

## The Infamous Psycho Wyco by Jenny



I have to say that I entered this race with a little more than concern for what an off-road adventure like this would do to me. Kim Greer started all of this by throwing down the gauntlet in an e-mail to a few of us - daring us more domesticated road runners to grow a pair and follow her off into the woods where the wild things are. *(Any one who knows Kim can imagine the sly-look- over-the-shoulder thing she has going on... and anyone who knows me knows that of course I was going to respond to that!)*

Well, I ran the Psycho Wyco 10-mile course on Saturday and I have to say it was the hardest race I have ever run! It was a slow course this year due to the snow and the mud. I loved every minute of it and will be adding trail running to my list of things that I do on a weekly basis if I can... or at least until the poison ivy comes out.

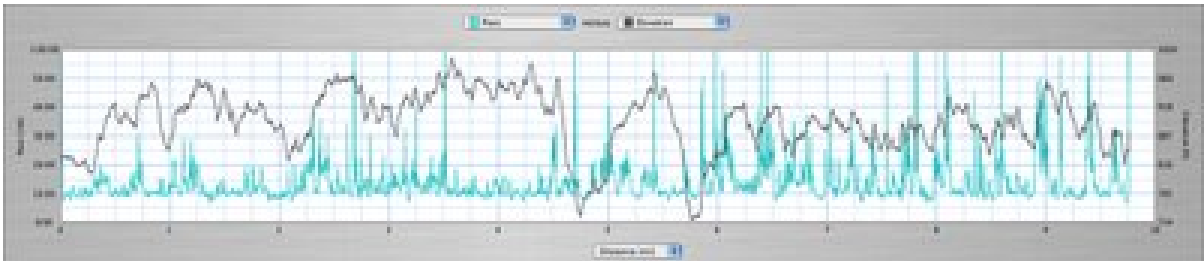


Left and Middle: Dick and I in a shoot-off



Volunteer and fellow Gardnerite (*and fast masters runner!*) Deb Webster and Dick Ross work the finish line.

One thing is for damn sure - trail running will reveal your weak points to you in short order - my weak parts are my ankles, hamstrings and my endurance for hills. I discovered that I am an excellent downhill scrambler though - to me it was allot like black diamond skiing and I have no fear when it comes to that. This screen capture of my Garmin reading of the course will give you an idea of the level of the madness that is the Psycho Wyco...



All of the usual suspects showed up and I was surprised to see a few of KC's fast road-racers there as well. A gym mate and fierce competitor Bianca Williams jettisoned past me at mile 1 and easily won our age group in the 10 mile portion. All thoughts of racing for time left me when we departed the more "civilized" part of the trail at mile 4. At that point I just focused on making it up hill, after, hill, after hill!



Kim Greer with Kym Hampton... she just *looks* innocent

I had the good fortune of hitching up with Sarah and Joanne out of Lawrence, KS for 4 or 5 miles of the race and had a great time chatting back and forth with them as we swapped places on the switchbacks. It couldn't have been a better day for weather - a nice 40-45 degrees, sunny and beautiful. It was exhilarating and I will definitely be making it back (in better shape - and ready to get after it!) next year ;)



*Left: My Running Companions from Lawrence*

*Middle: Duct Tape - the most important invention of the 21st Century!*



*A runner from the "Cranky Gnome" Athletic Club - I'm thinking that Robert could be their mascot (He said that he would do it if they supply him with beer!!)*

*Below: More Cranky Gnomes! Does Lou Jolie live out of his car?*





*Meanwhile back at the ranch...* I made this exciting discovery when taking my post-race ice bath: in addition to hot chocolate, sweaters, hat and mindless reading material, if I keep my toes out of the water - I am much more comfortable and can hang with it for a few more minutes than if my entire foot is submerged! Yay!