

My apologies for dog-piling on this "online group hug," but I would like to add my public thanks to all those who helped put on the race.

To Ben: for almost single-handedly bringing trailrunning to the forefront of the Kansas City running community, both road and trail, by starting this event (and the email lists...and the weekly runs...and the trail series...and the KC Star articles...and the...)

To all the Nerds who helped mark (and un-mark) the course: it takes me 45 minutes to mark a simple 5k road course, so I can't imagine how much work is involved in marking a trail with enough ribbons/signs/beer cans to keep everyone on the right path, but you did it and did it very well.

To the folks at the Famous Amos Aid Station: James makes some of the best chicken soup broth and that station had every conceivable snack or medical supply item one could think of...no Run Toto Run event is complete without Scooby Snacks, and was that actually insect repellent on the table? I felt like a boxer between rounds with Stacie and her crew waiting on me hand-and-foot before I had to force myself to leave.

To the gang at the start/finish area: the heater was great, the hot cocoa was fantastic, and the food/hospitality was excellent...in the future, please move your aid station 100 yards down the course into the next lap, so runners have incentive to start the next lap and are not so tempted to finish right there.

To the guys manning the Starbucks in the Woods: I didn't even stop to take advantage of your "fast and friendly self-service," but I certainly appreciated the cheering and support as I entered and exited the Triangle each lap.

To any volunteer and/or spectator who stood out there in the cold: you're the tough ones.

To Dick Ross and Rick Mayo for taking pics: Dick, seekcrun.com is a fantastic deal and I appreciate your generosity. Rick, it was so nice of you to be out there taking pics, also...just getting to some of those steep spots you chose had to be hard on your legs after your recent 100.

And to anyone I missed:

Thank you.

Best regards,

R~

Rick Smith
Sabetha, Kansas USA