

Kettle Moraine 100-Mile Trail Race

June 2, 2007 by Kyle Amos



Well, it had been three years since my last 100 miler and I was ready to do it again. Kettle Moraine was my last 100 miler and I could not see a more appropriate race to get back to that distance. I was able to have my wife Stacey, two kids Ryder (4 ½) and Ella (2), and my mom go with me this time as my crew or as my son liked to call it my “pit crew”. Listed below are some of my thoughts about the race.

Fun times during the run:

- Seeing my family at the aid stations, and what a crazy little circus that was. Ella and Ryder would scream DADDY until they could get to me and then Ryder would pretend like he was changing my tires with all of the sound effects and Ella would just stare at me. Stacey was in charge of a new bottle of Clip 2 and all the other supplies to get me to the next aid station. My mom helped with the kids and enjoyed people watching at the aid stations (sounds strange but very interesting/

entertaining)

- The bandana around the neck with ice in it to cool off started only about an hour and a half into the run. I think the high temperature was in the 80's but the humidity was out of control.
- Running/talking with the Mark Tanake (16:28) & Joe Kulak (16:59) early on in the run and then seeing them on the out and back sections.
- I ran alone from mile 25 on only seeing others on the out and back sections. 75 miles of running by your self seems like it would be boring but I really had a great time on a beautiful course.
- Running along on the trail and a woman yells out "are you a nerd?" That was a fun surprise to hear on the trail.
- I ran a little too fast for the first 62, but it felt good and I knew that I could adjust the pace later in the run. Running felt great until mile 87.324+/- then walking felt really nice so I walked and walked a lot.
- Seeing the flashlight of Christine Crawford (19:34) with 3 ½ miles to go and making myself run after 10 miles of mostly walking. Running felt great for those last 3 ½ miles except for the extreme chafing problem I was having.
- Seeing Stuart and Deb Johnson at the highway 12 aid station after they had finished the 100k. That was a nice surprise and little pick me up I needed.

Food & Drink taken in during the run:

- 15 +/- bottles of Clip 2
- Ice water, ice water and more ice water
- 2 Red Bulls (after mile 62)
- A few cups of Mello Yellow
- 2 bags of Cliff Blocks
- A lot of oranges and cantaloupe
- 15+/- Hammer gel servings
- 1 succeed tablet about every half hour
- Jell-O jigglers (my favorite late night ultra food)
- 1 peanut butter & jelly sandwich (very early on when solid food sounded good)

The aftermath of running a hundred miles:

- I was able to be at the finish line and see fellow Trail Nerd Gabe Beven finish strong in 23:36. I hope he posts some of the pictures that his pacer Rick took during the run to help describe his day.
- Many areas of chafing and still very bad!!!
- My black toenails from Free State 100k were no longer black after the run?????????????
- My mom had a very interesting observation at the finish line. It was 1:30 in the morning in the middle of the woods with the race director, a few volunteers and my family clapping and cheering me on for the 30 seconds they could see me before I crossed the finish line. The RD handed me my awards and congratulated me on a great race and that was it. My mom was used to the Triathlons that I did in the past where there were many people at the finish line, music, names being announced of the finishers over the loud speaker, and the awards ceremony that followed the race. Talking with my mom about this on the drive home I was able to explain to her that running ultras for me is about completing the distance with all the little and some times big obstacles the

day has in store for you. The amount of people at the finish line or the awards for finishing will never compare to the feeling you get crossing the finish line after all of the training, planning, and hard work that goes into that one race. We finished our conversation with her saying “I still think you’re crazy”.

- I was not able to sleep until the next day after we had driven 10 hours back home. I was awake from 4:40am Saturday until 11:00 pm Sunday.
- This was the most personally rewarding run I have done because of my family being there. Crossing the finish line at 1:30 am and hearing your two kids scream DADDY is a great feeling. My son said his favorite part of the trip was when I got my little Kettle and plaque at the finish line.
- Stacey and my mom claim that they also ran an ultra with all that work that went into going from aid station to aid station and chasing Ryder and Ella around all day. They called themselves the family circus.
- I am already thinking ahead to which 100 miler will be next.
- I was able to reach my two goals that I set for my self before the race:
 1. Run faster than I did 3 years ago which was 20:58
 2. Run under 20 hours, which I did by about 30 minutes.

Link to Kettle Moraine 100 web page: <http://www.kettle100.com>

Photos from the run: <http://www.flickr.com/photos/8719216@N06/>







12,006 feet of elevation gain

