

Hell Creek on Heels 5k, 3.2 miles

Start at trailhead. Go Right at Kiosk to do EZ Loop. Take L cut-off. No birdloop (go right at L).
Weather was awesome!!!

Men 5k Results

Number	Name	Time	Place	Notes:
	Adam Willis	21:54	1	
	JC Huel	23:28	2	
	Paul Mannion	36:32	3	
	Bill Shirk	42:49	4	

Ladies 5k Results

Number	Name	Time	Place
	Christa Lamia	32:01	1
	Jennifer Huehl	32:47	2
	Reese King	41:38	3
	Haley Mannion	41:39	4
	Jan Shirk	47:20	5
	Kinzey Langston	47:25	6
	Pam Parsons	1:07:03	7

Hell Creek on Heels 15k, 9.9 miles, same course as 2013

Start at trailhead. Go right to run first part of EZ Loop. Go left at D. Run to F. Run Post Rock Loop. Return to F and go left. At H, go right to return to trailhead. At L, do a partial Bird Loop. Turn right at bench in Bird Loop. Return to trailhead!
Awesome weather for a trail run!!!

Men 15k Results

Number	Name	Time	Place
	Marcus Deaver	1:28:30	1
	James Elsen	1:34:01	2
	Jim McMullen	1:39:30	3
	Ryan Verrett	1:43:44	4
	John Fitzthum	1:51:55	5
	Taylor Nicholson	2:35:35	6

Women 15k Results

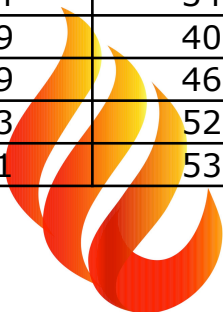
Number	Name	Time	Place	Notes:
	Brenda Denning	1:55:08	1	New Record!!!
	Kim Kindscher	2:23:52	2	1 thru 3 all faster
	Heather Breeding	2:25:13	3	than 2013 record!
	Lindsay Mitchell	2:27:03	4	
	Madison Stalcup	2:35:34	5	
	Julia Debes	Mile 5	6	

Starting at the North end of HorseThief Reservoir Dam, run south, turn around and run back North! Distance is 2.73 miles! Weather was awesome this year!!! Overcast, calm, mild temps! New Course record goes to Aaron Yoder in the mens division! Ladies course record from 2013 still stands!

Ladies 21 and Under	Number	Finish Time	Place	Records
Joisan Smith	60	19:35	1	New Record!!
Britlyn Beach	16	24:24	2	
Josie Hayes	10	27:08	3	
Sailor-Anne Seiler	12	28:02	4	
Hailee Hoskinson	8	28:27	5	
Gemma Kreger	7	29:41	6	
Courtney Toothaker	5	30:52	7	
Susan Ridgway	13	32:23	8	
Kelsey Lampe	11	41:52	9	
Elizabeth Ravenstein	62	46:47	10	
Hayleigh Burke	9	46:53	11	
Elise Burke	6	47:36	12	

Men 21 and Under	Number	Finish Time	Place	
Austin Ruff	18	18:10	1	17:28
Brendan Whipple	20	18:25	2	
Brayden Sneath	19	23:56	3	

Ladies 22 to 42	Number	Finish Time	Place	
Audrey Lothman	22	22:27	1	22:05
Jyme Butterfuss	63	23:30	2	
Tara Shank	38	25:59	3	
Mica Soukup	34	27:12	4	
Brooke Soukup	25	27:44	5	
Chanda Bush	26	28:15	6	
Mindy Cure	64	31:04	7	
Cheri Ruff	28	31:47	8	
Charlotta Brake	27	32:14	9	
Heather Burke	21	33:51	10	
Brandi Sneath	24	34:41	11	
Wendy Navarro	59	40:53	12	
Teri Gleason	39	46:48	13	
Jennifer Lampe	33	52:54	14	
Jaimi Burke	31	53:20	15	



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Men 22-42

	Number	Finish Time	Place
Aaron Yoder	61	15:25	1
Alex Granados	65	17:51	2
Ryan Burke	43	53:20	3

New Record!!
WOW!!!!!!

