

# KANSAS – HOW TOUGH COULD IT BE?

by Ben Holmes and Sophia Wharton, co-RDs

The sixth annual Run Toto Run, commonly known as “Psycho Wyco,” started the day with over 500 entrants in its three distances. This “original” Trail Nerd ultra event has never been healthier. Is its continued health due to the wonderful ultra-volunteers that staff our aid stations and work the race? Partially. Or is it due to Magic Mud and the alignment of the planets? Quite possibly! For Sophia and me, it would be a test of our relationship. Race directing together can bring a couple together, or trigger some nasty arguments. It seemed a fitting challenge on the eve of Valentine’s Day.

Out of over 140 registered entrants for the 50-km, there would be 14 female finishers and 71 male finishers so this was a banner year. A 60-percent finish rate is better than expected, for this course. Wait a minute...a 60-percent finish rate for a 50-km? In Kansas? What kind of “wusses” are running in this race? As the race literature says, “This is Kansas, how tough could it really be?”

This year, the Trail Nerds decided to encourage a greater number of finishers and perhaps enlist some fast talent to play their hand in our Kansas Valentine Heartbreaker, with the addition of a Run Toto Run 50K “Mud Stud Challenge.” We added additional cash premiums for any female entrant who broke six hours, and for any male entrant that nailed a sub-five-hour

finish. We also offered special premiums and a five-years-free-entry prize, for the “Holy Grail of Totodom” - a sub-five-hour female performance or a sub-four-hour male finish.

The Nerdcourage helped, but the hilly course and sketchy conditions conspired against all would-be Mud Studs. Fast Andy Henshaw would later comment about the bridle trail conditions on his (dreaded) second loop, “the course had just seen about 475 pairs of shoes running straight down the center of a semi-frozen sludge pit. It was now a five-foot-wide, muddy, rocky bog.” Andy didn’t clock the coveted sub-four, but he came within view of it, with a new course record of 4:15:12. Female winner Helen Lavin and runner-up Valeria Shuster both broke a four-year moratorium on sub-six-hour female performances. With Jamie Donaldson’s 2006 record time, that makes three. We also had two more sub-five men: Bryan Kelp and Brian Peterson. Welcome to the (Flying) Monkey House, y’all.

The energy on this race day was wonderful. How could I top a race this spectacular? On a race director’s high, I proposed to Sophia on Valentine’s Day. We “fell in mud” while trail running, and we have become quite the race directing team since.

Yes, Magic Mud, indeed. The planets are finally aligned! ■



Dennis Shriver braves the cold and mud

RICK MAYO

see page 78 for photo collage

## PSYCHO WYCO RUN TOTO RUN

50 KM | KANSAS CITY, KANSAS  
FEBRUARY 13 | TRAILS

1. Andrew Henshaw, 24	4:15:12
2. Bryan Kelp, 32	4:42:04
3. Brian Peterson, 25	4:58:02
4. Aaron Drevlow, 36	5:07:38
5. Christopher Farney, 25	5:10:11
6. Nic Giebler, 29	5:16:00
7. Eric Buckley, 46	5:16:28
8. Matthew Becker, 35	5:17:14
9. Joel Beckman, 20	5:18:26
10. Tony Kocanda, 37	5:20:49
11. Paul Holovnia, 48	5:26:56
12. Phil Sheridan, 35	5:28:18
13. Brian Longfellow, 37	5:30:04
14. Todd Nott, 45	5:33:10
15. Andy Emerson, 41	5:33:11
16. Helen Lavin, 32	5:33:44
17. Richard Stigall, 42	5:39:04
18. Ben Gilbert, 36	5:44:18
19. Andrew O’Hara, 31	5:45:02
20. John Cash, 36	5:53:43
21. Valeria Shuster, 34	5:55:49
22. Matthew Condran, 43	5:58:51
23. Scott Hill, 31	5:59:02
24. David Stores, 39	6:02:01
25. Trent Strayer, 34	6:05:27

John Knowles, 43	6:05:27
27. John King, 37	6:07:09
28. Nick Wills, 30	6:09:30
29. Tim Woodring, 46	6:13:35
30. Daniel Albertson, 32	6:20:53
31. Chad Wooderson, 35	6:22:22
32. Rebecca Kasten, 41	6:24:23
33. Ellen Erhardt, 38	6:24:24
34. Rob McGarry, 30	6:27:08
35. Tom Hanley, 40	6:28:19
36. Kyle Bonar, 25	6:36:25
Michael Prentice, 27	6:36:25
38. Dave Krishock, 50	6:38:14
39. Kevin O’Brien, 33	6:38:26
40. Kurt Schueler, 42	6:39:01
41. Dennis Shriver, 34	6:42:27
42. Craig Duhn, 34	6:43:34
43. Don Frichtl, 53	6:51:11
Christine Crawford, 40	6:51:11
45. Steve Zimmer, 34	6:54:16
Matt Clark, 31	6:54:16
47. David Dawson, 35	6:55:30
48. Daniel Barron, 27	6:56:36
49. Johny Woodward, 34	6:57:48
50. Megan Brown, 30	6:58:22
51. Jesse Sjoberg, 37	6:58:43
52. Gary Mundhenke, 48	7:00:45
53. John Clausen, 33	7:00:52
54. Kami Holtz, 37	7:05:24
55. Brian Brooks, 37	7:16:44
56. Charles Gonzalez, 45	7:18:08
David Liss, 42	7:18:08

58. Aaron Harris, 35	7:18:26
59. Larry Long, 41	7:23:47
60. Andy Norris, 38	7:27:52
61. Ted Peterson, 24	7:31:31
62. David Thornhill, 39	7:33:42
63. Mark Koester, 29	7:36:01
64. Karyn Weber, 43	7:39:45
65. Richard O’Connor, 46	7:39:57
66. Mike McDoniel, 45	7:40:49
67. Mike Soltys, 43	7:42:09
68. Jay Mooney, 34	7:43:30
69. Joel Sartwell, 50	7:44:35
70. Lisa Dahl, 43	7:48:36
71. Steve Bunch, 26	7:49:33
72. Geoffrey Clark, 38	7:54:51
Dog Socks, 1	7:54:51
74. Terry Rider, 54	7:58:19
75. Sarah Cooper, 38	8:11:16
76. Joel McCarty, 37	8:11:55
77. Bill Dey, 50	8:13:35
78. Hunter Munns, 45	8:21:32
79. Salli Scottyoung, 37	8:35:11
80. Lance Hammer, 46	8:36:11
81. Wesley Schloman, 59	8:40:56
82. Marie Martinek, 47	8:40:58
83. Michael Robinson, 35	9:10:18
84. Misty Schuster, 32	9:15:18
85. Jordan Metzl, 43	9:19:52
86. Jamie Metzl, 41	9:19:54
87. Alicia Stott, 29	9:42:13
88. David Brenner, 53	9:42:15