

Final Report

FS [OBSERV]



Wesley A. Swinford

Incident ID: 01-005-168205, AS14-2022-0123925- 01

Injury: Boat Accident- Passenger

Date of Injury: Jun 03, 2022

Created Date: 12/11/2024

Requested By

Martie Buchanan

mbuchanan@mwccattorneys.com

Supporting File Documents

12/10/2024 Criminal Records ([Download file](#))

Background

Method Of Discovery

Name, Location, Associates, and DOB.

Summary of findings

Background and Family:

Wesley A. Swinford is a 53-year-old who lives in Lenexa, KS. He is married to Shea Swinford with whom he shares four children Saige, Sterling, Scarlett, and Slate.

Employment:

Per LinkedIn, Subject is a Branch Manager at Union Home Mortgage Corp (Mar 2024- present). Additionally, he is a contact for Swinford Properties, LLC.

Social Media:

Facebook, Instagram, Threads X, TikTok, and LinkedIn accounts were discovered for Subject.

Before the DOI:

- Half Marathon in May 2022
- 24-mile bike ride in July 2021
- Pictured on a boat in June 2021
- Trip to Maine in July 2021
- Photo of Subject on a boat in July 2020

After the DOI:

- Picture on a boat with Dan Schmidt and John Hilleary (06/04/2022)
- Colorado Trip in April 2024
- Thanksgiving 5K in November 2024 and 2022
- 10-mile backpacking hike in October 2024
- Colorado backpacking in July 2024
- 5K in June 2024
- 5K obstacle course in May 2024
- 10-mile hike in July 2022
- A backpacking trip in Europe in July 2022

Findings:

Most of the content on Subject's Facebook account is pictures of Subject with his friends and family going on walks, hikes, or backpacking. He frequently mentions participating in 5ks and going on 10-mile hikes with friends. Subject is frequently seen traveling and going to sporting events as well. His Instagram account features similar content to his Facebook account in addition to him documenting a 4000-mile backpacking trip in Europe in July 2022. He mentioned carrying a 50-pound backpack and posted photos of the terrain and cities he stopped in.

On 06/05/2022, Subject posted a photo of him and related claimants, Dan Schmidt and John Hilleary, on a boat. John Hilleary can be seen holding a can with a sleeve/koozy around it. The caption on this post reads, "Great day at LOTO. So blessed to have the these men: [Dan Schmidt](#) and [Chip Hilleary](#) and many others in my life. [#RCjH](#)#kufb." No direct mention of the claimed incident, injuries, or complications was observed on

Subject's accounts.

There is no content on his Threads and TikTok accounts. There is a content gap on Subject's X account from May 2017 to December 2022. Most of the content on this account is reposted finance charts and political content. There is no recent activity on his LinkedIn account.

Property Records:

Property records indicate that Subject doesn't own the property at the current address on the background check, 9324 Kenton St, Lenexa, KS 66227. Property records indicated that Subject doesn't own the property at the address provided by the Requestor, 9550 Monticello Rd, Lenexa, KS 66227. Please note that this report's "details" section includes the last two years of Subject's address history, as found on the background check.

File notes (other)

Indicators

Bankruptcies: None Found

Liens: None Found

Judgments: None Found

Professional License

WESLEY A SWINFORD

24355 W 114TH ST, OLATHE, KS 66061-7301

(JOHNSON COUNTY)

INSURANCE AGENT

Kansas 2183470

The account below appear to be hacked:

<https://www.facebook.com/wesswinford1>

Subject Information	
Name :	Wesley A. Swinford
Social Security Number :	448-70-5432
Last Known Addresses:	Nov 4, 2024 - Nov 8, 2024 9324 Kenton Street, Lenexa, Kansas 66227, United States Nov 22, 2023 - Jul 9, 2024 10237 Millstone Drive, Lenexa, Kansas 66220, United States Nov 14, 2009 - Apr 23, 2023 9550 Monticello Road, Lenexa, Kansas 66227, United States Dec 18, 1998 - Aug 23, 2024 5433 Mission Road, Fairway, Kansas 66205, United States
Phone(s) :	(913) 764-5336 (CT) (LandLine) (100%) (913) 221-7815 (CT) (Mobile) (86%) (816) 560-4494 (CT) (Mobile) (86%) (913) 254-6846 (CT) (VoIP) (70%) (913) 961-2099 (CT) (Mobile) (68%) (913) 485-9224 (CT) (Mobile) (66%) (913) 492-8890 (CT) (LandLine) (66%) (913) 223-5760 (CT) (Mobile) (40%) (913) 314-1251 (CT) (Mobile) (40%) (913) 362-3284 (CT) (LandLine) (40%) (913) 432-3423 (CT) (LandLine) (40%) (913) 485-9272 (CT) (Mobile) (40%) (773) 525-3532 (CT) (LandLine) (39%)
Alias(es) :	WES A SWINFORD (09/02/1995 to 10/15/2024) WESLEY SWINFORD (02/14/2013 to 10/15/2024) WESLEY A SWINFORD (09/02/1998 to 10/05/2024) WES N SWINFORD (12/08/2018 to 09/14/2023) WES SWINGFORD (09/02/2003 to 09/25/2024) WES S SWINFORD (10/03/2020 to 10/03/2023) W SWINFORD (01/04/2016 to 10/03/2023) wes.swinford.3 kccraze WesSwinford wes-swinford-1574234 wswinford
Email Address(es) :	wswinford@gmail.com (100%)
DOB :	01/17/1971
Marital Status :	Married to Shea Swinford
Employment :	Branch Manager at Union Home Mortgage Corp (Mar 2024- present)
Alleged Injury :	Boat Accident- Passenger
Date of Loss :	06/03/2022
Education :	The University of Kansas
Hobbies :	Hiking, backpacking, and exercising
Additional Info :	NA

Associates

Name	Relationship	Account
Shea Swinford	Spouse	https://www.facebook.com/sheaphotography https://www.instagram.com/sheaphotography https://twitter.com/HeadshotsKC https://www.tiktok.com/@shea_photography https://www.instagram.com/the_headshot_studio/ https://theheadshotstudiokc.com/
Saige Swinford	Child	https://www.facebook.com/saige.swinford https://www.instagram.com/saigeswinford/ https://www.tiktok.com/@saigeswinford
Scarlett Swinford	Child	https://www.instagram.com/scarlett.swin/ https://www.tiktok.com/@scooby.immasnack
Sterling Swinford	Child	https://www.instagram.com/sterlingguy/
Slate Swinford	Child	https://www.instagram.com/slatethegreat2008/ https://www.instagram.com/slateswinford/ https://www.threads.net/@slateswinford

Profile Pages

Social Media Link: <https://www.facebook.com/wes.swinford.3>

Date Captured: Dec 09, 2024

Snapshot:

facebook.com/wes.swinford.3

Social Media Link: https://www.facebook.com/profile.php?id=100085762917210


Additional Note: Inactive

Date Captured: Dec 11, 2024

Snapshot:

facebook.com/profile.php?id=100085762917210

Search Facebook



Wes Swinford

7 friends

Add friend

Message

Posts

About

Friends

Photos

Videos

Check-ins

More


Intro

Photos

Friends

Wes Swinford updated his profile picture.

September 24, 2022



James Vencill

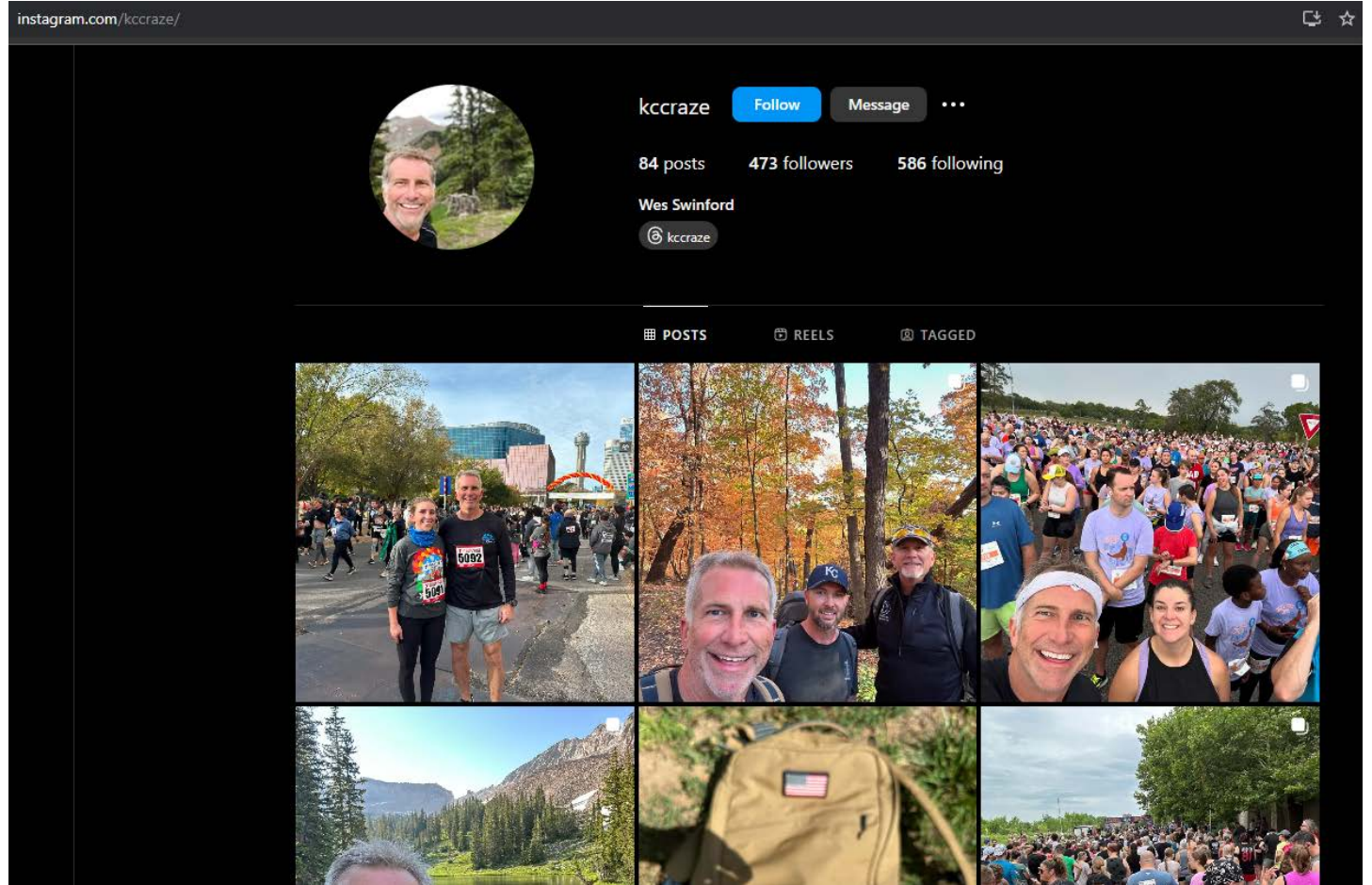
Steve Daniels

Suzanne Harris Brady

Social Media Link: <https://www.instagram.com/kccraze/>

Date Captured: Dec 09, 2024

Snapshot:

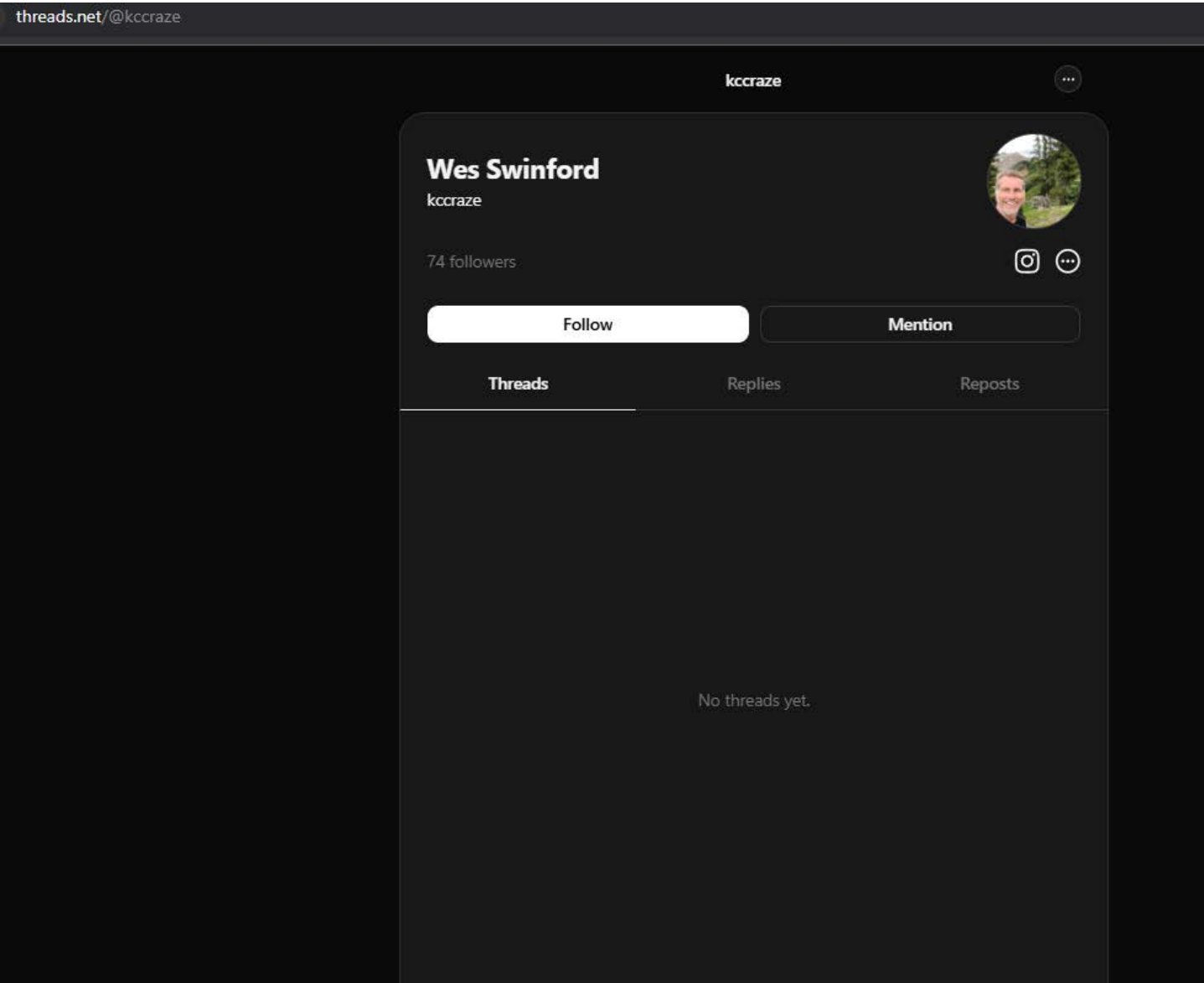


Social Media Link: <https://www.threads.net/@kccraze>

Additional Note: No Content

Date Captured: Dec 09, 2024

Snapshot:



Snapshot:

x.com/WesSwinford



Q



X

...

Post



44 posts



Follow

@WesSwinford

Joined April 2016

168 Following 28 Followers

Not followed by anyone you're following

Posts

Replies

Media



Wes Swinford @WesSwinford · Jun 27

Can't wait for Saturday night live after this debate!!



48



Wes Swinford reposted



Lindsey Graham @LindseyGrahamSC · Jun 27

President Biden's memory is worse than we thought:

"The truth is, I'm the only President this century...this decade that doesn't have any troops dying anywhere in the world like he did."

The American people will never forget the horrible withdrawal from Afghanistan that claimed

[Show more](#)


Social Media Link: <https://www.tiktok.com/@wesswinford>

Additional Note: No Content

Date Captured: Dec 09, 2024

Snapshot:

tiktok.com/@wesswinford



wesswinford WesSwinford

Follow

Message

25 Following

37 Followers

0 Likes

No bio yet.

Videos

Liked


No content
This user has not published any videos.


Social Media Link: <https://www.linkedin.com/in/wes-swinford-1574234/>


Date Captured: Dec 09, 2024


Snapshot:


[linkedin.com/in/wes-swinford-1574234/](https://www.linkedin.com/in/wes-swinford-1574234/)





 Home


 My Network

 Jobs

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Wes Swinford 

It's an Adventure

United States · [Contact info](#)

500+ connections

 Connect

[Message](#)

[More](#)


Activity

1,107 followers

Wes hasn't posted yet
Recent posts Wes shares will be displayed here.

[Show all activity →](#)

Experience



Branch Manager

Union Home Mortgage Corp. · Full-time

Mar 2024 - Present · 10 mos

Overland Park, Kansas, United States



Search



Home



My Network



Jobs



Messaging



Notifications



Wes Swinford

It's an Adventure



Caliber Home Loans, Inc. · Full-time
Sep 2021 - Mar 2024 · 2 yrs 7 mos
Overland Park, Kansas, United States



Associate

None
Oct 2021 - Nov 2022 · 1 yr 2 mos



Branch Manager

Sente Mortgage
Jan 2020 - Sep 2021 · 1 yr 9 mos
Overland Park, KS



Branch Manager

Caliber Home Loans, Inc.
Apr 2017 - Jan 2020 · 2 yrs 10 mos
Kansas City, Missouri Area

Show all 8 experiences →

Education



The University of Kansas
1989 - 2003

Skills

Management

4 endorsements

Credit

Social Media Link: <https://www.zillow.com/lender-profile/wswinford/>

Date Captured: Dec 10, 2024

Snapshot:

[Mortgages](#) / [Lender Directory](#) / [Kansas](#) / [Overland Park](#) / [Wes Swinford](#)



Union Home Mortgage Corp. 

Wes Swinford

Branch Manager | NMLS# 212335

★★★★★ 5.00

15 Reviews (0 Recent | 1 Verified)

[Message Wes](#)

About Wes

Union Home Mortgage offers you friendly, exceptional service and great mortgage products. As a customer, you will have the unique opportunity to develop a relationship with mortgage professionals who really care about you. We take pride in giving our customers the very best lending experience possible.

[Show More](#)

Address
5350 College Boulevard Suite 100
Overland Park, KS 66211

Cell
(913) 221-7815

Website
<http://www.uhm.com/wswinford>

Wes's Reviews ★★★★★

[Write a review](#)

🌐

Reviews

🌐

System ID: 516920

👤

Wesley A. Swinford

🔗

https://www.experience.com/reviews/wes-12631061

📅

Posted: May 24, 2018

📅

Captured: Dec 10, 2024

Reviews for Subject as a Loan Officer

🌐 experience.com/reviews/wes-12631061

ence.com


Solutions

Products

Resources

🔍

Search Professionals, Services, Titles...



Wes Swinford

Branch Manager

Works at Union Home Mortgage Corp - Ove...

5.0

★★★★★

(15)

Contact Wes

Refer Wes

⋮

Contact

📞 (913) 562-9576

📍 Overland Park, KS

My Website

Search Rank Score

46/850

Search Rank Score ⓘ

What is the Search Rank Score ?

Experience.com's Search Rank Score measures a professional's online search visibility across hundreds of key SEO attributes.

Reviews

Rating

About

🔍

☰

Write a Review →

5.0

★★★★★

🔗

⋮

Z

Zuser20180103100929807

Lenexa, KS

Posted on May 24th, 2018 08:00 PM

I've worked with Wes a couple times, he is always easy to work with and making buying a house simple! I would highly recommend Wes and his team to anyone looking to buy a home

5.0

★★★★★

🔗

⋮

P

Pbsr1

Overland Park, KS

Posted on December 17th, 2017 07:00 PM

Wes did a great job for my family. He took care of every aspect of the loan making the process completely stress free. At closing all of his documents were presigned and in order. I give Wes a 10!

5350 College Boulevard | Suite
100, Overland Park, Kansas -
66211

Wheelchair

Parking available

Wes is our go to person when dealing with a mortgage. We were 1st introduced to Wes in 2009 when we wanted to refinance our home. Wes was great to work with. He explained every step to us and made us very comfortable. We purchase a new property... [read more](#)

5.0 ★★★★★



Z Zuser20140407173734740
Valley Falls, KS

Posted on September 21st, 2017 08:00 PM

He made the first time home loan a very quick and painless.. He made everything so easy and had updates come directly to my phone so I knew where things were at with the loan process. I would definitely recommend him for a home loan!

5.0 ★★★★★



D Danehundley
Lenexa, KS

Posted on May 9th, 2017 08:00 PM

Wes stuck with my wife and I and helped us along for over a year during the closing process. Long story short the first house did not work out due to misleading promises from the seller and Wes was able to stick with us while we searched for... [read more](#)

5.0 ★★★★★



Z Zuser20160326165407753
Kansas City, KS

Posted on November 6th, 2016 07:00 PM

Wes and Michele went above and beyond during the entire home buying process. Wes was always available to answer questions during normal business hours and after business hours. Michele was



User22113235
Shawnee, KS

Posted on June 14th, 2016 08:00 PM

We've used Wes three times and each time he provides exceptional service. He does everything he can to make the process easy for his clients. Wes is pleasure to work with, and we would definitely use him again.

5.0 ★★★★★



Heidi B
Olathe, KS

Posted on June 1st, 2016 08:00 PM

Wes was Great! I had a somewhat complicated road with a year long pending divorce that was not close to being finalized, no orders and a mortgage that I had to refinance that was not in my name but in my husband's. Wes was super patient, in... [read more](#)

5.0 ★★★★★



Ally A
Atchison, KS

Posted on April 19th, 2016 08:00 PM

Wes was helpful with every part of the mortgage process and was available to answer any and all questions we had. We would highly recommend him for your mortgage needs.

5.0 ★★★★★



Seever09
Atchison, KS

Posted on February 22nd, 2016 07:00 PM

This was my first time buying a home and I was doing it by myself. Wes was really helpful to make

f Facebook

f [wes.swinford.3](#)



Posted: Jul 18, 2020

f System ID: [517338](#)



Captured: Dec 11, 2024

👤 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/photo.php?fbid=10219946144182820&set=pb.1198655445.-2207520000&type=3>

Before the DOI. Photo of Subject on a boat. It's not the Mountains, but it's the next best thing if you live in Kansas. LOTO



Wes Swinford
July 18, 2020 · 🌐
It's not the Mountains, but it's the next best thing if you live in Kansas. LOTO

115 likes · 15 comments

- Most relevant ▾
- Matt McLane**
dude, you wearing a thong? ...

4y Like Reply Edited
- Wes Swinford**
Yes Sir! Like always ...

4y Like Reply
- Write a reply...
- Jeff James**
Looking good Billy Ray! ...

4y Like Reply
- Wes Swinford**
I don't know what that means? ...

4y Like Reply
- Jeff James**
Wes Swinford its a movie quote, from the end of Trading Places. ...

4y Like Reply
- Jeff James**
<https://youtu.be/sKihxcBgX9> ...

4y Like Reply
- YOUTUBE.COM**
Looking good, Billy... ...

4y Like Reply
- Write a comment...

4y Like Reply



Wes Swinford

Of course it's a movie quote
from you. 😊 ...

4y Like Reply



Barb Roth Wells

Wes Swinford oh Wes how
could you not know that line? ...

4y Like Reply



Wes Swinford

Feeling Good Lewis!
Am I forgiven? ...

4y Like Reply



Jeff James

Wes Swinford all good! ...

4y Like Reply



Write a reply...



Brian Smith

Do they have lifeguards? ...

4y Like Reply



Wes Swinford

Yes. They are very friendly ...

4y Like Reply



Brian Smith

Wes Swinford always good if
you need to get rescued ...

4y Like Reply



Wes Swinford

It's likely ...

4y Like Reply



Write a reply...



Jeff Hall

Looking good wild man! ...

4y Like Reply



Write a comment...





f wes.swinford.3

f System ID: [516722](#)

 Wesley A. Swinford

Posted: Jun 26, 2021

Captured: Dec 10, 2024

↗ <https://www.facebook.com/wes.swinford.3/posts/pfbid03gt3hA6weJfgctUoWZXpQ4uEsRkCvNd5rNUorMk8BWKmgivv7Yc8yYJH4tioHeUMI>

Before the DOI. Subject is pictured on a boat Incredible day in Florida on the water.

facebook.com/wes.swinford.3/posts/pfbid03gt3hA6weJfgctUoWZXPQ4uEsRkCvNd5rNUorMk8BWKmgivv7Yc8yYJH4tioHeUMI



Wes Swinford

June 26, 2021 -

Incredible day in Florida on the water.



152

4 comments



Like



Comment



Share

Most relevant ▾



Becky Acker

Looks fun Wes! Have a fun time 🍷🍷



152

4 comments

Like

Comment

Share

Most relevant



Becky Acker

Looks fun Wes! Have a fun time 🌊 🍹 🍷 ...

3y

Like Reply



Donna Curry

Wes, I'm so jealous that I think I hate you! No not really, I'm just enjoying my fantasy life through you! Keep on going places and doing things! Life's too short, so enjoy what you can! Just keep posting so I can enjoy my fantasy life!

3y

Like Reply

2



Wes Swinford

Roger that Donna Curry ...

3y

Like Reply



Peggy Hampton

Looks like a great time! You look fantastic ❤️ ❤️ ❤️ ...

3y

Like Reply



Write a comment...



This photo is from a post.



Wes Swinford
June 26, 2021 · 🌐

16



Most relevant



Al Satches
What part of Florida Wesley ...

3y

Like Reply



Alisa Pacer Moeder
Fun in the sun! ...

3y

Like Reply



Write a comment...





This photo is from a post.





 **Wes Swinford**
June 26, 2021 · 🌐





Write a comment...




Instagram


 [kccraze](#)
 System ID: [516820](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CQmWJg6ALg4/>


 Posted: Jun 26, 2021
 Captured: Dec 10, 2024


Before the DOI. So cool watching the Dolphins


instagram.com/p/CQmWJg6ALg4/






 **kccraze** · Follow

 **kccraze** So cool watching the Dolphins
180w


 **janetcassandraanderson** @kccraze It's beautiful! Let's go fishing 🐟
137w Reply

 **mihgfbg** Dolphins are clever animals.
141w Reply

196 views

June 26, 2021

 Add a comment...

Post


[Link to download video](#)

wes.swinford.3
System ID: 516721
Wesley A. Swinford
https://www.facebook.com/photo?fbid=10222386025618331&set=a.10203343796014492

Posted: Jul 23, 2021
Captured: Dec 10, 2024

Before the DOI. Mentions a 24 mile bike ride The kids sure love a 24 mile bike ride with dad on Friday afternoon....at least some of them do.. 3 outta 4 ain't bad!!!

facebook.com/photo?fbid=10222386025618331&set=a.10203343796014492



Wes Swinford

July 23, 2021 · 🌐

The kids sure love a 24 mile bike ride with dad on Friday afternoon....at least some of them do.. 🤔 3 outta 4 ain't bad!!!

155

21

Most relevant

Mandy Martin Adcock

Oh Saige!!! I think I saw you at the airport on Wednesday. Aden was going to Georgia with a friend. Have fun.

3y Like Reply

Jaidan Alley Carter

saige is my spirit animal

3y Like Reply

Barbara Rodriguez

I feel you, Saige!!!!!!

3y Like Reply

Darrin Shiplett

Great job dad!

3y Like Reply

Sara Shay Tarvin

3y Like Reply

Rita Lawson

Lol poor thing! 🤔

3y Like Reply

Terri Watters-Treat

Meanie!

Write a comment...



- Kristene Canady
Omg, I'm right there with her!! 😂😂
I'd have called an Uber at mile 1!!! 😂😂😂😂😂😂

3y Like Reply
- Wes Swinford replied · 1 Reply
- Jason Rawlings
Wes that bike ride better have been in CO or that is child abuse! 😂😂

3y Like Reply
- Wes Swinford replied · 1 Reply
- Joe Guerrein
When are we going to ride???

