

PSYCHO WYCO MUD STUDS

by Sophia Wharton, co-RD

PSYCHO WYCO | 50KM | KANSAS CITY, KS | FEBRUARY 12

Snow was piled everywhere. A parking lot with 150 spaces, never enough to cater to the race, was reduced to 90. Fortunately, co-RD Ben Holmes and I had decided to grow Psycho Wyco Run Toto Run, and had booked two satellite lots.

"Has anyone been inconvenienced by the snow this year?" I was rallying folks to get to the starting line. Cones designated the imaginary "line," covered in fluffy, deep white stuff.

Year seven of the race was about to begin, with 146 runners trudging to the start. Typically, only 50 percent would finish the three-loop course, but perhaps the snow would make friends with the runners, and help them through. Perhaps...

With temperatures rising to nearly 40 degrees, the running surface promised to go from fluffy to slushy to slippery. For the frontrunners, the game was to get a couple ambitious runners out front to pack down the snow.

"Ivan (Marsh) dominated me on the uphill. I had him on the downhill. Neither of us wanted to lead on that first lap." Bryan Kelpé went in with a plan to run even splits. In any race, even splits are tough to master, but with the surface constantly changing due to temperature and foot traffic, it becomes even more challenging.

Kelpé would ultimately take the lead and never lose it, bringing home a first place finish in 4:31:06. Think that sounds slow? Think Kansas is flat? Think again. This race has 12,000 feet of elevation change and boasts some interesting technical stretches.

"I LOVED the triangle, such a crazy cool section of single-track," said Caitlin Strickland, who joined us this year from Colorado and came in second place female. Not only that, she entered the elite Trail Nerd "Mud Stud Club."

Bad Ben, as Holmes is affectionately known, now passes out cash for these "slow" times of four, five or six hours at Psycho Wyco, with women under six hours and men under five hours being honored as Mud Studs.

Inevitably the course hands naïve, overambitious marathoners, and even ultramarathoners, a quick dose of reality when they realize a 10-minute mile here can crank their heart rate to 170, even though they ran a paved marathon in 2:40 the month before.

Excitement isn't limited to a fight for a podium finish. Despite the challenges of elevation and terrain, this race always attracts many first time 50-km runners. Nurtured by an army of experienced ultrarunners, we had two first-timers whose finishes shouted out to the world of ul-

trarunning, "If you want to learn how to run ultras smart and solid, you better join the Trail Nerds." Michael Ruder set the standard for quick ins and outs of aid stations, but couldn't quite break the six-hour window, finishing in 6:01. Still, he couldn't be happier.

Hayley Esson fought the clock all day, with cutoffs chasing her like a dark shadow in the deep snow. By the time she finished, the finish line arch was down, but the clock proudly boasted 8:41:08. Almost double Bryan Kelpé's time, but they did have the even splits in common, with each athlete losing a bit in the third loop.

At the end of the day, the snow made friends with the runners, with Kelpé grabbing some of the fluffy stuff as his water ran out time and again on the final loop, and the race boasting 92 finishers. Well over 50 percent.

Finally, Run Toto Run wouldn't be what it is without the dogs who participate. Two would start, but only one would finish. Larry Long and his faithful K-9 companion, Tina, finished in 5:57:40, Tina's first 50 km.



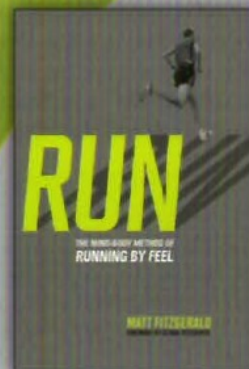
Larry Long and his faithful dog Tina

That makes Tina (the dog) only the seventh female to finish in under six hours in the seven-year history of the race. I'm not sure if Bad Ben gave Tina a check for that sub-six finish, but I know he gave her a hug, scratch on the ears and a well-deserved medal. ■

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261. Leonard Martin, 57, TN	8:13:14
262. John Coheleach, 48, FL	8:15:10
263. David Milner, 46, GA	8:17:35
264. Graham Gallemore, 67	8:19:23
265. Alicia Milner, 42, GA	8:19:29
266. Janet Duncan, 55	8:19:48
267. Brent Montgomery, 57	8:21:30
268. Robert Siscoe, 56, IN	8:22:07
269. Lee Hollingsworth, 58	8:22:42
270. Josh Vinson, 39	8:22:43
271. Carol Eaton, 53	8:31:32
272. Mark Hill, 49	8:58:15
273. Don Masterson, 50	8:58:16
Mike Butler, 50	8:58:16

