

Hell Creek on Heels 5k, 3.2 miles

Start at trailhead. Return to trailhead at A. No birdloop (go right at K).

Men 5k Results

Number	Name	Time	Place
43	J.C. Huehl	0:24:30	1
38	Chase Hammond	0:26:05	2
34	Jim Elsen	0:26:17	3
33	Jim McMullen	0:26:46	4
44	Jonah Huehl	0:32:18	5
40	David Bole	0:33:30	6
39	Brandon Anderson	0:38:35	7

Ladies 5k Results

Number	Name	Time	Place
35	Christy Duden	0:34:13	1
36	Jessica Vincent	0:36:00	2
45	Karen Dougherty	0:36:42	3
42	Jennifer Huehl	0:37:21	4
37	Roberta Oborny	0:41:37	5
46	Sara Cain	0:44:21	6
47	Tina Befort	0:44:22	7
41	Kelli Warren	0:48:35	8

Hell Creek on Heels 10k, 6.2 miles

Start at trailhead. Follow trail all the way to D. At D take cutoffs to return to trailhead.

Includes Rock Garden!

Men 10 Results

Number	Name	Time	Place
139	Jon Finnegan	0:44:16	1
144	John Madden	0:55:00	2
138	Andrew Ridinger	1:05:38	3
137	Steve Breeding	1:22:28	4
136	Doyle Reed	1:26:19	5
141	Bill Shirk	1:32:53	6

Lady 10k Results

Number	Name	Time	Place
140	Katharine Elder	0:56:25	1
143	Andrea Zody	1:03:37	2
142	Jan Shirk	1:32:47	3



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).
Light breeze. Mid 70's temps. Awesome day for a trail run!

Men 5k Results

Number	Name	Time	Place	Notes:
70	Paul Minneman	20:42	1	
48	Weston Karp	21:01	2	
62	Dean Masters	23:14	3	
69	Timothy Hatch	23:30	4	
71	Grady Dickerson	24:18	5	
73	Neal Duden	29:08	6	
57	Brendon McCampbell	29:52	7	
58	Robert Zwirn	29:55	8	
52	Greg Copeland	34:44	9	
55	Bill Shirk	43:26	10	
49	Richard Golden	54:39	11	

Ladies 5k Results

Number	Name	Time	Place	
64	Maggie Brooks	23:54	1	New Record!
53	Miranda Clark Ulrich	24:57	2	1 thru 3 faster
63	Maddie Wildman	25:46	3	than 2013 record!
65	Kimberly Krizek	26:54	4	
60	Lori Spear	29:06	5	
72	Christy Duden	29:30	6	
50	Mandy Johnson	29:58	7	
59	Jessica Vincent	31:14	8	
56	Roberta Oborny	34:47	9	
67	Sherry Robinson	34:58	10	
61	Colleen Biggs	36:03	11	
68	Carmen Hatch	36:08	12	
66	Velva Imel	38:57	13	
54	Jan Shirk	40:32	14	
51	Tami Schepmann	42:25	15	



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!

Light breeze. Mid 70's temps. Awesome day for a trail run!

Men 15k Results

Number	Name	Time	Place	
153	Jon Finnegan	1:19:42	1	New Record!!!
145	Marcus Deaver	1:21:17	2	1 thru 4 all faster
159	James Elsen	1:22:28	3	than 2013 record!
157	Jim McMullen	1:24:00	4	
165	John Madden	1:31:59	5	
150	Mike Bannen	1:32:31	6	
147	Brian Gray	1:38:03	7	
161	Andrew Ridinger	1:52:51	8	
158	Chris Oliver	2:20:28	9	
156	Doyle Reed	2:42:34	10	
	Steve Breeding	mile ??	11	

Women 15k Results

Number	Name	Time	Place	
166	Bridget Brown	1:28:28	1	New Record!!!
168	Tanya Moelleker	1:33:00	2	1 thru 3 all faster
151	Mandy Fox	1:33:39	3	than 2013 record!
146	Jill Gray	1:41:54	4	
164	Sandy McMullen	1:47:18	5	
155	Karen Copeland	1:49:43	6	
149	Krysten Watkins	1:52:12	7	
162	Cindy Willis	1:53:52	8	
148	Susan Metzger	1:59:15	9	
160	Rhonda VonFeldt	2:03:28	10	
159	Brenda Denning	2:03:29	11	
167	Dezert Abrams	2:22:30	12	
152	Karla Mead	2:29:58	13	
169	Lori Henning	2:40:57	14	



