



UNFINISHED BUSINESS

BY CARA COMBS

**HAWK HUNDRED
LAWRENCE, KS //
SEPTEMBER 6**

 **100 MILES, 75 MILES,
50 MILES**

**Elevation gain:
100M - 8,000 feet
75M - 6,000
50M - 4,000**

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

The sun sets behind overall 100-mile winner, Amanda Lynch.  RICK MAYO / MILE 90
PHOTOGRAPHY



Every ultrarunner knows the feeling – the one that lingers long after the race ends, when the body heals but the mind won't let go. At the Hawk Hundred, we've given that feeling a name: Unfinished Business.

The idea came about, as all great ultra ideas do, somewhere between exhaustion and laughter on a race weekend. Someone mentioned how it feels to DNF – not as defeat, but as a thread left hanging. A few friends talked, a tradition was born and the following year, the race handed out small metal coins stamped with those two powerful words.

Runners who don't complete their distance receive one. They carry it home, tuck it into a drawer, or keep it on their desk as a reminder. The coin is an

invitation to return, train harder and confront the course once again. When someone deposits their coin in the box and rings the bell, it echoes through the woods as proof that perseverance outlasts pain.

This year, the bell rang several times, each one a testament to persistence. But one moment stood out: Nate Cowley's redemption run.

In 2023, Nate toed the line for the 100-mile race. He made it 68 miles before his body could go no more. He took his coin and promised he'd be back. This September, he returned with unfinished business on his mind and his crew by his side, once again. The first year, Nate's partner and daughter were new to crewing, anxiously double-checking every detail and learning on the fly how to keep a 100-miler

moving. When they returned in 2025, they were calm, confident and fully equipped – embraced again by the Hawk family and ready with the perfect mix of gear, food and encouragement to carry Nate to the finish.

Late in the race, Nate arrived at the Land's End aid station, 93.5 miles in, unsure if he could go on. Volunteers rallied, refueled and reignited him. Nate left that station not with fresh legs, but with a spark. He pushed through the final miles, crossing the finish line as the first runner-up male finisher.

ABOVE: At age 20, Aiden Burkhardt (left) became the youngest Hawk Hundred finisher.  RICK MAYO / MILE 90 PHOTOGRAPHY



ABOVE: Rachel Brunner is all smiles early in the 50-mile race.

📷 RICK MAYO / MILE 90 PHOTOGRAPHY

RIGHT: John Fritchey returned to the Hawk with unfinished business.

📷 KRISTI MAYO / MILE 90 PHOTOGRAPHY



Nate wasn't the only one to close the loop. John Fritchey redeemed his 2024 DNF by conquering the 75-mile race, setting a personal best in the process. Rachel Sloan not only completed her marathon redemption but went back out to pace another 25 miles – a perfect illustration of the Hawk spirit: once you finish your own race, you help someone else finish theirs.

At the Hawk, redemption is never a solo act. The same volunteers, friends and aid station crews who carried you through the low points are waiting when you finally make it back. They've seen your struggle, they know your story and they know what it means to finish it.

At the Hawk Hundred, unfinished business isn't failure – it's fuel. ▲



BECOME PART OF HISTORY.

THE 2026 ICE AGE TRAIL 50.
50 MILE. 50k. HALF MARATHON.

SATURDAY, MAY 9, 2026

The Ice Age Trail 50 is one of the oldest, continuously running trail ultras in the country. Staged every May since 1982 in Wisconsin's Southern Kettle Moraine Forest, the race traverses the ragged border of the last glacial advance more than 10,000 years ago.

Whether you're pursuing a course record, a personal best or your first ultra finish, the community of Ice Age runners will be here to welcome you.

**REGISTRATION OPENS ON
SUNDAY, DECEMBER 14**

iceagetrail50.com



Photo credit: Michael Lena

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

Hawk Hundred

Lawrence, KS // September 6
2.3' // 100 MILES, 75 MILES, 50 MILES

100 MILES

1	Amanda Lynch, 44, OK	24:36:42
2	Kim Petersen, 57, NE	25:01:32
3	Nathan Cowley, 46, NE	26:49:12
4	Noah Richards, 28, CO	30:20:00
5	Aiden Burkhardt, 20, KS	30:42:36
6	Paul Bergeron, 29, KS	30:52:57
7	Cherrelle Rogers, 39, AZ	31:03:11
8	Aaron Kissinger, 37, IA	31:30:15

75 MILES

1	Kelsey Campell, 44, AR	20:33:24
2	Rebecca Burgo, 45, NY	20:33:25

50 MILES

1	Cameron Gee, 41, MO	7:37:06
2	Brenyn St.Vrain, 23, KS	8:45:33
3	Cody Cox, 37, CO	9:40:56
4	Nicholas Morrison, 31, KS	9:43:07
5	Richard O'Bald, 22, NV	9:44:30
6	Kael Ecord, 24, IN	10:08:42
7	Brock Reinecke, 20, KS	10:15:13

8	Elijah Mortensen, 20, KS	10:37:10
9	Kyle Wilson, 30, MO	11:32:55
10	Gilbert Hernandez, 37, KS	11:32:58
11	Jill Elmermann, 48, IA	11:35:39
12	Nate Musick, 40, KS	11:37:01
13	Lanier Greenhaw, 54, AL	11:41:28
14	Brandon Boyd, 32, MO	11:43:01
15	Ryan Kennedy, 41, IA	12:05:20
16	Sean Frost, 37, KS	12:13:45
17	Joseph Liles, 42, AR	12:52:23
18	Melinda Nye, 51, IA	12:57:58
19	Rachel Brunner, 37, IL	13:12:51
20	Aaron Roe, 37, IL	13:12:51
21	Blaze Bigos, 25, KS	13:24:30
22	Jacob Varns, 29, IL	13:46:03
23	Courtney Fuller, 50, OK	14:16:59
24	Sergey Cherniak, 53, KS	15:09:51
25	Sammi Grelecki, 33, CO	16:12:50
26	Rose Milligan, 57, MO	18:21:24
27	Anna Barbosa, 35, TN	19:10:31

ABOVE: Nathan Cowley rings the bell, redeeming his 2023 DNF. **KRISTI MAYO / MILE 90 PHOTOGRAPHY**

OPPOSITE: Gilbert Hernandez cools down at an aid station in the 50-mile. **RICK MAYO / MILE 90 PHOTOGRAPHY**



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50 Miler
50K
50M Relay
Half Marathon
Kids' Mile

50 scenic forest miles
1+ mi elev gain
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OCTOBER 2026

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