ORCAS ISLAND 50K

ORCAS ISLAND, WASHINGTON
FEBRUARY 5 | ▲ 3,3

1. Justin Angle, 36	4:54:37
2. Seth Swanson, 31	4:59:39
3. Jeff Browning, 39, OR	5:13:26
4. Jon Robinson, 31	5:17:02
5. Scott Wolfe, 37, OR	5:18:48
6. Adam Hewey, 43	5:19:16
7. Kevin Douglas, 22	5:19:37
8. Krissy Moehl, 33	5:20:34
9. Bill Huggins, 40	5:20:35
10. Korey Konga, 23	5:29:51
11. Jason Hynd, 36	5:38:47
12. Shawna Tompkins, 38	5:43:20
13. Justin Craig, 30	5:52:26
14. Alvin Crain, 38	5:54:39
15. Chase Mueller, 38	5:56:53
16. Allen Skytta, 33	5:58:48
17. Daniel Gallant, 50	5:59:08
18. Brock Gavary, 31	5:59:55
19. Kevin Fredrich, 26	6:00:10
20. David Parker, 32, BC	6:04:05
21. Willie Clancy, 21	6:04:30
22. Mark Hartinger, 54	6:08:06
23. Monica Ochs, 41	6:08:14
24. Frank Schneckeburger, 50, OR	6:13:27
25. Joran Elias, 32	6:14:17
26. Juan Dominguez, 36, OR	6:15:32
27. David Cook, 37	6:16:09
28. Daniel Paquette, 35	6:18:27
29. Caroline Ly, 36	6:18:37
30. Heidi Dietrich, 31	6:18:38
31. Sara Malcolm, 27	6:19:45
32. Van Phan, 39	6:21:16
33. Keri Fezzey, 36	6:23:14
34. Owen Connell, 46	6:23:43
35. Ben Miller, 33	6:23:54
36. Sara Elias, 33	6:24:52
37. Barry Young, 35, BC	6:26:05
38. Arthur Martineau, 43	6:26:35
39. Kellen Betts, 28	6:27:12
40. Tristan Scott, 29	6:30:37
41. Daniel Currit, 30	6:33:02
42. Allison Moore, 41	6:33:16
43. Candice Burt, 29	6:36:12
44. Ken Legg, 47, BC	6:36:58
45. David Crerar, 41, BC	6:38:56
46. Mike Burke, 60, OR	6:39:35
47. Eric Barnes, 54	6:40:57
48. Daniel Probst, 32	6:42:33
49. Matt Hagen, 40	6:46:19
50. Janelle Perry, 36, OR	6:46:26
51. Ben Barlag, 28	6:51:15
52. Roger Riffle, 48	6:52:01
53. John Luckwitz, 42	6:57:28
54. Heather Anderson, 29	6:57:45
55. Adrienne Stedford, 25, BC	6:58:06
56. Scott Jones, 35, BC	6:58:16
57. Clayton Caldwell, 38	6:59:10
58. John Maytum, 31	6:59:44
59. Lisa Weinreich, 30, MT	6:59:49
60. Simon Gale, 40	7:02:16
61. John Neels, 57, BC	7:03:05
62. Jeffrey Loen, 54	7:06:43
63. Michael Chastain, 45	7:06:47
64. Paul Hefferman, 36, OR	7:07:14
65. Herb Reeves, 57	7:07:16
66. Tonya Hoffman, 30	7:07:26
67. Joe Tompkins, 40	7:10:58
68. Bill Dagg, 47, BC	7:14:01
69. Ed Foster, 57	7:16:59
70. Melissa Williams, 27, OR	7:18:16
71. Julie Tinney, 40	7:21:19
72. Erik Swordmaker, 45	7:22:04
73. Jay Christensen, 47	7:22:20
74. Jennie Eyring, 36	7:26:18

