



## 2007 Vasque KS-MO Trail Running Series

[www.jasoncrosbyillustration.com](http://www.jasoncrosbyillustration.com)

# The 2007 Vasque Kansas - Missouri Trail Race Series

[www.psychowyc.com](http://www.psychowyc.com)

We have a plethora of decent and INEXPENSIVE trail races in the Kansas and Missouri Region now, so why not have a Trail Race Series? That's what we said, so the **Kansas City Trail Nerds** got together with other area race directors, and made it happen.

### Series RULES and details:

There will be at least 12 races in the 2007 series, starting with the Red Bridge Ramble in March 2007, and culminating with the "Psycho WyCo Run Toto Run" in Feb '08. (See list of races below). Keep checking the Trail Series web page of schedule changes or races added/deleted. There will also be chances to score "make-up points" for races not run, and put those points in a "make-up points bank." You will get 1 point for every mile of each finished event that you've run. In addition, points will be awarded for the top five male & female finishers in your respective age/sex category.

For 2007, there will be actually Two Series Divisions: Short Distance and Long Distance.

We are aware that many runners are competitive at distances of 10 miles and shorter, and other (slightly crazier) runners prefer the "long stuff." There are also (even crazier) runners who will want to compete in both divisions. There is nothing stopping you from doing so.

The series itself **does not cost you anything to enter**, (but we wouldn't mind you purchasing one or more of our series shirts). We will keep track of all series competitors using a combined spreadsheet of all of the finish results of all of the events listed.

Points Awarded for Age Group placing:

1 st : 5 Points  
2 nd : 4 Points  
3 rd : 3 Points  
4 th : 2 Points  
5 th : 1 Point

SERIES AGE CATEGORIES : Male and Female

10-19  
20-29  
30-39  
40-49  
50-59  
60+

There will also be certain designated "make-up" races. You can run these races, and have potential points "in the bank" to be used to cover the points you would have gotten from a missed event.

Example: You miss the 10 points at the Sandrat Run, but cover it by running the Alternate Chili Run. You cannot use leftover makeup points at the end of the series, they will just disappear. Also, for make-up races, there will be no points awarded for the top five male & female finishers in each age group.

The top three (3) winners of each category will be awarded prizes provided by The Kansas City Trail Nerds and/or their sponsors at the conclusion of the series.

**Tie breaker:**

If there is a tie in any age/sex category, we have a "best 2 out of three" competition. To win, folks who are points-tied will have to win the best in 2 of these 3 events: 1) 100-meter trail sprint; 2) 1-quart Gatorade chugging contest; 3) Empty homebrew-keg-tossing contest.

## 2007 Trail Series Races

**03/17/2007 (Sat)**

**Red Bridge Ramble 8-Mile Trail Run**

Shelter #1, Minor Park, Kansas City, MO

Trail run with river crossings.

You will get your feet wet, both rhetorically and literally.

\*8 Points\* (KC Trail Nerds Series Race), SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendrs@yahoo.com

<http://www.psychowyc.com>

**04/07/2006 (Sat)**

**Rockin K Trail Runs**

50 Mile and Trail Marathon

Kanopolis State Park - Kansas

7:00 AM

\*Pre-race & Post race dinners \*

\*Long-sleeved Supplex Windshirts \*

\*50 Points or 26 Points\* (KC Trail Nerds Series Race), LONG RACE DIVISION

Kansas Ultrarunners' Society

<http://www.ksultrarunners.info/>

RD's: Phil and Stacy Sheridan, 785-472-5454

[ps Sheridan@classicnet.net](mailto:ps Sheridan@classicnet.net)

**04/28/2007 (Sat)**

**Free State Trail Runs**

**100-Kilometer, 40-Miler, and Trail Marathon**

7:00 AM, 8:00 AM

Clinton Lake State Park

Lawrence, KS

1st Annual

Loop course on rocky & hilly single-track trails.

Amenities: Hot soup and normal "ultra foods at the manned aid stations.

Showers and camping available within the State Park.

Nicely-designed, high quality event shirts & unique "finishers hardware".

Prizes for age group winners.

\*62, 40, or 26 points, with age group series points awarded for each event.\*

(KC Trail Nerds Series Race), LONG RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com>

**05/19/2007 (Sat)**

**Berryman Trail Runs**

**50 mile/Marathon**

Rocky & hilly trail run in the Mark Twain National Forest.

Located off of Highway 8, approximately halfway between Steelville and Potosi, Missouri.

\*50 Points or 26 Points\* (KC Trail Nerds Series Race), LONG RACE DIVISION

David & Victoria White

trailrunningbum@yahoo.com

St. Louis Ultrarunners Group (SLUGs)

<http://www.stlouisultrarunnersgroup.net>

**06/23/2007 (Sat)**

**Summer Intro 10-K Trail Run**

Shawnee Mission Park, KS (by the Marina)

8:00 AM

\*7 Points\* (KC Trail Nerds Series Race), SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com>

**08/10/2007 (Friday Night)**

**Psycho Night 10K Trail Run**

8:00 PM Start Time

Wyandotte County Lake, Kansas City, Kansas

A night trail run on rocky, rooty and hilly trails.

BRING A FLASHLIGHT OR HEADLAMP.

\*6 Points\* (KC Trail Nerds Series Race) , SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com>

**09/15/2007 (Sat)**

**Clinton Lake North Shore 8.5-Mile Trail Run**

Overlook Park (Army Corps of Engineers area)

Clinton Lake, Lawrence, KS

8:30 AM

Rocky & hilly trails.