Ladies 43 +

	Number	Finish Time	Place
Christina Cohoon	45	31:10	1
Sharon Hoskinson	53	31:11	2
Jill Durst	46	31:29	3
Paula Thompson	50	34:55	4
Beth Danler	44	35:30	5
Rebecca Azula	51	35:30	6
Kris Lampe	48	41:52	7
Stephanie Ochs	54	52:53	8
Sally Kreger	52	52:55	9

28:43

Men 43 +

	Number	Finish Time	Place
Tim Crow	56	19:34	1
David Strecker	58	22:09	2
Terry Bosely	55	35:17	3

New Record!



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Hell Creek on Heels 5k, 3.2 miles

Left at trailhead. Right at cut off A. Follow trail all the way to D. At D take cutoffs to return to trailhead. No Bird Loop

Men 5k Results

Number	Name	Time	Place	Notes:
	Lucas Garrett	21:49	1	
	Aaron Pinkerton	22:25	2	
	Paul Minneman	23:15	3	
	Dean Masters	26:21	4	
	Jim McMullen	27:20	5	
	Sam Princ	27:47	6	
	Caleb Baugh	35:45	7	
	Bill Shirk	49:38	8	
	Doyle Reed	51:35	9	
	Glenn Lewis	54:53	10	
	Robert Joy	1:04:17	11	

Ladies 5k Results

Number	Name	Time	Place
	Maggie Brooks	30:46	1
	Robin Latta	31:00	2
	Jessica Lang	33:09	3
	Christa Lamia	34:20	4
	Emma Baugh	35:45	5
	Lanee Young	36:34	6
	Allison Reisbig	36:55	7
	Amy Baugh	37:27	8
	Andrea Thurber	38:50	9
	Paula Metro	48:14	10
	Marti Aberson	49:15	11
	Jan Shirk	51:34	12
	Pam Parsons	1:14:06	13



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Hell Creek on Heels 25k,

Left at trailhead. Take cutoff C. Run all the way to J, the bridge. Return to trailhead from J. Run L, The Bird Loop.

Men 25k Results

Number	Name	Time	Place
	Adam Rood	2:23:04	1
	Andrew Lange	2:49:30	2
	John Madden	3:10:38	3
	Jason Lewis	3:18:32	4

Women 25k Results

Number	Name	Time	Place
	Amber Engle	2:42:15	1
	Kristina Selters	2:44:20	2
	Sharah Davis-Groves	2:47:35	3
	Sherrie Klover	2:54:45	4
	Shari Hicks	3:16:05	5
	Marcy Maurath	3:19:04	6
	Kay Mathias	3:24:27	7
	Brenda Denning	3:30:42	8
	Shauna R. Yelverton	3:43:24	9
	Marlys A. Morrison	3:46:18	10
	Joell Chockley	3:50:49	11
	Lisa Ball	4:04:42	12
	Debbie Smart	4:08:58	13
	Lindsay Mitchell	4:31:57	14
	Vickie Sue Tucker	4:58:12	15
	Diane Sudlow	Mile 10.5	16
	Kim Kindscher	Mile 9.5	17



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All Transitions, Start and Finish is in the Wheatgrass Swim Beach, Wilson Lake, Kansas. Begin with 500 meter open water swim. Run up the sandy beach. Bike portion heads out of the park and goes to Sylvan Grove, KS. Turn around is at 2nd and Main. Hilly bike ride! Reverse course and head back to Wheatgrass. Run portion is thru park roads to the Otoe Area swimming beach parking lot. Roads are hilly! At Turn around, reverse course and head back to Wheatgrass!

Water conditions were smooth and wind free. Conditions were overcast. Rain at the beginning. About half way thru the bike, the clouds cleared and the sun came out. The sun was very toasty by the time the runners hit the brand new roasting black pavement thru the park. It got very hot!

