



## HEARTLAND 50/100 A DAY IN THE TALLGRASS PRAIRIE

The seventh annual Heartland 50 and 100 mile races started under clear skies with a record low temperature of 30 degrees. A slight chance of showers over night was predicted, but the conditions during the day on Saturday were nearly perfect. By 10 AM the temperature was 50 degrees, and the light winds created nearly ideal conditions for the runners. The high on Saturday reached 66 degrees, and the overnight low Sunday morning dropped to only 50 degrees. Between 22 and 24 hours into the race however, the runners were greeted with some thunder, lightening, and fairly heavy rain at the finish line. Most of the course however, only received some light rain, which did not cause any real problems for the runners.

With a record number of runners, nearly perfect weather conditions, and four-time winner Mark Henderson and female course record holder Sue Johnston in the field, I knew we would be in for a fast race. Mark had told me prior to the race that he thought Eric Clifton's course record of 14:30:27 was within reach, and he was going to go out hard. He spent very little time in the aid stations and went through the 50-mile turnaround in 7:14 with a 70 minute lead over Sue Johnston and Kevin Hawn. The fast pace eventually took its toll on Mark, and when he realized the course record was not within reach he began to spend more time in the aid stations. During this time Sue continued to run strong closing in on the lead. Mark hung on for the win in 18:50:23 with Sue finishing only four minutes behind in 18:54:19. Had the race been a few miles longer, things would have become very interesting.

Several other outstanding performances were turned in. Phil Sheridan was the first Kansan and finished third overall. Jess McNeely, last years 50-mile winner ran a solid 21:47:10 in his first attempt at 100 miles. Eighteen of the 47 finishers went under 24 hours. Mark and Louise Mason have now finished all seven Heartland 100 mile races.

Both the male and female 50-mile champions were running their first ultra. Jason Bauer finished in a time of 7:28:45 and Peggy Ward set the women's course record in 8:56:54. Two of the 50-mile runners, Ben Holmes and Raul Flores set up a "gypsy" aid station, which they nicknamed the "Mirage" at the 95.2 mile mark. This aid station replaced one of our unmanned aid stations and was a pleasant surprise for 100-mile runners.

A special thanks to Hammer Nutrition which sponsors the race, the Cassoday Café which provides a home cooked pre-race meal, and all of the volunteers who make this race a memorable experience for the runners. Due to their efforts, the race continues to have one of the highest finisher's rates of any ultra. We hope to see each of you back at Heartland or another Kansas Ultrarunners' Society event.

