

PSYCHO WYCO RUN TOTO RUN POPSICLE TOES

by Ben Holmes, RD

Old Man Winter had been on holiday for a couple of months, but he decided to arrive in Kansas City the night prior to our race. After a downright balmy winter, the arctic blast hit hard, bringing with it a seven-degree race morning low. The previously muddy "Psyco Wyco" course froze to the hardness of bunker concrete. Temperatures during race day never reached above 20 degrees, but at least it was sunny.

This made it really tough on volunteers, standing around all day. Their aid station tasks now included thawing sports gels, Coke, and their own toes. But the Trail Nerds are a hardy and creative bunch; we always persevere and overcome. While the low temperatures may have been difficult on the volunteers, it was good for a high finish rate in the 50K. There were 106 human

finishers, and one canine finisher, out of 160 starters; a productive day, indeed.

The dry and favorable course conditions also made for some fast times. We had 12 sub-five-hour 50K finishes, led by Jeremy Duncan. His 4:21:12 was the third-fastest in the race's history, but he had some competition. Two Emporia State (Kansas) runners led the first of the three 10.5-mile loops with a split that could have garnered first and second place in the 10-mile race. William Hohmeier and Ryan Hahn ran most of their first 50K race together, and finished second and third behind Jeremy, in rapid succession. But the big story on race day was Kaci Lickteig of Omaha, Nebraska. She blew away the 50K female course record with an incredible finish time of 4:46:19.

Kaci is the only sub-five-hour female finisher in the eight-year history of this race. She had almost perfect loop splits: 1:34:00, 1:35:52, 1:36:27. To add to the scope of this accomplishment, this was Kaci's first trail race, and her first ultra-distance event. She decided to run our race just three weeks after running at the Olympic Marathon trials. Local Trail Nerd Mindy Coolman took second place female in the 50K, with a great time of 5:38, strong enough for the third best all-time record. Canine runner Tina Long had a good race, coming in third female overall, but our third-place human female finisher was April Gochenour, who also went into the record book as one of the few sub-six-hour female finishers. Everybody and their dog had their day. ■



Jeremy Duncan hits third-fastest ever finish time at Psycho Wyco



A view of the Missouri River floodplains, and Tim Hellhake clogging along above the train tracks



