

PSYCHO WYCO RUN TOTO RUN

WHO LET THE DOGS OUT?

by Ben Holmes, RD

The ninth annual Psycho Wyco Run Toto Run 50K event lived up to its reputation for dubious traction after all. After a year of drought and a dry winter, the fickle Midwest Weather Gods decided to dump a judicious amount of rain, just two days prior to the race. It was muddy enough in places that it made even marking the course a real chore.

So, I made an executive decision to have ropes installed on two of the steeper uphill, the day before the race.

The addition of the ropes (thanks to Travis Kierre) proved to be a wise prophylaxis to a recurring nightmare of mine: giant piles of muddy, pissed-off runners at the bottom of a hill, scrambling over each other like lobsters trying to get out of a bucket; all while other runners are backsliding down the hill like human toboggans, and adding to the pile and pissed-offedness of the runners.

Thanks to the ropes and pleasant weather on race day, my nightmare didn't happen. Yes, the second 10.3-mile loop was slimy, but the mud actually got downright tacky by the third loop and was not an issue later in the race.

The three-loop course and hills do take a toll on the runners, both physically and mentally. Out of the 182 50K starters, we had 127 finishers. But we still had some longstanding records fall. Scott Gall not only won the race by a wide margin, but he blew apart Andrew Henshaw's 4:15 course record, in addition to busting-loose the first-ever sub-four-hour finish, with a time of 3:59:07.

Anthony Kunkel and Brian Wandzilak brought up second and third, with 4:26 and



Blowing leaves away, Anthony Kunkel followed by Brian Wandzilak

4:37 finish times. April Calaway was way-out-in-front in the women's race with a 5:05 winning time. She was 45 minutes ahead of her closest challenger. Diane Diebold and Kelly Cool were second and third in 5:51 and 5:56.

There was also another record set in the 50K race: Mike Christensen was ninth place overall, and ran the first-ever over-50 age group, sub-five-hour 50K



First female April Calaway, victorious in 5:05

on this course. (Mike is 54, and ran it in 4:58:11).

While the final results for the men's race may seem like it was entirely the Scott Gall Show, it was not. Among the entrants for this year, there were 16 men and five women who had won 50K or 50-mile races in the past year. Kunkel and Wandzilak had an ongoing battle for second place for a full three hours.

