

# 2007 Rocky Raccoon 100 Race Report

By Patrick Perry, Lee's Summit, MO

There were runners from all over the US as well as Norway, Sweden, Germany, Mexico and Canada. I ended up finishing in 25 hours 22 minutes which was 92nd place out of 242 runners. I'm very happy with my finish unlike Ben Holmes who still beat me by half an hour. He wasn't so happy as he did this same race in 22-hours last year.

The following are some pictures of the course. It's basically (not bad) as ultra go.

When I got to the race at 4:45am, I went to use the rest room at the campground and this is what I saw above the stalls. Yes, that's a vulture...not a good omen. I think he was waiting for an ultra-runner to die.



Here is a picture of my poor foot. Honestly, it didn't feel nearly as bad as it looks.



I did pretty much as I expected. Went out too fast and paid the price in the end, just like all my preparation taught me not to do. 25 hours 22 minutes. Now that I've finally done it, my next goal is a sub 24 hour! (After Western States).

Miles 65 to 75 were hard and then it actually got a little better. After that, in terms of effort, I felt like I was holding a 7 minute pace but in reality, it was hardly a shuffle. I worked hard to avoid the dreaded "death march" by not permitting myself to walk unless climbing. Later I did resort to a speed walking pace, off and on, only because I came to the realization it was probably faster than what my running pace had become. Got passed by three people between 60 and 80 miles. After that, I wasn't passed again and I passed a dozen or more. This was a mental boost considering my geriatric pace.

Can't even explain the satisfaction I'm feeling right now. I sat on the plane and felt a sense of peace that I can only compare to what people refer to as a religious experience. Life is good.

Sometimes I feel that people like us know a secret that others don't.