



**15th Annual  
Horsethief Canyon Trail Run  
Kanopolis State Park  
September 11th, 2010 at 9:00 am.  
Starting line at  
Buffalo Tracks Trailhead.**

**Directions:** From K-141 turn west at the Venango Park turn. The Venango Park turn is located just north of the Kanopolis dam. Take Horsethief Drive into Kanopolis State Park. Follow the map to the Horsethief Trailhead. It is 3.6 miles to the trailhead and the road is paved the entire way. The Horsethief Trailhead is marked "B" on your map. You must stop at the pay booth or the Park Office to purchase a day use permit for \$4.20 per vehicle. If you have a Kansas Parks permit, you do not need to purchase a day permit.

**Course description:** This run will take place on the Horsethief Canyon Trail. This trail is a multi-use equestrian, hiking and mountain bike trail and includes hills, rocky sections, sand, and as many as 5 shallow water crossings. There will be approximately 1/2 mile of road at the start, followed by approximately 6 miles of trail. The trail length may be shorter if there are high water conditions.

**Precautionary Notice:  
Runners beware!**

**This is not an easy out and back run! This is a traditional cross-country run. It will entail rugged terrain, a narrow footpath, and limited aid. In case of illness, accident, or injury, aid will not be timely. We will have at least one water stop, but it would be wise to bring your own water bottles to carry.**

**Amenities:** There are restroom facilities at the trailhead; there are camping areas and showers within one mile of the Horsethief Canyon day use area. One self serve water stop on the trail will be provided, please make sure you put your cups in the trash box provided. **NO LITTERING.** Snacks and drinks will be provided at the end of the run.

**Entry Fee:**

No shirt entry \$8.00

T-Shirt entry fee **until 8-31-10 - \$15.00**

T-Shirt entry fee **after 8-31-10 - \$20.00**

Shirt sizes are limited, late entrants will have to take available sizes, if we run out of shirts we will mail them after the race.

**Awards:** Awards to the Male and Female Overall winners and in each of the following Male and Female age brackets.

<b>19 &amp; Under</b>	<b>20 – 29</b>
<b>30 – 39</b>	<b>40 – 49</b>
<b>50 - 59</b>	<b>60 &amp; Up</b>

**Phil Sheridan's 6-Pack Bet:** I do this run once a week, and I bet anybody a six-pack of your favorite juice, cola, 3.2 beer or other beverage, that you can't run this measly 6 1/2 mile loop in less than 45 minutes for men, 55 minutes for women. **To take this challenge you must pre-register by 8-31-10.**

**Bring your six-pack and beat my time!**

If the course is shortened by high water conditions, the challenge is OFF.

For more information or questions call Phil or Stacy at 785-472-5454 or email at psheridan1@sbcglobal.net  
Online race entry is at Raceit.com



<https://www.raceit.com//register/?event=1795>

# Horsethief Canyon Trail Run

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

\_\_\_\_ Male \_\_\_\_ Female Age on 9/11/10 \_\_\_\_\_

Shirt size (please circle)      S      M      L      XL

Six-pack brand \_\_\_\_\_

No shirt entry \$8.00                      \$ \_\_\_\_\_

T-Shirt entry until 8-31-10 \$15.00      \$ \_\_\_\_\_

T-Shirt entry after 8-31-10 \$20.00      \$ \_\_\_\_\_

**Make checks payable to and mail to:  
Stacy Sheridan, 302 S Grand Ave.  
Ellsworth KS 67439.**

The following must be read, understood and signed before you will be allowed to participate. In consideration of this entry being accepted I understand and assume all risks of injury which may occur to my person while participating in the race and I, for myself, my heirs, executors, administrators, assigns and personal representatives, forever waive and release all rights and claims whatsoever for injuries or damages I may have against the race directors, The Kansas Dept. of Wildlife and Parks, The running club, volunteers and all other sponsors, their agents and assigns, arising out of my participation in the Horsethief Canyon Trail Run. I am aware, because of the nature of the course, that aid is limited and that if I require medical assistance, it may not be timely. I understand that if medical evacuation is required I am responsible for the cost of services provided. I further agree now and forever to hold the above parties harmless and indemnify them for all claims, damages, judgments and costs and that I am in good physical condition and physically capable of participating in this run, and that any and all of my questions about this event, including the dangers of participation, have been satisfactorily answered. I have read this liability waiver in its entirety and fully understand and agree to abide by it.

**Signature:** \_\_\_\_\_

Every participant must sign. Parent or guardian if under 18.

All proceeds from this race are donated to the Kanopolis State Park Trail Fund.