19:43
10	Thomas Moloney, 31, KS	5:26:23
11	Hannah Hughes, 30, MO	5:27:49
12	Collin Reedy, 42, AR	5:32:29
13	Christine Hughes, 64, MO	5:35:57

14	Kirby Wiley, 32, KS	5:42:58
15	Heather Snyder, 46, KS	5:43:52
16	Lauren Kuefler, 37, KS	5:48:29
17	Pamela Davis, 50, MO	6:11:37
18	Paula Jakopovic, 44, NE	6:17:23
19	Tyrone Townsend, 40, KS	6:25:01
20	Stefanie Bieberle, 39, KS	6:25:14
21	Scotty Todd, 63, KS	6:34:20
22	Alex Breitenbach, 36, KS	6:35:09
23	Mariana Rincon Caicedo, 28, KS	6:36:37
24	Daniel Weatherspoon, 46, MO	6:37:08
25	Gayann Luck, 63, MO	6:38:25
26	Jennie Terflinger, 43, KS	6:38:25
27	Andy Norris, 53, KS	6:40:40
28	Gina Clark, 51, OK	6:51:39
29	Sanket Korgaonkar, 37, KS	7:00:49
30	David Woodward, 50, OK	7:01:33
31	Steve Kepner, 54, OK	7:01:34
32	Kyle Horsfall, 39, KS	7:05:04
33	Shelly Rapoport, 52, OK	7:22:46
34	David Carter, 50, KS	7:24:20
35	Nathan Makings, 37, KS	7:26:05
36	Hans Umhoefer, 46, OK	7:27:22
37	Erika Brown, 38, KS	7:40:58
38	Tim Pace, 59, KS	7:50:04
39	Cheryl Murphy, 37, MO	7:52:42
40	Megan Menke, 17, IA	8:05:50
41	Joe Menke, 46, IA	8:13:29
42	Adam West, 44, KS	8:13:33
43	Bryan Lawson, 44, IA	8:16:59
44	Tember Kelley, 44, MO	8:47:13
45	Danny Loental, 44, KS	8:47:13
46	Cody Burruss, 33, OK	8:50:51
47	Mavis Compagno, 63, GA	8:52:25
48	Maria Koepfel, 38, MO	9:15:10
49	Shalayne Koepfel, 34, MO	9:15:11
50	Sarah Durbin, 64, IL	10:56:23
51	Jen Schaller, 54, IL	10:56:30
52	Mena Smith, 61, TX	13:10:35

*See page 51 for key



3
WORLD RECORDS!

TUNNEL HILL

NOVEMBER 8, 2025

50 MILE
AND
100 MILE



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50 Mile F: Courtney Olsen 5:31:56* - 2024 - World Record
 50 Mile M: Charlie Lawrence 4:48:21* - 2023 - World Record
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