75. Colin McWilliams, 29	7:28:36
76. Damien Murphy, 39	7:35:01
77. Susan Johnson, 33, BC	7:37:17
78. Glenn Cameron, 47, BC	7:37:18
79. Adam Levasseur, 42	7:43:12
80. Thomas Frizelle, 34	7:44:33
81. Gary Redwine, OR	7:44:44
82. Dennis Ahern, 52, ID	7:46:03
83. Lynette McDougal, 42, ID	7:46:07
84. Melissa Klungle, 29	7:46:27
85. Adam Schever	7:47:55
86. Glen Birkvold, 41	7:49:16
87. Robert Wismer, 50	7:49:45
88. Jess Dagg, 28, BC	7:50:26
89. Jon Jonckers, 36	7:52:34
90. Lorie Alexander, 51	7:53:27
91. Tracy Brown, 49	7:54:56
92. Scott Krell, 50	7:54:58
93. Carsten Buus, 43	7:55:38
94. Lars Larson, 47	7:59:36
95. Craig Foster, 48	8:00:07
96. Kurt Lauer, 49	8:05:30
97. Norman Eubank, 31	8:05:33
98. Gregory Costanzo, 52	8:06:17
99. Adam Scheuer, 31, BC	8:06:18
100. Scotty Railton, 43	8:06:55
101. Wolfgang Broley, 51	8:07:21
102. Bill Voiland	8:08:54
103. Lisa Hurley, 48	8:10:59
104. Sean Baughn, 36	8:14:35
105. Glen Mangiantini, 53	8:14:41
106. Perry Clawson, 50	8:15:40
107. Charlie Beavis, 23, CA	8:15:47
108. Sophia Dulak, 22, CA	8:15:50
109. Seth Wolpin, 38	8:17:01
110. Kelly Fox, 31	8:17:02
111. Kimberly Lobree, 48	8:18:57
112. Edward Sargisson, 32, BC	8:21:04
113. Marlis DeJongh, 59	8:22:42
114. Stephen Hunt, 60	8:22:43
115. Barry Hopkins, 57	8:27:28
116. Jeanne Armstrong, 35	8:29:23
117. Jenny Appel, 37	8:33:24
118. Ryan Swan, 37	8:35:23
119. Ram Aringunrum, 43	8:39:12
120. Jennifer Cline, 43	8:58:15
121. Meg Burtch, 54	8:59:04
122. Bill Barmore, 59	8:59:10
123. Michelle Olson, 38, OR	9:06:12
124. Kelly Bolinger, 37	9:06:56
125. Eric Purpus, 31	9:07:02
126. George Wiggins, 57	9:10:04
127. Karen Wiggins, 51	9:10:04
128. Jennifer Saunders, 38	9:21:04
129. Francie Hankins, 46	9:21:07
130. Sparkle Paterson, 50, ID	9:22:08
131. Jenny Stinson, 51, ID	9:22:09
132. Kelly Corday, 30, BC	9:24:33
133. Randall Thorn, 55, ID	9:26:31
134. Billie Leinum, 39	9:38:57
135. Christie Ebenroth, 38	9:40:32
136. Bertha Sandoval, 38	9:49:18

PACIFICA TRAIL RUN

50 KM | PACIFICA, CALIFORNIA
JANUARY 23 | ▲ 3,3

1. Leigh Schmitt, 38	4:21:26
2. Tom Flahavan, 43	4:54:30
3. Jen Pfeifer, 39	4:54:32
4. Monte Mitchell, 42	5:08:16
5. Kent Ryhorchuk, 36	5:12:47
6. Rob Houghton, 54	5:13:04
7. David Goodin, 40	5:14:57
8. Eric Edelson, 32	5:19:00
9. Sean Harrington, 33	5:19:01
10. Katie Murphy, 28	5:22:15
11. David Rhodes, 40	5:23:09
12. Shiran Kochavi, 42, NJ	5:24:47
13. Ben Balester, 36	5:25:20
14. Michael Jaschob, 31	5:26:11
15. Kristin Eddy, 40, VA	5:26:38
16. Galen Farris, 28	5:32:13
17. Franz Dill, 35	5:32:22
18. Jason Jones, 38	5:35:15
19. Bradley Fenner, 46	5:38:41
20. Gary Lindberg, 42	5:39:02
21. Chris Villanueva, 40	5:42:17
22. Amy Burton, 37	5:44:55
23. Travis Smith, 39	5:47:06
24. Walter Edwards, 35	5:51:44
25. Robert Klein, 46	5:54:40
26. Eric Vaughan, 50	5:58:37

