

Psycho Wyco - Runners with Loose Screws? posted by Mean Gene

Are they crazy to run on icy trails on the hills at Wyandotte County Lake Park? The event name is Psycho Wyco. The sponsors are the Kansas City Trail Nerds. Trail running is catching on around the country and the Feb 10th event proved these die hard serious, fun runners know what they're doing.

Loose screws? If you were doing the 50K (3 lap) race and came into the first lap aid station, you may have lost your screws. The ones on the bottom of your shoes. Trail Nerds had been heralding this simple fix to fight the icy trail conditions all winter. At the aid station like any horse out for a long run, you need to be reshod. A team of volunteers with power drills and ample supply of ammo "screwed" any runner's shoe in need of a fix.

This created the miracle on ice - traction on a sloped skating rink. But there were plenty of falls - some harder than others.

For Lawrencians, Psycho Wyco's aid station support is like an Octoginta for trail runners. A laid-back attitude, along with serious prep (screws), good food and great support crews - all make this event your should put on your calendars for next year.

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