

psycho wyco winter run by Andy Woolard



The crew beforehand, still clean. Kevin's either following his heart to my shoulder or his hat's stuck on my CamelBak.

i joined a few of my friends to run the psycho wyco winter trail run on saturday. i ran this [last year](#), and then did the [summer version](#) in july. the trail conditions this year surely beat the ice we ran on last year, however, the snow pack, slush and mud mixtures made things interesting.

my goal was to break two hours, which i did, coming in at 1:54. yeah - for a 10 miler! crazy slow. i had an average 11:23-per-mile pace. i thought without the ice i'd be much faster than my 2-hour time last year, but this year's mud and slush slowed me down...as did the hilly course.

another very well-run race by the [Trail Nerds](#)...great job guys. they took great care of the runners, providing everything from sports drink to lentil soup to coffee and donuts. that, however, wasn't enough. we hit up Room 39 after the race for some much-deserved food and much-needed bloody Marys. more than anything, it was great to run this tough race with a good crew of people. here's to a nice cap on the winter racing schedule.

this is the second trail run i've done in my new Montrail **Highlanders**. i swapped them in for the Vasque **Velocity** kicks and have been really pleased.



parting inspirational shot