

PSYCHO WYCO

MONSTER MASH (POTATOES)

by Ben Holmes, RD

For the 10th annual Psycho Wyco Run Toto Run 50K, we pulled-out all of the stops: Great swag, spinning-tornado medals, 45-gallons of home-made chili (by the RD's daughter and son-in-law), two kegs of homebrew (by the RD), trail-nerd-worthy aid stations, shoe-screwing-stations, ropes installed on the steep sections of trail (thanks, Bob & Travis), fantastic photos and prize money. We were prepared for anything; anything, that is, except for Monster Mash potatoes!

Let me explain. A few days prior to the race, we had zero-degree weather, and then got 12 inches of fluffy snow. The combo of very frozen ground combined with dry snow, made for

snow that would not pack down, on the three-loop 50k course. Yes, it had the consistency of mashed potatoes, and it never got any better with thousands of footfalls. If anything, it got worse with a resulting "Cuisinart Effect."

Long story short: race times for the front runners were 50-60 minutes slower, and we had 71 finishers in the 50k, out of the 144 that had signed up. Matt Flaherty took the mashing in stride. He was our only sub-five-hour finisher, consuming the men's race in 4:48:13. He also consumed way more of my homebrew than I thought was possible by an 8-1/2 stone speedster! Is there a nutrition or training lesson there? Mark Thompson of Iowa

City, Iowa slid in at 5:22:18; while Jeremy Morris got the "Au Gratin" third-place award in 5:30:14.

Emily Renner of Minnesota took first place honors and was the only woman finisher sub-seven hours, in 6:51:01. Local Lawrence (Kansas) phenom Kelly Cool kept hers, and took second place in 7:04:48. Jill Becker of Sioux City, Iowa claimed third in 7:17:51.

Here's a big homebrew toast to anybody that stuck with it, and put up with this year's monster mashed potatoes.

Matt Flaherty adds, "I couldn't have asked for a better season opener. It was a lot of fun, and it has me excited for the coming year!" **UR**



RICK MAYO / MILE 90 PHOTOGRAPHY

Matt Flaherty, the only runner of the day to go sub-5 hours



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Dave Krishock on the switchbacks of Fall-Down Hill



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Shaylene Caffey strides out on a long, winding descent

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50k | Elevation gain/loss: 4,098 feet / 4,098 feet | Three 10.35-mile loops consisting of short, rolling hills. Technical single-track and bridle trail with lots of rocks and roots.

50 KM

1. Matt Flaherty, 28	4:48:13	18. Jon Duke, 30	6:35:08	36. Jonathan Pope, 22	7:35:27	54. Stephen Losey, 37	8:11:20
2. Mark Thompson, 36	5:22:19	19. Jeff Williams, 36	6:38:43	37. Russell Wenz, 35	7:36:48	55. Steve Jones, 50	8:11:37
3. Jeremy Morris, 34	5:30:15	20. Steve Sorenson, 48	6:40:11	38. Justin Sample, 39	7:38:29	56. Jay Mooney, 40	8:12:01
4. Dan Routhieux, 47	6:05:58	21. Jason Gerard, 38	6:41:12	39. Jenny Marietta, 36	7:39:19	57. Reid Day, 27	8:12:18
5. Carl Fritz, 28	6:08:30	22. Darvish Shadravan, 45	6:48:39	40. Wayne Garner, 34	7:40:20	58. Kimberly Myers, 38	8:12:28
6. Norman Decelles, 29	6:10:03	23. Emily Renner, 24	6:51:01	41. Maranda Lorraine, 29	7:41:32	59. Darin Brunin, 29	8:14:18
7. Keith Wurm, 23	6:12:18	24. Matthew Hall, 25	6:51:02	42. Luis De Leon, 46	7:44:10	60. George Riffin, 34	8:21:37
8. Seth Kutikoff, 35	6:18:13	25. Ed Thomas, 54	6:58:36	43. Tim Smith, 52	7:45:25	61. Michael Garling, 35	8:21:38
9. David Ponak, 33, CO	6:18:16	26. Dan Hodges, 51	7:01:34	44. Erik Patterson, 34	7:47:49	62. Kurtiss Mueller, 61	8:22:00
10. Doug Ambler, 43	6:26:44	27. Kelly Cool, 32	7:04:48	45. Corrie Hanson, 34	7:48:05	63. Dashaun Carter, 38	8:24:25
11. Will Malcolm, 28	6:27:43	28. Jeff Keele, 32	7:04:48	46. John Weatherly, 34	7:49:39	64. Jamie Metzl, 46	8:30:15
12. Theodore Kardis, 43	6:28:50	29. Tyler Irvine, 25	7:05:04	47. Daniel Weber, 32	7:50:28	65. Bob Billings, 48	8:33:19
13. Jeff Dengate, 36	6:29:28	30. Tim Garvey, 47	7:09:06	48. Douglas Thompson, 46	7:51:53	66. Jeanne McCurnin, 58	8:34:16
14. Rob Owens, 37	6:30:11	31. Lj Stephens, 31	7:17:48	49. Andy Borders, 34	8:02:27	67. Jimmy Funkhouser, 31	8:39:48
15. Rob Scherff, 48	6:32:06	32. Jill Becker, 26	7:17:51	50. Mark Koester, 33	8:02:30	68. Shelly Ballard, 40	8:50:54
16. Kevin Faddis, 29	6:34:45	33. Steve Zimmer, 38	7:25:14	51. Scott Eberlein, 30	8:05:12	69. Anjanette Arnold, 37	8:54:36
Derek Moores, 17	6:34:45	34. Dave Krishock, 54	7:33:19	52. Shaylene Caffey, 28	8:11:12	70. Trevor James, 37	8:57:20
		35. George Klaeren, 24	7:34:08	53. Jeanne Sellars, 39	8:11:15	71. Jana Voracek, 43	9:10:23