

PSYCHO PSUMMER RUN TOTO RUN

LIVE LONG AND PROSPER

by Ben Holmes, RD

"Steady as she goes, Mister Sulu, then hit warp-factor nine on loop three." This strategy worked well for the young starship captain from Omaha: Kaci Lickteig, garnering her the overall win at the seventh annual Psycho Psummer Run Toto Run 50K. Kaci was a scant two weeks out from a second place overall finish in her first-ever 100-miler at Black Hills. At that race, she was just seven minutes behind the first place male, and phaser-blasted away the female record by seven hours. If her legs were feeling dead from her recent hundred, it didn't show.

Entering the Romulan Neutral Zone: This year's three-loop summer course had more "flow" to it, and measured in at just over 10.5-miles per loop. The course tended to favor those with more leg speed, but the cumulative effect of the hills and the 91-degree heat and 65-percent humidity tended to cook the less patient competitors. The top two candidates on the less-patient list would be Norman "AbNorm" Decelles and

Aaron Norman, both of whom are always top-finishing competitors. Norm hit his first loop hard in a time of 1:19:51, followed by Aaron in 1:23:24. Ross Salinas came through in 1:27:02. Kaci decided to run her first loop with fellow Omaha resident and ultra veteran, Miguel Ordorica; they both came through their first loop in 1:27:07. This would later prove to be a smart strategy. Kaci kept the same exact pace for the second loop, as well.

"Lay in a course for the finish line and punch it, Mister Sulu."

By the end of the second loop, Aaron had closed the gap on Norm, and Kaci had moved up to third place. Still appearing fresh, Kaci waited until hitting the first staffed aid station of that loop (at mile 24) to make her move. She passed both guys and in her words, "had a surge of adrenaline," which helped her keep the hammer down for the next seven miles to take the overall victory, in a time of 4:19:35. She had

a negative split for her final loop, besting her previous loop times by two minutes.

"I'm giving it all she's got, Captain...I dunno if the warp engines can take anymore."

Kaci's male competitors faded somewhat on their third loop. Aaron was first male in 4:32:36, and Miguel moved up to a second place male finish time of 4:34:25. Norman took third male at 4:34:47. Meanwhile, the next three female finishers all had very respectable times for this course: Katherine Phillips in 5:06:09, Jane Johannsen in 5:09:13, and Mindy Coolman in 5:13:28.

As I said of Kaci after her first 50K at Psycho Wyco 2012, "Kaci Lickteig may be the next Ann Trason." But any way you look at it, she ran a very smart race for a 26-year-old; mature beyond her years. A special note: Kaci's mom, Lori Leonard, ran her first 50K at this same race, and finished in under six hours. ■



Kaci Lickteig and Miguel Ordorice work the singletrack early in the race



Jane Johannsen and Katherine Phillips navigate the rocks in a battle for second female

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50 KM

1. Kaci Lickteig, 26	4:19:35	13. Darvish Shadravan, 45, IA	5:50:54	26. Kristian Madsen, 45, MO	6:39:33	39. Kevin Guest, 44, MO	7:28:11
2. Aaron Norman, 32, MO	4:32:36	14. Lori Leonard, 51, NE	5:59:23	27. Eric Kimlinger, 35, MO	6:41:10	40. Jennifer Tieman, 42, MO	7:31:28
3. Miguel Ordorica, 41	4:34:25	15. Ben Keefe, 34, MO	6:08:47	28. Jay Mooney, 37, KS	6:42:51	41. Melissa Martinez, 42, MO	7:33:06
4. Ben Gilbert, 40, NE	4:51:09	16. Ken Schramm, 49	6:13:03	29. Nicole Parkhurst, 33, MO	6:46:00	42. Jason Majors, 38, KS	7:46:17
5. Joshua Aranda, 25, MO	4:57:18	17. Jonathan Hanisch, 26, KS	6:13:27	Genevieve Spivey, 36, KS	6:46:00	43. Gary Davis, 49, IA	7:47:25
6. Andy Emerson, 44, MO	5:04:08	18. Bob Wooten, 34, KS	6:13:59	31. Brian Farrington, 23, MO	6:49:25	44. Brian Sharp, 41, IA	7:56:19
7. Katherine Phillips, 33, NC	5:06:09	19. Erik Iliff, 33, KS	6:17:40	32. Krystle Dalke, 31, KS	6:53:07	45. Jake Dolechal, 38, MO	7:59:13
8. Jane Johannsen, 25, KS	5:09:13	20. Eric Steele, 47, KS	6:19:06	33. Caleb Zahnd, 32, MO	7:03:53	46. Deb Talor, 38	8:00:05
9. Mindy Coolman, 31, IA	5:13:28	21. Charles Johnson, 64, IA	6:28:02	34. Brett Lafollette, 35, MO	7:07:37	47. Erica Carper, 41, KS	8:16:22
10. Carl Specking, 27, KS	5:18:14	22. Kristen Weigand, 34, MO	6:28:47	35. Joshua Bowen, 25, MO	7:11:09	48. Brandy Holey, 34, MO	8:21:58
11. Brady Poskin, 28, MO	5:46:14	23. Brian Williams, 41, TN	6:30:15	36. Chad Gaddie, 41, MO	7:11:37	49. Keith Leap, 46, MO	8:23:06
12. Carlos Rodriguez, 47, KS	5:46:19	24. James Baca, 42, MO	6:37:55	37. John Coleman, 37, FL	7:13:33	50. Diana Liska, 38, NE	8:46:24
		25. Matthew Hulliung, 40, IL	6:37:56	38. Michael Mcelmeel, 49, IA	7:28:01		