Women's winner Kaci Lickteig at her first trail race

PSYCHO WYCO RUN TOTO RUN | 50K | KANSAS CITY, KANSAS | FEBRUARY 11 | ▲ 3,4

1. Jeremy Duncan, 30, CO	4:21:14	Larry Long, 43	5:39:56	55. Nate Keenan, 34, NE	6:19:48	82. Bruce Cameron, 42, MN	6:50:39
2. William Hohmeier, 23	4:32:19	29. Matt Wilson, 30, MO	5:41:23	56. Bob Billings, 46	6:20:23	83. Allison Carolan, 28, MN	6:54:19
3. Ryan Hahn, 22	4:37:04	30. John King, 39, MO	5:43:26	57. Kevin Swinicki, 49	6:21:23	84. Joe Fittle, 33, MO	6:54:37
4. Eric Buckley, 48, MO	4:37:20	31. Joshua Pool, 31	5:43:36	58. Chris Wristen, 31	6:22:43	85. Kimberly Spielman, 36	6:56:28
5. Fernando Martinez, 35	4:39:41	32. Joshua Isom, 33	5:44:30	59. David Winarski, 37, MO	6:22:56	86. Robert Kazar, 56, OH	7:01:06
6. Marvin Mastin, 46	4:42:16	33. April Gochenour, 33	5:45:07	60. Ben Gilbert, 38, NE	6:26:56	87. Liane Zivitski, 34, NE	7:03:59
7. Aaron Norman, 30, MO	4:43:35	34. Erik Thomsen, 40, IA	5:46:55	61. Jeff Behrens, 63, MO	6:27:11	88. Mick Justin, 63, MN	7:08:14
8. Kaci Lickteig, 25, NE	4:46:19	35. John Blanchard, 60, WI	5:47:44	62. Carl Specking, 26	6:28:00	89. Tara Scroggin, 30	7:08:25
9. Jason Zakaras, 29, NE	4:49:55	36. Tom Hanley, 42, IA	5:52:33	63. Kurt Schueler, 44	6:28:48	90. Benjamin Smoker, 39, MO	7:08:48
10. Scott Dillon, 28	4:50:27	37. Mitch Faddis, 48, MO	5:56:10	64. Barrie Evans, 47, MO	6:31:22	91. Hannah Macbeth, 30	7:09:51
11. Joshua Eggar, 35	4:51:09	38. Mark Keel, 35	5:56:32	65. Wesley Rolnick, 24, MN	6:31:54	92. Maria Barton, 46, MN	7:19:22
12. Ronald Lapoint, 30	4:51:18	39. Kyle Bantz, 33, NE	5:56:43	66. Mark Koester, 31	6:32:56	Jerry Frost, 56, MO	7:19:22
13. Brad Bishop, 26, CO	5:00:47	40. Matt Clark, 33	5:56:45	Dan Jarrell, 41	6:32:56	94. Les Martisko, 67, MN	7:27:43
14. Ben Keefe, 33, MO	5:06:29	41. Xiao Geng, 33	5:57:16	68. Alisha Mayer, 25, MN	6:34:04	95. Julie Berg, 47, MN	7:31:57
15. Chris Boyack, 42, CO	5:09:46	42. David Ponak, 31, MO	5:57:48	69. Carl Edwards, 53, NE	6:34:23	96. Matt McClasky, 29	7:33:56
16. Alex Beecher, 23	5:10:39	43. Nick Gardner, 17, MO	6:00:17	70. Raymond Varner, 21, MO	6:35:35	Daniel Hoelter, 30, AR	7:33:56
17. Scott Hill, 33	5:14:31	44. Charles Manternach, 42, MO	6:03:07	71. Kevin Ivie, 32, MO	6:39:32	98. Scott McGinnis, 51, MN	7:39:07
18. Tim Hellhake, 47, MO	5:20:16	45. William Biehl, 45	6:07:03	72. Stephanie Bohannon, 36, MO	6:42:41	99. Jake Deckert, 26	7:39:27
19. Dan Routhieaux, 45	5:23:48	46. Mike Stout, 33	6:07:58	73. Mike Bland, 40	6:43:21	100. Suzanne Kenyon, 46, MO	7:42:00
20. Reggie Bollinger, 33, NE	5:26:26	47. John Allen, 45, MO	6:08:45	74. Mike Deblasis, 53, OH	6:44:22	101. Dave Bell, 49, CO	8:17:43
21. Preston Williams, 27	5:28:26	48. Steven Zimmer, 36	6:10:17	75. Gary Mundhenke, 50, MO	6:44:42	102. Kristine Hartman, 53, IA	8:34:45
22. Jonathon Goering, 36	5:28:37	49. Jason Laplant, 32, MN	6:11:52	76. Kyle Adkins, 46, MO	6:45:22	103. Peter Fecteau, 28, IA	8:36:09
23. Dan Kuhlman, 57	5:31:28	50. Daniel Albertson, 34, NE	6:13:27	77. Carlos Rodriguez, 46	6:45:51	104. Jamie Metzl, 43, NY	8:46:26
24. David Walch, 34, MO	5:35:06	Brian Shulda, 43	6:13:27	78. Bianca Williams, 51	6:48:39	105. Gregg Mrkvicka, 46, MO	8:50:55
25. Mindy Coolman, 30, MO	5:38:06	52. Scott Huston, 47, MN	6:14:19	79. Sara Wood, 33, NE	6:48:58	106. Misty Schmidt, 34, MN	9:04:23
26. Corey Duever, 26	5:39:27	53. Brian Brooks, 39	6:14:23	Timothy Scott, 36, NC	6:48:58	Victoria Aney, 35, MN	9:04:23
27. Tina Long, 2	5:39:56	54. Dave Krishock, 52	6:14:27	81. Jay Mooney, 36	6:49:35		