3y Like Reply
- Wes Swinford replied · 1 Reply
- Michelle Forlenza Justis
I'm right there with ya girl!

3y Like Reply
- JaShena Turner Duke
They hate you





3y Like Reply
- Wes Swinford
Most Days! 😂



3y Like Reply
- Write a reply...
- Jaci Duke Kern
What a group of comments

3y Like Reply
- Matt McLane
I'll be in Breck tomorrow if you wanna extend that ride a bit

3y Like Reply
- Write a comment...


Instagram


 [kccraze](#)
 System ID: [516817](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CR07SNgrj94/>


 Posted: Jul 27, 2021
 Captured: Dec 10, 2024




Before the DOI. Subject went to Maine

instagram.com/p/CR07SNgrj94/




 **kccraze** • Follow

 **kccraze** Sunrise in Bar Harbor, ME as fishing boats are heading out to sea.
176w



14 likes
July 27, 2021

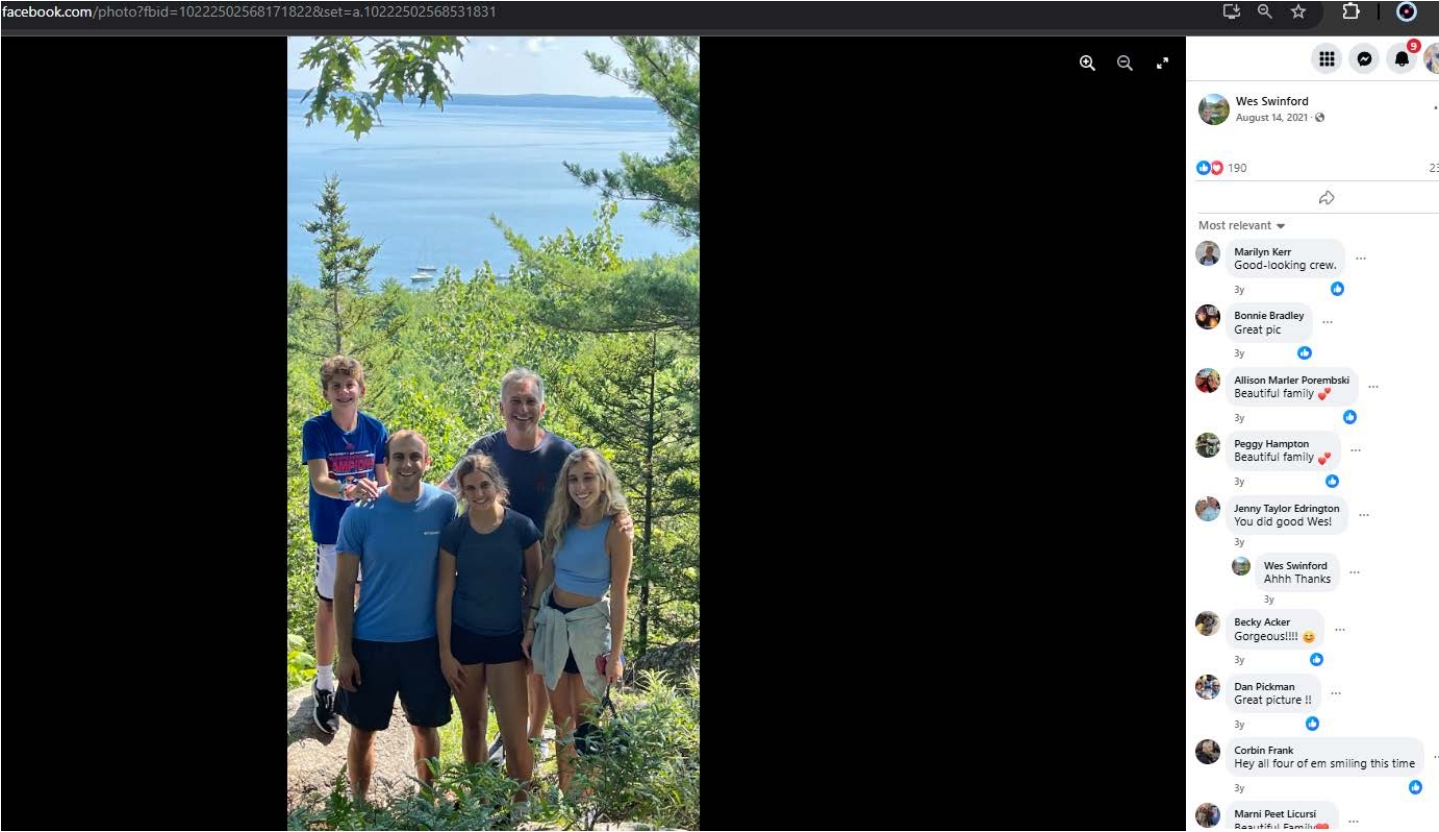
 Add a comment... Post

f [wes.swinford.3](#)
f System ID: [516720](#)
Wesley A. Swinford

Posted: Aug 14, 2021
Captured: Dec 10, 2024

<https://www.facebook.com/photo?fbid=10222502568171822&set=a.10222502568531831>

Before the DOI.





-  Kevin Ximerer
Beautiful fam, beautiful country
3y
-  Cory Tarvin
Nice pic. Have fun
3y
-  Terri Watters-Treat
Great picture!!
3y
-  Suzanne White Hilleary
Beautiful family
3y
-  Bret Pomrenke
Great looking crew!
3y
-  Alisa Pacer Moeder
Great picture
3y
-  Laura Glenn Aaron
Good job Dad, awesome photo
3y
-  Jeff D Frank · Follow
Looking good
3y
-  David Bond
Great photo! Where was that taken?
3y
-  Wes Swinford
Acadia national forest Bar Harbor Maine
3y
-  Tanya Tippeconnic-Shaw
Beautiful family!
3y
-  David Sanders
Nice pic happy family
3y



 [wes.swinford.3](#)



Posted: Sep 18, 2021

 System ID: [516718](#)



Captured: Dec 10, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid02hxgf7MwrFeN6pSQmQnAijo2HGLLiGAHuULSd84d2jf89HyQPBoExzhc6qM9spbU7l>

Before the DOI. It's always a great day in Lawrence, Kansas with this crew no matter the score. Blessed Dad.



Wes Swinford

September 18, 2021 · 🌐

It's always a great day in Lawrence, Kansas with this crew no matter the score. Blessed Dad.



👍❤️ 217

29 comments

👍 Like

💬 Comment

➦ Share

Most relevant ▾



David Lyle

Great picture of all of you

3y Like Reply



David Lyle
Great picture of all of you ...

3y Like Reply



Wes Swinford
We're you there? I thought I saw you. ...

3y Like Reply



David Lyle
Wes Swinford I was. Beth, Jack, Rachel too. ...

3y Like Reply



Write a reply...



Alice Alcorn
You have some good looking kids Wesley ...

3y Like Reply



Wes Swinford
Ahhh Thanks. ...

3y Like Reply



Write a reply...



Cody Vandruff
Awesome !! ...

3y Like Reply



Andrea Moore Sewell
Love this ❤️💙 ...

3y Like Reply



Dan Schmidt
Rock Chalk!!! ...

3y Like Reply



Jeff James
Awesome pics brother! Definitely blessed! ...

3y Like Reply



Devalyn Duke · Follow
 ...

3y Like Reply



Devalyn Duke · Follow
love!!!!!! ...



Devaiyn Duke · FOLLOW
love!!!!!!

3y Like Reply Edited



Fred Roll
Just be glad you don't live here. One is required to be so fing woke. ...

3y Like Reply



Mike Rouse ...



3y Like Reply



Wes Swinford
Mike Rouse Haha...She does look cute in purple. She's Crimson and Blue at heart. Thanks for having her. ...

3y Like Reply

2



Write a reply...



Chris Maumalanga
Jayhawker Baby 🙌🙌🙌 ...

3y Like Reply



Reynae Frank Quigley
Lookin good Wes!! 🍷 ...

3y Like Reply



Michael Ring
Looking Good! ...

3y Like Reply



Becky Acker
Beautiful family!! How was the game, did they win?! 🍷 ...

3y Like Reply



Wes Swinford
Becky Acker-Renner ummm...No they did not. ...

3y Like Reply



Write a reply...

Susie Cheatham

I thought I saw you at the game!

3y Like Reply

Wes Swinford

Susie Cheatham thanks for saying hi.

3y Like Reply

Susie Cheatham

Wes Swinford you were a long ways away!! And entering the stadium.

3y Like Reply

Write a reply...

Jaci Duke Kern

What fun. Where's Scarlett

3y Like Reply

Wes Swinford

Jaci Duke Kern with friends of course 😊

3y Like Reply

Jaci Duke Kern

Wes Swinford being sixteen

3y Like Reply

Write a reply...

Keith Rodgers

The throwback threads are epic

3y Like Reply

Wes Swinford

Vintage

3y Like Reply

Write a reply...

Janelle Johnston

That is awesome!!! ❤️

3y Like Reply

Write a comment...

This photo is from a post.

Wes Swinford

September 18, 2021 · 🌐

5

Write a comment...





This photo is from a post.

Wes Swinford
September 18, 2021 · 🌐

12



Write a comment...



This photo is from a post.

Wes Swinford
September 18, 2021 · 🌐

9



Most relevant ▾



Ty Moeder
Nice view from the Suites ...

3y · Like · Reply



Wes Swinford replied · 1 Reply



Write a comment...



f Facebook

f [wes.swinford.3](#)



Posted: Oct 24, 2021

f System ID: [516716](#)

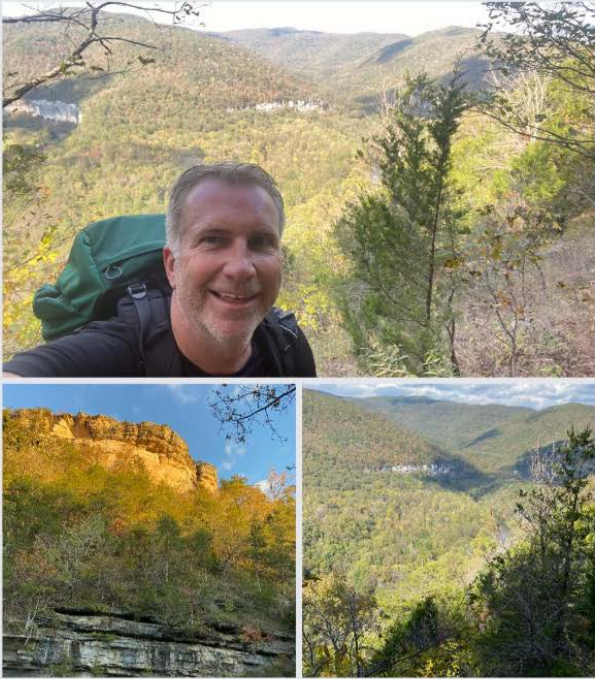


Captured: Dec 10, 2024

👤 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/photo?fbid=10222843127525593&set=a.10203343796014492>

Before the DOI. Incredible weather to hike and camp in Arkansas this weekend. "Sit as little as possible, do not believe any idea that was not born in the open air and in free movement in which the muscles do not also revel" - Nietzsche



🔍 🔍 ⚙

🏠 🗨️ 🔔 👤

Wes Swinford
October 24, 2021 · 🌐
Incredible weather to hike and camp in Arkansas this weekend.
"Sit as little as possible, do not believe any idea that was not born in the open air and in free movement in which the muscles do not also revel"
- Nietzsche

👍❤️🔥 111 8

👍 🗨️ ➦

Most relevant ▾

Jaci Duke Kem
Looks beautiful! ...

3y Like Reply

Jason Kanak
Awesome wes ...

3y Like Reply

Peggy Hampton ...



3y Like Reply

Devalyn Duke · Follow
nice ...

3y Like Reply

Devalyn Duke replied · 2 Replies

Steven Curry
Looks awesome!! ...

3y Like Reply

Alisa Pacer Moeder
Beautiful ...

3y Like Reply

Write a comment...

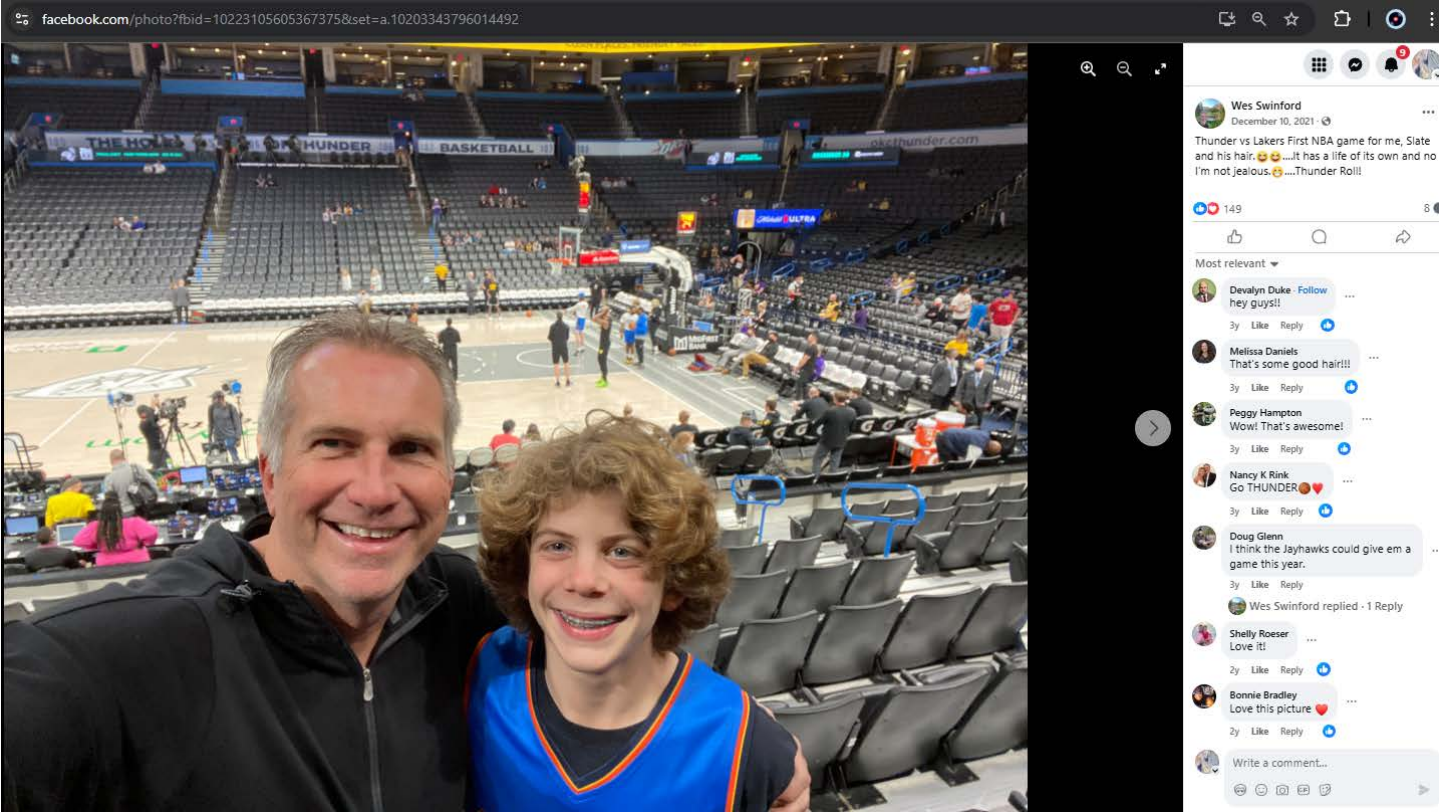
👍 🗨️ 📷 📁 📷



wes.swinford.3
System ID: 516715
Wesley A. Swinford
<https://www.facebook.com/photo?fbid=10223105605367375&set=a.10203343796014492>

Posted: Dec 11, 2021
Captured: Dec 10, 2024

Before the DOI. Thunder vs Lakers First NBA game for me, Slate and his hair.It has a life of its own and no I'm not jealous.Thunder Roll!





 [wes.swinford.3](#)



Posted: Jan 17, 2022

 System ID: [516714](#)



Captured: Dec 10, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid0xXCxNaa6vngC6f4WaHqyRPjzgtwnRV8S6gqdZq2WYwEMSMGHjiDZCzziZZkZvHLnI>

Before the DOI. Thanks for all the birthday wishes. I had an incredible day. Starting with my OTF pep's then a 9 mile hike with these two awesome men, and dinner with my youngest two. Only 49 more years to go. May you live as long as you want, and as long as you live may you never want. Cheers



Wes Swinford

January 17, 2022 · 🌐



Thanks for all the birthday wishes. I had an incredible day. Starting with my OTF pep's then a 9 mile hike with these two awesome men, and dinner with my youngest two. Only 49 more years to go.
May you live as long as you want, and as long as you live may you never want.
Cheers



👍❤️ 147


54 comments

👍 Like

💬 Comment


🔗 Share

Most relevant ▼


 **Alice Alcorn**
Happy belated birthday 🎂 hope it was great ...

2y Like Reply 

 **Melinda Mason Wall**
Happy birthday! ...


2y Like Reply 

 **Ali Cia**
Happy Birthday 🎉🎂!! ...

2y Like Reply 

 **Lori Womack-Kloxin**
Happy birthday Wes!! ...




2y Like Reply 

 **Max Taylor**
How well I remember that Sunday morning that you were born! Happy Birthday 🎂 ...

2y Like Reply 

 **Steven Curry**
Max Taylor I bet you do ...

2y Like Reply 2 


 Write a reply...     

 **Beth Levan Lyle**
Happy Birthday, Wes! 🥳 Cheers to 51 years! ...

2y Like Reply 

 **Amy Reilly Arnold**
Happy birthday!! 🎂🎉🥳 ...

2y Like Reply 

 **Genia Gore**
Sounds like you had a great day!!! Happy birthday ...

2y Like Reply 

 **Shona Houston**
Happy Birthday! 🎂 ...

2y Like Reply 

 **Melissa Hahn Price**
Happy Birthday! 🎂🎉🥳 ...

2y Like Reply 



Steven Curry

You're looking great happy birthday

...

2y

Like

Reply



Susie Weir Duwe

Happy everything and always, Wes!

...

2y

Like

Reply



Bryon Will

Happy Birthday

...

2y

Like

Reply



Mandy Martin Adcock

Happy birthday.

...

2y

Like

Reply



Tera A Jobbins

Happy birthday!!!!

...

2y

Like

Reply



Jaci Duke Kern

Looks like a fun day. Happy birthday Wes.

...

2y

Like

Reply



Pat Dierks

Happy birthday!

...

2y

Like

Reply



Debra N Kevin Rickner

Happy Birthday Wes!

...

2y

Like

Reply



Heidi Phillips Alley

Happy Birthday!

...

2y

Like

Reply



Paul R Misarti

Hi Wes! Best birthday wishes!

...

2y

Like

Reply



Lorna Wagner

Happy Birthday!

...

2y

Like

Reply



Regina Hilger

Happy birthday!

...

2y

Like

Reply





Morgan Loewenherz
Happy Birthday Wes! ...

2y Like Reply



Julie Koetting Barrett
Happy Birthday! 🎉 🎂 ...

2y Like Reply



Larri Veit
Happy birthday! 🎉 ...

2y Like Reply



David Sanders
Happy Birthday ...

2y Like Reply



Christine Rhoades
Happy Birthday 🎉 🎂 ...

2y Like Reply



Bret Pomrenke
Love you man! ...



2y Like Reply



Christine Kovanik
Sounds like a great birthday! 🎉 ...

2y Like Reply



Yvette Long- Hatfield
Happy Birthday! 🎉 🎂 ...

2y Like Reply




Shannon Brimacombe Compass · [Follow](#) ...

2y Like Reply





Denise Lovelv

- 

Denise Lovely

Happy Birthday!!!



2y Like Reply


- 

Carrie Deck

Happy Birthday!



2y Like Reply


- 

Shelly Roeser

Happy birthday!



2y Like Reply


- 

Jamie M. Moore

Happy Birthday 🥳🥳🥳



2y Like Reply


- 

Devalyn Duke · Follow

Happy Birthday 🥳🥳🥳



2y Like Reply


- 

James Vencill

Happy Birthday 🥳🥳🥳 Wes Swinford !!!



2y Like Reply


- 

Jeff D Frank · Follow

Happy birthday



2y Like Reply


- 

Kyle Vandruff

Happy Birthday!



2y Like Reply


- 

Marsha Moore

Happy birthday Wes 🥳



2y Like Reply


- 

Allison Vance Moore

Happy birthday!



2y Like Reply


- 

Terri Watters-Treat

Happy happy birthday 🥳


2y Like Reply


- 

Amanda Alexander

Happy Birthday, Wes!

2y Like Reply





Amanda Alexander
Happy Birthday, Wes! ...

2y Like Reply



Donna Glenn ...



2y Like Reply



Katie Cullen-Strong
Happy birthday, Wes! ...

2y Like Reply



Reynae Frank Quigley ...



2y Like Reply



Terri Ruder
HBD ...

2y Like Reply



Heather Meyer
Happy Birthday Wes!!! ...

2y Like Reply



Darwin L. Anderson
Happy Birthday ...

2y Like Reply



Shannon Fleenor Price
Happy Birthday ...

2y Like Reply



Jnz Davis
Happy belated bday! ...

2y Like Reply



Suzanne Harris Brady
Happy belated birthday 🥳 ...

2y Like Reply

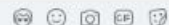


Laura Taylor
Happy birthday 🎂 ...

2y Like Reply



Write a comment...





🔍 🔍 ⭐

🔍 🔍 ⭐ 📷 🔄

This photo is from a post.

Wes Swinford
January 17, 2022 · 🌐

👍 5

Most relevant ▾

Rebecca Petermann
Love a good OTF birthday burn!!!
Happy birthday!!!
2y · Like · Reply

Write a comment...
👍 🗨️ 📷 🔄

➡



🔍 🔍 ⭐

🔍 🔍 ⭐ 📷 🔄

This photo is from a post.

View |

Wes Swinford
January 17, 2022 · 🌐

👍 11

Most relevant ▾

Heather Kerns
Who's that in the background I can't tell with his camouflage hat 🤔
2y · Like · Reply

Write a comment...
👍 🗨️ 📷 🔄

➡



This photo is from a post.

 **Wes Swinford**
January 17, 2022 · 🌐





👍❤️ 4





Write a comment...




Instagram


 [kccraze](#)
 System ID: [516815](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CZXJOJex3n/>


 Posted: Jan 30, 2022
 Captured: Dec 10, 2024




Before the DOI. Beautiful hike on Missouri River this morning.

instagram.com/p/CZXJOJex3n/




 **kccraze** • Follow
Weston, Missouri





 **kccraze** Beautiful hike on Missouri River this morning.
149w





10 likes
January 30, 2022

 Add a comment... Post


Instagram


 [kccraze](#)
 System ID: [516814](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CZfz13jrZZm/>


 Posted: Feb 02, 2022
 Captured: Dec 10, 2024




Before the DOI. A walk in the woods on a cold day with fresh snow has such a peace to it.

instagram.com/p/CZfz13jrZZm/




 **kccraze** • Follow

 **kccraze** A walk in the woods on a cold day with fresh snow has such a peace to it.
148w



14 likes
February 2, 2022

 Add a comment... Post

f [wes.swinford.3](https://www.facebook.com/wes.swinford.3)



Posted: Mar 10, 2022

f System ID: [516713](#)

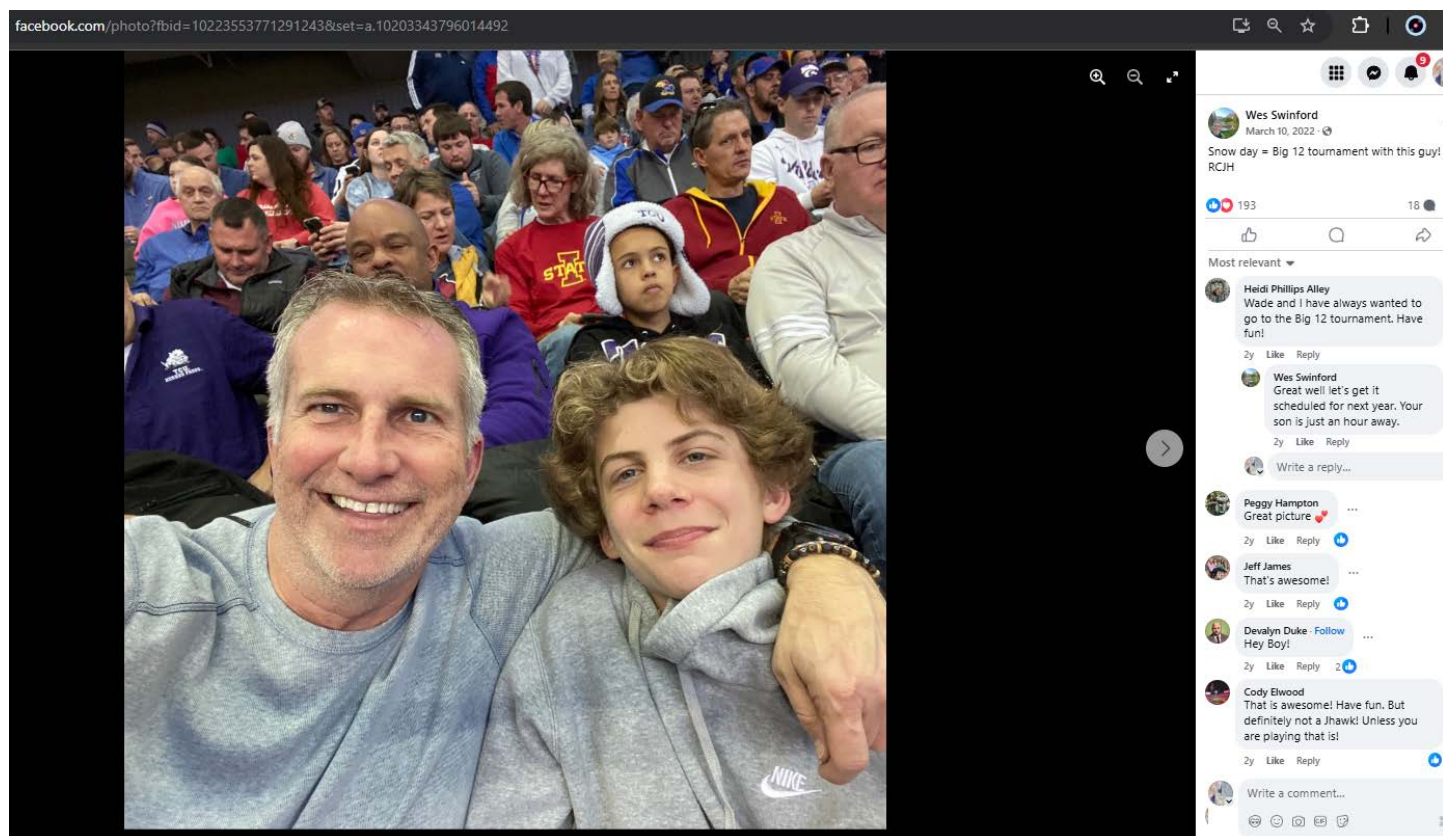


Captured: Dec 10, 2024

👤 [Wesley A. Swinford](#)





🔗 <https://www.facebook.com/photo?fbid=10223553771291243&set=a.10203343796014492>



Before the DOI. Snow day = Big 12 tournament with this guy! RCJH





- 2y Like Reply
- Annette Phillips
Great picture ❤️ Have fun you two
- 2y Like Reply
- Bonnie Bradley
Awesome!!
- 2y Like Reply
- Leslie Luckett
YAY!! I was so hoping that the two of you would be able to experience these playoffs together. I know it means the world to you and I'm quite certain that the "little" boy is on CLOUD 9!!
- 2y Like Reply Edited
- Wes Swinford
Thanks! Yeah fun experience for both of us.
- 2y Like Reply
- Write a reply...
- Barb Roth Wells
Fun!!
- 2y Like Reply
- Jason Kanak
Good work my brother
- 2y Like Reply
- Katie 'Serrone' Chesen
Yay!!
- 2y Like Reply
- Shayla Dean
That was a brutal beating! We were there to witness it in person as well.
- 2y Like Reply
- Write a comment...

