

Shooting For Average at Rockin K

When we chose the date for the Rockin'K there were several factors that weighed in, among these were spring turkey hunting season, government leases on the grassland and the weather. The first Saturday in April normally falls just before the pasture cattle leases and hunting start. A quick check of the average weather gave me an average low of around 35 and a high around 62 degrees. As we all know though a mathematically average weather day in the real world may be mathematically improbable. As I did trail markings Monday five days before the run I was worried about getting enough water and ice out to the runners. It was 80 degrees, the wild plum bushes were in full bloom, and ticks were out. There was some hope in the forecast, lower temps for the weekend, they even had a chance of snow for Thursday, no accumulation was expected.

Thursday as I finished up the trail work, the temp was about 30, snow was sticking to my glasses, I couldn't see a hundred yards and the "no accumulation" was about 5 inches deep! Before the day was out we had 6"-7" on the trail and the forecast had changed from pleasant to near record cold for Saturday.

Friday brought north wind and cold sunshine, the sun and the warm ground knocked the snow depth down somewhat, although the wind did cause some drifting. Friday also brought a call from the Park Department asking if we were going to cancel the run, I assured them that snow and cold was not likely to deter many of the runners. Indeed, I was sure some "Psycho" runners would be reveling in the conditions.

Saturday morning brought a record low of 19 degrees, and a very nearly full turnout of entrants. In my prerace briefing I tell the marathon runners that almost every year the first runner back to the turnaround is a fifty miler, and this is just wrong! The marathon studs should be the first ones in. I then tell the fifty mile folk that almost every runner that has ever started the second loop of the fifty has completed it, but that only half of the fifty milers at the Rockin'K have ever started the second loop! After these encouraging words I sent them down the trail.

The runners started out on a somewhat frozen snow-crust surface with the occasional drift. As the day wore on, the combination of warm ground and intermittent sunshine added mud to the mix. The fifty milers had an especially good variation of surface during the second loop, ice and snow in the protected areas, rock and mud in the unsheltered areas. The wind stayed out of the north all day, the recorded high was 40 degrees. I have to commend the runners for fine performances on a tough day. Snow, ice, mud, rocks, hills and the occasional waist deep water crossing would certainly give sufficient reason to not even get out of bed. I want to make special note of the volunteers that stood the cold all day handing out warm food and encouragement.

Stats for the day:

107 Entrants

92 Starters

3 DNF

1ST Snow Day

19 degrees--Record Low For April 7th

40 Degrees--Record Low "High Temperature" For April 7th

60 % -- Third Best Finish Rate For Fifty Mile Race In Race History

Phil Sheridan RD

Ninth Annual Rockin K Trail Run

April 7, 2007

Kanopolis State Park, Kansas

50 Mile Results - 50.66 Miles

Place	Number	Name	G	Age	City/St	Finish
1	92	Thomas McKenna	M	27	Salina KS	8.50.42
2	20	Paul Schoenlaub	M	47	St Joseph MO	9.17.25
3	227	Bill Barthen	M	31	Superior WI	9.22.05
4	337	Andy Rodriguez	M	28	Denver CO	9.24.04
5	40	Eric Truhe	M	32	Denver CO	9.24.05
6	1	Marc Friesen	M	32	Newton KS	9.25.46
7	69	Matt Becker	M	33	Galva KS	9.40.43
8	81	Scott Eppelman	M	40	Coppell TX	9.47.33
9	91	Paul Grimm	M	38	Littleton CO	9.53.35
10	38	Kyle Amos	M	31	Olathe KS	9.54.08
11	28	Tony Clark	M	29	Wichita KS	10.00.08
12	3	Theresa Wheeler	F	40	Wichita KS	11.10.39
12	8	Randy Albrecht	M	51	Wichita KS	11.10.39
14	89	Dave Krishock	M	47	Manhattan KS	11.10.46
15	67	Gerardo Ramirez	M	34	Fort Worth TX	11.12.57
16	15	Ted Bidwell	M	57	Colorado Springs CO	11.25.19
17	14	Gary Henry	M	50	Lawrence KS	12.11.25
18	1K9	Bart Fisher	M	3.5	Manhattan KS	12.15.50
19	73	Dann Fisher	M	43	Manhattan KS	12.15.51
20	65	Fred Hampel	M	42	Evergreen CO	12.15.52
21	74	Eddie Battitori	M	43	McCune KS	12.32.47
22	79	Marv Bradley	M	68	Canon City CO	12.34.27
23	23	Willie Lambert	M	44	Topeka KS	12.43.16
24	88	Brad Holzworth	M	34	Grand Island NE	12.52.10
24	50	Eric Steele	M	41	Wichita KS	12.52.10
26	93	Angela Battitori	F	42	Leavenworth KS	13.25.21*