Starting at the North end of HorseThief Reservoir Dam, run south, turn around and run back North! Distance is 2.73 miles! Very windy this year with wind speeds of 30+ mph from the south! Uck! 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
Joisan Smith	6	20:48	1
Nikki Ensz	20	22:36	2
Sailor-Anne Seiler	43	23:59	3
Gemma Kreger	3	27:48	4
Shayla Walters	39	28:00	5
Elizabeth Ravenstein	15	28:36	6
Cortney Toothaker	12	29:02	7
Abby Setzkorn	37	30:49	8
Allyson Rudd	22	32:42	9
Josie Hays	11	32:42	10
Macy Mihm	21	32:42	11
Eva Unger-Meyer	30	34:03	12
Taylor Wade	28	34:04	13
Jaycee Hillman	32	35:37	14
Jenny Kreger	50	40:58	15
Molly Fagen	53	Late, 24:10	16

Men 21 and Under	Number	Finish Time	Place
Christian Schuler	25	17:28	1
Trenton Busch	10	20:24	2
Austin Ruff	36	22:21	3
Cameron Bradshaw	38	23:37	4
Trevor Hawkins	23	23:50	5
Brodie Gladman	45	28:20	6
Trey McKinley	29	30:37	7



Ladies 22 to 42

	Number	Finish Time	Place
Lisa Friesen	48	24:03	1
Candace Ruff	42	24:22	2
Kaylee Coles	40	28:01	3
Ellen Blattner	51	28:19	4
Susie Banman	47	28:58	5
Christina McKinley	27	29:57	6
Shawna Roark	13	30:00	7
Cheri Ruff	35	31:16	8
Connie Schuler	24	31:52	9
Christina Cohoon	16	31:59	10
Kelli Buehler	52	32:15	11
Heather Burke	7	33:17	12
Mariah Lee	41	34:59	13
Jennifer Goebel	26	35:17	14
Cami Gladman	44	37:50	15
Karen Wellbrock	49	40:38	16
Wendy Navarro	5	40:41	17

Men 22-42

	Number	Finish Time	Place
Aaron Yoder	9	15:40	1
Alex Granados	8	17:09	2
Tim Patterson	1	18:00	3
Charlie Wilson	2	20:44	4
Bradley Williams	4	21:36	5
Michael Roark	14	27:28	6
Isaac Banman	46	28:58	7

Ladies 43 +

	Number	Finish Time	Place
Kris Lampe	33	34:52	1
Bonnie Cure	17	43:02	2
Sonja Horyna	18	43:02	3
Cetra Salmans	19	46:19	4
Tonya Hillman	31	47:00	5

Men 43 +

	Number	Finish Time	Place
Tyler Trahern	34	28:54	1



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	Time	Place
10	June Klotz	2:56:57	1
12	Patty Weber	3:10:11	2
11	Jennifer Delzeit	3:20:55	3

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

Number	Name	Time	Place
9	Brandon Steinert	2:28:25	1
3	James Elsen	2:38:06	2
6	Sean Rodger	2:42:30	3
4	David Snodgrass	2:44:30	4
7	Bob Sanderson	2:50:17	5
5	Erik Bergstrom	2:55:39	6
8	Jim McMullen	3:00:41	7
1	John Meister	3:04:02	8
2	Blaine Radke	3:22:08	9

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

Number	Name	Time	Place
13	Adie Huskey - Swim Mike Johnson - Bicycle Sandy McMullen - Run	2:51:13	1



Hell Creek on Heels 25k, 15.4 miles

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

Women 25k

Number	Name	Time	Place
190	Molly Lavacek	2:20:25	1
184	Amanda Umbehr	2:58:06	2
178	Kylie Kuhns	3:06:02	3
189	Andrea Zody	3:06:36	4
191	Brenda Denning	3:14:45	5
172	Stephanie Keith	3:24:00	6
180	Joell Chockley	3:39:14	7
173	Kimberly Myers	4:04:39	8
170	Dinah Weiderstein	4:37:10	9
179	Alysson Bodenbach	mile 9.5	
186	Stephanie Holzwarth	mile 9.5	
175	Jan Shirk	mile 9.5	
177	Karla Mead	mile 9.5	