 [kccraze](#)
 System ID: [516811](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CbVvb1YpjEI/>

 Posted: Mar 20, 2022
 Captured: Dec 10, 2024

Before the DOI. Got a PR today on the DriTri with the support/harassment from these two!

instagram.com/p/CbVvb1YpjEI/



 **kccraze** • Follow

 **kccraze** Got a PR today on the DriTri with the support/harassment from these two!
142w

 **riva.zook12** You have a nice family
137w Reply

 **mandy.luecke** Way to go Wes! 🍌🍌🍌 Your support crew is almost as tall as you!
142w Reply

 **adcockmandy** Way to go kids!!
142w Reply

 **earthgypsygirl** 🙌 great job!
142w Reply

47 likes
March 20, 2022

 Add a comment... Post

Instagram



[kccraze](#)



System ID: [516807](#)



[Wesley A. Swinford](#)



<https://www.instagram.com/p/CcK70NFgyY4/>




Posted: Apr 10, 2022





Captured: Dec 10, 2024


Before the DOI. #JustGo #Hiking #Uncommon #Getoutdoors #whatsyourstory


instagram.com/p/CcK70NFgyY4/






**kccraze** • Follow


**kccraze** #JustGo #Hiking #Uncommon #Getoutdoors #whatsyourstory
139w

**luccettleslie** I'm SOOOO jealous....just beyond gorgeous!!
139w Reply

**dscott69** You found a secret jewel down there. Looks awesome
139w Reply



144 views
April 10, 2022

 Add a comment... Post

[Link to download video](#)

f Facebook

f [wes.swinford.3](#)

f System ID: [516712](#)

👤 [Wesley A. Swinford](#)

🔗 <https://www.facebook.com/photo?fbid=10223728691464138&set=a.10203343796014492>



Posted: Apr 17, 2022



Captured: Dec 10, 2024

Before the DOI. Happy Easter. I am a blessed man. He Lives!!

facebook.com/photo?fbid=10223728691464138&set=a.10203343796014492



Wes Swinford
April 17, 2022 · 🌐

Happy Easter, I am a blessed man.
He Lives!!

👍❤️ 252

Most relevant ▾

Jeff Strianese · ...
Happy Easter!!
2y Like Reply

Scott Marlow · ...
Happy Easter! He is Risen!
2y Like Reply

Bret Pomrenke · ...
There's a thorn amongst those roses.
2y Like Reply

Wes Swinford · ...
Truth
2y Like Reply

Write a reply...

Steven Curry · ...
Looking good!
2y Like Reply

Annette Phillips · ...
Very neat indeed you are blessed
Great picture
2y Like Reply

Devalyn Duke · Follow · ...
Love this!!

Write a comment...



🔍 🔍 🌐

👤 🗨️ 📧 🔔

Did you mean to say the three of you are beautiful? 🥰🥰
2y Like Reply
Alice Alcorn
Wes Swinford you are also handsome you haven't changed much
2y Like Reply

Write a reply...

Marilyn Kerr
❤️
2y Like Reply

Ty Moeder
Yes... you are blessed. ...
BUT..... See more
2y Like Reply Edited 3

Becky Acker
Happy Easter! 🐰🥰
Beautiful daughters!
2y Like Reply

Dan Schmidt
Beautiful Family
2y Like Reply

David Sanders
Happy Easter 🥰
2y Like Reply

Krista Hyton Smith
Happy Easter!!
2y Like Reply

Mandy Martin Adcock
Happy Easter!! Pretty girls. 🥰
2y Like Reply

Write a comment...
👤 🗨️ 📧 🔔

f Facebook

f [wes.swinford.3](#)

f System ID: [516711](#)

👤 [Wesley A. Swinford](#)

🔗 <https://www.facebook.com/photo?fbid=10223876685163888&set=a.10203343796014492>




Posted: May 15, 2022



Captured: Dec 10, 2024

Before the DOI. So proud of Sterling, finished his first and maybe last marathon. ☺☺...Dad shuffled through another half marathon. Beautiful weather in Colorado this weekend. #worstparent #saigeisnext☺

facebook.com/photo?fbid=10223876685163888&set=a.10203343796014492



Wes Swinford
May 15, 2022 · 🌐

So proud of Sterling, finished his first and maybe last marathon. ☺☺...Dad shuffled through another half marathon. Beautiful weather in Colorado this weekend. #worstparent #saigeisnext☺
— in City Park.

143 likes · 27 comments

Most relevant

Mike Rodriguez
Woot! Congratulations! ...
2y Like Reply

Annette Phillips
Yea to both of you guys looking good ☺
2y Like Reply

Valerie Schamaun
I think it's easier when you wear shoes 🦶. Good job!!!!
2y Like Reply 2 🍕

Wes Swinford
Haha...who wants it to be easier?
2y Like Reply

Write a reply...

Bonnie Bradley
Way to go guys!!!!
2y Like Reply

Steven Curry
That's awesome! Congrats! ...
Write a comment...



- That is amazing 🙌🙌🙌
2y Like Reply
- Mallory Bounds
Awesome!!!! Nice family bonding!
2y Like Reply
- Marilyn Kerr
Congrats!
2y Like Reply
- Leslie Lockett
Was this a Fred Flintstone inspired marathon?? 🤔 All jokes aside, what an amazing accomplishment for you both to share together! Great job guys!
2y Like Reply
- Wes Swinford
Hahaha!!
2y Like Reply
- Write a reply...
- Jodi Young Schade
That's awesome! Congratulations!
2y Like Reply
- Ty Moeder
ANIMALS... just plain and simple.
2y Like Reply
- Wes Swinford
Yes Sir!!! Let the beast inside out!
2y Like Reply
- Write a reply...
- Terry Thomas
Congratulations!!
Write a comment...



- Cambre Abercrombie Leathers
Awesome job to you both!!!!
2y Like Reply
- Wes Swinford
Thanks Coach
2y Like Reply
- Write a reply...
- Julie Sandidge
Way to go!!! Congrats!!!
2y Like Reply
- Tera A Jobbins
Congrats. 🙌
2y Like Reply
- Gary Aaron
Congratulations!
2y Like Reply
- Dennis Casey
Awesome accomplishment
2y Like Reply
- Stephanie Prichard
Congrats!
2y Like Reply
- Janelle Johnston
That is awesome!
2y Like Reply
- Shawn Spratley
🙌
2y Like Reply
- John Jones
Congratulations
2y Like Reply
- Write a comment...



 [wes.swinford.3](#)



Posted: Jun 04, 2022

 System ID: [516701](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid02o3Dw6ipvE7am3KZu27nYgrv91fqM4qffAiUzq8d2z1LGizXeKLjzL3vxYmEYyBfvI>

After the DOI. Great day at LOTO. So blessed to have the these men: Dan Schmidt and Chip Hilleary and many others in my life. #RCjH#kufb



Wes Swinford

June 4, 2022 · 🌐

...

Great day at LOTO. So blessed to have the these men: [Dan Schmidt](#) and [Chip Hilleary](#) and many others in my life. [#RCJH](#)[#kufo](#)



👍❤️ 136

26 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Susie Weir Duwe
Blast from the past!!!

...



Susie Weir Duwe
Blast from the past!!! ...

2y Like Reply



Wes Swinford
Yes!! Just 30 years! ...

2y Like Reply



Susie Weir Duwe
Don't say that! It's only been ten or so! 🤔 ...

2y Like Reply



Write a reply...



Andrea Moore Sewell
Omg... the three-some! ❤️💙 ...

2y Like Reply



Wes Swinford
OG's! 🤔 ...

2y Like Reply



Write a reply...



John Jones
Awesome Crew there!!! ...

2y Like Reply



Patrick Richey
3 great dudes right there. ...

2y Like Reply



Wes Swinford
2 outta 3 at least! 🤔 ...

2y Like Reply



Write a reply...



Christopher Perez
Thanks again for the invite...sorry I couldn't make it. ...

2y Like Reply



Wes Swinford
Brother you're always invited. I'll let you know next time. ...

2y Like Reply



Marni Peet Licursi

Woah!! Hey fellas, lookin good 😊 ...

2y

Like

Reply



Wes Swinford

We haven't changed in 30 years! 😄😄😄 ...

2y

Like

Reply



Write a reply...



Pete Vang

Love my Jayhawk Brothers!! ...

2y

Like

Reply



Greg Gurley

Great to see you boys today! ...

2y

Like

Reply



Christopher Perez

Greg Gurley great to see u too! 😊 ...

2y

Like

Reply



Greg Gurley

Heisman Hilleary ...



2y

Like

Reply



Write a reply...



Get Sandsational · Follow

My guys ...

2y

Like

Reply



Gilbert Brown

Time to get in the gym boys 😄😄😄😄 luv u guys ...

2y

Like

Reply



Wes Swinford

This is ...



Get Sandsational · Follow

My guys

2y Like Reply



Gilbert Brown

Time to get in the gym boys 🤪🤪🤪🤪🤪 luv u guys

2y Like Reply



Wes Swinford

G This is 50! 🤪🤪🤪

2y Like Reply



Write a reply...



Craig Fincham

Awesome 🤪

2y Like Reply



Fred Roll

I believe Chip is TRYING to flex!!??

2y Like Reply



Steve Harvey

Fred Roll flexin...I bought the trulys

2y Like Reply



Wes Swinford

Of course he is!! 🤪

2y Like Reply



Write a reply...



Jennifer Chamberlain McQuade

Fine young men! 🔥🔥🔥

2y Like Reply



Jeff Himes

What a crew

They still got it!

2y Like Reply



Sara Buckler

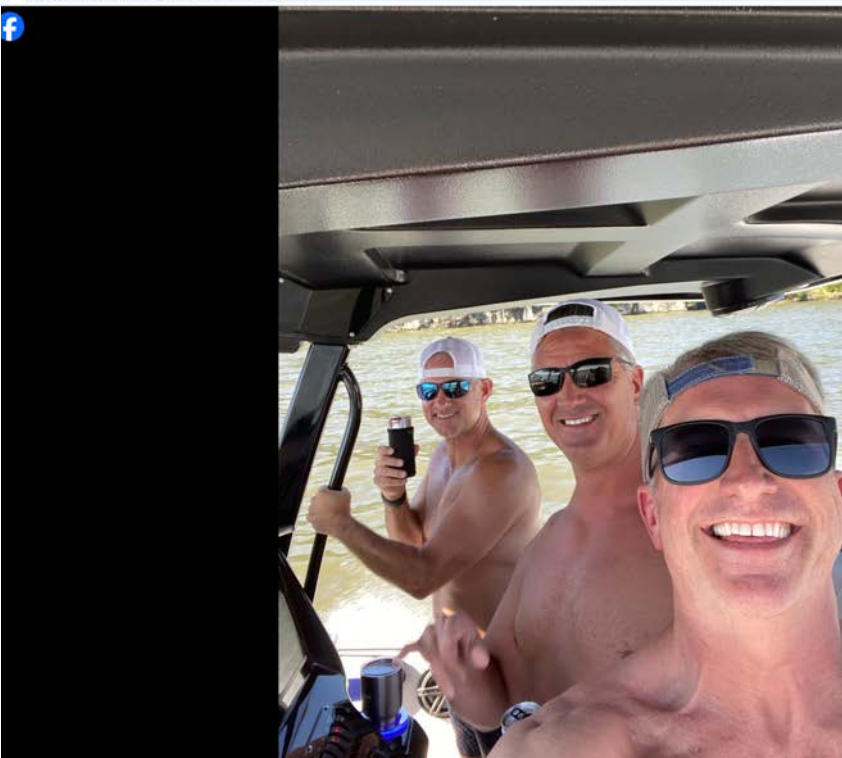
Go K-State! Lol

2y Like Reply



Write a comment...

facebook.com/photo/?fbid=10223989081293721&set=a.10203343796014492



Wes Swinford

June 4, 2022

Great day at LOTO. So blessed to have these men: Dan Schmidt and Chip Hilleary and many others in my life. #RCJH#kub

136

26

Like

Comment

Share

Most relevant

Susie Weir Duve

Blast from the past!!!

2y Like Reply

Susie Weir Duve replied · 2 Replies

Andrea Moore Sewell

Omg... the three-some! 🤪🤪🤪

2y Like Reply

Wes Swinford replied · 1 Reply

John Jones

Awesome Crew there!!

2y Like Reply

Patrick Richey

3 great dudes right there.

2y Like Reply

Wes Swinford replied · 1 Reply

Christopher Perez

Thanks again for the invite...sorry I couldn't make it.

2y Like Reply

Wes Swinford replied · 1 Reply





Marni Peet Licursi



Woah!! Hey fellas, lookin good 🤪

2y Like Reply

Write a comment...


Instagram


 [kccraze](#)
 System ID: [516804](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/Cfeys-CJslr/>


 Posted: Jul 01, 2022
 Captured: Dec 10, 2024


After the DOI. #hiking #justgo #keepclimbing


instagram.com/p/Cfeys-CJslr/





**kccraze** • Follow
Original audio




**kccraze** #hiking #justgo #keepclimbing
127w

**steviedurkin** Where is this? Beautiful!
127w Reply


**dsinkler1** Helll yea
127w Reply

**momto2ksboys** Gorgeous
127w Reply

**mandy.luecke** Beautiful!
127w Reply









38 likes
July 1, 2022

 Add a comment... Post

[Link to download video](#)


Instagram


 [kccraze](#)
 System ID: [516806](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/Cfd8m93O84U/>


 Posted: Jul 01, 2022
 Captured: Dec 10, 2024


After the DOI. #thebodyiscapable #dohardthings #uncommon #hiking




instagram.com/p/Cfd8m93O84U/




 **kccraze** • Follow

 **kccraze** #thebodyiscapable #dohardthings #uncommon #hiking
127w

 **greatpeaksafaris12** were is these standing mountain?
121w Reply

19 likes
July 1, 2022

 Add a comment... Post

f Facebook

f [wes.swinford.3](#)



Posted: Jul 02, 2022

f System ID: [516699](#)



Captured: Dec 09, 2024

👤 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/wes.swinford.3/posts/pfbid02HbBG2zmkXMbamG6bTfBWz6cdUhQABjtqX9fgttcKb1q1tgNLHssi6SYQyarsj3Thl>

After the DOI. Incredible 10 mile hike with Kelly Allen and Bret Pomrenke yesterday and 5k race this morning. Master's division champ.👍👍 #justgo#getmoving#dohardthings#youarecapable "A ship in harbour is safe, but that is not what ships are built for." John A Shedd 1928.

 **Wes Swinford**
July 2, 2022 · 🌐

Incredible 10 mile hike with Kelly Allen and [Bret Pomrenke](#) yesterday and 5k race this morning.
Master's division champ..😁😁😁
[#justgo](#)[#getmoving](#)[#dohardthings](#)[#youarecapable](#)
"A ship in harbour is safe, but that is not what ships are built for." John A Shedd 1928.



👍❤️ 105 17 comments

👍 Like 💬 Comment ➦ Share

Most relevant ▼



Most relevant ▾



Annette Phillips

Congratulations be safe 🙏 ...

2y

Like

Reply



Craig Fincham

Awesome 🙌 ...

2y

Like

Reply



Jason Kanak

You're an animal! ...

2y

Like

Reply



Tony Hawkins

Awesome 🙌 ...

2y

Like

Reply



John Jones

That's awesome! Congratulations! ...

2y

Like

Reply



Mitch Browning

Two former great KU linebackers!! You were/are both great ambassadors for KU football & are winners!!!! ...

2y

Like

Reply

3



Wes Swinford

Thanks coach! ...

2y

Like

Reply



Bret Pomrenke

Mitch Browning Coach! 🙌 ...

2y

Like

Reply



Write a reply...



Luann Meyers Woodward

In high altitude at that, congrats ...

2y

Like

Reply



Katie 'Serrone' Chesen

This is awesome to see! I need that energy! Yahoooooo! ...

2y

Like

Reply



Jim Fender

Beasts! ...

2y

Like

Reply



Bret Pomrenke
Mitch Browning Coach! 🙌 ...
2y Like Reply

Write a reply... 🗨️ 😊 📷 📺 🗨️

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2y Like Reply

Katie 'Serrone' Chesen
This is awesome to see! I need that energy! Yahoooooo! ...
2y Like Reply

Jim Fender
Beasts! ...
2y Like Reply

Steven Curry
That's awesome 🙌 ...
2y Like Reply

Curtis Curry
Donna proud! ...
2y Like Reply

Wes Swinford
I thought of her and you often on this hike Curtis Curry ...
2y Like Reply

Write a reply... 🗨️ 😊 📷 📺 🗨️

Fred Roll
Listen to this shit!!! ...
2y Like Reply

Bret Pomrenke
Fred Roll that's nice! 🙌 ...
2y Like Reply

Write a reply... 🗨️ 😊 📷 📺 🗨️

Write a comment... 🗨️ 😊 📷 📺 🗨️



This photo is from a post.

Wes Swinford
July 2, 2022 · 🌐

👍 1



Write a comment...



This photo is from a post.

Wes Swinford
July 2, 2022 · 🌐

👍 🥳 🥳 21



Most relevant ▾

-  **Ty Moeder**
AWESOME !!!
2y Like Reply
-  **Craig Fincham**
👏
2y Like Reply
-  **Brandon Walter**
Great job, Wes!!
2y Like Reply
-  **Barb Roth Wells**
Awesome!
2y Like Reply
-  **Yvette Klinkmann**
Awesome!
2y Like Reply
-  **Linda Gouldsmith Beezley**
You're amazing Wes!
2y Like Reply



Write a comment...











 **Wes Swinford**
July 2, 2022 · 🌐

 Write a comment...




Instagram


 [kccraze](#)
 System ID: [516802](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/Cflz-CvgNJm/>


 Posted: Jul 04, 2022
 Captured: Dec 10, 2024


After the DOI. Happy Independence Day!!




instagram.com/p/Cflz-CvgNJm/




 **kccraze** • Follow

 **kccraze** Happy Independence Day!!
127w

 **bretpomrenke** 🙌
127w Reply



129 views
July 4, 2022

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 [wes.swinford.3](#)



Posted: Jul 08, 2022

 System ID: [516697](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid05z1PtyV7VC58UVdG8t9fzwcW3rhZjyggq39a25eB9XanM7ddyqEp5KMmn1X6FhQj8l>

After the DOI. I enjoy hiking alone, and love hiking and connecting with other men, but nothing makes me smile and laugh like hiking/being in nature with my kids!!! (We are missing Saige!)



Wes Swinford

July 8, 2022 · 🌐

I enjoy hiking alone, and love hiking and connecting with other men, but nothing makes me smile and laugh like hiking/being in nature with my kids!!! (We are missing Saige!)



👍❤️ 183

28 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▼



Yvette Klinkmann

If you're lucky enough to be in the mountains you're lucky enough 😊

2y Like Reply





Yvette Klinkmann

If you're lucky enough to be in the mountains you're lucky enough 😊 ...

2y

Like

Reply



Wes Swinford

You got that right! ...

2y

Like

Reply



Write a reply...



Peggy Hampton

Good times! ...

2y

Like

Reply



Jeff James

I love this brother! ...

2y

Like

Reply



Rob Jus-Rollin Mitchell

Absolutely awesome ...

2y

Like

Reply



Heidi Phillips Alley

We need to come up and go hiking (easy trail, no mountain climbing..lol)! ...

2y

Like

Reply



Wes Swinford

Sounds great! Let's do. ...

2y

Like

Reply



Write a reply...



Marilyn Kerr

Fun times ...

2y

Like

Reply



Jason Rawlings

Camping is the best! And you have a great bunch of kids for sure!! ...

2y

Like

Reply



Wes Swinford

Agreed! And thanks. ...

2y

Like

Reply



Write a reply...



Tony Hawkins

Awwww ...



Tony Hawkins
Awesome 🙌

...

2y Like Reply



Ty Moeder
Love it !!

...

2y Like Reply



Devalyn Duke · Follow
this is great

...

2y Like Reply



Jenny Taylor Edrington
Love it Wes ❤️

...

2y Like Reply



Jaci Duke Kern
Nice pics.... Where were you hiking

...

2y Like Reply



Wes Swinford
Near Buena Vista, CO

...

2y Like Reply



Write a reply...



Steve Womack
Man we got to go! I love hiking I've never been on an overnight.

...

2y Like Reply



Wes Swinford
Let's go Steve Womack!!!

...

2y Like Reply



Write a reply...



Tonia Siewert
So nice to see your posts with your kids. Makes me smile!

...

2y Like Reply



Wes Swinford
Ahhh Thanks Tonia Siewert

...

2y Like Reply



Write a reply...



Bret Pomrenke
Life is good 🙌🏻

...

Tonia Siewert

So nice to see your posts with your kids. Makes me smile!

2y Like Reply

Wes Swinford

Ahhh Thanks Tonia Siewert

2y Like Reply

Write a reply...

Bret Pomrenke

Life is good 🙌🏻

2y Like Reply

Shannon Brimacombe Compass

Follow

Beautiful Kiddos

2y Like Reply

Shelly Roeser

SO fun!

2y Like Reply

Janelle Johnston

Love this ❤️

2y Like Reply

Chris Nay

Let's go

2y Like Reply

Wes Swinford

Send me a date, I'll make it happen.

2y Like Reply

Write a reply...

Heather Meyer

Looks like an amazing getaway

2y Like Reply

Brian Rodeno

So cool.

2y Like Reply

Write a comment...



This photo is from a post.

Wes Swinford
July 8, 2022 · 🌐

7



Most relevant ▾

Rachelle Waters
Love these kids!
2y · Like · Reply

Write a comment...
👍 🗨️ 📷 📍



This photo is from a post.

Wes Swinford
July 8, 2022 · 🌐

6



Write a comment...
👍 🗨️ 📷 📍





This photo is from a post. [View post](#)

Wes Swinford
July 8, 2022 ·

17





Most relevant ▾



Annette Phillips
Great pictures look like y'all had fun glad sterling got to be there
2y Like Reply

Luann Meyers Woodward
Beautiful picture
2y Like Reply

Shawn Spratley
Such an Epic Pic
2y Like Reply


Instagram


 [kccraze](#)
 System ID: [516800](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/Cf1Y2KPgtns/>


 Posted: Jul 10, 2022
 Captured: Dec 10, 2024


After the DOI. Good morning America!!! #keepclimbing #dohardthings #moutainviews #youarecapable #hiking #camping #


instagram.com/p/Cf1Y2KPgtns/







 **kccraze** • Follow
Original audio

 **kccraze** Good morning America!!!
#keepclimbing #dohardthings #moutainviews #youarecapable
#hiking #camping #
126w


 **gierkowskadanuta** Piękny potok ❤️
123w Reply See translation

 **yaresh1** Wes, that's dope! Very peaceful
125w 1 like Reply

 **haakeamy** That looks so incredible!!! 🤩
126w 1 like Reply

88 likes
July 10, 2022

 Add a comment... Post

[Link to download video](#)

Instagram



[kccraze](#)



Posted: Jul 29, 2022



System ID: [516795](#)



Captured: Dec 10, 2024







[Wesley A. Swinford](#)




https://www.instagram.com/p/Cgmz_rhpyZY/?img_index=6

After the DOI. Loving these small mountain town where no one speaks English except Cheers!! Incredible day, 3 hours of rain ☔....so loved being alone in nature getting rained on...gratitude is todays word, my health, my kids, my friends, this place, these people, this weather! Day 1 was epic.







-  **kccraze** • Follow
-  **kccraze** Loving these small mountain town where no one speaks English except Cheers!! Incredible day, 3 hours of rain ☔️.....so loved being alone in nature getting rained on...gratitude is todays word, my health, my kids, my friends, this place, these people, this weather! Day 1 was epic.
123w
-  **dscott69** Bro - this is why you are amazing; one of many reasons because you run into the unknown wonderfully.
123w Reply
-  **kerribkerr** Oh my gosh! I love it! Have an epic time!
123w Reply


  

57 likes
July 29, 2022

 Add a comment... Post







-  **kccraze** • Follow
-  **kccraze** Loving these small mountain town where no one speaks English except Cheers!! Incredible day, 3 hours of rain ☔️.....so loved being alone in nature getting rained on...gratitude is todays word, my health, my kids, my friends, this place, these people, this weather! Day 1 was epic.
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57 likes
July 29, 2022

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57 likes
July 29, 2022


 Add a comment... Post



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123w
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123w Reply ♡
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123w Reply ♡

57 likes
July 29, 2022

 Add a comment... Post



kccraze • Follow



Loving these small mountain town where no one speaks English except Cheers!! Incredible day, 3 hours of rain ☔.....so loved being alone in nature getting rained on...gratitude is today's word, my health, my kids, my friends, this place, these people, this weather! Day 1 was epic.

123w



Bro - this is why you are amazing; one of many reasons because you run into the unknown wonderfully.

123w Reply



Oh my gosh! I love it! Have an epic time!

123w Reply



57 likes

July 29, 2022



Add a comment...

Post



kccraze • Follow



Loving these small mountain town where no one speaks English except Cheers!! Incredible day, 3 hours of rain ☔.....so loved being alone in nature getting rained on...gratitude is today's word, my health, my kids, my friends, this place, these people, this weather! Day 1 was epic.

123w



Bro - this is why you are amazing; one of many reasons because you run into the unknown wonderfully.

123w Reply



Oh my gosh! I love it! Have an epic time!

123w Reply




57 likes


July 29, 2022





Add a comment...


Post


 [kccraze](#)

 System ID: [516796](#)

 [Wesley A. Swinford](#)


 <https://www.instagram.com/p/CglVZzosrhR/>


 Posted: Jul 29, 2022


 Captured: Dec 10, 2024


After the DOI. Good Morning from Monaco...The adventure starts today!




instagram.com/p/CglVZzosrhR/




 **kccraze** • Follow

 **kccraze** Good Morning from Monaco...The adventure starts today!
123w

 **kristagmclane** Wow! Beautiful
123w Reply

39 likes
July 29, 2022

 Add a comment... Post



 [wes.swinford.3](#)



Posted: Jul 29, 2022

 System ID: [516694](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid0eSF6XxLowNJAMcgYDZGGKJ5VvHoyjNEwkQhNS6twEXXxfh3b4Uxug5p8tMN5EYmdl>

After the DOI. And so it begins! My journey from Monaco to Trieste, Italy and back! 4000 miles of hiking, camping, over a million feet of elevation gain. God willing I'll get it done before I'm 65 ☺...I'll post photos to my instagram kccraze and you can check my miles on Strava. #thebodyiscapable #dohardthings #hiking #adventure



Wes Swinford

July 29, 2022 · 🌐

...

And so it begins! My journey from Monaco to Trieste, Italy and back!
4000 miles of hiking, camping, over a million feet of elevation gain. God willing I'll get it done
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#thebodyiscapable

#dohardthings

#hiking

#adventure



👍❤️🙏 267


70 comments




Most relevant ▾



 **Russ Bowen**
Good luck and safe travels! ...
2y Like Reply


 **Rob Jus-Rollin Mitchell**
Good Luck Wes! ...
2y Like Reply

 **Ty Moeder**
Pulling for ya bro.
Ur a better man than I to do this. ...
Love you man!
2y Like Reply

 **Wes Swinford**
Ty Moeder HA... I'm not a ...
2y Like Reply


 **Wes Swinford**
Ty Moeder this is an act of my selfish ways. This is what moves my soul so I went, a selfless man gives his time away.... ...
2y Like Reply

 Write a reply... 