* Finished over the 13 hour cutoff

43 Started

50 Milers opting for Marathon finish *

Place	Number	Name	G	Age	City/St	Finish
1	55	Ben Gilbert	M	33	Omaha NE	4.19.00
2	9	Tammy Stone	F	46	Florence CO	4.48.20
3	86	Anthony Lee	M	34	Highlands Ranch CO	4.51.36
4	80	Greg Burger	M	40	Lecompton KS	5.13.04
5	94	Gabe Bevan	M	34	Kearney NE	5.16.11

Place	Number	Name	G	Age	City/St	Finish
7	90	Dennis Haig	M		Wichita KS	5.44.44
8	31	Ben Holmes	M	50	Lenexa KS	5.52.53
9	47	Allen Smelser	M		McLouth KS	5.59.69
10	75	Jim Phillips	M	36	Springfield MO	6.33.59
11	85	Marge Hickman	F	57	Leadville CO	6.35.21
12	87	Les Martisko	M	62	Prior Lake MN	6.48.48
13	72	Chad Flint	M	42	Wichita KS	7.04.25
14	84	Christi Harrison	F	48	Fallbrook CA	7.10.27
15	76	Jessica Williams	F	23	Wichita KS	7.16.10
16	82	Angela Ivory	F	39	Nashville TN	8.14.02

* Not eligible for marathon awards or course records

Ninth Annual Rockin K Trail Run

April 7, 2007

Kanopolis State Park, Kansas

Trail Marathon - 26.30 Miles

Place	Number	Name	G	Age	City/St	Finish
1	2	Mark Crisman	M	43	Fort Meade MD	4.15.43
2	155	Jess McNeely	M	37	Wichita KS	4.32.03
3	47	Rich Stigall	M	39	Olathe KS	4.41.53
4	34	Josh Pool	M	27	Kansas City KS	4.51.15
5	177	Roly Kanard	M		Denver CO	5.12.09
6	68	Jenny Kapp	F	27	Crested Butte CO	5.23.57
7	175	Ignatius Rodriguez	M		Ellsworth KS	5.28.40
8	13	Bob O'Brien	M	51	Wamego KS	5.28.42
9	53	Leslee Hampel	F	40	Evergreen CO	5.36.29
10	143	Joel Sartwell	M	47	Columbia MO	5.37.45
11	65	Dale Nielsen	M	47	Brainard NE	5.39.15
12	8	Julie Funk	F	42	Topeka KS	5.44.06
13	6	Jennifer Vesey	F	28	Seattle WA	5.52.36
14	35	Christy Scott	F	33	Derby KS	5.53.09
15	138	James Stamper	M	35	Manhattan KS	5.53.19
16	70	Dale Perry	M	49	Loveland CO	6.00.40
17	12	Jeremy Klein	M	31	Geneva NE	6.05.34
18	125	Dave Swenson	M	52	Ames IA	6.05.46
19	10	John Peppiatt	M	47	Ellsworth KS	6.07.09
20	50	Cindy Gronstedt	F	46	Versailles MO	6.07.11
21	152	Bill Smith Jr.	M	59	Liberty MO	6.17.22
22	46	Krista Stigall	F	37	Olathe KS	6.19.35
23	69	Terry Rider	M	52	Wichita KS	6.19.36
24	14	Sarah Sinning	F	23	Lawrence KS	6.19.37
25	140	Nancy Davis	F		Burns KS	6.28.13

Place	Number	Name	G	Age	City/St	Finish
27	54	Chris King	M	42	Moran KS	6.36.02
28	60	Leslie Frederick	F	44	Boulder CO	6.38.24
29	108	Don Carley	M	59	Rising City NE	6.39.55
30	33	Howard Ward	M	50	Peculiar MO	6.43.44
31	150	Steve Breeding	M	58	Concordia KS	6.46.14
32	126	Aaron Voth	M	21	North Newton KS	6.50.10
33	115	Craig Watson	M	49	Baton Rouge LA	6.50.54
34	57	Frank Dayton	M	43	Manhattan KS	6.53.32
35	5	Jared Rush	M	24	Manhattan KS	6.53.33
36	41	Bill Barnett	M	52	Mulvane KS	7.07.16
37	28	C.E. Goudeau	M	53	Denham Springs LA	7.08.43
38	38	Bradley Schuerman	M	34	Lenexa KS	7.14.25
39	29	Ron Lindquist	M	59	Osceola NE	7.15.47
40	73	Scott Bishop	M	35	Wichita KS	7.16.07
41	31	Jim Myers	M	59	Newton KS	7.18.02
42	45	Steve Lower	M	56	Wichita KS	7.27.06
43	77	Kenneth Williams	M	53	Wichita KS	7.35.50
44	Bandit	Jake Peppiatt	M		Ellsworth KS	7.59.04
45	23	Rich Golden	M	60	Enid OK	8.34.02
46	176	Bill Shirk	M	61	Salina KS	9.04.40
47	22	Mike Bourell	M	51	Hutchinson KS	9.10.52

49 Started