

The Pitch WANKSAS CITY

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Run Like Hell

You'll definitely feel it in the morning.

SAT 2/19

Sometimes a masochist wants to get out of the dungeon and just live a little. The **Psycho WyCo Run**, a wintertime 50-kilometer jog over the rocky paths of Wyandotte County Lake Park starting at 7 a.m. Saturday, may be the perfect outlet for the fitness-minded self-flagellator. Those inclined to doubt the seriousness of this run should keep in mind that there's an eight-hour time limit to complete it -- so if you're good, you'll spend only about a quarter of the day running. If the weather doesn't cooperate, the paths, normally used for horses, can be slick and muddy -- nevermind the roots and rocks and hills. Aid stations every two miles offer runners hot soup, cookies and water. Athletes who are able to finish the run win "high-quality" prizes and rights to a "semi-crazy" after party, and all racers earn shirts to commemorate their painful participation. The entry fee is \$30; call 816-810-0440. --

Christopher Sebel



Complete the Psycho WyCo run -- or die trying.