 **Wes Swinford**
#ViaAlpina Red Line — yeah I'm doing it backwards 😂.....of course I would! 😂 ...
2y Like Reply

 **Steven Curry**
Wow that's quite the adventure ...
2y Like Reply

 **Mallory Bounds**
Wow!! That is incredible! Be safe! ...
2y Like Reply

 **Marilyn Kerr**
Good luck! You are a brave soul. Stay safe. ...
2y Like Reply

 **Jaime Custer**
Have the BEST time!! What an experience. ...
2y Like Reply



Jamie Custer

Have the BEST time!! What an experience. ...

2y Like Reply



Tony Hawkins

You can do it, ...

2y Like Reply



Wes Swinford

Tony Hawkins yes I can, yes I will!! 🙌 ...

2y Like Reply



Write a reply...



Mandy Lundy

Wow! I'll be watching. Good luck. ...

2y Like Reply



Darwin L. Anderson

Have fun ...

2y Like Reply



Lisa K Vroman Barber

What an exciting feat! ...

2y Like Reply



Jill Cochran

Wow! How cool! ...

2y Like Reply



Nancy K Rink

Traveling Mercies!!! ...

2y Like Reply



Cambre Abercrombie Leathers

Amazing. Have a great time! ...

2y Like Reply



Cambre Abercrombie Leathers

Amazing. Have a great time! ...

2y Like Reply



Jason Stallmann

So cool! Can't wait to see it all ...

2y Like Reply



Jill 'Boyd' Walter

Go Wes! ...



Ronda Lamond Anderson

You and this experience are both amazing! ...

2y

Like

Reply



Jeff James

Go get it brother! ...

2y

Like

Reply



Christine Kovarik

Wow! Amazing! Good luck and have the best time! ...

2y

Like

Reply



Annette Phillips

Keep safe and keep us posted praying daily for you ...

2y

Like

Reply

2



Derek Rothstein

Wes your my hero! Honestly I appreciate you ...

2y

Like

Reply



Wes Swinford replied · 1 Reply



Asheiki Preston

Good luck and be safe Wes! 🙏👤 ...

2y

Like

Reply



Jemma Holley Imwalle

This is awesome!! ...

2y

Like

Reply



Mandy Miller Luecke

So awesome! Love how you are living life! 🗨️ ...

2y

Like

Reply



Phil Berkenbile

Good Luck and be Safe! ...

2y

Like

Reply



Justin Sinkler

Glad to see you living your life ! ...

2y

Like

Reply



Marni Peet Licursi

Amazing, stay safe! ...

2y

Like

Reply



Matthew Hayden



Matthew Hayden

Hit the market in Ventimiglia on the Monaco/ Italian border ...

2y Like Reply



Write a reply...



Ty Moeder

"Alone in the forest I go, to lose my mind and find my soul."
- John Muir ...

2y Like Reply



Wes Swinford

Ty Moeder yes this is the way!! ...

2y Like Reply



Russ Bowen

Ty Moeder you're half way there... 😊 ...

2y Like Reply



Write a reply...



Jodi Young Schade

Oh Wow! That is so cool! You are an inspiration! ...

2y Like Reply



Maria Hurley

safe travels!!! ...

2y Like Reply



Allison Marler Porembski

Wow! The only impossible journey is the one you never begin - Tony Robbins
Good luck and safe travels! ...

2y Like Reply



Chrisann Cappannari

This is absolutely amazing!! ...

2y Like Reply



Alexis McKinley Jones

Love it Wes!!! Can't wait to follow along on your journey!!! ...

2y Like Reply



Bonnie Bradley

Omg... good for you ...

2y Like Reply



Jaci Duke Kern

Wow!!!! Stay safe ...



2y Like Reply



Jaci Duke Kern
Wow!!!! Stay safe ...

2y Like Reply



Holly Niemeier
That looks amazing! Have fun! ...

2y Like Reply



Rhonda Vchatzer
Wow!! That's impressive! ...

2y Like Reply



David Barth
This is awesome! Have fun!! ...

2y Like Reply



Albert Lee
WOW! Get it, WES!!!! ...

2y Like Reply



Genia Gore
Good luck and enjoy!!!!!! ...

2y Like Reply



Beth Levan Lyle
Awesome, you got this! ...

2y Like Reply



Jenny Taylor Edrington
I would love to hear about your journey and what led you here! I believe in you 🙏 ...
Good luck!

2y Like Reply

Bonnie Bradley replied · 5 Replies



Marsha Moore
You are a brave soul. ❤️ 🙌 ...

2y Like Reply



Ashley Fleenor
I've been to Monaco! ...

2y Like Reply



Jeff Hall
Wow your wild man! Or crazy??? Be safe brother. ...

2y Like Reply



I've been to Monaco! ...

2y Like Reply



Jeff Hall
Wow your wild man! Or crazy??? Be safe brother. ...

2y Like Reply



Wayland Swinford
I could loan you an atv if needed. ...

2y Like Reply



Tasha Greer Howard
Wow!!!! Awesome! ...

2y Like Reply



Linda Gouldsmith Beezley
It's going to be a life-changing experience Wes! So excited for you and can't wait to hear more 🤔 ...

2y Like Reply



Yvette Klinkmann
That looks amazing! So jealous!! ...

2y Like Reply



Kassie Hewins-Sharp-Newton
Good luck that sounds like quite a journey ! ...

2y Like Reply



Terry Thomas
Amazing! You da man! ...

2y Like Reply



Ashley Haus Brown
Wow! Best of luck!!! ...

2y Like Reply



Michelle Schaal
Very cool experience ...

2y Like Reply



Sue Eldred Thomas
GO FOR IT SON AN BE SAFE LUV YA ...

2y Like Reply



Deanna Kulesz Reich
Whatta a feat!!! Have fun! 🤔 ...

2y Like Reply



Write a comment...



Instagram



[kccraze](#)



Posted: Jul 30, 2022



System ID: [516792](#)



Captured: Dec 10, 2024



[Wesley A. Swinford](#)



https://www.instagram.com/p/CgpZcpcPdJS/?img_index=5

After the DOI. No mountain photos, phone was dead all day. Got off trail went 8 miles out of the way..☹️....so grateful Amor Fati! Found another village, so love really meeting the locals, tried to play dominoes with these ladies.☹️...making friends loving this journey wherever it takes me.



kccraze · Follow



kccraze No mountain photos, phone was dead all day. Got off trail went 8 miles out of the way.. 😅😅.....so grateful Amor Fatil! Found another village, so love really meeting the locals, tried to play dominoes with these ladies. 😊.....making friends loving this journey wherever it takes me.

123w



katiechesen This looks amazing. Very inspiring!!

123w Reply



50 likes

July 30, 2022



Add a comment...

Post



kccraze · Follow



kccraze No mountain photos, phone was dead all day. Got off trail went 8 miles out of the way.. 😅😅.....so grateful Amor Fatil! Found another village, so love really meeting the locals, tried to play dominoes with these ladies. 😊.....making friends loving this journey wherever it takes me.

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50 likes

July 30, 2022



Add a comment...

Post



kccraze • Follow



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50 likes
July 30, 2022



Add a comment...

Post



kccraze • Follow



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50 likes
July 30, 2022



Add a comment...

Post



kccraze • Follow



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123w



katiechesen This looks amazing. Very inspiring!!

123w Reply



50 likes
July 30, 2022



Add a comment...

Post

Instagram



[kccraze](#)



Posted: Jul 31, 2022



System ID: [516790](#)



Captured: Dec 10, 2024

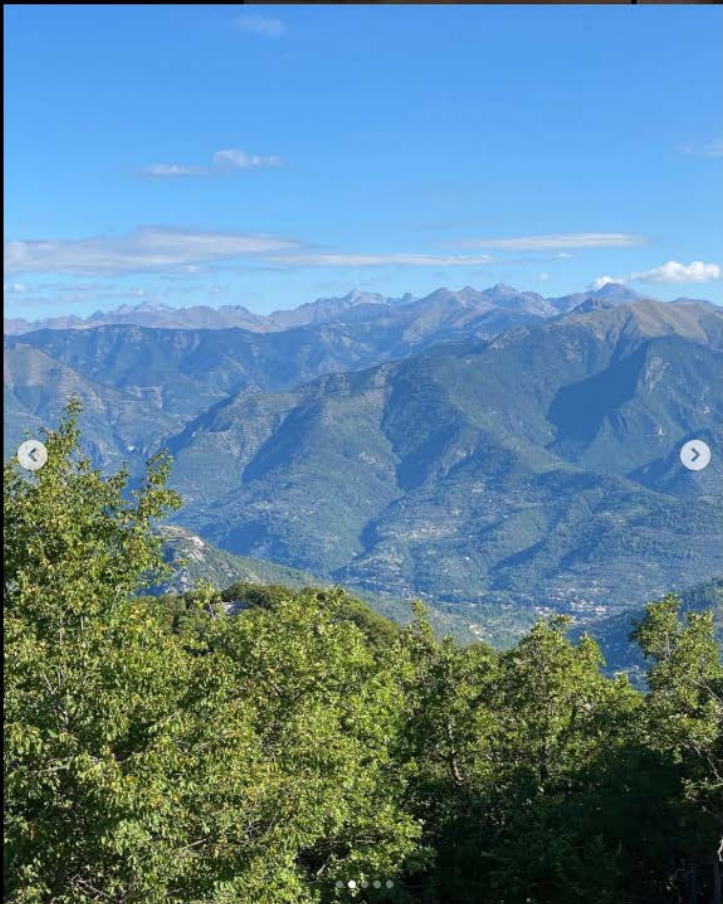


[Wesley A. Swinford](#)



https://www.instagram.com/p/Cgrg1PFMjGM/?img_index=5

After the DOI. The Mediterranean Sea is a distance memory, a tough 12 miles of ascending and descending with 50lb pack and 90 degrees body is wrecked. ☐☐....three days of hiking first couple I met on trail. "A gem cannot be polished without friction, nor a man without trials." Seneca



kccraze • Follow



The Mediterranean Sea is a distance memory, a tough 12 miles of ascending and descending with 50lb pack and 90 degrees body is wrecked. 🤔😓....three days of hiking first couple I met on trail.
"A gem cannot be polished without friction, nor a man without trials."
Seneca

123w



smtaylorheath Be safe! 🙏🙏



123w 1 like Reply



38 likes

July 31, 2022



Add a comment...

Post



kccraze • Follow



The Mediterranean Sea is a distance memory, a tough 12 miles of ascending and descending with 50lb pack and 90 degrees body is wrecked. 🤔😓....three days of hiking first couple I met on trail.
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123w 1 like Reply



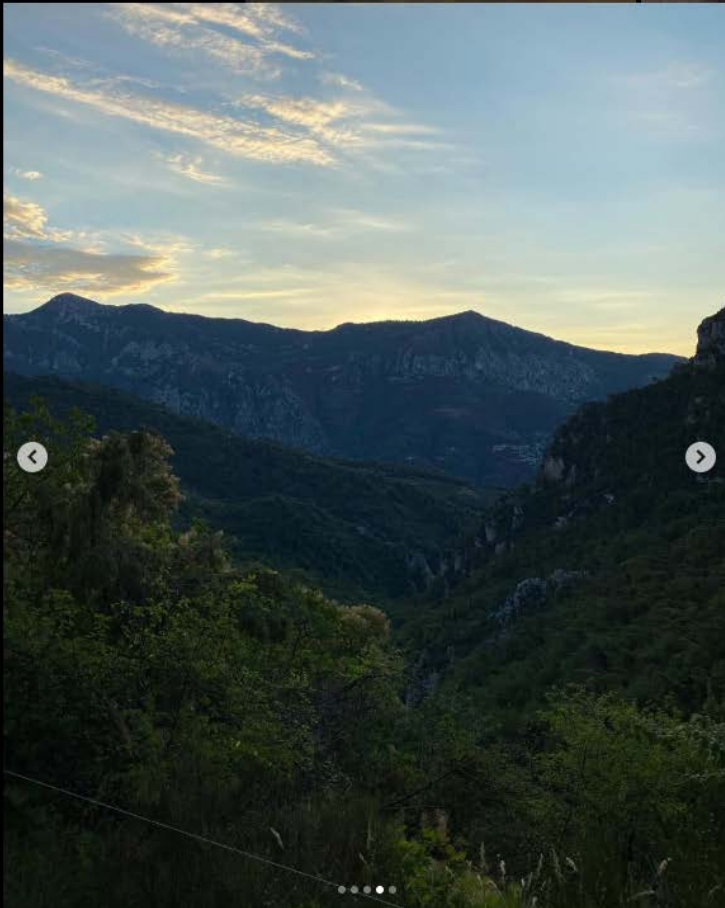
38 likes

July 31, 2022



Add a comment...

Post



kccraze • Follow



kccraze The Mediterranean Sea is a distance memory, a tough 12 miles of ascending and descending with 50lb pack and 90 degrees body is wrecked. 🥵🥵.....three days of hiking first couple I met on trail.

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38 likes

July 31, 2022



Add a comment...

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kccraze • Follow



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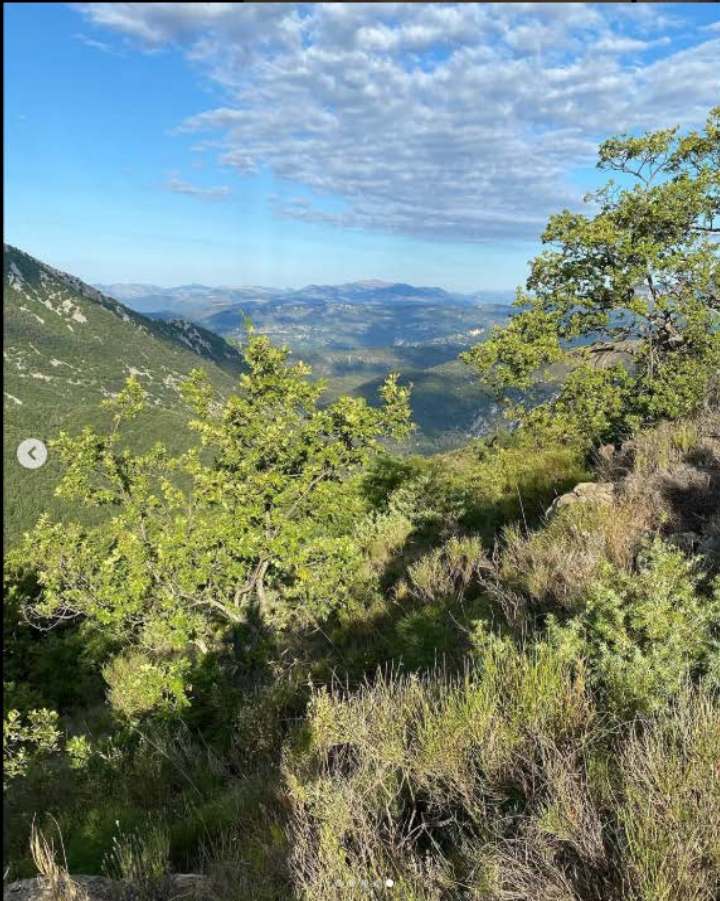
38 likes

July 31, 2022



Add a comment...

Post



kccraze • Follow



The Mediterranean Sea is a distance memory, a tough 12 miles of ascending and descending with 50lb pack and 90 degrees body is wrecked. 🤔😓....three days of hiking first couple I met on trail.
"A gem cannot be polished without friction, nor a man without trials."
Seneca

123w



smtaylorheath Be safe! 🙏🙏



123w 1 like Reply



38 likes

July 31, 2022



Add a comment...

Post

Instagram



[kccraze](#)



Posted: Aug 01, 2022



System ID: [516774](#)



Captured: Dec 10, 2024



[Wesley A. Swinford](#)



https://www.instagram.com/p/CguhYJgJvty/?img_index=5

After the DOI. Sometimes on the trail your pace is slower than you hoped. Weather, elevation, rocks etc can slow you down. It's always good to look back and see how far you've come. The pace doesn't matter, just keep going. "Well-being is realized by small steps, but is truly no small thing." Zeno #hiking #viaalpinaredtrail #adventure #francehiking #wishfornatureandtravel



kccraze • Follow



kccraze Sometimes on the trail your pace is slower than you hoped. Weather, elevation, rocks etc can slow you down. It's always good to look back and see how far you've come. The pace doesn't matter, just keep going.

"Well-being is realized by small steps, but is truly no small thing."

Zeno

#hiking

#viaalpinaredtrail

#adventure

#francehiking

#wishfornatureandtravel

123w



cdunback4c Love following your adventure... be safe... breathe in every moment!



123w 1 like Reply



luckettleslie Breathtaking.....so happy you're experiencing all this beautiful landscape!!



123w 1 like Reply



dsinkler1 Are you tent camping every night? Can you share info on logistics ?



123w Reply



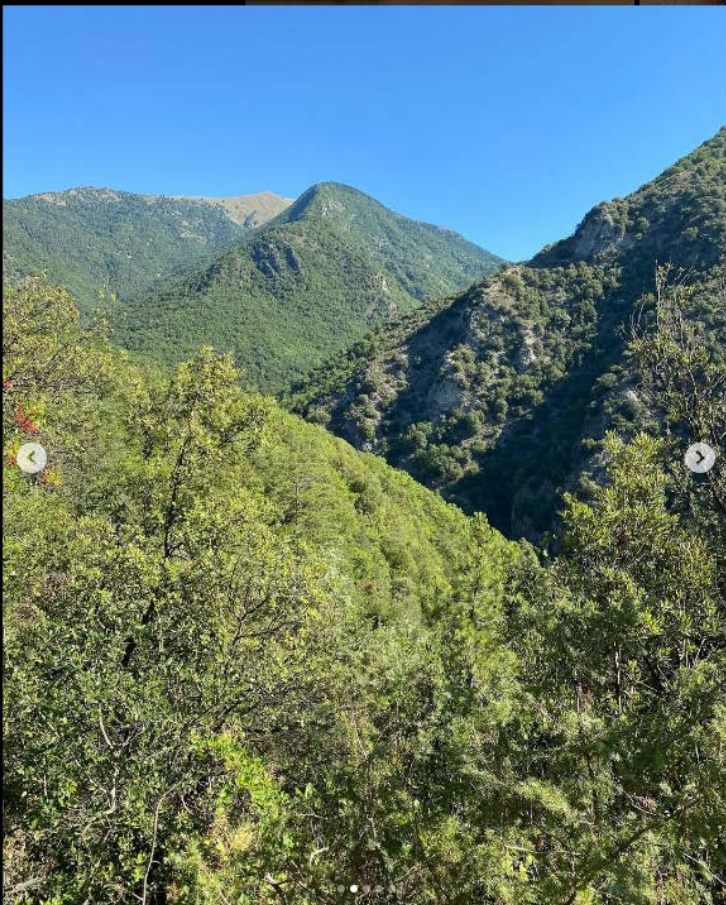
55 likes

August 1, 2022



Add a comment...

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55 likes

August 1, 2022



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kccraze • Follow
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August 1, 2022

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August 1, 2022

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55 likes

August 1, 2022



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Instagram



[kccraze](#)



Posted: Aug 03, 2022



System ID: [516773](#)



Captured: Dec 10, 2024



[Wesley A. Swinford](#)



https://www.instagram.com/p/CgzoQP_qfkx/?img_index=1

After the DOI. Walked into Italy today! These trails have been around for 1,000s of years. So much history here, and the concrete bunkers are all over the France/Italy border...camped last night, found hostel tonight bed, shower, dinner, breakfast 50 euros.



kccraze • Follow



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122w



saigeswinford WOOP WOOP 🙌



122w Reply



katiechesen Enjoy every minute!



122w Reply



chrisjcallen What a journey! Stay safe!



122w Reply



luckettleslie Simply amazing!!! That 2nd pic made me pucker up just a bit but this is SO YOU!!! Continued prayers for your journey.



122w Reply



jayhawk77 Keep on keeping on Bro! Prayer's continue! And I'm jealous



49 likes

August 3, 2022



Add a comment...

Post



kccraze • Follow



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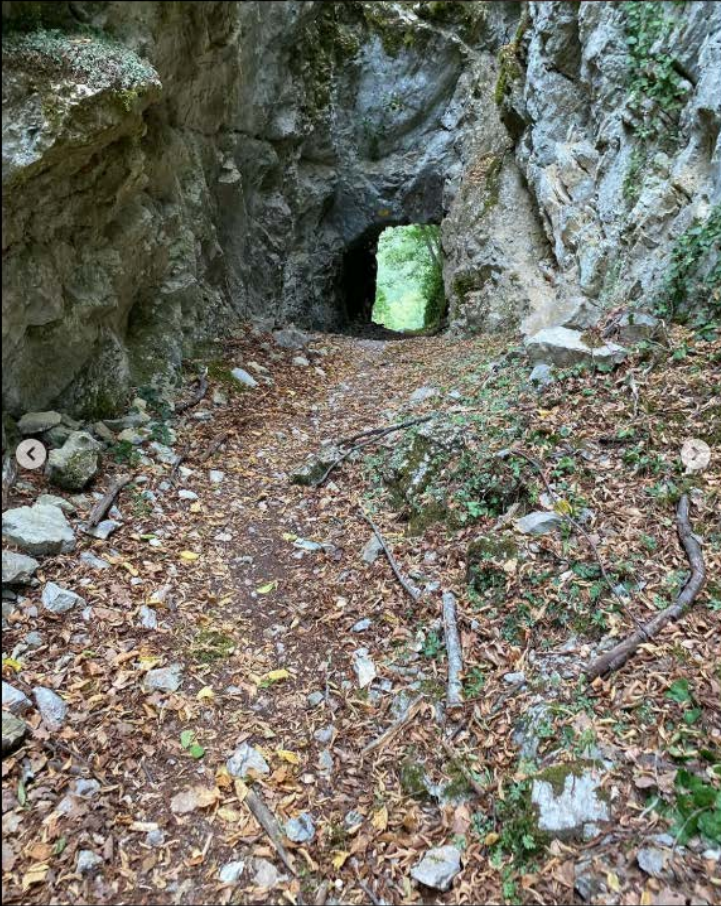
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August 3, 2022



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- kccraze** • Follow
- kccraze** Walked into Italy today! These trails have been around for 1,000s of years. So much history here, and the concrete bunkers are all over the France/Italy border...camped last night, found hostel tonight bed, shower, dinner, breakfast 50 euros.
122w
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122w Reply
- katiechesen** Enjoy every minute!
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122w Reply
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August 3, 2022

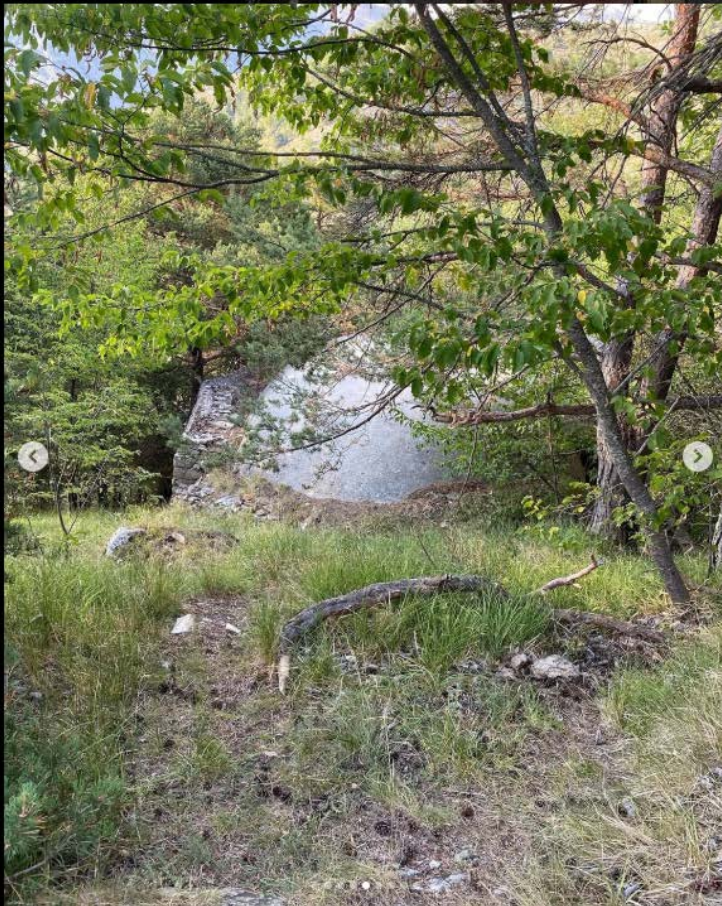
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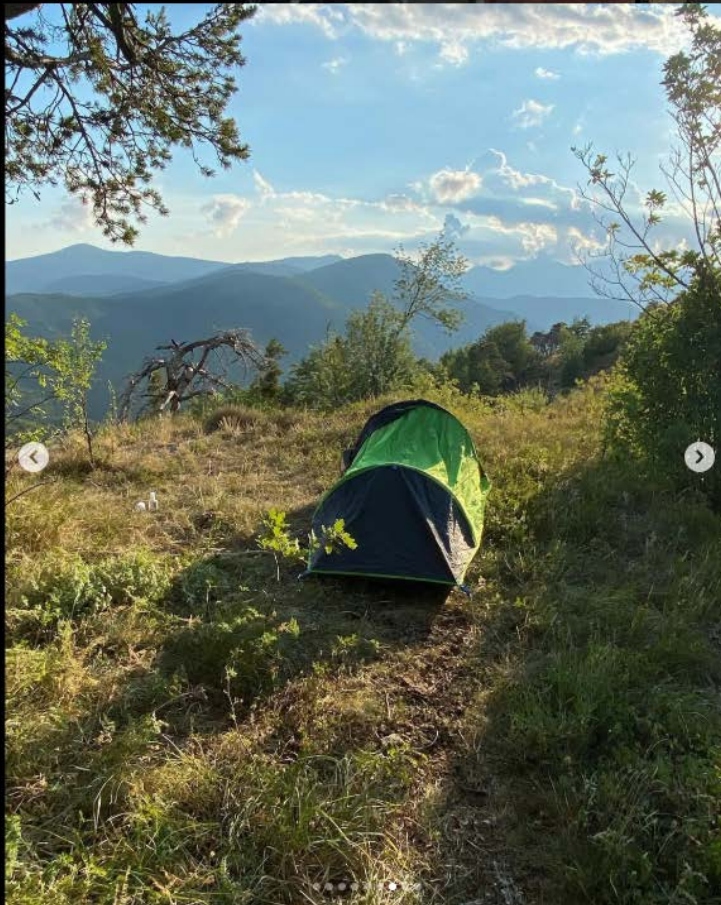
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122w Reply ♡

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122w Reply ♡

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   49 likes
August 3, 2022

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August 3, 2022



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49 likes

August 3, 2022



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Instagram



[kccraze](#)



Posted: Aug 05, 2022



System ID: [516771](#)



Captured: Dec 10, 2024



[Wesley A. Swinford](#)



https://www.instagram.com/p/Cg39Tatr_Gb/?img_index=5

After the DOI. Started my walk down out of the mountain to Italian Coast in hopes I could catch a bus or train to Nice, France for my flight. ☹️☹️....Found 900 year old village having a play, made some friends! ☹️ stayed at their home built into the rock. You can choose to assume the worst in people or you can choose to assume the best.



kccraze • Follow



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122w



kufb86 I love being a stranger in a strange land. Godspeed!



122w Reply



kerribkerr 🍷



122w 1 like Reply



shellyroeser So awesome! I love that you just go for it!