Ladies Solo Tri Wild: 500 meter open water swim, 31 mile road ride, 10k road run

Number	Name	Swim Time	Time	Place
	Jesse Knobbe	10:57	2:53:46	1
	June Klotz	12:12	2:56:40	2
	Karen Copeland	12:07	3:32:48	3
	Dayna Kocinski	14:34	4:00:50	4

Mens Solo Tri Wild: 500 meter open water swim, 31 mile road ride, 10k road run

Number	Name	Swim Time	Time	Place
	Brandon Steinert	8:35	2:22:20	1
	Kurt David	8:33	2:23:30	2
	David Snodgrass	9:17	2:38:32	3
	Sean Rodger	11:10	2:42:13	4
	Thompson Liu	9:55	3:09:32	5
	Blaine Radke	13:56	3:13:20	6
	Troy Wolf	12:46	3:16:36	7
	Mike Koerner	14:55	3:43:05	8
	Seth Gianessi	16:11	3:52:59	9

Team Tri Wild: 500 meter open water swim, 31 mile road ride, 10k road run

Number	Name	Time	Place
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Hell Creek on Heels 5k, 3.2 miles 18-Oct-15

Left at Trailhead, go left at all cut offs. End at the 2nd road crossing! Point to Point.

Windy day!! Could not keep treats and water on the tables!

Men 5k Results

Number	Name	Time	Place	Notes:
	Todd Begnoche	27:26	1	
	Jim McMullen	27:49	2	
	Al Chavez	29:16	3	
	Toby Dougherty	30:09	4	
	Brock Jermark	30:36	5	
	David Struwe	31:11	6	
	Scott McCready	35:20	7	
	Paul Mannion	45:00	8	
	Bill Shirk	53:15	9	
	Steve Breeding	61:48	10	
	Jack Angell	69:18	11	

Ladies 5k Results

Number	Name	Time	Place
	Lanee Young	35:39	1
	Karen Dourherty	37:50	2
	Sonya Giess	39:06	3
	Jennifer Wade	39:07	4
	Jeanette Kratzer	39:49	5
	Mary Wires	40:36	6
	Haley Mannion	45:15	7
	Nancy Love	45:35	8
	Karla Mead	47:10	9
	Marti Aberson	49:51	10
	Natassia Streifel	52:00	11
	Jan Shirk	54:42	12
	Samantha Angell	69:38	13



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Hell Creek on Heels 30k, Oct 18, 2015

18.9 Miles

Left at Trailhead, all the way to F. No Post Rocks loop. All of Hell Creek Loop.
Right at L, no Bird Loop!

Men 30k Results

Number	Name	Time	Place
	Zach Bailor	2:50:15	1
	Kevin Swinicki	3:11:10	2
	Andrew Ridinger	3:48:23	3

Women 30k Results

Number	Name	Time	Place
	Kate Flattery	3:48:08	1
	Mallory Senne	3:59:24	2
	Stephanie Palladino	3:59:56	3
	Jill Engelhardt	4:11:22	4
	Beth Bunde	4:31:31	5
	Amy Palmer	4:45:20	6

Team 30k

Number	Name	Time	Place
	BREW CREW Jared Gantt Erika Schmitt Andrew Petefish	2:51:20	1
	FIGHTING TYPEWRITERS Liesel Keller Kaylene Gabel Denise Orth Gail Wickham Eva Junk Holly Haynes Terry Bottorf Nancy Pfeifer Haley Nixon Daesha Robben	3:39:10	2
	MULBERRY LANE SISTERS Rhonda VonFeldt Brenda Denning	4:20:43	3



Hell Creek on Heels 50k, 30.9 miles October 18, 2015

One full loop of everything! Lap 2 goes Right of Trailhead, left at D, continue on trail all the way to go right at H. No Bird loop on Lap 2 (go right at K).
Winds had water and snacks blowing off the tables! Temps not too bad, but warm!

Ladies	50k				
Number		Name	Lap 1	Total Time	Place
		Krystal Shaw		8:47:30	1

Men	50k				
Number		Name	Lap 1	Total Time	Place
		Gregory P. Burger		6:12:15	1
		Jeremy Wade		6:31:17	2
		Matthew Clay		6:34:10	3
		Jason Dinkel		8:47:30	4
		Paul Vossen		mile 22.5	5



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