27. Nettie Pardue, 35	6:04:46
28. Steven Matsuoka, 40	6:10:53
29. Nick Cifuentes, 30	6:11:20
30. Gavin Austin, 34	6:14:36
31. Alyshia Davies, 37	6:36:41
32. Barry Whall, 46	6:37:37
33. Jill Homer, 31	6:38:24
34. Beat Jegerlehner, 41	6:38:25
35. Casey Schutte, 29	6:42:46
36. Victor Peng, 51	6:48:27
37. Andrew Wong, 27	6:51:13
38. Charley Jones, 39	6:52:11
39. Gus Exarchos, 42	6:57:14
40. Naresh Bhagavatha, 33	7:06:28
41. Tan Le, 66	7:10:34
42. Kyle Cirrione, 27	7:15:11
43. Myles Smythe, 31	7:21:00
44. David Thull, 33	7:25:56
45. Danilo Ramirez, 28	7:26:01
46. Carlos Castro, 37	7:30:53
47. Ernest Stolen, 62, AK	7:37:25
48. Eddie Ballisty, 28	7:39:08
49. Chuck Wilson, 62	7:41:26
50. Miki Guastamachio, 35	7:47:37

PEMBERTON

Results will appear in May/June UltraRunning

PSYCHO WYCO RUN

TOTO RUN
50 KM | KANSAS CITY, KANSAS
FEBRUARY 12 | ▲ 3,4

1. Bryan Kelp, 33	4:31:06
2. Jerry Huber, 28	4:51:39
3. Edward Gadiant, 24	4:51:53
4. Joshua Eggar, 34	4:59:25
5. Eric Buckley, 47	5:00:15
6. Randy Myers, 42	5:20:16
7. Brad Bishop, 25	5:29:00
8. Joseph Cunningham, 25	5:29:05
9. Brian Longfellow, 38	5:31:25
10. Phil Sheridan, 53	5:39:23
11. Aaron Norman, 29	5:40:56
12. Jordan Wirfs-Brock, 26	5:41:45
13. Eduardo Cervantes, 23	5:51:32
14. Matthew Westfall, 22	5:52:48
15. Ben Gilbert, 37	5:54:34
16. Preston Williams, 26	5:55:25
17. Caitlin Strickland, 33	5:56:08
18. Brad Birkholz, 42	5:56:18
19. Brandon Hidaka, 24	5:56:33
20. Larry Long, 42	5:57:40
21. Tina Long	5:57:42
22. Steve Pollihan, 34	5:59:50
23. Nick Kietzman-Greer, 29	5:59:51
24. Michael Ruder, 47	6:01:00
25. Erik Thomsen, 39	6:02:48
26. Stephen O'Neal, 32	6:03:30
27. Matt Clark, 32	6:04:32
28. Steve Zimmer, 35	6:04:33
29. Black Coffee, 42	6:08:41
30. Nick Ventimiglia, 28	6:08:45
31. Zach Jones, 29	6:10:22
32. Jonathon Goering, 36	6:10:45
33. Farhad Zarif, 41	6:11:54
34. John Grauer, 46	6:11:54
35. Uncle A Dog, 36	6:16:30
36. Bill Foulks, 34	6:19:02
37. Kristen Anderson, 28	6:19:12
38. Chuck Fritz, 46	6:19:27
39. Aleksander Jankov, 34	6:20:17
40. Kurt Schueler, 43	6:20:58
41. Kevin Ivie, 31	6:23:00
42. Curt Cebula, 19	6:26:37
43. Julie Tredler, 35	6:26:41
44. Matt Wilson, 29	6:32:07
45. Mindy Coolman, 29	6:32:12
46. Philip Van Tubbergh, 40	6:32:40
47. Johnny Woodward, 35	6:35:38
48. Jason Smith, 33	6:36:40
49. David Thornhill, 40	6:39:56
50. Robert Halksworth, 37	6:42:00
51. Andy Emerson, 42	6:43:38
52. Randy Phelps, 49	6:46:29
53. Matt Widzer, 38	6:48:45
54. Steve Baker, 40	6:49:20
55. Doug Beagle, 60	6:50:11
56. Jeff Jump, 33	6:50:59
57. Theresa Wheeler, 44	6:51:03
58. Jarod Reisin, 30	6:52:59
59. Ted Peterson, 25	6:53:24