122w Reply



dscott69 🍷



122w Reply



momto2ksboys Amazing. Exciting to see your story each day



122w Reply



66 likes

August 5, 2022



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66 likes

August 5, 2022



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kerribkerr 🍷
122w 1 like Reply

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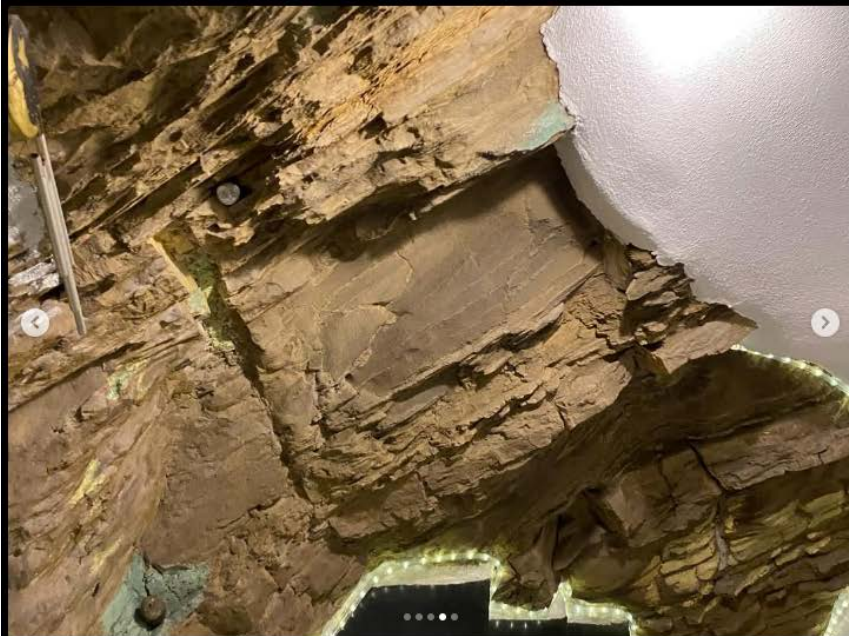


66 likes

August 5, 2022

😊 Add a comment...

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dscott69 🍷
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momto2ksboys Amazing. Exciting to see your story each day
122w Reply







66 likes



August 5, 2022

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Instagram

 [kccraze](#)
 System ID: [516768](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/ChibCO-p5RE/>

 Posted: Aug 21, 2022
 Captured: Dec 10, 2024

After the DOI. #getoutside #getmoving #youarecapable #youarestrong

instagram.com/p/ChibCO-p5RE/



 **kccraze** • Follow





 **kccraze** #getoutside
#getmoving
#youarecapable
#youarestrong
120w





28 likes
August 21, 2022

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Instagram

 [kccraze](#)
 System ID: [516766](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/Ch0c4Rip-fE/>

 Posted: Aug 28, 2022
 Captured: Dec 10, 2024

After the DOI. Added 20 push-ups at every mile this week! 🏃 “What one man can do so can another, say it, again.” -Anthony Hopkins #getoutside #getmoving #youarecapable #youarestrong👊 #believeitsoanditis

instagram.com/p/Ch0c4Rip-fE/



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 **kccraze** Added 20 push-ups at every mile this week! 🏃 “What one man can do so can another, say it, again.” -Anthony Hopkins #getoutside #getmoving #youarecapable #youarestrong👊 #believeitsoanditis Edited · 119w



28 likes
August 28, 2022

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Instagram



[kccraze](#)



Posted: Sep 04, 2022



System ID: [516764](#)



Captured: Dec 10, 2024



[Wesley A. Swinford](#)



<https://www.instagram.com/p/CiG1GYLOKph/>

After the DOI. Just keep going, whatever journey you are on, one step in front of the other. ☺☺☺ You are capable. Just keep going!! 600 push ups this week. ☺☺ #getoutside #beactive #youarestrongerthanyouthink #believeitsoanditis



kccraze · Follow



kccraze Just keep going, whatever journey you are on, one step in front of the other. 🏃‍♂️ 🏃‍♀️ You are capable. Just keep going!! 600 push ups this week 😊😊
#getoutside
#beactive
#youarestrongerthanyouthink
#believeitsoanditis

118w



bretpomrenke You're a bad boy Wes Swinford! BAMF!

118w Reply



luckettleslie You are entering the 🥰 zone! Awesome achievement! 🙌🙌

118w Reply



31 likes


September 4, 2022





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Instagram


 [kccraze](#)

 System ID: [516756](#)

 [Wesley A. Swinford](#)

 https://www.instagram.com/p/Cjx9BDwrTbm/?img_index=3

 Posted: Oct 16, 2022

 Captured: Dec 10, 2024

After the DOI. Grand Canyon, Rim to Rim to Rim. Straight through, 48 miles, 20,000 ft elevation change. Only 25 hours, slow but finisher. 🏆 #hikingadventures #thebodyiscapable #youarestrong #justkeepgoing

instagram.com/p/Cjx9BDwrTbm/?img_index=4



 **kccraze** • Follow


**kccraze** Grand Canyon, Rim to Rim to Rim. Straight through, 48 miles, 20,000 ft elevation change. Only 25 hours, slow but finisher. 🏆🏆
#hikingadventures
#thebodyiscapable
#youarestrong
#justkeepgoing
112w

**susan25458** cool
88w Reply

**genaparker_sw** Whoa! Wes, this is a MAJOR accomplishment! Incredible, bravo 🍷
112w 1 like Reply
View replies (1)

**smtaylorheath** That's awesome! 🍷🍷
112w 1 like Reply


**kerribkerr** 🍷🍷🍷 Awesome!
112w 1 like Reply




86 likes
October 16, 2022


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**kccraze** • Follow







kccraze Grand Canyon, Rim to Rim to Rim. Straight through, 48 miles, 20,000 ft elevation change. Only 25 hours, slow but finisher. 🥰🥰
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86 likes
October 16, 2022


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**kerribkerr** 🍌🍌🍌🍌 Awesome!
112w 1 like Reply



86 likes
October 16, 2022

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f [wes.swinford.3](#)



Posted: Oct 29, 2022

f System ID: [516690](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/wes.swinford.3/posts/pfbid02c9LLC5vvgTVYcB2xyfqrswDAdBmywXERkhyNkvhB9qLCbPiSeZQA2b4mRsuJmx9l>

After the DOI. Great 10.5 mile hike this morning with these awesome men. Perfect weather. #getinnature
#hiking #thebodyiscapable #youarestrong

 **Wes Swinford**
October 29, 2022 · 🌐



Great 10.5 mile hike this morning with these awesome men. Perfect weather.
[#getinnature](#)
[#hiking](#)
[#thebodyiscapable](#)
[#youarestrong](#)



  53 1 comment

 Like  Comment  Share



Great 10.5 mile hike this morning with these awesome men. Perfect weather.

#getinnature
#hiking
#thebodyiscapable
#youarestrong



53

1 comment

Like

Comment

Share

Most relevant



Peggy Hampton



2y Like Reply



Write a comment...



This photo is from a post.



Wes Swinford
October 29, 2022

4



Most relevant



Annette Phillips
Great 🍂 is this close to home
2y Like Reply



Write a comment...





This photo is from a post.

 **Wes Swinford**
October 29, 2022 · 🌐

👍 2



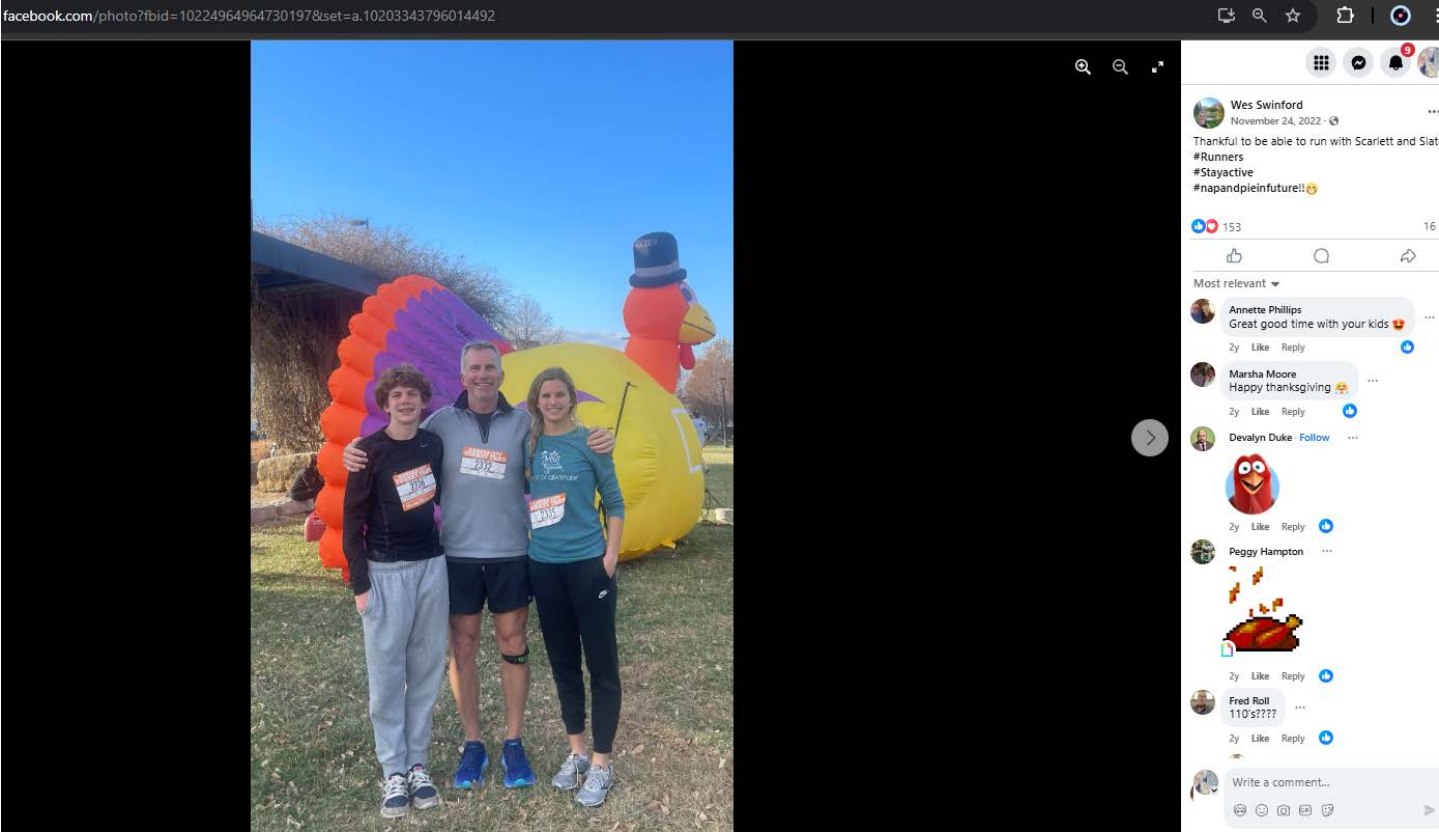
Write a comment...



f [wes.swinford.3](#)
f System ID: [516689](#)
Wesley A. Swinford
↗ <https://www.facebook.com/photo?fbid=10224964964730197&set=a.10203343796014492>

📅 Posted: Nov 24, 2022
📅 Captured: Dec 09, 2024

After the DOI. Thankful to be able to run with Scarlett and Slate! #Runners #Stayactive #napandpieinfuture!!🥧





- 

Fred Roll
110's????

2y Like Reply

Fred Roll replied · 3 Replies
- 

Scott Marlow
Great picture 🍷 Happy Thanksgiving to you and your family! 🍂

2y Like Reply
- 

Get Sandsational · Follow
What's up bro

2y Like Reply

Get Sandsational replied · 2 Replies
- 

Genia Gore
Happy thanksgiving 🍂

2y Like Reply
- 

Jason Kanak
Good work brother!!

2y Like Reply
- 

Andrea Moore Sewell
Happy Thanksgiving!

2y Like Reply
- 

Rachelle Waters
Great pic! I got to see Sterling!



2y Like Reply
- Write a comment...

😊 🍷 📷 🗨️

After the DOI. Merry Christmas from my crew. May your souls be filled with peace and gratitude and your cup full. Cheers

facebook.com/photo?fbid=10225140411196249&set=a.10203343796014492

Wes Swinford

December 24, 2022 · 🌐

Merry Christmas from my crew. May your souls be filled with peace and gratitude and your cup full. Cheers

235

74

Most relevant

Devalyn Duke · Follow

Merry Christmas!

1y · Like · Reply

Mandy Martin Adcock

Merry Christmas 🌱 Swinford's.

1y · Like · Reply

Janelle Johnston

Merry Christmas Wes!

1y · Like · Reply

Carrie Deck

Merry Christmas!

1y · Like · Reply

Andrea Moore Sewell

Merry Christmas!!!

1y · Like · Reply

Jaidan Alley Carter

my faves! merry xmas!

1y · Like · Reply

Jill Cochran

Great pic! Merry Christmas to your family! Kids are beautiful and so handsome!

1y · Like · Reply

Write a comment...

👍

👎

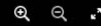
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📷

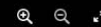
📺

📌

📎

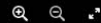


- ty Like Reply
- Tina Sergott Resch
That's a great picture! Merry Christmas 🌟
- ty Like Reply
- Mandy Lundy
Merry Christmas! 🌟
- ty Like Reply
- David Johns
merry Christmas 🌟
- ty Like Reply
- Bryon Will
Merry Christmas 🌟
- ty Like Reply
- Rhonda Vochatzer
Merry Christmas Wes to you and your family! 🌟
- ty Like Reply
- Trevin Haines
Merry Christmas brother! 🌟
- ty Like Reply
- Heidi Phillips Alley
Merry Christmas! 🌟
- ty Like Reply
- Melissa Hahn Price
Merry Christmas!!! 🌟
- ty Like Reply
- Cambre Abercrombie Leathers
Merry Christmas! 🌟
- ty Like Reply
- Kristina Belshe - Follow
Great pic! 🌟
- Write a comment...



- ty Like Reply
- Jason Kanak
Good looking crew there brother!! 🌟
- ty Like Reply
- Jnz Davis
Merry Christmas 🌟
- ty Like Reply
- Allison Marler Porembski
Merry Christmas 🌟
- ty Like Reply
- David Barth
Merry Christmas!! 🌟
- ty Like Reply
- Alexis McKinley Jones
Beautiful family! Merry Christmas my friend!! ❤️
- ty Like Reply
- Paul R Misarti
You certainly got yourself a good looking crew there Wes. Best wishes to all for blessings, health and happy days! 🌟
- ty Like Reply
- Jenny Taylor Edrington
Beautiful family! ❤️
- ty Like Reply
- Jaime Custer
Merry Christmas! 🌟
- ty Like Reply
- Fred Roll
Merry Christmas!!! 🌟
- ty Like Reply
- Valerie Schamaun
Merry Christmas, Wes, the almost 52 🌟
- Write a comment...





- 1y Like Reply
- Valerie Schamaun
Merry Christmas, Wes, the almost 52 year old!!!!!!
- 1y Like Reply
- Valerie Schamaun replied · 2 Replies
- Barb Roth Wells
Lovely family. Merry Christmas 🎄 ...
- 1y Like Reply
- Tony Hawkins
Merry Christmas ...
- 1y Like Reply
- Chris Callen
Merry Christmas!! 🎄 ...
- 1y Like Reply
- Debra N Kevin Rickner
Merry Christmas! ...
- 1y Like Reply
- Tera A Jobbins
Merry Christmas from Justin and me!
- 1y Like Reply
- Shannon Blanchard Kieweno
Merry Christmas Swinford's! Hard to believe they are all so grown up! ❤️ 🎄
- 1y Like Reply
- Lami Veit
Merry Christmas!! ...
- 1y Like Reply
- David McSwain
Merry Christmas ...
- 1y Like Reply
- Write a comment...



- 1y Like Reply
- Jamie Williams-Pratz
Merry Christmas! ...
- 1y Like Reply
- Genia Gore
Merry merry Christmas to your good looking crew 🎄🎄🎄
- 1y Like Reply
- Michele Riffel
Merry Christmas Swinford and Fam! 🎄
- 1y Like Reply
- Cathy Miller
Merry Christmas ...
- 1y Like Reply
- Tonia Siewert
Beautiful family Wes Swinford ...
- 1y Like Reply
- Kristy Bauman Watson
Merry Christmas! ...
- 1y Like Reply
- Ronda Lamond Anderson
Merry Christmas to you and your family!
- 1y Like Reply
- Shawna Little-Justis
Merry Christmas 🎄 🎄
- 1y Like Reply
- Holly Delaney
Merry Christmas!! ...
- 1y Like Reply
- View more comments 66 of 71
- Write a comment...



🔍 🔍 🔍

🏠 🗨️ 📧 📷



- 1y Like Reply

Cathy Miller

Merry Christmas

...
- 1y Like Reply

Tonia Siewert

Beautiful family Wes Swinford

...
- 1y Like Reply

Kristy Bauman Watson

Merry Christmas!

...
- 1y Like Reply

Ronda Lamond Anderson

Merry Christmas to you and your family!

...
- 1y Like Reply

Shawna Little-Justis

Merry Christmas 🎄

...
- 1y Like Reply

Holly Delaney

Merry Christmas!!!

...
- 1y Like Reply

Marilyn Kerr

Merry Christmas

...
- 1y Like Reply

Judy Westbrook

Love this picture of you with all your children! They are so handsome, beautiful and grown up!!

...
- 1y Like Reply

Katie 'Serrone' Chesen

This is a great picture!!!

...
- 1y Like Reply





Katie 'Serrone' Chesen



Merry Xmas !!!!!

...
- Write a comment...

👍 😄 📷 📧


Instagram


 [kccraze](#)
 System ID: [516754](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CnMuWErrLZe/>


 Posted: Jan 09, 2023
 Captured: Dec 10, 2024


After the DOI. Beautiful January Day for Ruck on the cliffs of Missouri River. #getoutdoors #dohardthings #thebodyiscapable #justkeepgoing




instagram.com/p/CnMuWErrLZe/




 **kccraze** • Follow

 **kccraze** Beautiful January Day for Ruck on the cliffs of Missouri River.
#getoutdoors
#dohardthings
#thebodyiscapable
#justkeepgoing
100w

 **willthompson44** Did you head down to the pub in town for refreshments this time?
100w Reply
View replies (1)

56 likes
January 9, 2023

 Add a comment... Post



 [wes.swinford.3](#)



Posted: Jan 17, 2023

 System ID: [516683](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid02NByhfMEGNWcCUpLZ82g8C1PdgdwamHfoT1t2YjVTWbnjdzx1uV3SrV6KBVCsivf5l>

After the DOI. Confirms DOB. Thanks for all the messages, bday wishes and overall cheer!! Had an awesome day yesterday hiking/rucking with these great friends.



Wes Swinford
January 17, 2023 · 🌐

Thanks for all the messages, bday wishes and overall cheer!! Had an awesome day yesterday hiking/rucking with these great friends.




 90


18 comments

 Like

 Comment

 Share

 Lisa Byrd Hawk
🥳 Happy Birthday...a little late!

 Happy Birthday...a little late! ...
1y Like Reply

 Jodi Young Schade
Happy Birthday, Wes!! ...
1y Like Reply

 Gretchen Masters
Happy Birthday Wes!! 🥳 ...
1y Like Reply

 Kaleb Hale
Happy birthday Wes! ...
1y Like Reply

 Marni Peet Licursi ...




1y Like Reply

 Larry Kress
Happy birthday Wes! ...
1y Like Reply

 Angie Markley Scherzer
HBD Wes Swinford 🥳 ...
1y Like Reply

 Maria Hurley
hbd!!!! ...
1y Like Reply

 Jaime Custer
Happy Birthday 🥳 🥳 🥳 ...
1y Like Reply

 Janelle Johnston
Happy Birthday Wes! Hope you and your family are well! 🍷 🍷 🍷 ...
1y Like Reply

f Facebook

f [wes.swinford.3](#)

f System ID: [516681](#)

👤 [Wesley A. Swinford](#)

🔗 <https://www.facebook.com/photo?fbid=10225337491803141&set=a.10203343796014492>



Posted: Jan 25, 2023



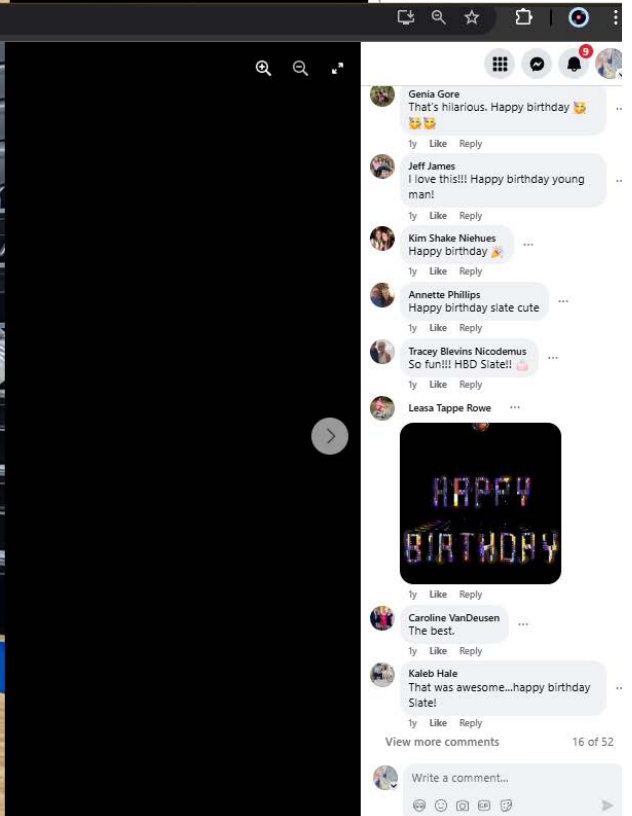
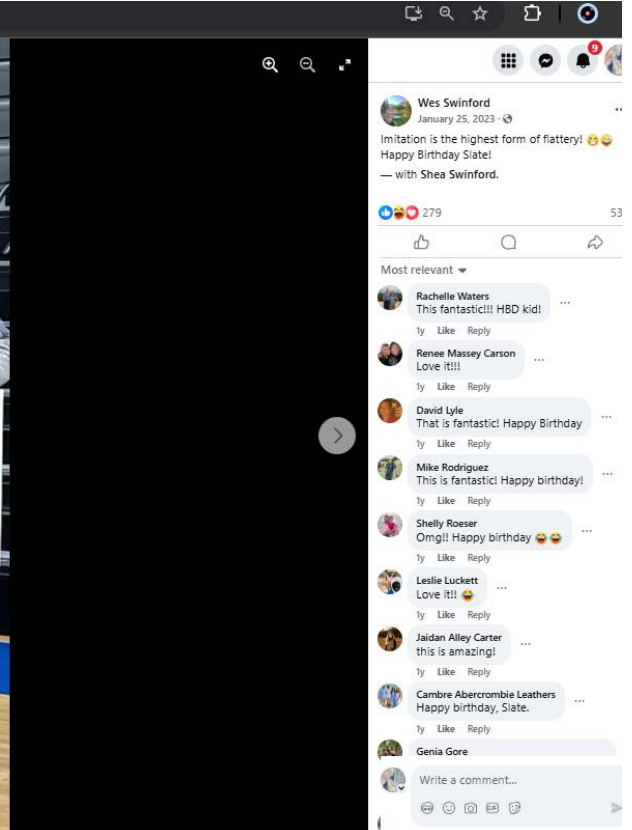
Captured: Dec 09, 2024

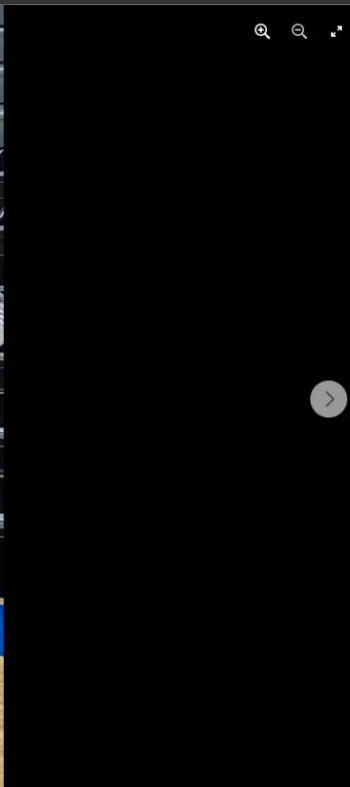
After the DOI. Imitation is the highest form of flattery! 🙄 Happy Birthday Slate!

facebook.com/photo?fbid=10225337491803141&set=a.10203343796014492

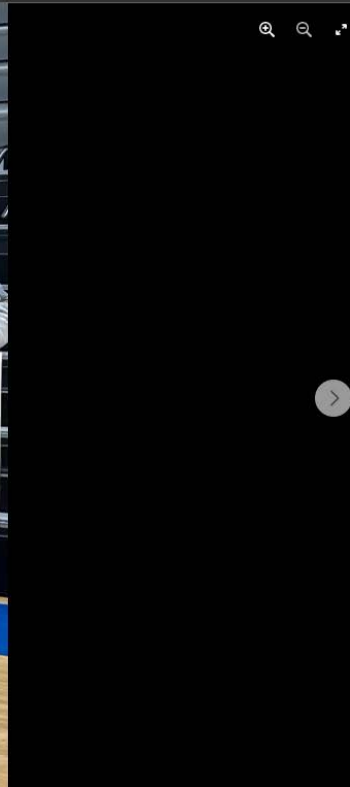


facebook.com/photo?fbid=10225337491803141&set=a.10203343796014492





- Facebook comment interface showing a list of comments and replies. The comments are from various users, including Kaleb Hale, Lisa Davis Wilson, Yvette Long-Hatfield, Katie Shay Hale, C Doug Young, Devalyn Duke, Alice McGeary, Jaci Duke Kern, Mason Swinford, Dan Schmidt, and Suzanne Scotch Covert. The comments are mostly positive, praising the birthday celebration and the 'Big Hair' theme.
- Write a comment...



- Facebook comment interface showing a list of comments and replies. The comments are from various users, including Christina Jones Brady, Jason Rawlings, Rhonda Vochatzer, Mandy Martin Adcock, Wayland Swinford, Kelly Young Paratore, Vicki Leiker, Melissa Daniels, Nancy K Rink, and Molly Morrison Britt. The comments are mostly positive, praising the birthday celebration and the 'Big Hair' theme.
- Write a comment...



Search icons

Navigation icons

- Get Sandsational Follow
- ty Like Reply
- Tina Sergott Resch
this is so great! Happy Birthday to Slate!
- ty Like Reply
- Heather Meyer
Happy Birthday Slate! This is great!
- ty Like Reply
- Karin Selzer
This is really funny!
- ty Like Reply
- Heidi Phillips Alley
Happy Birthday Slate!
- ty Like Reply
- Jaci Duke Kern
Slate this photo proves only you look good in the big hair.
- ty Like Reply
- Wes Swinford replied · 1 Reply
- Kristi Solomon Powell
So flippin funny!!!
- ty Like Reply
- Tiffany Tierney Sanders
This is hilarious!
- ty Like Reply
- Krista Hylton Smith
Love this!! Happy Birthday Slate!
- ty Like Reply
- Stephanie Prichard
I love this! Happy BD!
- ty Like Reply
- View more comments 46 of 52
- Write a comment...









Search icons

Navigation icons

- Slate this photo proves only you look good in the big hair.
- ty Like Reply
- Wes Swinford replied · 1 Reply
- Kristi Solomon Powell
So flippin funny!!!
- ty Like Reply
- Tiffany Tierney Sanders
This is hilarious!
- ty Like Reply
- Krista Hylton Smith
Love this!! Happy Birthday Slate!
- ty Like Reply
- Stephanie Prichard
I love this! Happy BD!
- ty Like Reply
- Diann Williams
Happy Birthday! Love those curls!
- ty Like Reply
- Shawna Trimbo Boswell
Happy Birthday to Slate!
- ty Like Reply
- Christin Black
This is amazing!
- ty Like Reply
- Erin Dugan
The Best!!!!
- ty Like Reply
- Zeny Schmidt
Happy Birthday!
- ty Like Reply
- Danielle Beltzinger
This is priceless!
- ty Like Reply
- Write a comment...