Randy Albrecht  
Jim Davis

Heartland 100  
October 14-15, 2006

1	Mark Henderson, 46, TX	18:50:23
2	<u>Sue Johnston</u> , 40, VT	18:54:19
3	Phil Sheridan, 49, KS	19:37:13
4	Kevin Hawn, 48, PA	20:03:39
5	Mark Hartinger, 49, WA	20:51:25
5	Eugene Trahern, 43, OR	20:51:25
7	Garrett Mulrooney, 38, MN	21:04:01
8	Kevin Radel, 47, WI	21:21:38
9	Jess McNeely, 37, KS	21:47:10
10	Scott Eason, 41, AR	21:49:34
11	Gabe Bevan, 34, MO	22:11:17
12	Matthew Watts, 50, CO	22:48:33
13	<u>Anita Fromm</u> , 35, CO	22:55:20
14	Axel Reissnecker, 53, TX	22:56:21
15	Don Ryan, 57, MO	23:08:37
16	Arthur Smith, 34, CA	23:27:58
17	Mike Lipton, 41, VA	23:35:03
18	Paul Grimm, 37, CO	23:54:07
19	<u>Deb Cooney</u> , 52, PA	24:32:48
20	Jeff Genova, 38, AR	24:49:47
21	Willie Lambert, 44, KS	24:56:01
22	Chase Squires, 40, CO	25:07:58
23	Tony Bierman, 50, IL	25:14:17
24	<u>Anne Watts</u> , 51, CO	25:28:44
25	Vince Gerber, 51, CO	25:30:00
26	Dale Perry, 49, CO	25:43:37
27	Hoskuldur Kristvinsson, 57, Iceland	25:47:40
28	<u>Lisa Henson</u> , 45, CA	25:58:41
29	David Pontious, 41, IL	25:58:42
30	Dan Harshburger, 59, OR	26:07:48
31	Donald Landry, 61, Quebec	26:29:54
32	Jean-Jacques d'Aquin, 67, CO	26:34:53
33	David Hughes, 61, IN	26:42:01
34	Scott Jacaway, 48, IL	27:05:11
35	Jim Perry, 57, OK	27:11:12
36	Robert Botto, 57, TX	27:15:06
37	Marc Needlman, 46, IL	27:15:21
38	Dan Coats, 50, CO	27:19:04
39	<u>Yen Nguyen</u> , 44, TX	27:31:29
40	Kevin Guest, 38, MO	27:33:52
41	Dmitry Rozinsky, 30, TX	27:46:48
42	<u>Faye Hawn</u> , 52, PA	27:50:17
43	Les Martisko, 62, MN	28:08:12
44	Brian Tidmore, 43, TX	28:33:57
45	<u>Louise Mason</u> , 53, IL	28:56:47
46	<u>Bonnie Riley</u> , 54, MN	28:59:39
47	<u>Marion Landry</u> , 62, Quebec	29:20:59

59 Starters

47 Finishers

Heartland 50  
October 14, 2006

1	Jason Bauer, 32, MO	7:28:45
2	Kyle Amos, 31, KS	7:42:52
2	Josh Pool, 26, MO	7:42:52
4	Matt Becker, 32, KS	8:16:14
5	Chris Corbin, 28, Ok	8:16:16
6	Bob Woods, 55, KS	8:27:22
7	Dave Krishock, 47, KS	8:33:33
8	<u>Peggy Ward</u> , 42, KS	8:56:54
9	<u>Tia Bodington</u> , 50, CO	9:11:00
10	Dave Hartinger, 41, OH	9:20:59
11	Todd Hildreth, 43, MO	9:21:37
12	<u>Christi Harrison</u> , 47, CA	9:22:38
13	<u>Megan Oswalt</u> , 37, KS	9:26:45
13	Dick Oswalt, 49, KS	9:26:45
15	Russell Ball, 34, KS	9:35:15
16	Eric Grauer, 36, OK	9:48:02
17	Ben Holmes, 49, KS	9:48:16
18	Andrew Chaney, 41, KS	9:49:06
18	Scott Hill, 27, KS	9:49:06
20	Marc Friesen, 32, KS	9:51:59
21	Marvin Lee, 45, OK	10:11:46
22	Eric Poulsen, 55, CA	10:27:39
23	Ron Paul, 25, TX	10:35:19
23	Matt Bickhard, 44, KS	10:35:19
25	Randy Witlicki, 50, VT	10:58:50
26	Bill Heldenbrand, 60, MO	11:05:12
27	<u>Caryn Jacaway</u> , 44, IL	11:13:06
28	Paul Morgan, 65, FL	11:31:48
29	Rich Dennett, 44, KS	11:47:21
30	Wayne Dean, 37, VA	11:47:34
31	John Cassidy, 41, CO	12:15:11
31	<u>Molly Gibb</u> , 45, CO	12:15:11
31	Ron Wright, 59, CO	12:15:11
34	Karen Riddle, 53, TX	12:53:56
35	Nels Bentson, 62, OK	13:24:42
36	Ken Saveth, 47, OK	13:25:18
37	<u>Varsha Kulkarni</u> , 42, IL	13:35:12
37	<u>Tonya Siltman</u> , 35, IL	13:35:12
39	Alston Jennings, 59, AR	13:41:07
40	Bill Shirk, 60, KS	16:14:57
41	James Ewing, 51, IL	18:24:39

44 Starters

41 Finishers