\*8 Points\* (KC Trail Nerds Series Race) , SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com/id61.html>

**09/29/2007 (Sat)**

**Flatrock 50K / 25K**

Elk City Lake

Independence, KS

Outlet Channel Shelter (west side of the dam).

Elk River Hiking Trail.

Forest trail winding through unique limestone bluffs, rock formations and picturesque vistas.

Out & back, very rocky, no long hills.

\*31 Points or 15 Points\* (KC Trail Nerds Series Race), LONG RACE DIVISION

RACE DIRECTOR: Eric Steele, rd@flatrock50.com

<http://www.flatrock50.com>

**10/07/2007 (Sunday)**

**Sand Rat Trail Race**

Approx. 10 miles

North River Trails

Lawrence, KS

8:30 AM

Fast, rolling dirt trails.

\*10 Points\* (KC Trail Nerds Series Race), SHORT RACE DIVISION

Steve or Marcia Riley

srmriley@sunflower.com

785.842.4351

<http://www.psychowyc.com/id63.html>

**10/13/2007 (Sat)**

**The Heartland 100 - Spirit of the Prairie**

**100 & 50 Mile Cross Country Runs**

Cassoday, Kansas

\*100 Points or 50 Points\* (KC Trail Nerds Series Race), LONG RACE DIVISION

Race Director: Randy Albrecht, randy.albrecht@usagbank.com

Kansas Ultrarunners' Society

<http://www.ksultrarunners.info/hlpage.html>

**10/21/2007 (Sun)**

**Fall Fell Trail Race**

**10K trail race**

Kill Creek Park, Olathe, KS

8:00 AM

Kansas City Trail Nerds

\*6 Points\* (KC Trail Nerds Series Race), SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com>

**10/28/2007 (Sun)**

**Blue Springs Trail Runs**

**50 mile / 50-Km / Marathon**

Trail run on fairly flat, double-wide, unpaved trail.

\*50, 31 or 26 Points\* (KC Trail Nerds Series Race), LONG RACE DIVISION

Lou Joline

816.228.3842

ljoline@aol.com

<http://bsrun.com/>

**11/11/2007 (Sun)**

**Veteran's Day 4-Mile Trail Run**

Shelter 10, Wyandotte County Lake Park

Kansas City, KS

8:00 AM

Kansas City Trail Nerds

Sign-up the day of race

**Service persons note:** All veterans, active duty, reserve, retired, and guard persons get FREE RACE ENTRY.

\*4 Points\* (KC Trail Nerds Series Race), SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com>

**11/27/2007 TBA**

**Dude, Where's the Trail?**

50K trail run near Blue Springs, Missouri

(KC Trail Nerd Series Race make-up race) \*Up to 31 Points to use\*, LONG RACE DIVISION

8:00 AM

Lou Joline

816.228.3842

ljoline@aol.com

<http://bsrun.com/>

**12/02/2007 (Sunday) TBA**

**Clinton Cross Country Challenge**

2mi. / 5mi.

Clinton State Park

Lawrence, KS

1:00 PM

Mostly wide, grass paths, major hills, several stream crossings, etc.

\*2 Points or 5 Points\* (KC Trail Nerds Series Race), SHORT RACE DIVISION

Steve or Marcia Riley

srmriley@sunflower.com

785.842.4351

**12/08/2007 (Sat)**

**The "Alternate" Chili Run 10-Mile Trail Run**

James P Davis Ctr, Wyandotte County Lake Park

Kansas City, KS

8:00 AM

Pay \$5 entry fee to MARA at the Davis Center on the same morning we run.

This is not a race, but an organized run with different pace groups.

(KC Trail Nerd Series Race make-up race) \*Up to 10 Points to use\* - SHORT RACE DIVISION

Contact: Ben Holmes 816-810-0440

badbendr@yahoo.com

<http://www.psychowyc.com/id44.html>

**Jan 1, 2008 (Tuesday)**

**Fat Ass 50 Kilometer Run**

Cameron, MO

8:00 a.m.

A one-mile out and back, followed by five six-mile loops on rolling, hilly, single-track trails at Wallace State Park.

No fee, no shirt, limited aid - once each loop.

Even though this is a "free" race, out of respect for Bob & Sara Risser, please pay \$10 if you are a series participant.

\*31 Points\* (KC Trail Nerds Series Race), LONG RACE DIVISION

Bob Risser

408 Clifton Drive

Cameron, MO 64429

(816) 632-7340(h)

E-mail: [rdrisser@centurytel.net](mailto:rdrisser@centurytel.net)

**02/09/2008 (Sat)**

**The Psycho WyCo Run Toto Run Trail Runs**

50 Kilometer, 10 Mile, & 20 Mile Distances

8:00 AM

Wyandotte County Lake Park

Kansas City, KS

4th Annual

Loop course on rocky, rooty, and hilly bridle trails & single-track trails.

Time limit: 9 hours.

Amenities: Hot soup and "normal" ultra foods and homemade cookies at manned aid stations.

Post-race homemade soup, (regular and vegan).

Nicely-designed, high quality event shirts & unique "finishers hardware".

Prizes for age group winners.

\*31, 20, or 10 points, with age group series points awarded for each event.\*

(KC Trail Nerds Series Race)

The 50Km and 20-miler are LONG RACE DIVISION races, and the 10-miler is a , SHORT RACE DIVISION race.

Contact: Ben Holmes 816-810-0440

[badbendr@yahoo.com](mailto:badbendr@yahoo.com)

<http://www.psychowyc.com>

Keep in mind that this list will more than likely grow.

Questions or comments? Contact me (Ben) at

[badbendr@yahoo.com](mailto:badbendr@yahoo.com) or 816-810-0440