Instagram


 [kccraze](#)
 System ID: [516753](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/CpX2852OBYv/>


 Posted: Mar 04, 2023
 Captured: Dec 10, 2024


After the DOI. Beautiful morning! Get in nature, be active, you are stronger than you know. Just Keep Going!




instagram.com/p/CpX2852OBYv/



 **kccraze** • Follow


 **kccraze** Beautiful morning! Get in nature, be active, you are stronger than you know. Just Keep Going!
92w

 **dandanmi521** Where was this shot? It looks like a nice environment.
59w Reply

60 likes

March 4, 2023

 Add a comment...

Post



 [wes.swinford.3](#)



Posted: May 16, 2023

 System ID: [516677](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

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Before the DOI. This girl is off to London, I said watchout for the werewolves (old man lyrics) she didn't get!.....to study and have a summer internship! She loves me posting photos of her..



Wes Swinford
May 16, 2023 · 🌐

...

This girl is off to London, I said watchout for the werewolves (old man lyrics) she didn't get! 😂😂
.....to study and have a summer internship! She loves me posting photos of her..😂



👍❤️ 215

30 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Devalyn Duke · Follow
awesome

...

1y Like Reply 👍



Shelly Roeser
Such a great opportunity! Enjoy

...



Shelly Roeser
Such a great opportunity! Enjoy ...

1y Like Reply



Melissa Daniels
Have a great time!! ...

1y Like Reply



Marsha Moore
How exciting!! ...

1y Like Reply



Genia Gore
Wonderful!!! Stay safe ...

1y Like Reply



Heidi Phillips Alley
Have a blast Saige! ...

1y Like Reply



Maureen Bussjaeger Hedden
Looks like you are forcing her to go! ...

1y Like Reply

Wes Swinford replied · 1 Reply



Annette Phillips
Saige happy for you what a great experience be safe ✈️🍷 ...

1y Like Reply



Paul R Misarti
Old man lyrics 😊 ...

1y Like Reply



Jo Frances Birdwell Thompson ...



1y Like Reply



Rob Jus-Rollin Mitchell
Have a wonderful time! ...

1y Like Reply



Bonnie Bradley
Have a great time ...



Bonnie Bradley
Have a great time ...

1y Like Reply



Jaidan Alley Carter
ahhhh!! have so much fun! ...

1y Like Reply



Greg Hall
London?! Wow! ...

1y Like Reply



Jenny Taylor Edrington
My son is headed to London today too!! ...

1y Like Reply



Wes Swinford
Jenny Taylor Edrington Nice, visiting or school? ...

1y Like Reply



Jenny Taylor Edrington
Wes Swinford He's backpacking with a buddy for three weeks. My daughter and I will head to Italy next week and meet up with them for a day. ...

1y Like Reply



Wes Swinford
Jenny Taylor Edrington love it!!! ...

1y Like Reply



Saige Swinford
Wouldn't be who I am today without you! Love you so much Dad ...

1y Like Reply



Maureen Bussjaeger Hedden
Saige Swinford you did it. So excited for you! ...

1y Like Reply



Tanya Tippeconnic-Shaw
What a great adventure! ...

1y Like Reply



Jill 'Boyd' Walter ...





Write a reply...



Tanya Tippeconnic-Shaw
What a great adventure! ...

1y Like Reply



Jill 'Boyd' Walter ...



1y Like Reply



Jaci Duke Kern
Wow!! Didn't know. Have a safe bloody time. Bloody hell. Love you!! ...

1y Like Reply



Jason Rawlings
Wow very cool! ...

1y Like Reply



Dan Schmidt
Congratulations, what a heat opportunity!! ...

1y Like Reply



Terri Watters-Treat ...



1y Like Reply



Zeny Schmidt
Congratulations! Our very best wishes !❤️ ...

1y Like Reply



Shannon Fleenor Price
OMG that's amazing ...

1y Like Reply



Luann Meyers Woodward
Exciting!! ...

1y Like Reply



Write a comment...





f [wes.swinford.3](#)



Posted: Aug 05, 2023

f System ID: [516668](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

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After the DOI. 60lb Farmer carry for 2.32 miles with these amazing men. #dohardthings
#youarecapableofamazingthings #justkeepgoing



Wes Swinford

August 5, 2023 · 🌐

60lb Farmer carry for 2.32 miles with these amazing men.

[#dohardthings](#)

[#youarecapableofamazingthings](#)

[#justkeepgoing](#)



👍❤️ 106

14 comments



Like



Comment



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Most relevant ▾



Greg Hall

Nice work gentlemen! 🙌

1y

Like

Reply



Get Sandsational · [Follow](#)

Great job 🙌

1y

Like

Reply



Chris Maumalanga

Wow! That's awesome!!!

1y

Like

Reply



John Jones

Nice work, fellas.

1y

Like

Reply





John Jones
Nice work, fellas. ...

1y Like Reply



Ty Moeder
Impressive guys ...

1y Like Reply



Brandon Walter
Three studs right there. ...

1y Like Reply



Fred Roll
Outstanding!!! ...

1y Like Reply



Fred Roll
...
.

1y Like Reply



Jim Fender
60 lb is a lot for even a much shorter farmer carry...good job ...

1y Like Reply



Tasha Greer Howard
Awesome! ...

1y Like Reply



Russ Bowen
Wes Swinford you're doing that wrong 🤔 ...



1y Like Reply 2 🤔



Wes Swinford
Russ Bowen you got that right! Lovin that beach life I see. ...

1y Like Reply



Write a reply...





This photo is from a post.

Wes Swinford
August 5, 2023 · 🌐

1



Write a comment...



This photo is from a post.

Wes Swinford
August 5, 2023 · 🌐



Write a comment...





 [wes.swinford.3](https://www.facebook.com/wes.swinford.3)



Posted: Sep 23, 2023

 System ID: [516665](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid02hppbYmc5QnmL5HuCmjPKcMjvxFJfXyQsaCTn14NvKeLDHUC876xdoaNLXa185tPCl>

After the DOI. Saige sporting the jersey from last time we beat BYU!! Trying to get the second daughter to be a Jayhawk!! RCJH



Wes Swinford

September 23, 2023 · 🌐

...

Saige sporting the jersey from last time we beat BYU!! Trying to get the second daughter to be a Jayhawk!!
RCJH



👍❤️ 141

15 comments

👍 Like

💬 Comment

➦ Share

Most relevant ▾



Keith Rodgers



Keith Rodgers
Heck yeah!!! ...

1y Like Reply



Keith Rodgers
Looking good Wes 🙌 ...

1y Like Reply



Lisa Byrd Hawk
Love it! ❤️ My nephew is a freshman at KU! RCJH!!! ...

1y Like Reply



Kimberly Moore Rafoth
Come on Scarlet! 💙❤️ ...

1y Like Reply



Katie Davis Williams
Rock chalk!! ...

1y Like Reply



Jo Frances Birdwell Thompson
Wes, you look so handsome and your girls are so pretty. ...

1y Like Reply



Wes Swinford
Jo Frances Birdwell Thompson ahhh Thanks ...

1y Like Reply



Write a reply...



Jo Frances Birdwell Thompson ...



1y Like Reply



Jeff Himes
awesome!! ...

1y Like Reply



Kevin Kimerer
RCJH! ...

1y Like Reply



Jeff James
Y'all are looking good this year brother! ...

1y Like Reply



Wes Swinford
Jo Frances Birdwell Thompson ahhh Thanks



1y Like Reply



Write a reply...



Jo Frances Birdwell Thompson



1y Like Reply



Jeff Himes
awesome!!



1y Like Reply



Kevin Kimerer
RCJH!



1y Like Reply



Jeff James
Y'all are looking good this year brother!



1y Like Reply



Devalyn Duke - Follow



1y Like Reply



Alisa Pacer Moeder



1y Like Reply



Chris Tierney
Rock Chalk!!



1y Like Reply



Scott Marlow
Very cool 🤙



1y Like Reply



Write a comment...





This photo is from a post.

Wes Swinford
September 23, 2023 · 🌐

👍❤️🔥 6

👍 🗨️

Write a comment...

🗨️ 📷 📷 📷 📷



 [wes.swinford.3](#)



Posted: Nov 18, 2023

 System ID: [516662](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid02kHZMSRQQx2vjfocPegrF181sGMy1ctKuwrskTbsXazeLGaP3hBTSTa2KNoPuxj7pl>

After the DOI. Final game for Memorial stadium! So many memories in this place, and so excited to tear it down. One more game with my boys. RCJH



Wes Swinford
November 18, 2023 · 🌐

Final game for Memorial stadium! So many memories in this place, and so excited to tear it down. One more game with my boys. RCJH



👍❤️ 133

9 comments 1 share

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Nicole Dawes-Hinrichs
My son is there somewhere too!!

...



133

9 comments 1 share

Like

Comment

Share

Most relevant ▾



Nicole Dawes-Hinrichs
My son is there somewhere too!! ...

1y Like Reply



Shelly Roeser
Wait...they are tearing it down? I had no clue! ...

1y Like Reply



Lindsay Osterlund
Shelly Roeser same question here. Wait what? ...

1y Like Reply



Shelly Roeser
Lindsay Dandoy 🤔 mind blown! ...

1y Like Reply



Wes Swinford
Shelly Roeser haha...yes after 102 years we are finally building a new stadium. ...

1y Like Reply



Janelle Johnston
Wes Swinford I didn't know that either! Wow! ...

1y Like Reply



Holly Delaney
Love the pictures of the kids little, wow!
Now look at them! ...

1y Like Reply



Ty Moeder
Wish we had seen you ...

1y Like Reply

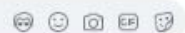


Scott Simpson
Good to see you, Wes. ...

1y Like Reply



Write a comment...





This photo is from a post. View post

Wes Swinford
November 18, 2023 · 🌐

👍❤️👍 28 2

👍 🗨️ 🔄

Most relevant ▾

Daniel Eichloff
Wish I had seen you
Happy Thanksgiving to you and the family

1y Like Reply 2

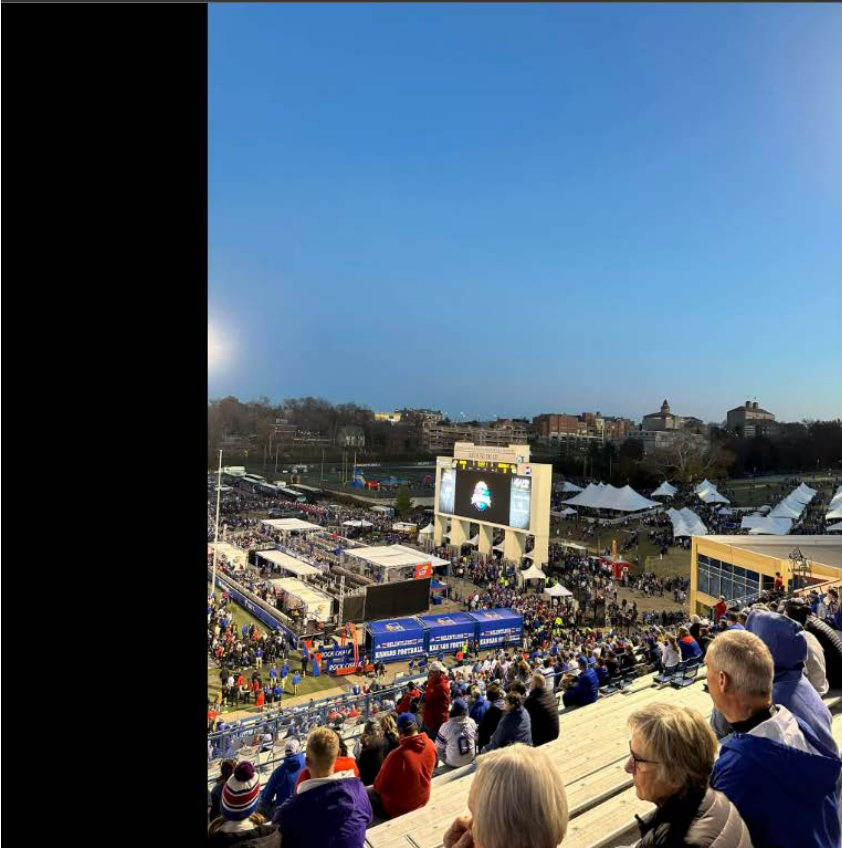
Wes Swinford
Daniel Eichloff Thanks! Happy Thanksgiving to you and yours.

1y Like Reply

Write a reply...

Write a comment...

👍 🗨️ 🔄 📷 📷 📷



This photo is from a post.

Wes Swinford
November 18, 2023 · 🌐

👍❤️👍 2

👍 🗨️

Write a comment...

👍 🗨️ 🔄 📷 📷 📷



 [wes.swinford.3](#)



Posted: Jan 06, 2024

 System ID: [516661](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid0izyATDpWJe7F2YrUWTBCjQZTDF27GNCWeMvhFfeUre1Y9KgwpW4dt8FtqzEb8GYI>

After the DOI. Hiking, cut some wood (warms the body twice!) great fire, and fireworks! Why wouldn't you?
#getoutdoors #BeActive



Wes Swinford

January 6 · 🌐



Hiking, cut some wood (warms the body twice!) great fire, and fireworks! Why wouldn't you?
[#getoutdoors](#)
[#BeActive](#)



👍❤️ 98

6 comments



Like



Comment



Share

Most relevant ▾



Bret Pomrenke



98

6 comments

Like

Comment

Share

Most relevant



Bret Pomrenke

I love you in the most appropriate way possible.



48w

Like

Reply

Edited

4



Christopher Perez

Oh yeah Bret Pomrenke I love him in every way!

48w

Like

Reply



Janelle Johnston

Why not! Right?

48w

Like

Reply



Wes Swinford

Janelle Johnston Soleau

48w

Like

Reply



Annette Phillips

That is a lot of wood to cut

48w

Like

Reply



Steven Curry

Have fun

48w

Like

Reply



Write a comment...





This photo is from a post.

Wes Swinford
January 6 · 🌐

2



Write a comment...



This photo is from a post.

Wes Swinford
January 6 · 🌐



Write a comment...





f [wes.swinford.3](#)



Posted: Jan 15, 2024

f System ID: [516659](#)



Captured: Dec 09, 2024

👤 [Wesley A. Swinford](#)

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After the DOI. Incredible hike this morning. The stillness, peace, it was amazing. So grateful I'm able to do these crazy things. ☐ It wasn't as cold as you would think, just my buttocks and back of legs were cold.

☐☐♂☐ #getoutside #youarestrongerthanyouknow #justkeepgoing #canthurtme



Wes Swinford

January 15 · 🌐

...

Incredible hike this morning. The stillness, peace, it was amazing. So grateful I'm able to do these crazy things. 🥰 It wasn't as cold as you would think, just my buttocks and back of legs were cold.

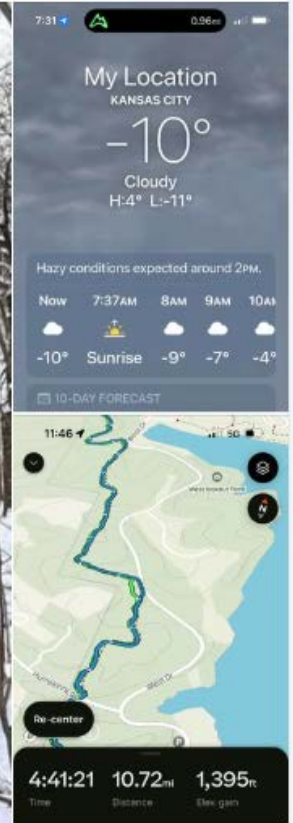


#getoutside

#youarestrongerthanyouknow

#justkeepgoing

#canthurtme



Do you want to see more or less posts from Wes Swinford in Feed?



Like

Comment

Share

Most relevant ▾



Barb Roth Wells
You're amazing. ...

47w Like Reply



Annette Phillips
That is awesome ...

47w Like Reply



Jodi Young Schade
Omg! You still went in these temperatures! Incredible! ...

47w Like Reply



Steve Sorrell
Is that a remote dog collar on your neck? Is someone forcing you to do this? Should we send help?? ...

47w Like Reply

4 🤔👍

Wes Swinford replied · 1 Reply



Marsha Moore
It was 1° when I fed, watered, and hayed horses this morning. Does that count? You can ask your mom how old I am. I think we are the same age. 🤔👍 ...

47w Like Reply Edited

Wes Swinford replied · 1 Reply



Grant Allen
Better man than me!! ...

47w Like Reply



Ramona Prewitt Willingham
I love the ONLY my back, legs AND buttocks were cold. Omg, I needed that laugh today 🤔👍👍 Tomorrow and Wednesday look to be the worst for us here in Bama. All these people will be in the ditches by morning 🤔👍 ...

47w Like Reply



Kevin Polian
There is easier ways to hug a tree 🤔 ...

47w Like Reply

4 🤔👍



Shelly Roeser
You are CRAZY. 🤔👍 The gym was nice and warm ...



Barb Roth Wells
You're amazing. ...

47w Like Reply



Annette Phillips
That is awesome ...

47w Like Reply



Jodi Young Schade
Omg! You still went in these temperatures! Incredible! ...

47w Like Reply



Steve Sorrell
Is that a remote dog collar on your neck? Is someone forcing you to do this? Should we send help?? ...

47w Like Reply



Wes Swinford
Steve Sorrell haha!! It's my headlight, i love starting in the dark. To cold to stop and put in backpack. ...

47w Like Reply



Write a reply...



Marsha Moore
It was 1° when I fed,watered, and hayed horses this morning. Does that count? You can ask your mom how old I am. I think we are the same age. 🤪 ...

47w Like Reply Edited



Wes Swinford
Marsha Moore it does count! 🤪 ...

47w Like Reply



Write a reply...



Grant Allen
Better man than me!! ...

47w Like Reply



Ramona Prewitt Willingham
I love the ONLY my back, legs AND buttocks were cold. Omg, I needed that laugh today 🤪🤪🤪 Tomorrow and Wednesday look to be the worst for us here in Bama. All these people will be in the ditches by morning 🤪 ...

47w Like Reply



Kevin Polian ...



Kevin Polian
There is easier ways to hug a tree 🤔 ...
47w Like Reply 4 🤔👍



Shelly Roeser
You are CRAZY. 🤔🤔 The gym was nice and warm ...
47w Like Reply



Yvette Long- Hatfield
Shelly Roeser Well, it wasn't "warm" 😊 But, i'm sure it was better than being outside 🤔🤔🤔🤔🤔 ...
46w Like Reply



Shelly Roeser
Yvette Long- Hatfield For sure!! ...
46w Like Reply



Wes Swinford
Shelly Roeser 😊 Thank You ...
46w Like Reply 🤔



Steven Curry
Good job I think I'm about ready to go on a walk ...
47w Like Reply



Wes Swinford
Steven Curry 🤔 ...
46w Like Reply



Lindsey Curtin
you're crazy!!! ...
47w Like Reply



Wes Swinford
Lindsey Curtin 😊 Thank You ...
46w Like Reply 👍



Julie Koetting Barrett
Wow, not sure if I am impressed or worried about you. Did anyone join you?? ...
47w Like Reply



Julie Koetting Barrett replied · 2 Replies



Julie Koetting Barrett

Wow, not sure if I am impressed or worried about you. Did anyone join you??

47w Like Reply



Wes Swinford

Julie Koetting Barrett it's a fine line. Just me.

46w Like Reply



Julie Koetting Barrett

Wes Swinford I would love to go sometime, but it has to be above freezing please!!

46w Like Reply



Write a reply...



Mandy Miller Luecke

You are a rockstar, and a little crazy! 🤔👍

47w Like Reply



Wes Swinford

Mandy Miller Luecke 🙏 Thank You

46w Like Reply



Write a reply...



Alexis McKinley Jones

Way to go Wes!!!

47w Like Reply



Jason Kanak

I was with you in spirit

46w Like Reply 2



Chris Nay

I would have gone with ya!

46w Like Reply



Tanya Greeson Fisher

Wes Swinford amazing!!!!

46w Like Reply



Allison Marler Porembski

A Kansas Poem

It's Winter in Kansas
And the gentle breezes blow.
Seventy miles an hour,
At thirty-five below.

Oh, how I love Kansas



46w Like Reply 2



Chris Nay
I would have gone with ya! ...

46w Like Reply



Tanya Greeson Fisher
Wes Swinford amazing!!!! ...

46w Like Reply



Allison Marler Porembski ...

A Kansas Poem

It's Winter in Kansas
And the gentle breezes blow.
Seventy miles an hour,
At thirty-five below.

Oh, how I love Kansas
When the snow's up to your butt.
You take a breath of winter air
And your nose gets frozen shut.

Yes, the weather here is wonderful,
So I guess I'll hang around.
I could never leave Kansas,
'Cause I'm frozen to the ground!

46w Like Reply

Wes Swinford replied · 1 Reply



Christopher Perez
U said, "buttocks".....ah ha-ha...that's cul. ...

46w Like Reply



Linda Gouldsmith Beezley
Simply amazing Wes. You are an inspiration to us and to so many. Doing incredible things that fill the soul and clear the mind. Stay strong friend! ...

46w Like Reply

Wes Swinford
Linda Gouldsmith Beezley Thanks! Will do. ...

46w Like Reply



Mike Brosseit
Buttocks... ...

46w Like Reply



Write a comment...






This photo is from a post.

 **Wes Swinford**
January 15 · 🌐

👍 🗨


 Write a comment...
👍 😄 📷 📧 📌




This photo is from a post.


 **Wes Swinford**
January 15 · 🌐


👍 🗨


 Write a comment...
👍 😄 📷 📧 📌


Instagram


 [kccraze](#)

 System ID: [516751](#)

 [Wesley A. Swinford](#)


 https://www.instagram.com/p/C2YJLAepu7H/?img_index=1


 Posted: Jan 21, 2024


 Captured: Dec 10, 2024

After the DOI. Slow go today in the wind and snow, but I had a very enthusiastic partner! He was so happy to be outdoors. #getoutside #justkeepgoing #youarecapableofmorethanyouknow




instagram.com/p/C2YJLAepu7H/?img_index=1




 **kccraze** - Follow

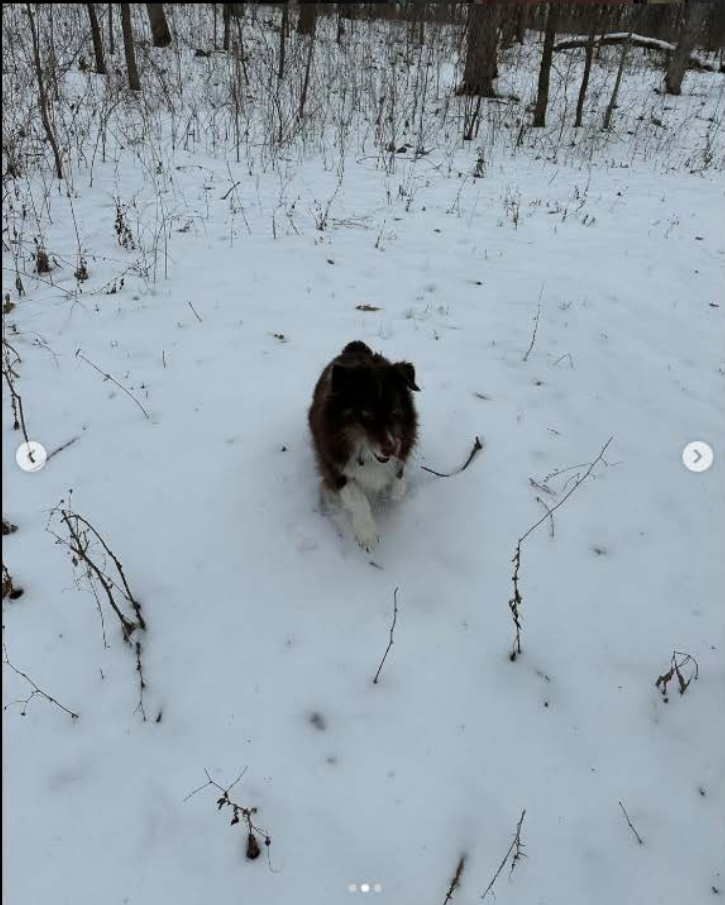
 **kccraze** Slow go today in the wind and snow, but I had a very enthusiastic partner! He was so happy to be outdoors.
#getoutside
#justkeepgoing
#youarecapableofmorethanyouknow
46w


 **hollywolfe787** You're crazy Wes!
46w 1 like Reply





  

25 likes
January 21


 Add a comment... Post





- **kccraze** • Follow ...
- **kccraze** Slow go today in the wind and snow, but I had a very enthusiastic partner! He was so happy to be outdoors.
#getoutside
#justkeepgoing
#youarecapableofmorethanyouknow
46w
- **hollywolfe787** You're crazy Wes!
46w 1 like Reply ♡



25 likes
January 21

 Add a comment... Post







- **kccraze** • Follow ...
- **kccraze** Slow go today in the wind and snow, but I had a very enthusiastic partner! He was so happy to be outdoors.
#getoutside
#justkeepgoing
#youarecapableofmorethanyouknow
46w
- **hollywolfe787** You're crazy Wes!
46w 1 like Reply ♡





25 likes
January 21

 Add a comment... Post


Instagram


 [kccraze](#)
 System ID: [516750](#)
 [Wesley A. Swinford](#)
 https://www.instagram.com/p/C3LF_qVr-tO/


 Posted: Feb 10, 2024
 Captured: Dec 10, 2024


After the DOI. Beautiful morning to get in nature and ruck with friends. #getoutside #justkeepgoing #canthurtme




instagram.com/p/C3LF_qVr-tO/




 **kccraze** · Follow

 **kccraze** Beautiful morning to get in nature and ruck with friends.
#getoutside
#justkeepgoing
#canthurtme
43w





 **bretpomrenke** Way to go 58
43w Reply



  

42 likes
February 10

 Add a comment... Post


Instagram


 [kccraze](#)
 System ID: [516746](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/C5qtVfxrd9k/>


 Posted: Apr 12, 2024
 Captured: Dec 10, 2024


After the DOI. See the train is interesting! Those who know me, know I sang along! 🎵


instagram.com/p/C5qtVfxrd9k/





 **kccraze** • Follow
Original audio




 **kccraze** See the train is interesting!
Those who know me, know I sang along! 🎵
34w

 **katiechesen** Amtrak? Yes!! What a memory! Enjoy!!
34w Reply


 **tippi3** Where is this train going?
34w Reply
View replies (1)

 **jaedrington** That is perfect! 😊
34w Reply

 **t1973r** Once you go Amish, you never come back...
34w Reply





  



47 likes
April 12

 Add a comment... Post

[Link to download video](#)


Instagram


 [kccraze](#)
 System ID: [516748](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/C5qV6E2LqXJ/>


 Posted: Apr 12, 2024
 Captured: Dec 10, 2024


After the DOI. He took the daylight train going..... #ridetherails #lotsofcharacters 📷


instagram.com/p/C5qV6E2LqXJ/







 **kccraze** • Follow
Union Station Kansas City

 **kccraze** He took the daylight train going.....
#ridetherails
#lotsofcharacters 🥰
34w


 **saigeswinford** You ever gonna follow your daughter back?
34w Reply

 **kccraze** HA! West would have been great, heading east to buddies Farm
34w Reply

 **hollyn21** Hopefully WEST! Haha
34w Reply

48 likes
April 12

 Add a comment... Post



 [wes.swinford.3](#)

 System ID: [516650](#)

 [Wesley A. Swinford](#)



Posted: Apr 14, 2024



Captured: Dec 09, 2024

 <https://www.facebook.com/wes.swinford.3/posts/pfbid0pwXXCe1TK2Zq4kjFiPquZgwtqTNsqYT336utEPhWvG78ASMguafiCrg48NgwD43nl>

After the DOI. Had an awesome weekend at the Nayborhood Farm we got in nature, moved the body, cold plunge, and ate lots of amazing pizza. It's great place for camping and outdoor activities. Reach out if you ever want to go!! ☐☐



Wes Swinford
April 14 · 🌐

...

