

Psycho-Wyco February 9, 2008 by Vicki

DEFENITELY Psycho!! Trail running at it's best. More like mud-slushing. Options: 1 loop (10.3 miles), 2 loops (20.6 miles) and 3 loops (50K), on rocky, rooty, HILLY bridle trails in Kansas City area. Each loop included 5000 feet of elevation change with approximately 2,500 feet UP, and 2,500 feet DOWN. Finding one's running rythmn was illusive, as the course never leveled out. Never knew Kansas could be so hilly! Most striking though, was the MUD. Those who ran, or rather, SLID 3 loops had to fight the brown guey stuff from sucking their shoes off. Aid stations were islands in brown sloppy thick lakes. Truly an unforgettable, and yes, fun experience. John K, Doug, Beth and I drove down to KC on Friday afternoon, had supper together at Beth's sister's house, and held onto our cognitive distortions of picture perfect trail running until yesterday we learned the truth of what it could be. Beth and Doug did the full 50K, John did the 20 miles, and I listened to my voice of wisdom by stopping at 10 miles after the first loop. Here we are, some 7 hours after the 0800 start, after Beth came in. Some of us are "cleaned up" already, with clean dry clothes over still muddy bodies.

