

PSYCHO-LOGICAL EVALUATION FORM  
WYANDOTTE COUNTY (KANSAS) MENTAL HOSPITAL

=====

DATE: February 10, 2007

SUBJECT: Rick Smith  
HOME: Sabetha, Kansas USA

EVALUATING PHYSICIAN: Nott Arunner, MD

-----

REASON FOR EVALUATION:

Subject recently paid money to subject himself to 50-kilometer (31-mile) ultradistance trail race, requiring three, 10-mile laps of an undulating course consisting of "rocky, rooty, and hilly bridle trails and single-track trails."

*\* Supplemental Thoughts/Observations Of Psychological Investigative Doctor (STOOPID): The name of the race – Psycho WyCo Run Toto Run 50k – should have provided some guidance to the nature of the experience. It is well-documented that morning temperatures in Kansas in February can routinely fall in the 20-30degF range.*

-----

BACKGROUND:

Subject completed his first (and only) ultra in 2005 at the inaugural Psycho WyCo Run. Subject reports finishing in 6:34:20, after enduring extremely sloppy, muddy conditions (<http://www.psychowycorun.com/id31.html>). When choosing to enter the event a second time, subject says he felt that the conditions "could not get much worse than that."

*\* STOOPID: Subject shows unusually high levels of optimism.*

-----

PREPARATION:

Subject rated his preparation for the event as "not bad." He claims his objective for entering was to provide motivation to train through December and January. Long runs were fairly consistent, with a long run of 21 miles, but it was five weeks out with a steep taper, due to a vacation and a general lack of desire to run long in the cold temps in the final weeks leading up to the race.

The day before the race, subject stayed at the Great Wolf Lodge in Kansas City. This hotel features an indoor water park, and the whole family had a good time, splashing around in the pool(s) and riding the water slides.

Subject's goals for the race were 1) to finish; 2) have fun. If the conditions would allow, he also hoped to better his time from 2005, despite his fitness not being quite as good now as it was then.

*\* STOOPID: Subject's decision to forgo swimming in a water park in February to go outside and "have fun" in the cold defies logic.*

-----

## EVENT SYNOPSIS:

This year's event recorded starting line temperatures of 16degF with icy, snow-packed trails throughout approximately 80% of the course. To combat the combination of icy trails and demanding hills, the subject employed a technique called "screw shoes" (<http://www.skyrunner.com/screwshoe.htm>), where he literally drilled sheet metal screws into the bottom of his shoes. Subject claims he had excellent traction throughout the entire race, suffering only a brief ankle twist on a washed-out downhill section. Subject emphasized that he passed some more cautious racers on downhill sections and saw three or four others take painful falls on the ice.

*\* STOOPID: Subject barely recognizes that running 30 miles on a bed of screw tips sounds more like a circus act than a healthy activity.*

The event started with a few remarks by Race Director Ben Holmes before releasing ~280 runners – split into a 10-mile race, a 20-mile race, and a 50k – into the timber. Subject spent the first lap trying to keep his effort conservative while evaluating the course for the next two laps. The course was pretty populated the first lap, but not too crowded. The main concern was having someone slip and fall in front of you on the icy singletrack. Subject made a full lap without incident, and even got a chance to run a little with Paul Schoenlaub, a very accomplished local ultra veteran, who was taking it easy, conserving some energy for another 50k the next weekend in Arkansas (which, presumably, will be much warmer.) Eventually, though, subject realized that trying to keep up with Paul would result in a serious blow-up by the third lap and let him go. Subject indicated that this was a very good decision, finishing the first lap in about 1:39...well ahead of plan, but reportedly feeling pretty decent.

Although the cold, ice and steep hills made for a difficult course, the subject indicated that great course markings, well-stocked aid stations, and great volunteers made the race a pleasure to run. The subject gave especially high praise to the aid stations and volunteers (many of them ultrarunners themselves). One station (advertised as "offering fast and friendly self-service") had hot coffee; the start/finish area had a broad selection of "ultra foods;" and the "Famous Amos" aid station showered runners with first-class pampering and every snack food imaginable (subject showed a special fondness for James Barker's chicken soup broth and the "Scooby Snacks").