Men 25k

Number	Name	Time	Place
171	Andrew Lange	2:13:35	1
176	David Sutter	2:14:32	2
183	Jon Finnegan	2:21:10	3
188	Marcus Deaver	2:34:20	4
182	Gareth Hoffman	2:41:03	5
185	Jeff Hiss	2:54:40	6
181	Justin Chockley	2:56:00	7
187	Justice Grant	3:16:29	8
174	Jim Myers	4:04:43	9



Hell Creek on Heels 5k Distance was 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

Women 5k

Number	Name	Time	Place
85	Sarah Hammeke	30:31	1
88	Lori Youngworth	32:09	2
81	Christa Lamia	32:37	3
92	Amber Grant	36:12	4
94	Hallie Yeubanks	37:48	5
82	Mary Dawn Wires	39:28	6
87	Rebecca Finnegan	42:02	7
97	Velva Imel	42:10	8
95	Cathy Yeubanks	42:12	9
80	Jaysa Fink	43:54	10
74	Billie Voth-Moore	46:49	11
84	Pamela Parsons	1:19:30	12

Men 5k

93	Jeremiah Gerardy	20:52	1
75	Weston Karp	23:14	2
78	Wyatt Ratzlaff	23:38	3
89	Mark Andrews	24:08	4
77	Austin Tien	25:16	5
90	Kevin Flegler	27:20	6
91	Lester Schneider	27:34	7
86	Mark Hammeke	34:19	8
79	Hunter Ewing	43:16	9
83	William Parsons	44:33	10
76	Bill Shirk	52:19	11
96	John Zody	two laps!	12



Hell Creek on Heels 30k, 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!

Weather was gorgeous!! Light breeze...

Ladies 30k

Number	Name	Time	Place
198	Tanya Molleker	3:40:42	1
199	Karen Copeland	3:59:14*	2
196	Kryisia Gornicki	cut off @ 15k	3
195	Debra Anthony	cut off @ 15k	4

*cut 2 miles off the route

Men 30k

Number	Name	Time	Place
101	Ryan Ficco	2:49:09	1
197	Brandon Kuhn	3:10:50	2
192	Jason Majors	3:50:44	3

Number	Team BAMM!!	Time	Place
193/194	Billie Kuhlman/ Dean Nuss	3:13:21	1

Hell Creek on Heels 5k, 3.2 miles

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

Ladies 5k

Number	Name	Time	Place
14	Emily Brown	33:28	1
18	Christy Duden	34:43	2
12	Jessica Vincent	35:24	3
15	Angela Pickman	35:44	4
6	Michelle Lindberg	39:47	5
13	Roberta Oborny	40:07	6
1	Rebecca Finnegan	43:07	7
17	Heather Villanueva	46:37	8
98	Christy Briggs	51:08	9
9	Stacy Despommier	53:12	10
3	Kinzey Langston	53:23	11
11	Cali Despommier	54:37	12
7	Nichole Fitzmeir	55:39	13
10	Hayley Warren	55:39	14
4	Khloe Langston	74:40	15



Men 5k				
Number	Name	Time	Place	
16	Rudy Goldstein	24:17	1	
99	Jon Finnegan	24:43	2	
5	James Elsen	26:57	3	
8	Jim McMullen	27:02	4	
19	Neal Duden	31:37	5	
2	Steve Breeding	74:44	6	



WildWithinYou_{LLC}

Hell Creek on Heels 50k, 30.9 miles October 26, 2014

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). Temps in the mid 80's and a 20 mph "breeze"

Ladies 50k

Number	Name	Lap 1	Total Time	Place
104	Kristen Ann McCune	4:34	6:46:34	1
100	Allyson Geschwentner	4:36	6:51:24	2
105	Karla Mead		Mile 10.5	3

Men 50k

Number	Name	Lap 1	Total Time	Place
109	Jon Finnegan	3:41	5:47:25	1
114	Andrew Lange	4:10	6:21:33	2
110	David Simpson	4:03	6:24:00	3
106	Travis Palmgren	4:34	6:59:05	4
107	Chris Oliver		Mile 18	
108	Jeff Preston	3:56	Mile 24.8	

Team 50k

Number	Team BMM!!	Lap 1	Total Time	Place
112/113	Jim M/Kim M	5:16	7:06:39	1
115/111	Rhonda V/Brenda D	5:03	8:26:00	2



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