PSYCHO WYCO RUN TOTO RUN | KANSAS CITY, KANSAS | FEBRUARY 9 | ▲ 4,4

50 KM

1. Scott Gall, 38, IA	3:59:08	32. Uncle A Dog	5:52:17	64. Kurt Schueler, 45	6:26:04	96. Coleen Voeks, 39	7:03:00
2. G. Anthony Kunkel, 20, CO	4:26:05	33. Jeff Keele, 31	5:53:42	65. Sabrina Ruiz, 20, CO	6:27:54	97. Tina Long, 26	7:03:07
3. Brian Wandzilak, 32, NE	4:37:31	34. Kris Logsdon, 36	5:55:46	66. Jennifer Schmidt, 43	6:33:40	98. Drew Beaty, 29, MO	7:05:40
4. Ryan Hahn, 23	4:41:26	35. Kelly Cool, 31	5:56:14	67. Amber Lane, 40	6:35:16	99. Jessica Pendleton, 35, IA	7:11:05
5. Jason Zakaras, 30, NE	4:45:43	36. Troy Pruett, 52, TX	5:56:25	68. Emily Royal, 25	6:36:02	100. Craig Duhn, 37, IA	7:12:27
6. John Cash, 39, MO	4:46:59	37. Black Coffee, 44, MO	5:58:17	69. Jimmy Brown, 43, NE	6:36:59	101. Jody Green, 37, NE	7:12:30
7. Todd Nott, 48, NE	4:49:56	38. Jason Yuhasz, 35	6:00:18	70. Keith Wurm, 32, MO	6:40:43	102. Kimberly Spielman, 37	7:18:30
8. Pete Kostelnick, 25, NE	4:54:53	39. Dave Everhart, 35	6:00:36	71. Charles Quinsay, 23, MO	6:40:46	103. Brad Lobdell, 38, MO	7:19:13
9. Mike Christensen, 54, NE	4:58:11	40. Bryan Hay, 39, MO	6:00:49	72. Mark Koester, 32	6:43:06	104. Travis Anderson, 38, CO	7:20:15
10. Fernando Martinez, 36	4:58:38	41. Dan Hodges, 50	6:03:58	73. Bob Schluben, 43	6:43:13	105. Mat Worthy, 32, MO	7:21:20
11. Charlotte Dog, 2	5:02:53	42. Justin Reed, 41	6:04:33	74. Michelle Hall, 29, IA	6:45:39	106. Marsha Xiong, 22, MO	7:22:49
12. Ben Keefe, 34, MO	5:02:54	43. Xiao Geng, 34	6:04:42	75. Charlie Steinkuehler, 34	6:45:44	107. Ernst Steffen, 59, MO	7:24:33
13. April Calaway, 34	5:05:53	44. Mark Barkman, 36	6:05:33	76. Michael Sawyer, 44, TX	6:45:46	108. Bret Burgess, 30	7:25:30
14. Thomas Gounley, 22, MO	5:10:08	45. Aaron Reeves, 38, MN	6:06:02	77. David Mullins, 28	6:45:48	109. Kirk Ecton, 40	7:26:55
15. John Pollihan, 31, MO	5:14:15	46. Matthew Clark, 27, MO	6:06:33	78. Wael Sammur, 50, MO	6:46:55	Mark Horn, 39	7:26:55
16. Scott Dillon, 29	5:20:05	47. Rob Scherff, 47, MO	6:07:52	79. Ben Smoker, 40	6:49:04	111. Mike Brown, 46, MO	7:32:10
17. Matt Wilson, 31, MO	5:23:01	48. Chuck Fritz, 48, IA	6:09:33	80. Andy Bowman, 49	6:51:51	112. Rob Sullivan, 44, MO	7:35:13
18. Brian Longfellow, 40, MO	5:26:14	49. Adam Dearing, 30, MO	6:11:12	81. Kate Leis, 36, MN	6:52:20	113. Laurie Halpenny, 40, NE	7:37:28
19. David Stores, 42, MO	5:30:40	50. Katie Koester, 31	6:11:13	82. Stephanie Hoff, 33, WI	6:52:20	114. Chrissy Frederick, 36, CO	7:40:57
20. Rob Gillum, 51, IA	5:36:13	51. Carlos Rodriguez, 47	6:11:40	83. Sophia Wharton, 42	6:53:04	115. Andrew Servaes, 40	8:02:21
21. Joshua Hyatt, 27, MO	5:38:17	52. Joshua Watson, 34	6:13:06	84. Phillip Wharton, 47	6:53:05	116. Charles Fredricks, 38, MO	8:04:29
22. Erik Iliff, 33	5:38:33	53. Kyle Bantz, 34, NE	6:14:23	85. Dave Krishock, 53	6:54:17	117. Gary Davis, 49, IA	8:07:41
23. Dan Routhiaux, 46	5:41:06	54. Bob Billings, 47	6:15:19	86. Michael Bland, 41	6:55:37	118. Larry Kelley, 46, IA	8:08:55
24. Steve Zimmer, 37	5:44:40	55. Jeff Mildner, 41	6:15:21	87. Daniel Hoelter, 31, AR	6:55:58	119. Suzanne Pokorny, 46, OH	8:10:10
25. Jonathon Goering, 37	5:45:38	56. Carl Edwards, 54, NE	6:15:33	88. Matt McClasky, 30	6:55:59	120. Rebekah Mazany, 25, OH	8:11:07
Ronald Lapoint, 31	5:45:38	57. Daniel Loental, 32, MO	6:17:02	89. Heather Cotten, 38	6:56:05	121. Amber Lane, 31, MO	8:15:12
27. Steve Pollihan, 36, MO	5:46:02	58. Jim Sheldon, 52	6:17:30	90. Jeanne McCurnin, 57, IA	6:58:05	122. Adele Jordan, 30	8:19:15
28. Tim Larsen, 43, NE	5:48:18	59. Bill Loats, 46	6:19:07	91. Brett Kirkpatrick, 36, MO	6:58:09	123. Cason Corley, 29	8:29:27
29. Timothy Bergan, 47, IA	5:49:13	60. Jay Mooney, 37	6:22:00	92. Michael Encinas, 38, CO	7:00:34	124. Thomas Ortiz, 38	8:29:28
30. Steve Burrell, 44, IA	5:51:07	61. Tim Urbine, 32, CO	6:22:26	93. Justin Chockley, 30	7:02:40	125. Les Martisko, 68, HI	8:30:15
31. Diane Diebold, 48, MO	5:51:10	62. Caleb Zahnd, 31, MO	6:23:35	94. Larry Long, 44	7:02:41	126. Kristine Hartman, 54, IA	8:34:29
		63. Dean Russell, 57, MO	6:26:00	95. Sherrie Klover, 45	7:02:42		



DICK ROSS

Hills! Rough terrain! This is Kansas?



TYSON HOFSSOMMER

Scott Gall leading early on, with Ryan Hahn and Rikki Hacker close behind

My assessment of the men's race: the front-runners went out at too fast of a pace. Only local racer Rikki Hacker could hang onto Scott's pace for more than one loop, and he had to drop out after two loops due to a nagging injury.

Since this a race with the name "Toto" in it, I can't help but mention that Charlotte "Chocolate Milk" Keefe, a healthy Kansas City mutt, set a new Canine course record in 5:02:53.1, dragging her master, Ben Keefe, along for the ride. ■

Jim Sheldon on the ropes



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THE MIND HAS TO BE AS STRONG AS
OR STRONGER THAN THE BODY TO
RUN ULTRAS. THERE IS ALWAYS A POINT
WHERE THE RACE SURPASSES A PHYSICAL
ACTIVITY AND BECOMES A PROTRACTED
MIND GAME. YOUR BRAIN SENDS SIGNALS
TO THE BODY; THE BODY SENDS SIGNALS
TO THE BRAIN, AND THE MIND OF THE
ULTRARUNNER HAS TO DECLARE THEM
ALL LIES AND CONTINUE ONWARD.

— HEATHER ANDERSON, *RELATIVE DIFFICULTY*

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