



35th ANNUAL
Saturday, May 27, 2017
Little River, Kansas

- Free t-shirt with any pre-registration before May 15th.
- The coveted "COW CHIP" is awarded to the top 10K male and female winners
- Medals in each age category for the top three finishers
- \$50.00 bonus for any new course record in the 5K, 10K or Pony Express races

ALL EVENT REGISTRATION, INFORMATION AND STARTS TAKE PLACE ON MAIN STREET

Event Start Times

10K Walker	7:30 A.M.
10K Runners and Pony Express Relay	8:00 A.M.
5K Runners	8:00 A.M.
Awards	9:30 A.M.

Registration ends 30 minutes before each event.

FOR MORE INFORMATION:

www.facebook.com/suicidehilltrailrun

SPONSORED BY: Little River Lions Club, Local Businesses and Friends

TRAIL RUN EVENTS

10K RUN - The Original "Suicide Hill Trail Run", a 10K loop running west of town. The run includes two creek crossings with rolling native hills with cowboys and cattle.

5K RUN - It includes the famed "Suicide Hill", an out and back 5K. The run includes an up and over route of Suicide Hill.

PONY EXPRESS RELAY - As far as we know, it is the only one of its kind in Trail Runs. It will cover the 10K course. Three runners must compete as a team. Each runner will cover approximately one third of the course. Batons will be furnished. Get yourself a three person team and compete!

10K FUN WALK - For the recreational walker.

COURSE RECORDS

MEN'S 10K

0-12 Jeffery Baily (Hutchinson, KS).....42:17-1990
13-19 Ted Hurst (Sylvia, KS)..... 34:07-1984
20-29 Tim Gundy (Lenexa, KS).....32:26-1987
30-39 Terry Drake (Overland Park, KS)...32:13-1989
40-49 Mike Shrlock (Augusta, KS).....36:50-1997
50-59 Wes Goertzen (Buhler, KS)..... 40:00-1993
60-Over Gerald Witten (Emporia, KS)....45:55-1991

WOMEN'S 10K

0-12 Nicky Ramage (Little River, KS).... 54:55-1989
13-19 Annette G. Berry (Buhler, KS)... 48:03-1987
20-29 Sandi Oltjen (Salina, KS).....40:58-1985
30-39 Mary A. Johnson (Topeka, KS)....40:30-1987
40-49 Sheryl Drevo (Goddard, KS).....45:54-1989
50-59 Teresa Perky (Overland Park, KS).45:54-2011
60-Over Charlene Jones (Barnard, KS)...58:58-1997

MEN'S 5K

0-12 Robby Turnbow (Geneseo, KS).....21:47-1987
13-19 Bobby Smith (Augusta, KS).....17:10-1984
20-29 Byron Flick (Hutchinson, KS)..... 16:30-1987
30-39 Larry Chestnut (Wichita, KS)..... 18:04-1987
40-49 Steve Hanson (McPherson, KS)... 18:09-1986
50-59 Mike Welch (McPherson, KS).....20:27-1992
60-Over Gerald Witten (Emporia, KS)....20:48-1989

WOMEN'S 5K

0-12 Brenna German (McComb, IL).....23:19-2008
13-19 Nicky Ramage (Little River, KS)....23:12-1991
20-29 Gretchen Gundy (Lenexa, KS).....21:09-1987
30-39 Tammy S. Gilpin (Wichita, KS).....19:43-1994
40-49 Trudy Calloway (Wichita, KS).....22:10-1989
50-59 Nancy Barber(Hutchinson,KS).....26:47-2013
60-Over Jo Close (Clay Center, KS).....31:34-2011

PONY EXPRESS RELAY

David Larson, Mike Miller, Mark German
Lyons, KS33:42-1984

One of Kansas' original Trail Runs that began in 1982. The course includes roadways, rolling native grassland, cowboys, the famed Suicide Hill and start/finish on Main Street. This course is as beautiful as it is demanding and it brings out the best in runners each year.