Had an awesome weekend at the [Nayborhood Farm](#) we got in nature, moved the body, cold plunge, and ate lots of amazing pizza. It's great place for camping and outdoor activities. Reach out if you ever want to go!! 🤔👀



👍 65

9 comments

👍 Like 💬 Comment ➦ Share

Most relevant ▾



Nayborhood Farm · [Follow](#)
Thanks for all the help Wes! ...
34w Like Reply 🍎



Devalyn Duke · [Follow](#)
Any Bigfoots? ...



65 9 comments

Like Comment Share

Most relevant

Nayborhood Farm - Follow
Thanks for all the help Wes!
34w Like Reply

Devalyn Duke - Follow
Any Bigfoots?
34w Like Reply

Wes Swinford
Devalyn Duke nope, I saw Sasquatch once in CO, nothing this trip!
34w Like Reply

Devalyn Duke
Wes Swinford what was her name ?
34w Like Reply

Wes Swinford
Devalyn Duke Bahahaha
34w Like Reply

Write a comment...



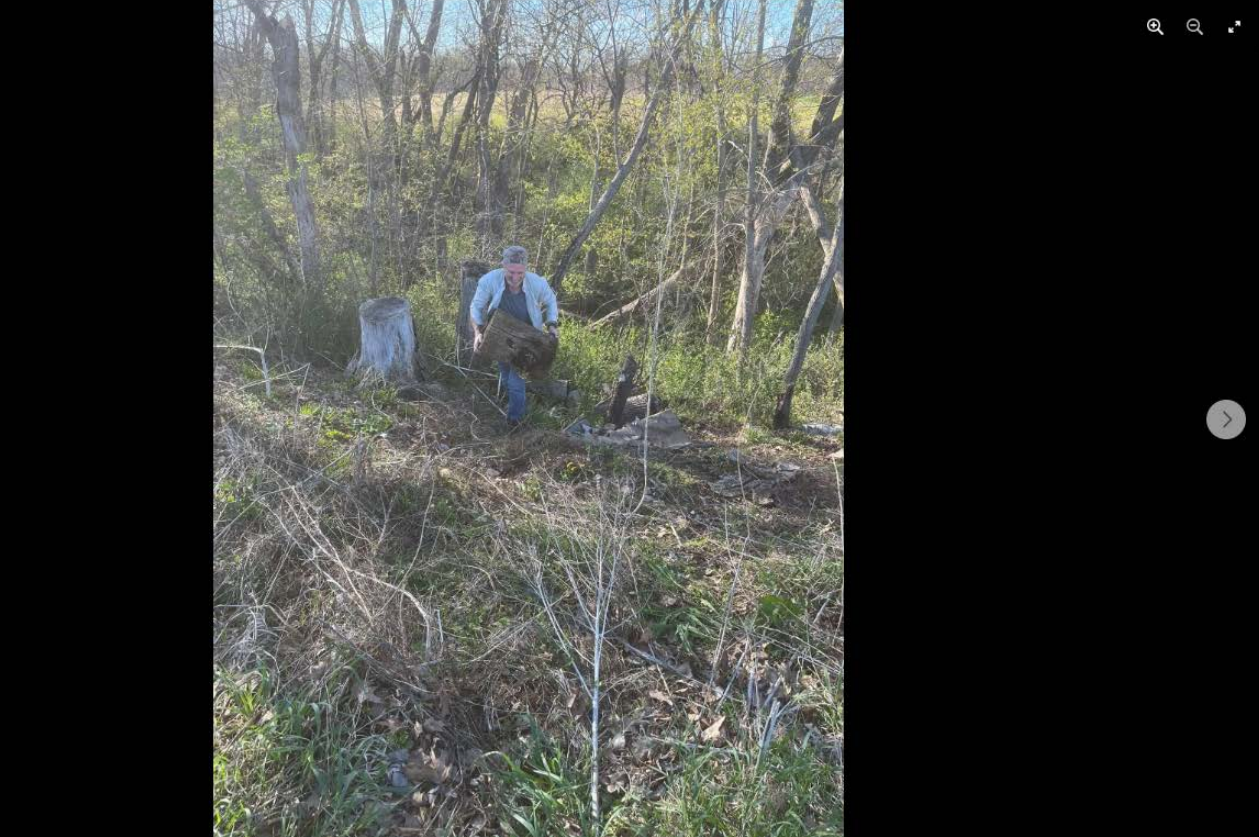
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**Wes Swinford**
April 14 · 🌐



Write a comment...





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**Wes Swinford**
April 14 · 🌐



Write a comment...



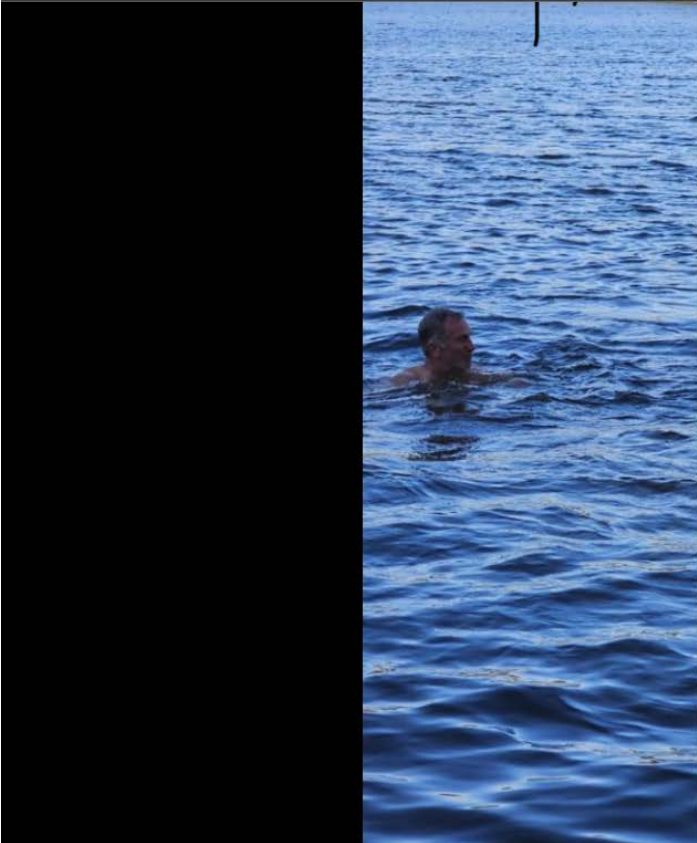


This photo is from a post.

Wes Swinford
April 14 · 🌐

1





Write a comment...





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Wes Swinford
April 14 · 🌐

Write a comment...

 [kccraze](#)
 System ID: [516730](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/C6SWaJyrWQT/>


 Posted: Apr 27, 2024
 Captured: Dec 10, 2024


After the DOI. Awesome hike in Western Colorado. #Getoutside #dohardthings




instagram.com/p/C6SWaJyrWQT/




 **kccraze** • Follow

 **kccraze** Awesome hike in Western Colorado.
#Getoutside
#dohardthings
32w

 **debra_r** Your hair blends into the snow perfectly, lol Looking good brother.
32w Reply
View replies (1)



43 likes
April 27

 Add a comment... Post

f Facebook

f [wes.swinford.3](#)



Posted: Apr 28, 2024

f System ID: [516648](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/wes.swinford.3/posts/pfbid0294g68YyLi1k7B2uBoGurwet5hAbCUW9tbTDZULFU8mEhfDmfFyyS5Gfz4EbfXRwml>

After the DOI. Went on a journey in Colorado this weekend with the Rocky Mountain Assassin Bret Pomrenke....hiked from one climate to another rain to snow. #getoutside #dohardthings



Wes Swinford

April 28 · 🌐

...

Went on a journey in Colorado this weekend with the Rocky Mountain Assassin [Bret Pomrenke](#)....hiked from one climate to another rain to snow.
#getoutside #dohardthings



👍❤️ 91

13 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Devalyn Duke · Follow

...



Like

Comment

Share

Most relevant ▾



Devalyn Duke · Follow ...



32w Like Reply



Jason Kanak
Beautiful! Did you run into the elusive Sasquatch? ...

32w Like Reply

Bret Pomrenke replied · 1 Reply



John Jones
Awesome fellas. Future goal for me. ...

32w Like Reply 2



Steven Curry
Nice 🙌 ...

32w Like Reply



Alisa Pacer Moeder
Good for you guys! ...

32w Like Reply



Bill Maxwell
What elevation did you hit? Hiking in snow is hard. ...

32w Like Reply

Wes Swinford replied · 1 Reply



Luann Meyers Woodward
Lucky guy! ...

32w Like Reply



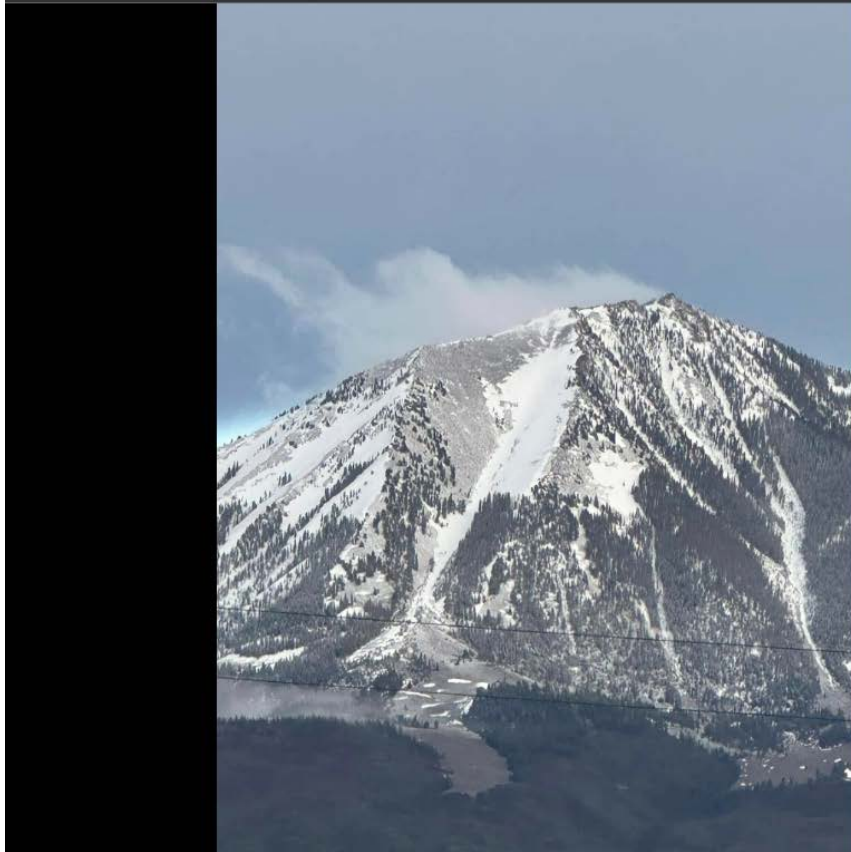
Zeny Schmidt
Beautiful! ...

31w Like Reply



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This photo is from a post.

Wes Swinford
April 28 · 🌐

👍 1



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This photo is from a post.

Wes Swinford
April 28 · 🌐

👍 1



Write a comment...





🔍 🔍 📐

⋮

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 **Wes Swinford**
April 28 · 🌐

👍 🔍

 Write a comment...

🗨 📷 📷 📷 📷 📷





f [wes.swinford.3](#)



Posted: May 04, 2024

f System ID: [516644](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/wes.swinford.3/posts/pfbid02CVexAaTcMbkRd6VGBC8usD6nifMr6E4L7NjhSTRmmApEt96fS8ye5SfRZrykEvApl>

After the DOI. Great day with this crew. Little 5k obstacle course! Sterling and Slate were beast! Their favorite part was mocking me!!! 🐶 #getoutside #dohardthings #uncommon



Wes Swinford
May 4 · 🌐

...

Great day with this crew. Little 5k obstacle course! Sterling and Slate were beast! Their favorite part was mocking me!!! 😂😂
#getoutside #dohardthings #uncommon



👍❤️ 125

5 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Bret Pomrenke



125

5 comments



Like



Comment



Share

Most relevant ▾



Bret Pomrenke

Go team Swinford! Looks like you guys had a great day. Love it! Beasts👊🏻

31w Like Reply



Marilyn Kerr

Fun times. Cherish them.

31w Like Reply



Wes Swinford

Marilyn Kerr I do! Especially since I'm still keeping up with them. Well sorta..😂

31w Like Reply



Danielle Beitzinger

Awesome!!👏

31w Like Reply



Luann Meyers Woodward

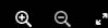
How proud you must be!!

31w Like Reply



Write a comment...





This photo is from a post.

Wes Swinford
May 4 · 🌐



Write a comment...
👍 😄 📷 📺 📧



This photo is from a post.

Wes Swinford
May 4 · 🌐




Write a comment...
👍 😄 📷 📺 📧





This photo is from a post.



 **Wes Swinford**
May 4 · 🌐

👍 🔍

 Write a comment...
👍 😄 📷 📷 📷





 [kccraze](#)
 System ID: [516728](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/C6mB9MBrCdD/>


 Posted: May 05, 2024
 Captured: Dec 10, 2024


After the DOI. Little 5k with obstacles yesterday with this amazing crew! So fun, get outdoors!



instagram.com/p/C6mB9MBrCdD/




 **kccraze** • Follow

 **kccraze** Little 5k with obstacles yesterday with this amazing crew! So fun, get outdoors!
31w

 **vrwalker85** Y'all are the best!! ❤️
31w 1 like Reply

34 likes
May 5

 Add a comment... Post

f

wes.swinford.3

System ID: 516641

Wesley A. Swinford





https://www.facebook.com/photo?fbid=10228181166213224&set=a.1415304541483



Posted: Jun 13, 2024

Captured: Dec 09, 2024

After the DOI.





 [kccraze](#)
 System ID: [516726](#)
 [Wesley A. Swinford](#)
 https://www.instagram.com/p/C8Qm2o7Odea/?img_index=4


 Posted: Jun 15, 2024
 Captured: Dec 10, 2024




After the DOI. Awesome weekend at LOTO!!!! That's not me, I'm the instigator who encourages crazy.🤪🤪🤪

instagram.com/p/C8Qm2o7Odea/?img_index=1




 **kccraze** • Follow

 **kccraze** Awesome weekend at LOTO!!!!
That's not me, I'm the instigator who encourages crazy.🤪🤪🤪
25w



23 likes
June 15

 Add a comment... Post



kccraze • Follow



kccraze Awesome weekend at LOTO!!!!
That's not me, I'm the instigator who encourages crazy. 🤪🤪🤪
25w



23 likes
June 15



Add a comment...

Post



kccraze • Follow



kccraze Awesome weekend at LOTO!!!!
That's not me, I'm the instigator who encourages crazy. 🤪🤪🤪
25w



23 likes
June 15



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kccraze Awesome weekend at LOTO!!!!
That's not me, I'm the instigator who encourages crazy. 🤪🤪🤪
25w



23 likes
June 15



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f [wes.swinford.3](#)

f System ID: [516632](#)

👤 [Wesley A. Swinford](#)

➤ <https://www.facebook.com/wes.swinford.3/posts/pfbid033M7R2o4JuT6mk8zQwYaqpCQ4See9n3Nb7Y8pbpgh988Lcphs49C3Fd1Et9XxVus1l>



Posted: Jun 22, 2024



Captured: Dec 09, 2024

After the DOI. I want to rock 5k with these runners! How it started , how it ended! 📷📷

facebook.com/wes.swinford.3/posts/pfbid033M7R2o4JuT6mk8zQwYaqpCQ4See9n3Nb7Y8pbpgh988Lcphs49C3Fd1Et9XxVus1l



Wes Swinford

June 22 · 🌐

I want to rock 5k with these runners!
How it started , how it ended! 📷📷



👍❤️ 74

7 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Judi Hart

Wow!!!!

...



74

7 comments

Like

Comment

Share

Most relevant ▾

- Judi Hart**
Wow!!!! ...
24w Like Reply
- Diann Williams**
Love it! ...
24w Like Reply
- Marilyn Kerr**
Impressive ...
24w Like Reply
- Kristene Canady**
Love a happy ending!! 🙌🏻 ...
24w Like Reply
- Wes Swinford**
Kristene Canady same! ...
24w Like Reply
- Candida Lee**
This is not a bad piece of work, leaving a little footprint to prove I was here. lol 😂😂 ...
22w Like Reply
- Write a comment...



This photo is from a post.

Wes Swinford
June 22 · 🌐

2

Write a comment...

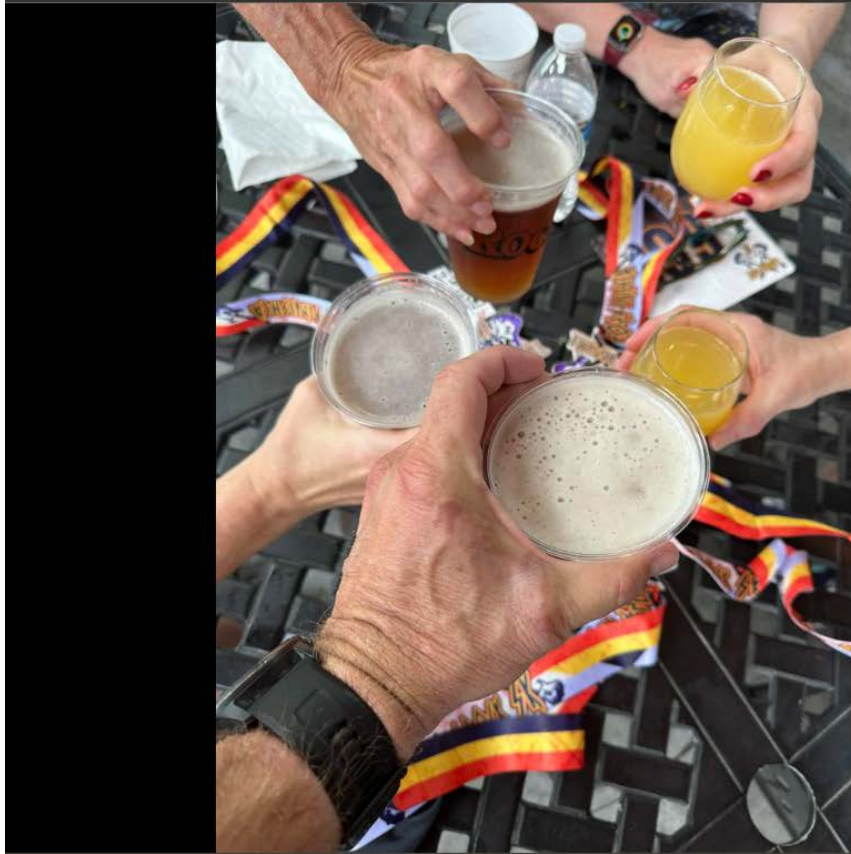


This photo is from a post.

Wes Swinford
June 22 · 🌐

4

Write a comment...



This photo is from a post.

 **Wes Swinford**
June 22 · 🌐

👍 2



 Write a comment...





[WesSwinford](#)



Posted: Jun 27, 2024



System ID: [516824](#)



Captured: Dec 10, 2024



[Wesley A. Swinford](#)



<https://x.com/WesSwinford/status/1806511571243295067>

After the DOI. This is the most recent post on this account. Can't wait for Saturday night live after this debate!!

[x.com/WesSwinford/status/1806511571243295067](#)

[Home](#)

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Post

Wes Swinford
[@WesSwinford](#)

Can't wait for Saturday night live after this debate!!





10:14 PM · Jun 27, 2024 · **49** Views



4

Post your reply

Reply

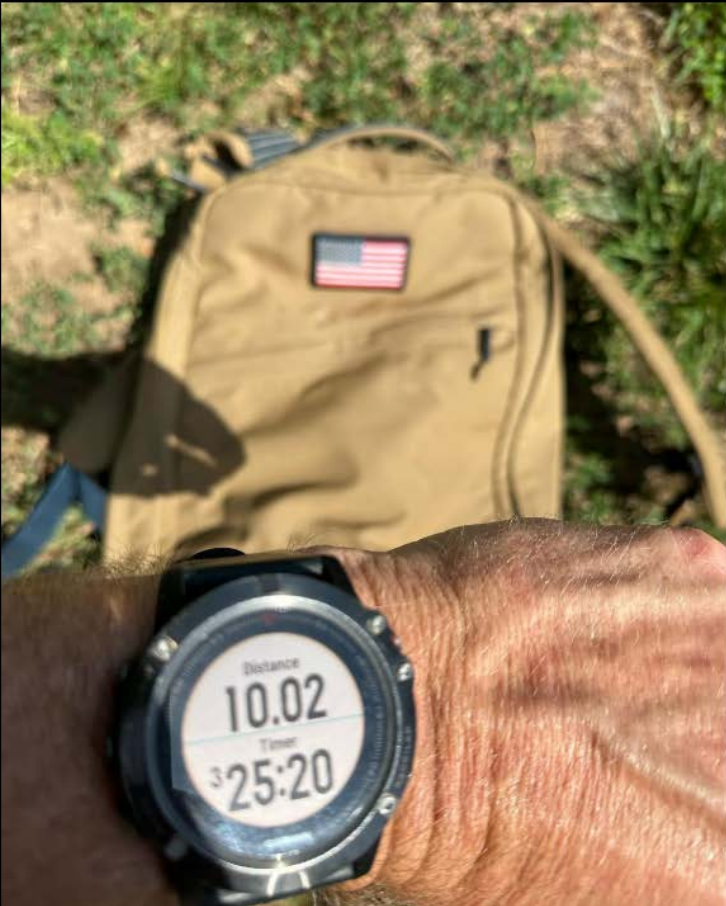
Instagram

 [kccraze](#)
 System ID: [516725](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/C82QkLlpXzs/>

 Posted: Jun 30, 2024
 Captured: Dec 10, 2024



After the DOI.

instagram.com/p/C82QkLlpXzs/



 **kccraze** • [Follow](#)

 **kccraze** Beautiful morning in KC!!!
30lb 10 mile Ruck.
#justkeepgoing #yourstrongthanyouknow #dohardthings
23w



15 likes
June 30

 Add a comment... Post



 [wes.swinford.3](#)



Posted: Jul 15, 2024

 System ID: [516630](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid0ytAbaLtFykjQfWqX58wuyeG3ESxXoF4p8yhoDs1KTRLCTX81HCzYYcfQwDhA3kZpl>

After the DOI. Incredible 4 days in Colorado with these brave men! Went on a journey, and had the most amazing experience in backcountry.

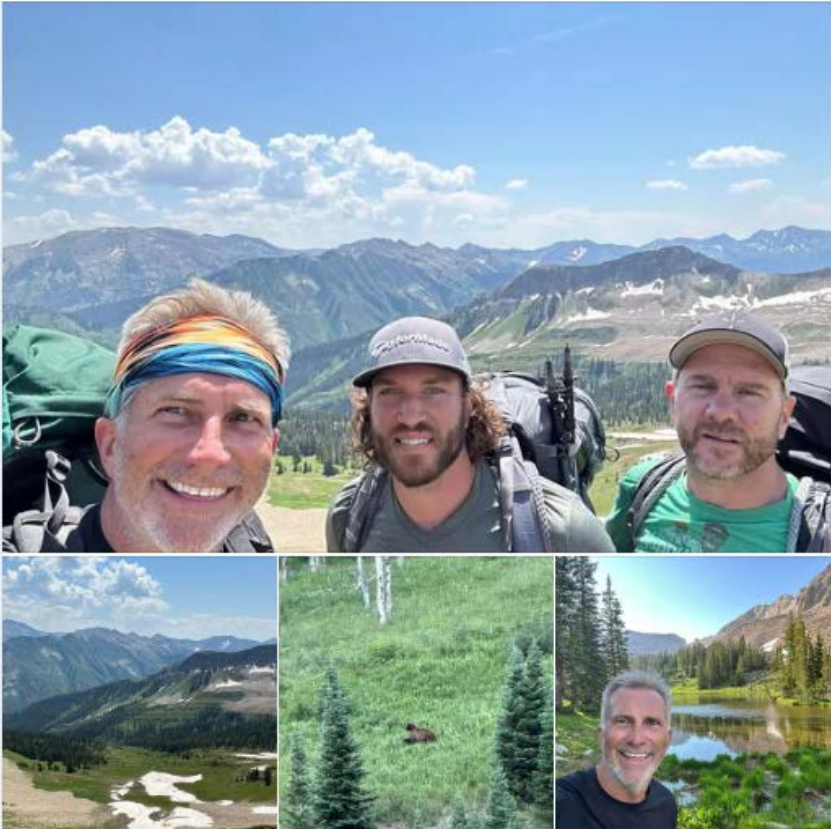


Wes Swinford is with Lucas Jung and Jason Kanak.

July 15 · 🌐

...

Incredible 4 days in Colorado with these brave men! Went on a journey, and had the most amazing experience in backcountry.



👍❤️ 154

4 comments

👍 Like

💬 Comment

🔗 Share

Most relevant ▾



Emilie Weston
Wow

...



