



40th ANNUAL
Saturday, May 28, 2022
Little River, Kansas

- Free t-shirt with any pre-registration before May 20th.
- 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 JoAnn Galyon (Little River,KS)..28:17-2017

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.

Paid: _____

Runner # _____



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REGISTRATION

T-Shirt Size: _____ Small
_____ Med
_____ Large
_____ X-Large

Event _____ 10K
_____ 5K
_____ Pony Express Relay
_____ 10 K Walk

Name (Please Print)

_____ Last _____ First _____ age _____ male _____ female

Address

_____ City _____ State _____ Zip

E-mail Address

(Optional) Best 5K or 10K time: _____

In consideration of your acceptance of my entry, I hereby, for myself and my heirs and executors, waive and release any and all rights and claims for damage against the local sponsors, meet officials, volunteers and workers for any injuries suffered by me in connection with the Suicide Hill Trail Run. I further certify that I am in good enough condition to participate in this event.

Signature: _____

Entry fee is \$35.00/runner/event. (Relay \$35 each runner. Registration received before May 20,2022 receives a t-shirt. T-shirts will not be provided to any registrants after May 20, 2022.

Please contact (620) 897-IRUN (4786) or suicidehilltrailrun@gmail.com for more information.

Please mail your registration form and make checks payable to:

Little River Lions Club
c/o Little River State Bank
PO Box 336

Little River Ks 67457 or visit

<https://runsignup.com/Register/?raceId=57780>