

2008 Psycho Psummer Race Report

Tony Clark



My wife Angel and I woke up about 3:45am and were on the road from Wichita to KC at about 4:15. Absolutely no traffic at all, seeing that most of the sane world were up lighting fireworks all night, while I was chugging water and watching the T.V. We arrived at the park about 45mins before the start and mingled with those we know and just kinda kicked around. No matter how many races I have run or what distance they are, I always have butterflies in my stomach at the start. As we listened to Badben give the pre-race spill, I chatted with Greg Buhler for a bit to see what kind of time he was planning on running. Since last years winner and ultra running speedster Wynn Davis was not there, I all but thought Greg had this race in the bag.

Once the race began of course I took off way too fast as usual and just kept waiting for my legs to say slow the hell down. Two weeks prior I ran Bighorn with Kyle and Pat, so any sign of major pain or stress and I was going to slow it way up and just coast in with a solid finish. About two miles before the first aid station this blur

came blowing by Greg and I, who I later found out was the 15 mile winner, WOW that guy was cruising!!!!!! I managed to keep Greg within sight most of the first loop and when we hit the half way point I seen that Greg was just 10 or 15 seconds ahead of me. As Angel was handing me my fresh water bottles, Kristi Mayo(Ricks wife) informed me that Greg was the leader, the dude who flew by us was running the 25K.



At this point my entire outlook on the race changed, I got out of the aid station and managed to find Greg about a mile or so later. I ran with him for a few miles and we chatted about races and so on, at some point in all of that I managed to go by him. We have not even made it to Kyle and Stacey's aid station yet, so there is a lot of race left. Angel of course had everything ready when I got to Kyle and Stacey and off I went. It seemed like it took forever to get to Pat's aid station, but once I got there I knew the loop was very fast and maybe I could open a gap, no such luck. I made it out of the loop, Pat and Angel said the other two were one and a half minutes behind me. I just ran scared to the finish and thankfully it ended well.

There is no way on God's green earth I could have ran this race the way I did without my wife Angel and her awesome crew support. I did

not spend more than 20seconds at any aid station the entire race. Then you take the aid station workers into consideration, Stacey Amos has crewed many, many, many ultras, and is a very good runner herself. Her husband Kyle, who has taught me more about ultra running than anyone, could help just about anybody finish an ultra. Angel and I went to the Amos aid station after I finished, they asked every runner questions about their needs and what they could do for them. First class all the way. Then there is Pat Perry and his aid station, Pat is a Western States 100 finisher and just added Bighorn 100 to his growing list of Ultras two weeks ago. The start/finish line aid station was like a buffet and had people catering to your every need. So out of the three aid stations given at this race you had very accomplished runners who knew what we all needed. Then of course you have Badben Holmes, who in my book is the ambassador for ultra running in the Kansas-Missouri area. Not enough good things can be said about Ben and the preparation that goes into his races. I know this because I was at RR100 when he was taking phone calls and hammering out final details of winter psycho run, the night before he ran his 6th consecutive Rocky Raccoon 100 finish.

Sorry to be so long winded but the aid stations and all of the volunteers need to be given there proper thanks, I am sorry I do not know all the volunteers names, but THANK YOU, these events would not happen without you!!!!

Semper Fi,
Tony



*2008 Psycho Summer Trail Run
50K, 15-Mile*

Tony (right) with Bad Ben, after winning.