*\* STOOPID: Subject now showing an unhealthy affinity for cartoon dog treats...*

After making a quick stop to remove a jacket (it was up to at least 20degF at this point) and take a big swig of nothing from his stashed-but-now-frozen Powerade bottle (no surprise -- his fuel belt bottles had frozen at the top long ago), subject headed out for the second lap.

Subject started the second lap running with Grey Tights Guy (GTG). Running with GTG made for some light conversation early in the lap, but subject moved on ahead as GTG slowed to negotiate the icy descents (while subject continued to show little regard for personal safety and tremendous trust in his screwed shoes.) Much of the rest of the lap was spent running alone and further committing the course landmarks into memory for the final lap.

During the second lap, the subject's feet began to get a little sore, and his legs were showing some fatigue. In the last few miles of the lap, while negotiating an icy, washed out downhill section, the subject turned his ankle. Although it only took a minute or so to regain his form, the near injury caused him to recognize the role fatigue was beginning to play, and pay even more

attention to each icy footstrike. In addition, a few of the hills that the subject ran or attempted to run on the first lap were now walked to conserve his decreasing energy.

With fatigue setting in, subject made sure to keep drinking water (and HEED at the aid stations) and ingesting food for energy. Since subject only brought one emergency gel, this mostly meant chocolate, Scooby Snacks, chicken broth, Pringles and gummy fruit snacks.

Getting sore but hanging in there, subject reached the end of second lap in 1:50, grabbed a package of Pringles, and got to moving on the third lap before his feet could convince him to call it a day at 20 miles.

*\* STOOPID: Subject ignores pain in order to inflict more upon himself. Such destructive behavior may indicate a psycho-logical problem...or perhaps just a lack of intelligence.*

As subject headed out for the third lap walking and eating his Pringles, he met up with Paul again. Paul is walking, waiting for another accomplished local ultrarunner (Dave Wakefield) to join him. Dave had dropped after two laps with some stomach and cold issues, but Paul talked him into joining him for an easy-going (for them) last lap.

As Paul and the subject were walking, GTG comes flying by, running smooth. "Wow," said Paul, "that guy looks great. You are not supposed to look that good after 20 miles. You can be going that fast after 20 miles," he said, "...but you're not supposed to look that good."

Soon, Dave caught up to Paul and the subject, and after running together for a short while, the subject left them to dictate his own pace. Once Paul and Dave found their groove, they easily passed and dropped subject for good, leaving the subject to run the third lap by himself.

*\* STOOPID: Subject spent a lot of time running by himself in the timber. This could be therapeutic...or maddening. Very difficult to tell at this point in the evaluation.*

The subject's third lap was a mixture of shuffling flats, unending uphill, and merciless, quad-pounding downhill. The subject did re-pass GTG before the "WyCo Triangle" (a section of tight and twisty switchbacks), but – strangely enough – never saw him again after that. Subject never closed the gap to Paul and Dave, but with the course mapped out in his mind, the subject completed the final lap in 2:07, reaching the finish line in 5:38:04 – nearly an hour faster than the mudfest of 2005.

-----  
POST-EVENT STATE:

Subject says he is very sore, especially in the quads and calves.

*\* STOOPID: Duh.*

-----  
DIAGNOSIS / RECOMMENDATION:

Obviously, subject shows some signs of mental distress, mumbling phrases such as, "follow the yellow ribbon road," "beware the WyCo Triangle," and "It's Kansas, how hard can it be..." That being said, I must recommend that the subject be released on his own recognizance, as he is not a danger to society or himself...yet.

-----  
SUMMARY DATA:

Psycho WyCo "Run Toto Run" 50k  
Wyandotte County Lake Park  
Kansas City, Kansas  
<http://www.psychowycow.com>  
February 10, 2007  
5:38:04  
10/67 OA  
4/18 30-39 AG

MORE INFO:

<http://www.psychowycow.com/id52.html> or  
<http://www.psychowycow.com/id7.html>

PICS:

<http://tinyurl.com/3xr6kg> (all - first photographer)  
<http://tinyurl.com/2zr2ov> (subject - on course)  
<http://tinyurl.com/ynlvyr> (subject - on course)  
<http://tinyurl.com/23yec8> (subject - finish line with RD Bad Ben Holmes)  
  
<http://tinyurl.com/2jkhc2> (all - second photographer)  
<http://tinyurl.com/39v3ag> (subject - caught walking)  
<http://tinyurl.com/2apozp> (subject - near finish)