154

4 comments

Like

Comment

Share

Most relevant

Emilie Weston
Wow

21w Like Reply

Marilyn Kerr
Making some wonderful memories

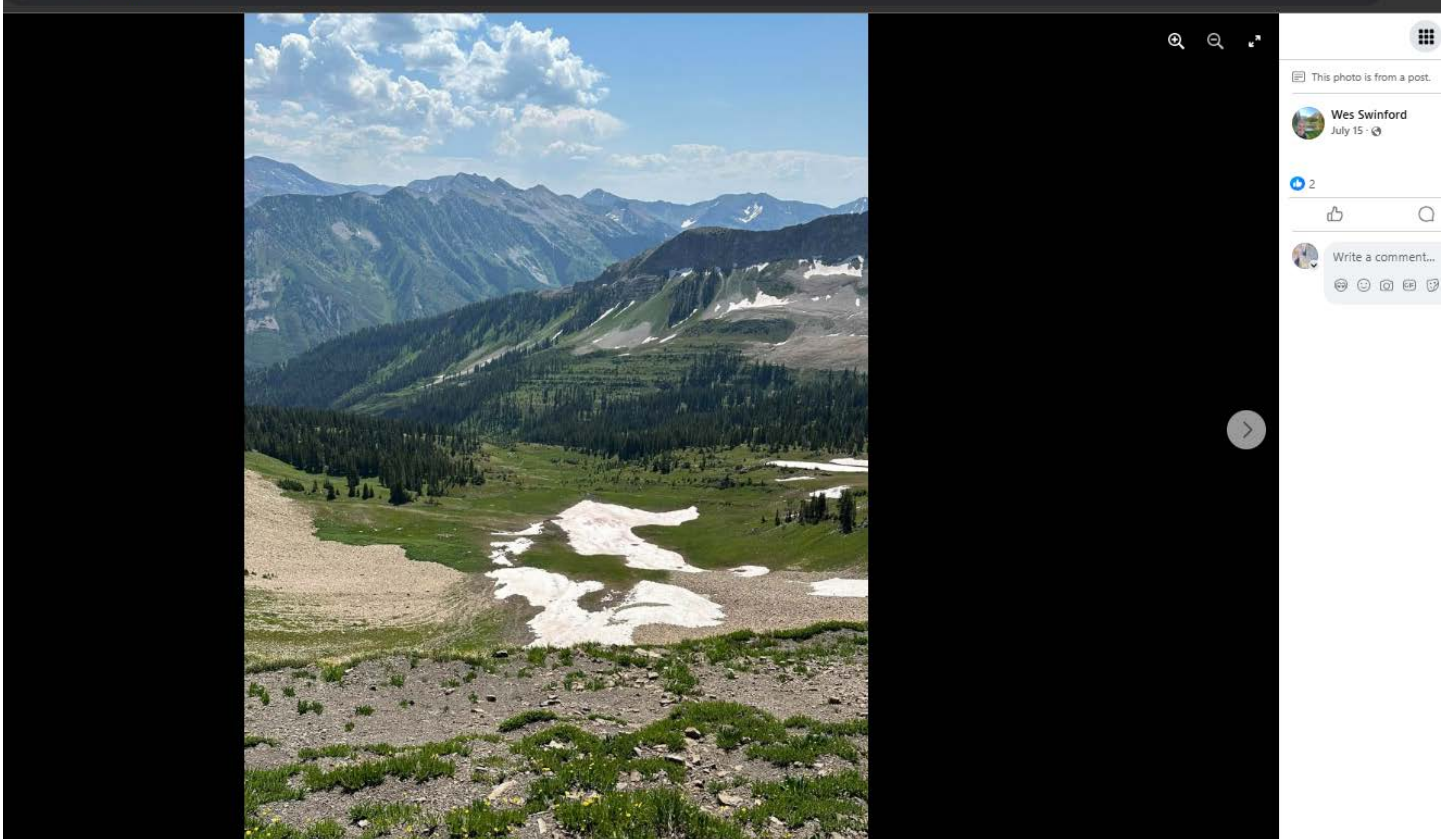
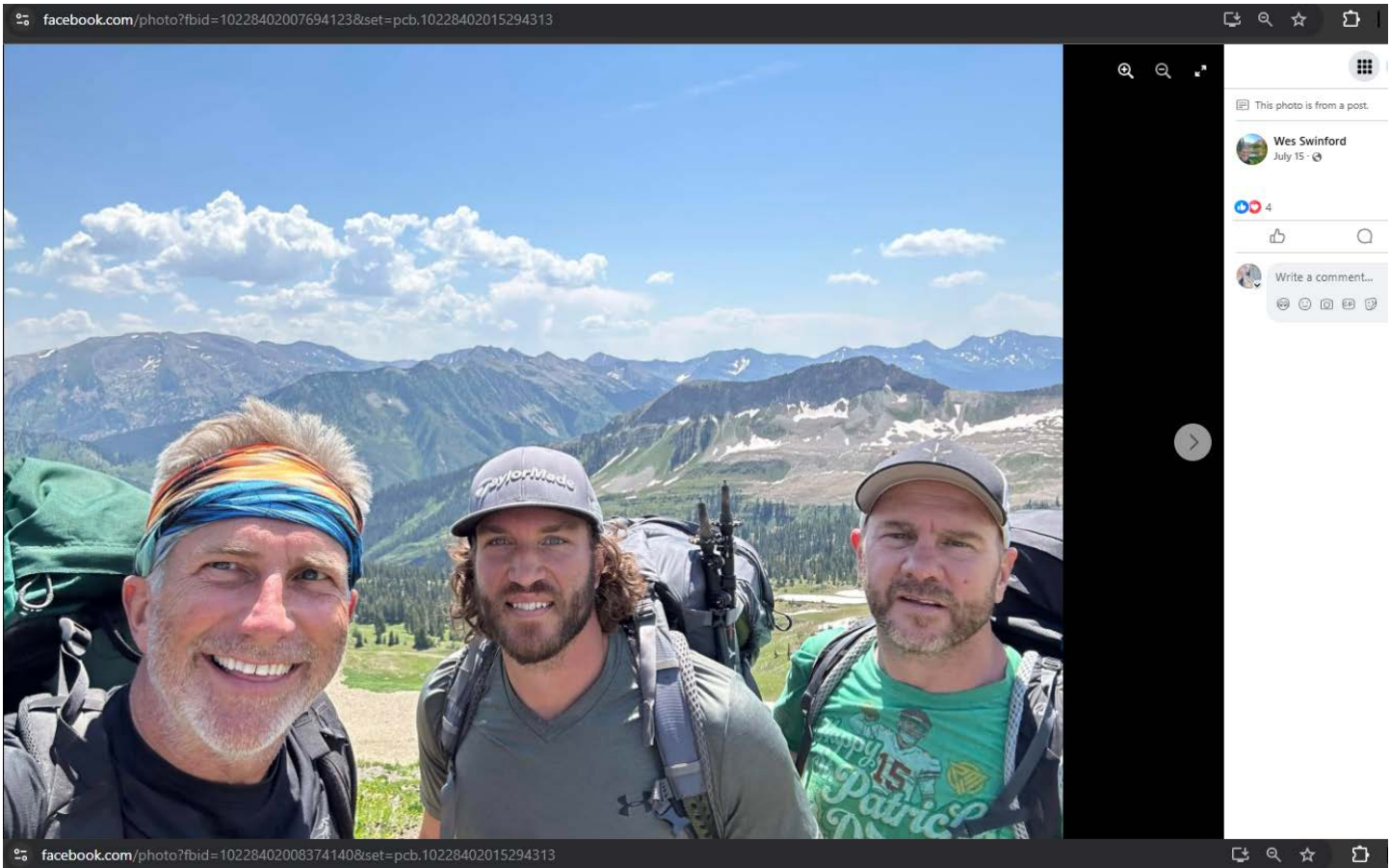
21w Like Reply

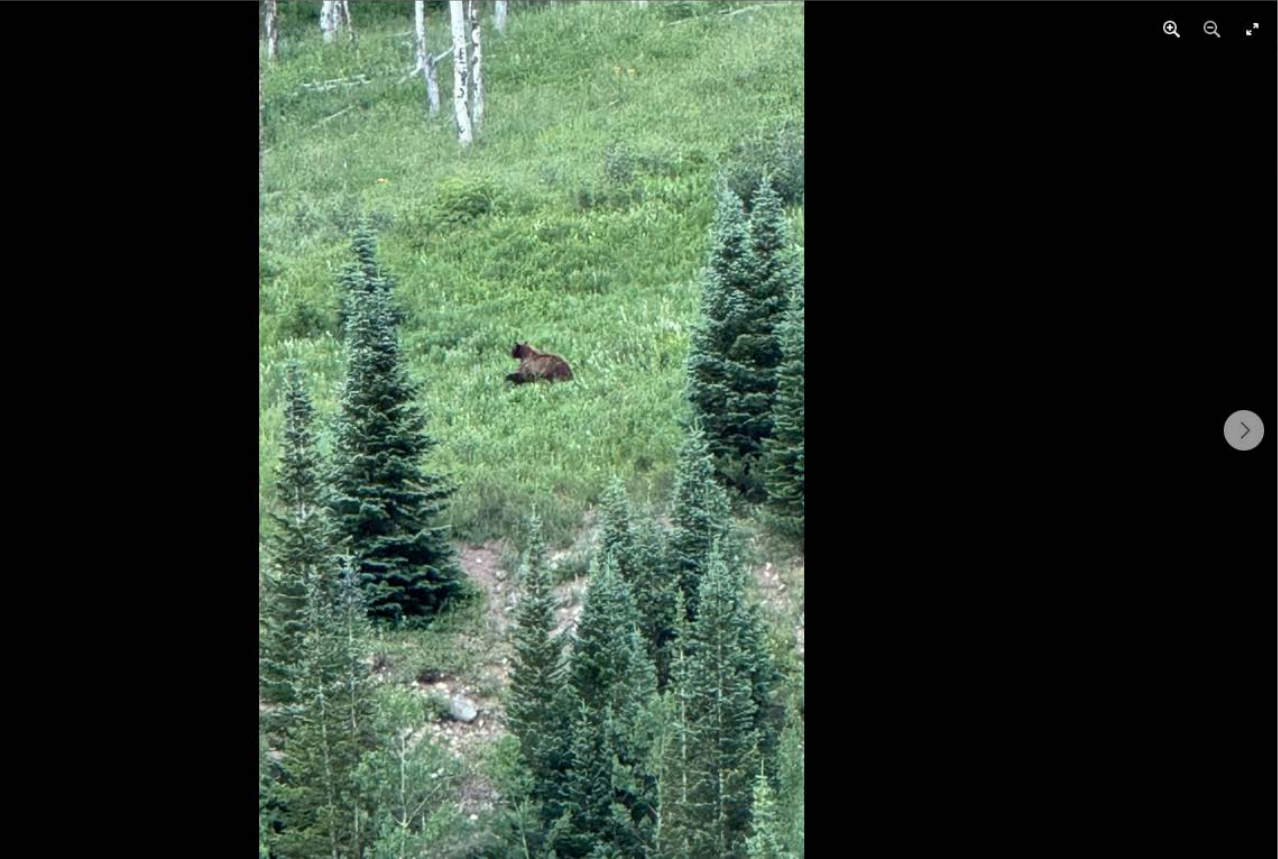
Fay Xia
Hi, can I ask you a question? I look forward to your reply


13w Like Reply

Write a comment...
















This photo is from a post.

**Wes Swinford**
July 15 · 🌐

 1



 Write a comment...





f Facebook

f [wes.swinford.3](#)



Posted: Sep 10, 2024

f System ID: [516628](#)

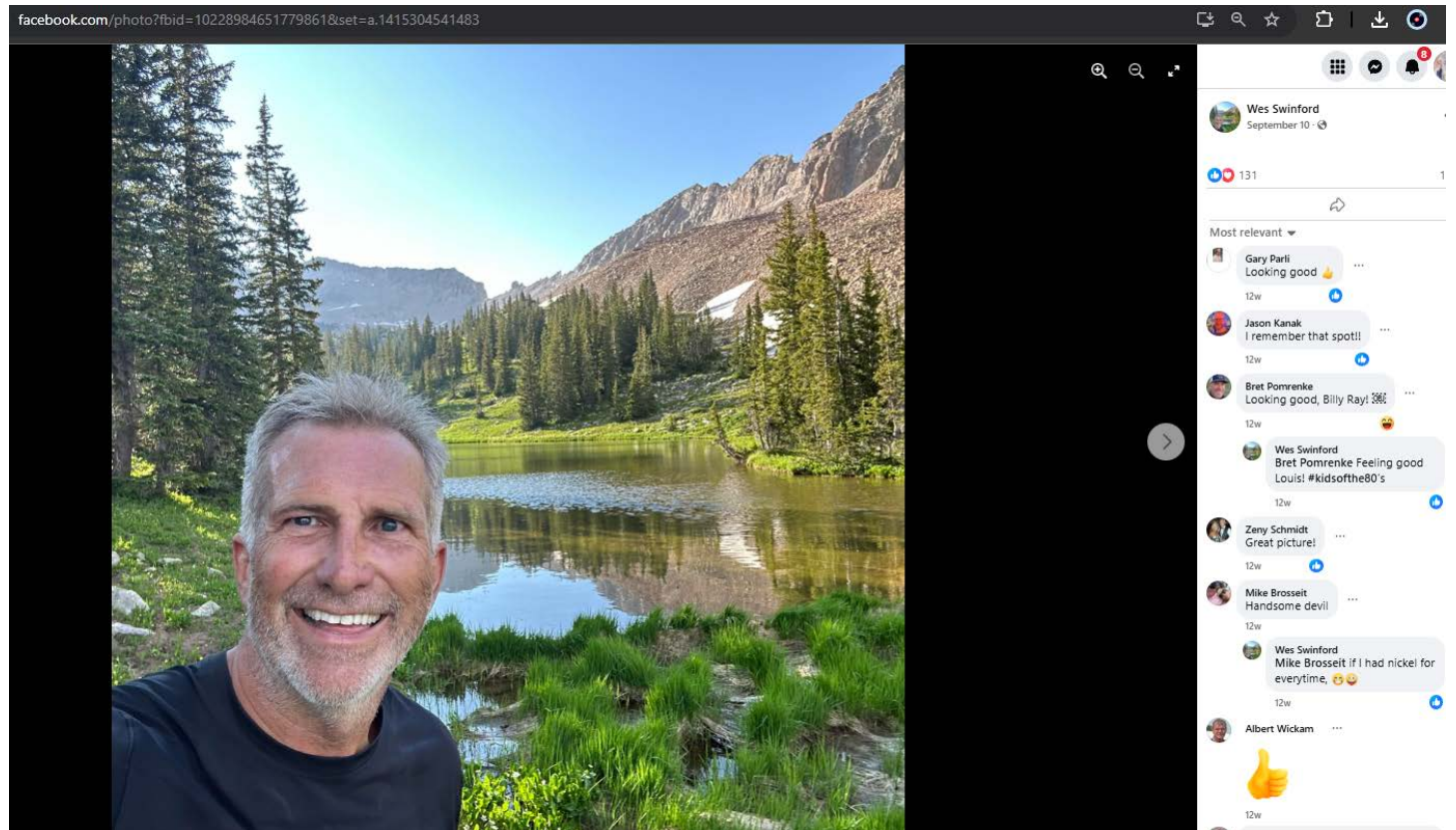


Captured: Dec 09, 2024

👤 [Wesley A. Swinford](#)

🔗 <https://www.facebook.com/photo?fbid=10228984651779861&set=a.1415304541483>

After the DOI.





once i'm home i'm going good
Louis! #kidsofthe80's

12w

Zeny Schmidt
Great picture! ...

12w

Mike Brosseit
Handsome devil ...

12w

Wes Swinford
Mike Brosseit if I had nickel for
everytime, 🤔🤔

12w

Albert Wickam ...



12w

Sabrina Markese
That pic is amazing. It so real it
almost looks fake. What cell/camera
are you using?

12w Edited

Wes Swinford
Sabrina Markese ahh Thanks!
Um that would be iPhone, it's
all about the lighting! 🤔🤔

12w

Mike Brosseit
Sabrina Markese don't make
his head any bigger!


12w


Phil Berkenbile
This is cool ...


12w


Lana Mount
That's beautiful scenery! ...


12w


 [kccraze](#)

 System ID: [516724](#)

 [Wesley A. Swinford](#)


 https://www.instagram.com/p/DAL7gR8p_0c/?img_index=3


 Posted: Sep 21, 2024


 Captured: Dec 10, 2024


After the DOI. Fun morning running KC Zoo 4 mile race with friends! #justkeepgoing[]
#yourstrongerthanyouthink




instagram.com/p/DAL7gR8p_0c/?img_index=4




 **kccraze** • Follow

**kccraze** Fun morning running KC Zoo 4 mile race with friends!
#justkeepgoing 🍌
#yourstrongerthanyouthink
11w

**lexmckin** Love it!!!
11w Reply



50 likes
September 21

 Add a comment... Post



kccraze • Follow



kccraze Fun morning running KC Zoo 4 mile race with friends!
#justkeepgoing 🍌
#yourstrongerthanyouthink

11w



lexmckin Love it!!!

11w Reply



50 likes

September 21



Add a comment...

Post



kccraze • Follow



kccraze Fun morning running KC Zoo 4 mile race with friends!
#justkeepgoing 🍌
#yourstrongerthanyouthink

11w



lexmckin Love it!!!

11w Reply



50 likes

September 21



Add a comment...

Post

f Facebook

f [wes.swinford.3](#)



Posted: Oct 26, 2024

f System ID: [516626](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

↗ <https://www.facebook.com/wes.swinford.3/posts/pfbid0zqY1Drttpe1uAy4FUoTK4Ar5yaQyTWvwLgPDfS6HTa9LW55GCqoQU5Fqhffj8gEJl>

After the DOI. Beautiful morning with these guys! 10.5 miles, 30 lb ruck, last 3 25lb farmer carry. ☐☐
#getinnature #moveyourbody #youarestrongerthanyouknow

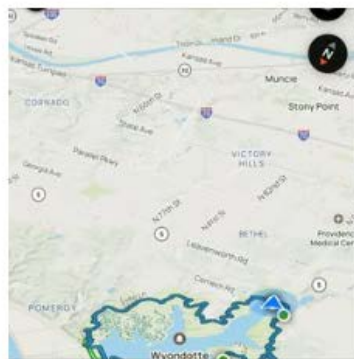


Wes Swinford
October 26 · 🌐

...



Beautiful morning with these guys!
10.5 miles, 30 lb ruck, last 3 25lb farmer carry. 🥴🥴
[#getinnature](#) [#moveyourbody](#) [#youarestrongerthanyouknow](#)



👍❤️ 74

3 comments



Like



Comment

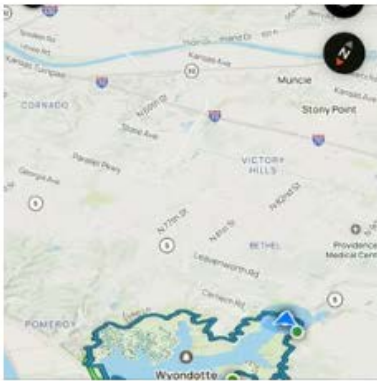


Share

Most relevant ▼



Beautiful morning with these guys!
10.5 miles, 30 lb ruck, last 3 25lb farmer carry. 🥳🥳
[#getinnature](#) [#moveyourbody](#) [#youarestrongerthanyouknow](#)



74

3 comments

Like

Comment

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Most relevant ▾

Annette Phillips
Good for you
Keep it up

6w Like Reply

Genia Gore
👍👍👍

6w Like Reply

Write a comment...





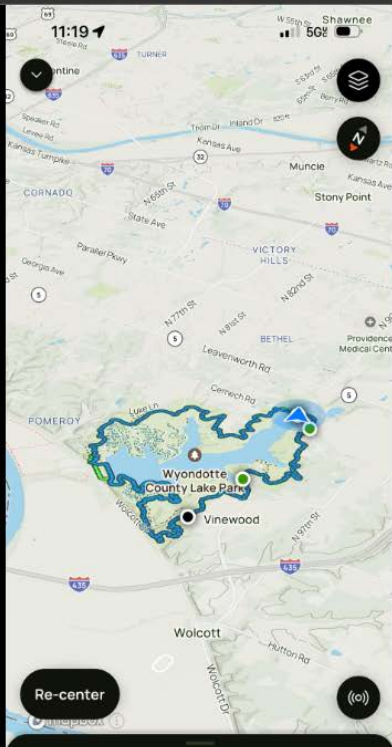
This photo is from a post.

Wes Swinford
October 26 · 🌐

4



Write a comment...



Re-center

(oi)

3:55:45 10.25mi

This photo is from a post.

Wes Swinford
October 26 · 🌐



Write a comment...



This photo is from a post.

 **Wes Swinford**
October 26 · 🌐



Most relevant ▾

 **Annette Phillips**
Beautiful scenery 🌈 ...

6w Like Reply

 Write a comment...




f [wes.swinford.3](#)
f System ID: [516625](#)
Wesley A. Swinford

Posted: Nov 01, 2024
Captured: Dec 09, 2024

<https://www.facebook.com/photo?fbid=10229615153982022&set=a.10203343796014492>

After the DOI.

facebook.com/photo?fbid=10229615153982022&set=a.10203343796014492



A photograph of a man with grey hair and a grey jacket, smiling, with his arm around the shoulder of a young man with curly blonde hair wearing a white football jersey with blue accents and the number 8. They are standing on a grassy field at night, with a crowd of people and a building in the background.

Wes Swinford

November 1 · 🌐

The 2024 season is a wrap. So proud to be his dad! We are all smiles regardless of the outcome. 🙌

162

10

Most relevant

Peggy Hampton

🙌🙌🙌

Sw Like Reply

Jim Moore

Didn't know you had a son at West...great group of kids!

Sw Like Reply

Wes Swinford

Jim Moore so good watching yours and Asheiki Preston's boys last night! Good Luck next week, we're rooting for you!

Sw Like Reply 2

Write a reply...

Gary Parli

Great picture!! 🙌

Sw Like Reply

Jaidan Alley Carter

Write a comment...



🔍 🔍 🔍

📷 📱 📄

- 

Gary Parli
Great picture!! 🙌

5w Like Reply
- 

Jaidan Alley Carter
great pic!

5w Like Reply
- 

Annette Phillips
Good picture 🙌
Hope to see him play a game next year

5w Like Reply
- 

Greg Dawes
Awesome

5w Like Reply
- 

Kyle Moore-Brown

👏👏👏

5w Like Reply
- 

Suzanne White Hilleary
Almost as good looking as his dad...Just kidding he is actually better looking

4w Like Reply
- 

Suva DuPont

1w Like Reply
- Write a comment...

🗨️ 📷 📱 📄

f

[wes.swinford.3](#)

f

System ID: [516623](#)

👤

[Wesley A. Swinford](#)

🔗

<https://www.facebook.com/photo?fbid=10229753202393146&set=a.10203343796014492>

📅

Posted: Nov 09, 2024

📅

Captured: Dec 09, 2024

After the DOI.

facebook.com/photo?fbid=10229753202393146&set=a.10203343796014492

Wes Swinford

November 9 · 🌐

Rock Chalk Jayhawks!!!!
#crimsonandblue
#raisingtheright

159

6

Most relevant

Get Sandsational · Follow

Let's go

4w Like Reply 2

Devalyn Duke · Follow

4w Like Reply

Marilyn Kerr

Great picture!

4w Like Reply

Heidi Ann Hilleman Ernst

Fun to see all the boys from West together!

4w Like Reply 2

Zeny Schmidt

Beautiful people!

3w Like Reply





Jo Frances Birdwell Thompson



Good looking dad and kiddos!

3w Like Reply

Write a comment...

Instagram

 [kccraze](#)
 System ID: [516723](#)
 [Wesley A. Swinford](#)
 <https://www.instagram.com/p/DC6682Dxbm3/>

 Posted: Nov 28, 2024
 Captured: Dec 10, 2024

After the DOI. This is the most recent post on this account. Father Daughter Turkey Trot in Dallas with Saige!!! She's soooo happy! 🐓

instagram.com/p/DC6682Dxbm3/



 **kccraze** • Follow

 **kccraze** Father Daughter Turkey Trot in Dallas with Saige!!! She's soooo happy! 🐓
1w

 **heidialley** Happy Thanksgiving!
1w Reply

50 likes
November 28

 Add a comment... Post



 [wes.swinford.3](#)



Posted: Nov 28, 2024

 System ID: [516620](#)



Captured: Dec 09, 2024

 [Wesley A. Swinford](#)

 <https://www.facebook.com/wes.swinford.3/posts/pfbid0uzRotCD1CQct2ijkv3Cd1x5KAJovNGRe24eS9aYmZPofFrFrLibjzzvLmUtDLhkPl>

After the DOI. This is the most recent post on this account. Such a fun Thanksgiving with Saige in Dallas. Start the day with a 5k then go to Cowboys game. I am thankful!!! She does say ya'll and we when talking about the Cowboys. ☺☺☺

Wes Swinford
November 28 at 6:51 PM · 🌐

Such a fun Thanksgiving with Saige in Dallas. Start the day with a 5k then go to Cowboys game. I am thankful!!! She does say ya'll and we when talking about the Cowboys. 🙏🥰🥰



👍❤️ 108 8 comments

👍 Like 💬 Comment ➦ Share

Most relevant ▾

Annette Martin Griffin
Laney!!!!!! So jealous! ...

1w Like Reply

Wes Swinford
Annette Martin Griffin yes and Jelly Roll, Dallas loved Jelly Roll! ...

1w Like Reply

Dan Pickman
Happy Thanksgiving, Wes. I'm watching the game as we speak here. Have a great time. ...

1w Like Reply

Wes Swinford
Dan Pickman Thanks! Hope yours was great. ...

1w Like Reply

Devalyn Duke · Follow ...

100%



108

8 comments

Like

Comment

Share

Most relevant



Annette Martin Griffin
Laney!!!!!! So jealous!

...

1w

Like Reply



Wes Swinford
Annette Martin Griffin yes and Jelly Roll, Dallas loved Jelly Roll!

...

1w Like Reply



Dan Pickman
Happy Thanksgiving, Wes. I'm watching the game as we speak here. Have a great time.

...

1w

Like Reply



Wes Swinford
Dan Pickman Thanks! Hope yours was great.

...

1w Like Reply



Devalyn Duke · Follow

...



1w

Like Reply



David Bond
That's awesome, Wes! Looks like a great day. How'd you do on the 5k?

...

1w

Like Reply



Wes Swinford
David Bond slow it was very crowded hard to run fast. 27 something 🙄

...

1w Like Reply



Delilah Lee
Did Wes not get my add request?

...

1w

Like Reply



Write a comment...





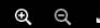
This photo is from a post.

Wes Swinford
November 28 at 6:51 PM · 🌐

👍 8



Write a comment...



This photo is from a post.

Wes Swinford
November 28 at 6:51 PM · 🌐

👍 6



Write a comment...



General Information

[Collapse All]

Property ID:	IF231303-1010
Site Address:	9550 MONTICELLO RD LENEXA, KS 66227
Legal Description:	3-13-23 S 150' N 390' E 291' NW1/4 EX .069 AC IN RD .931 ACS M/L LEC 603 8A
Block/Lot:	/1010
KS Uniform Parcel Num.:	0460920302001001000
Quick Ref:	R56347

Owner Information

Owner 1:	MONTICELLO DEVELOPMENT PARTNERS LLC PO BOX 8277 PRAIRIE VILLAGE, KS 66208
----------	------------------------------------------------------------------------------

Special Assessment Information

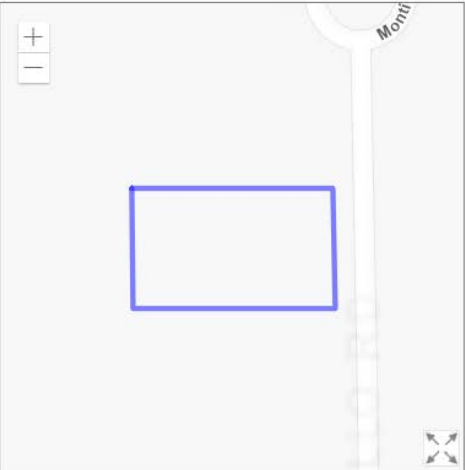
LEC STORMDRG (712):	\$109.00
---------------------	----------

Property & Location Information

Zoning:	RP3 (Planned Residential - Medium High-Density)
Property Type:	Unplatted Property Polygon
Taxing Unit:	0690UW
General Landuse:	Single Family Residential
Year Built:	1977
Property Area:	0.86 acres
Addresses:	1
Township-Range-Section:	13-23-03
City/Township:	Lenexa
Quarter Section:	NW
X, Y:	2209453, 242246
Latitude, Longitude:	38.95553057, -94.84450803

+

-



Missouri Dept. of Conservation, Esri, HERE, Gar... Powered by Esri

Layers: [Parcels](#) | [Landuse](#) | [Zoning](#) | [Flood Zone](#) | [Imagery](#) | [None](#)

Front Elevation Photos



General Information		[Collapse All] ^
Property ID:	IP64340000 0034	
Site Address:	9324 KENTON ST LENEXA, KS 66227	
Legal Description:	RESERVE FIRST PLAT LT 34 LEC 537 1 2 2 34	
Block/Lot:	0000 /0034	
Subdivision:	RESERVE	
Plat:	RESERVE FIRST PLAT	
Plat Book/Page:	200506/2607	
Plat Recorded:	06/06/2005	
KS Uniform Parcel Num.:	0460483304007008000	
Quick Ref:	R204988	

Owner Information		^
Owner 1:	BREWER, QUINN 9324 KENTON ST LENEXA, KS 66227	

Special Assessment Information		^
LEC STORMDRG (712):	\$109.00	

Property & Location Information		^
Zoning:	RP1 (Planned Residential - Low-Density)	
Property Type:	Platted Property Polygon	
Taxing Unit:	0690UW	
General Landuse:	Single Family Residential	
Year Built:	2005	
Property Area:	0.26 acres	
Addresses:	1	

