

Psycho Wyco 2009



Well, Race Directing for the 5th Annual Psycho Wyco run is over. I am exhausted.

Special thanks to all of our wonderful volunteers, and our main sponsors Dynamic Earth and Providence Medical Center. Thanks to Noodles & Company for the meal money (to the Nerds), and Dynamic Earth for helping to set this up. And Wyandotte County Lake Park Deputy Director and all of the helpful staff and rangers.

KC Multisport stepped up to the plate and provided an additional "staffed" aid station that was much appreciated by the runners. A Golite rep was there too, and gave away some nice schwag with Dynamic Earth's excellent offerings. And special thanks to Ultimate Direction, who donated water bottles for folks that forgot theirs. Once again, James Barker made some fantastic soup...chicken noodle and lentil. The Amos Family aid station had fantastic cookies and quesadillas.

Cowboy Bob Bundschuh set up the Wyco Triangle Aid station, and had some excellent staffing: Pat Perry, Mel Baldrige, Coleen Voeks, Chrisie Craig and others. Vicki made her signature black bean soup, and had some great help from Scott, Terri Burlingame, Cheri Sutton, and others. Debbie Webster and Julie Toft were interloper helpers that went everywhere. Shane and Brandy Jones helped here, there and everywhere. Thanks to Raul and Jeremy for their endurance timing, and to Nancy for letting me have Raul for all of Valentine's Day.

And special thanks to my son Matt Holmes, who endured and relished 2-1/2 days of hard work, helping out his Old Man. There were many others that I haven't mentioned that worked in the "invisible background" of this race. Including the course-marking crew, and the folks that de-marked the course.

Here is the story that I sent to Ultrarunning magazine, regarding the 50-Kilometer race:

The fifth annual Psycho Wyco Run Toto Run went way too smoothly, and was way too much fun. Year after year, our veteran Trail Nerd volunteers and awesome aid stations make it happen that way.

As always, the challenging course and Mother Nature did their best to try to screw-up an otherwise perfect day. The night before the run, a thin patina of snow and ice was sugar-coated onto the rocky and root-infested course. And in some sections of the course, this thin, slick crust barely covered some deep, and very cold mud. Add to that the constant barrage of rolling hills, with some at over a 25% grade, and you have all of the ingredients to make your average Ultra-Newbie think that they've bitten off more than they can chew. It always shows in the results. This year, out of 122 starters in the 50K, there were only 77 finishers.

One of those Ultra-Newbies would bite the course back, though. A thirty-four-year-old Nebraskan by the name of Ivan Marsh bit back hard. He won the darn thing in a second-best record time of 4:22:31 . He put a sizeable lead on the rest of the field from the start, and never looked back. Local Trail Nerd, Rick Mayo finished in 2nd place in 4:41:18. Rick commented after the race, "what planet is that guy (Ivan) from?" Matthew Becker was leading 2nd place for 20 miles, but had a tough time toward the end of his race and finished third overall, in 4:49:40 . The rest of the field would take over five hours to finish. And the others?...well, many of them are buried in shallow, unmarked graves out on the trail, somewhere.

In the women's race, three local Trail Nerdettes took the top three honors. Katie Spaeth ran an unopposed first place finish, in a time of 6:14:25 . Masters runner, Jonette Killmar bagged 2nd place in 6:51:26. Samantha Kevern, in her first-ever ultra, took third place in just over 7 hours.

Hot homemade soup and great race schwag were treated to all at the finish line. The Trail Nerds sure know how to spoil our runners with lavish treatment to counter a challenging course. As veteran triathlete and nascent ultrarunner Samantha Kevern said, "this honestly was the most fun, most challenging, and most rewarding race I've ever done."

By Ben Holmes, Race Director