



# RAIN CAN'T DAMPEN RUNNERS AT 4TH ANNUAL WHITEROCK ULTRA

Heavy rain a day earlier did not discourage the participants in this year's Whiterock Ultra, reported Co-Director Greg Gayman of Grimes. Nearly three inches of rain fell in the Whiterock Conservancy area last Thursday and Friday, threatening to cancel the 50 Mile and 50 Kilometer races. In the end, the races were held and turned out to be a great energizing event.

"We ended up switching the course a little bit. I think it was the right thing to do," explained Gayman. "We kept runners off the single track trails so there was no damage to the trails but runners were still able to use large portions of the trails. It was a great race and everybody came in happy."

Gayman said temperatures stayed relatively cool on Saturday morning, with some fast times and lots of smiles. And the rain brought another feature that had been missing in previous years.

"We had a lot of water crossings for people this year," Gayman said, referencing the swollen creeks that channeled the rain water to the Middle Raccoon River.

There were 121 registered runners in the races, split evenly between the 50M and 50K races. There were runners from Iowa, and also from Minnesota, Missouri, Nebraska, Wisconsin and Illinois. There were four runners from California, two from Georgia and one from both Arkansas and Virginia.

"The race keeps growing and everybody loves coming

here. They love Whiterock and the town of Coon Rapids," the co-director added.

Gayman, along with co-director Michael McGinn of Johnson, divided each race into three legs that started and ended at Whiterock Conservancy's river campgrounds. The third leg of each race led into the city of Coon Rapids via the Town Loop Trail. That leg went west down Main Street past Frohlich's Super Valu, which once again was designated as a first aid station. Race organizers had prepaid a charge account so runners could 'charge' sports drinks, ice cream treats and popsicles.

The Enterprise congratulates the top three finishes in the 50 Mile and 50K races:

**50 MILE MEN'S TOP 3:**

**Cory Logsdon**, 6:46:06, Omaha, Nebraska

**Ryan Kramer**, 7:59:56, West Des Moines, Iowa

**Cody Brandstad**, 8:23:02, Sigourney, Iowa

**50 MILE WOMEN'S TOP 3:**

**Gayle Pellizzer**, 8:44:33, Clovis, California

**Jen Tischler**, 9:01:25, West Des Moines, Iowa

**Constance Garro**, 9:19:03, Omaha, Nebraska

**50K MEN'S TOP 3:**

**Curren Matthias**, 3:46:22, Cedar Falls, Iowa

**Terry Kruse**, 4:04:16, Clive, Iowa

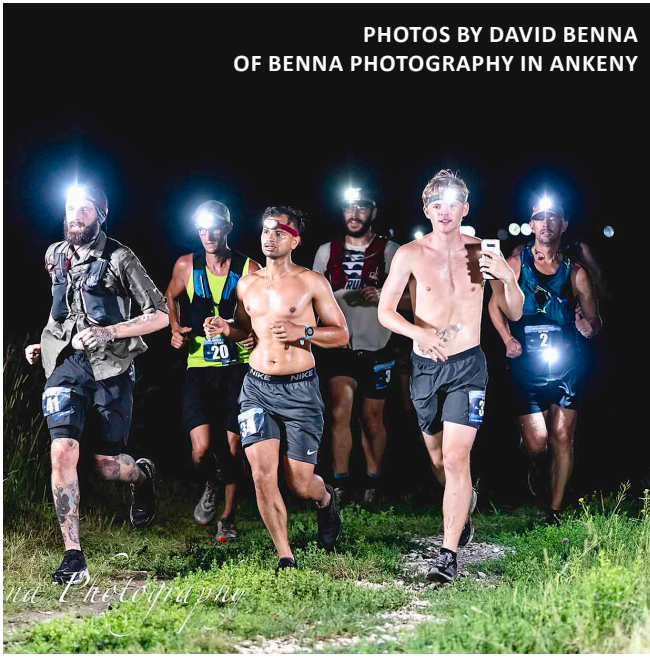
**Jason Downing**, 4:16:53, Bellevue, Nebraska

**50K WOMEN'S TOP 3:**

**Shannan Chehade**, 4:53:57, Cary, Illinois

**Natalee Swan**, 5:08:29, Iowa City, Iowa

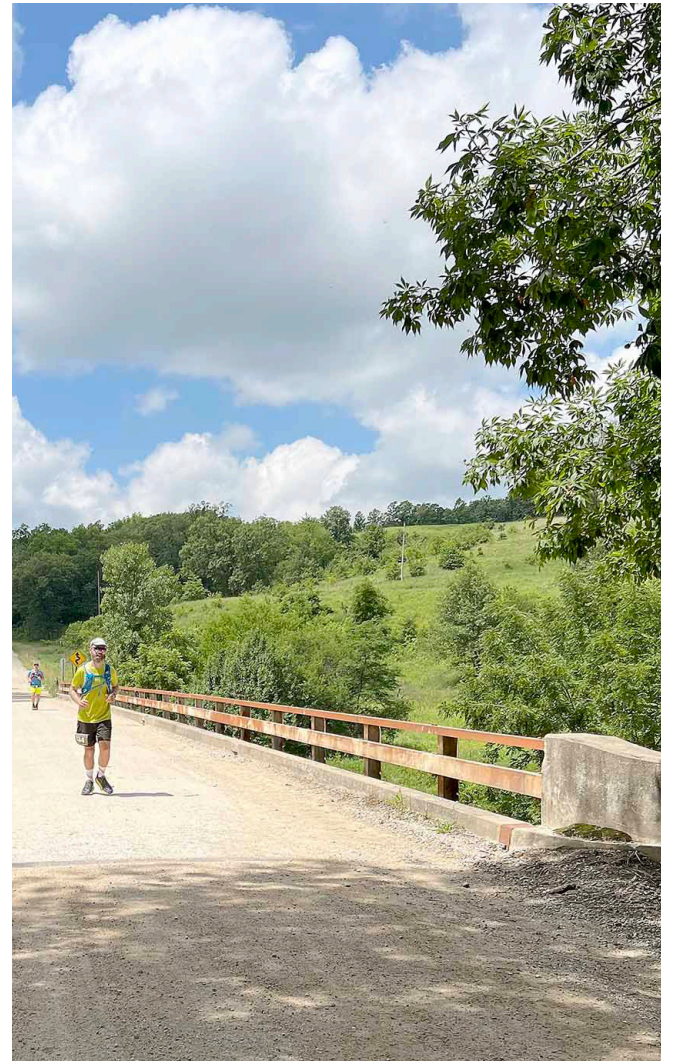
**Bethany Gallimore**, 5:24:06, Brookland, Arkansas



PHOTOS BY DAVID BENNA OF BENNA PHOTOGRAPHY IN ANKENY



Terry Kruse of Clive finished 2nd in the 50K race and cooled off with a dip in the nearby Middle Raccoon River.



Eric Nicolaysen of Des Moines makes his way to the finish line in last Saturday's Whiterock Ultra 50K race. He raced the course in approximately five hours, 15 minutes and although he didn't finish in the top three, that wasn't his objective. He said he came to run for the enjoyment of the surroundings. "This is one of the most beautiful places...Whiterock is a place of solace and respite, nourishing to the soul, mind and body. I love it here," said Nicolaysen, who is a veteran of all four Whiterock 50K Ultras.

"The first year they did it I was here and in the middle of the race I got a call and my wife was in labor. I left and went home and we had the baby, July 7, 2019. I've come back each year since, it's tradition now," he related.



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