60. Craig Duhn, 35	6:54:07
61. Dennis Haig, 50	6:54:29
62. Lindsey Waugh, 28	6:54:58
63. Andy Bowman, 47	6:59:05
64. Mark Koester, 30	7:03:21
65. Jim Sheldon, 50	7:04:20
66. Daniel Loental, 30	7:05:33
67. Vael Sammur, 48	7:06:46
68. Bob Billings, 45	7:09:33
69. Terry Rider, 55	7:10:31
70. Rick Troeh, 46	7:12:09
71. Ciro Ortega, 41	7:16:17
72. Ryan Yoch, 47	7:18:29
73. Bob Murphy, 52	7:27:15
74. Amber Gates, 30	7:28:19
75. Jay Mooney, 35	7:29:32
76. Jason Zakaras, 28	7:33:34
77. Tim McGargill, 39	7:33:35
78. Joel Sartwell, 50	7:33:59
79. Macenzie Rubin, 33	7:35:17
80. John Clausen, 34	7:40:32
81. James Stewart, 41	7:44:58
82. Mark Horn, 37	7:45:10
83. William Olinski, 31	7:47:17
84. Mark Boucher, 51	7:57:35
85. Tony Brown, 50	8:12:10
86. David Brenner, 54	8:13:11
87. Micah Nelson, 26	8:38:37
88. Robert Stewart, 35	8:38:39
89. Hayley Esson, 24	8:41:08
90. Samantha Green, 43	8:46:52
91. Les Martisko, 66	10:12:09

ROCKY RACCOON

100M/50M | HUNTSVILLE, TEXAS
FEBRUARY 5 | ▲ 1,2

1. Ian Sharman, 30, CA	12:44:33
2. Anton Krupicka, 27, CO	13:18:52
3. Hal Koerner, 35, OR	13:26:19
4. Karl Meltzer, 44, UT	14:27:20
5. Liza Howard, 39	15:33:09
6. Brad Reed, 27, MA	15:58:38
7. Paul Hopwood, 47, HI	15:59:35
8. Michael Arnstein, 34, NY	16:34:46
9. Mike Wolfe, 33, MT	16:53:31
10. Luis Guerrero, 47	17:25:55
11. Michael Alfred, 29, CA	17:30:09
12. Harvey Lewis III, 34, OH	17:34:49
13. James Brennan, 32, VA	17:34:49
14. Richard Kwiatkowski, 45, VA	17:37:15
15. Ryan Loehding, 38	18:09:55
16. Peter Vrolijk, 52	18:10:47
17. Adam Wilcox, 29, NH	18:26:05
18. Brad Birkel, 32, MA	18:35:09
19. Mark Matyazic, 46, CA	18:45:26
20. Mosi Smith, 28, MD	19:24:43
21. Hiroki Ishikawa, 35	19:30:04
22. Matt Zmolek, 30	19:33:51
23. David Boudreau, 39, NH	19:49:00
24. Lorenzo Sanchez, 33	19:49:14
25. Scott Loughney, 40, OR	20:10:55
26. Matthew Prineas, 46, MD	20:36:42
27. Jeffrey Urbanski, 25, DC	20:39:49
28. Pat Malaviarachchi, 36	20:39:49
29. Julio Andrade, 44	20:40:49
30. Jeff Holdaway, 52, VA	20:43:51
31. Matt Crownover, 38	20:46:49
32. David Murphy, 38, MO	20:59:40
33. Mark McCaslin, 41, MI	21:00:23
34. Davy Crockett, 52, UT	21:22:10
35. Matthew Grund, 34, GA	21:24:23
36. Danny Ponder, 52, OK	21:30:10
37. Andrew Pena Jr., 49	21:30:24
38. Phil Nimmo, 47	21:31:58
39. C.B. Fralich, 38, OR	21:40:24
40. Ted Philip, 45, MA	21:49:34
41. Edward Daly, 44, MS	21:53:21
42. Andrew Harding, 50, MI	21:53:27
43. Michael Hettinger, 36	21:53:48
44. Jeff Woody, 47, TN	22:01:50
45. Jeff Arms, 35, AK	22:04:05
46. Raymond Churgovich, 45, CO	22:09:10
47. Steve Corbin, 48	22:23:02
48. Mike Poland, 44, CO	22:24:55
49. Brian Recore, 35, CA	22:34:39
50. Brenda Carawan, 34, VA	22:36:31
51. Jim Philip, 43, FL	22:37:06
52. Daniel Barnett, 47, UT	22:50:25
53. Dan Jordan, 53	22:56:32
54. Austin Barbisch, 42	23:10:00
55. Terri Pfeil, 44, CO	23:16:09