

Peg's Posts: Psycho Wyco race report

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The weather and trail conditions were near ideal last Saturday for the 4th annual [Psycho Wyco](#) trail run at Wyandotte County Lake Park in Kansas City, KS. The race drew nearly 400 runners for distance of 5k, 10 miles, 20 miles or 50k. This photo shows the 15 Garmin runners who competed. The rugged bridle trails were mostly snow covered with soft mud (but not slop) at the race start, with temps in the mid 30s. Thankfully, I was running just one 10-mile loop with Garmin associates Jake and Tom. The hearty souls who ran two or three loops battled the mud as the day wore on. Keeping up with Jake and Tom and their entertaining banter made the miles seem shorter for me. We each were sporting a different Forerunner model. Tom, a mechanical engineer on Garmin fitness devices, had the [Forerunner 50](#) with foot pod to track distance.



Jake was running with the recently introduced [Forerunner 405](#) with the sleek sport watch design, touch bezel and automatic wireless data transfer. I had the [Forerunner 305](#). Take a look at our activity in [MotionBased](#). In the map player view, notice the detail in the track starting at about mile 2.7. This is where the course took some fun switchbacks. The track log detail shows how accurate the GPS-enabled Forerunner is in recording the track. Another cool feature of the map player is that you can view metrics like speed, mileage and heart rate at any point in the course along with an elevation profile. All these great analysis features and more will be available at our new online community, [Garmin Connect™](#).

Hats off to Ben and all the other [Trail Nerds](#) who put this race together. The course was well-marked, volunteers were great, aid stations and finish line amenities were plentiful. And we all loved the homemade soup at finish and the cool schwag—dog tag finishers' medals, mugs and tech race shirts. Exceptional job. We'll be back next year.