



RACING LIKE A PSYCHO AT THE WINTER WYCO

BY ZACH ADAMS



A good ultra gives you the opportunity to have fun. A great ultra supplies a challenge that tests the limits of your abilities. An outstanding ultra places you head to head against yourself, other racers, the trail, the elements and your physical and mental limits – while being supported by a hoard of experienced, enthusiastic volunteers and a top-notch race director. By this standard, the Run Toto Run, aka “Winter Wyco” 50K, was outstanding.

The course is by far one of the most demanding in the state of Kansas. It is not a mountain course, but it does provide lots of small chunks of technical running, steep (but brief) climbs, sharp winding switchbacks, muddy bridle (horse) trails and even a nice climb up the grassy Wyandotte County Lake dam. Most of the course is very runnable and gives you the opportunity to put your speed to the test. My training had focused on quality over quantity, speed over distance and thriving over surviving. I planned on putting myself to the test, setting a very lofty goal of 5:15 on a trail where my previous best 50K time was 6:45.

Usually the weather plays a major factor in this race, as it is held in the middle of February in Kansas City. Those of you familiar with this region know that in winter, it is usually negative 70, windy and miserable. Not this year! Goosebumped and shivering, I started in my favorite pair of shorty shorts and short-sleeve shirt. While I was uncomfortable at first, I was banking on the 70-degree forecast, as well as additional motivation to move my ass faster to stay warm. Mission accomplished. In the first two miles of the conga line, I passed at least 60 people and managed to warm my fingers enough to restore blood flow.

I had a great first loop, enjoying the relatively mud-less trail and the mild temperatures. I didn’t utilize the aid stations much since I was wearing a pack filled with my own pre-packed food and two bottles, but I did enjoy their encouragement as I passed through. The finish line was

like a freaking party, with music and beer flowing enthusiastically before 10 a.m. Out-freaking-standing! I had a first lap time of about 1:36 – way ahead of my goal average of 1:45 over three laps to hit 5:15.

The second loop went great. I knew that I had gone out really fast, so I dialed it back and focused on eating and drinking for the push in the final loop and hitting much closer to my 1:45-per-lap goal. The traffic was much thinner, and it was comfortably warmer. I nailed my goal – hitting the aid station with a lap time of 1:46. I now had 10 minutes “in the bank.” A full minute-per-mile slower than goal pace for the final lap and I would hit my target!

Coming out of the aid station and going up the hill to the bridle trail, I could tell that the distance was starting to take its toll on me. I almost *always* hit a low spot about 20 miles into any race, and this was no different. I knew I couldn’t keep it up for the full nine remaining miles, so I backed off a little, scarfed down a few hundred calories and chugged some water. It was starting to get warm, and I suspected I had gotten behind on food and water. About the time I hit the big dam hill – mile 25 or so – I was feeling awesome again and put the hammer down. I ran up the hill to the dam aid station, blew through and blasted up both of the following hills on the lake road before turning back to the single-track that winds around behind the dam. This is where the proverbial “shit” happened.

Blasting down the technical single-track switchbacks, I was



focused on my footfalls and trying not to donate teeth and flesh to the Wyco Trail Gods. Pantera stormed my ear buds full blast and my heart was pumping massive volumes of oxygenated blood. I was in the zone. I was in the zone so freaking hard! So hard I missed the sign. OHHHHHHHHHHHHH FUUUUUUUUUUUUDGE!

Only I didn’t say “fudge.”

I ended up dead-ending at a paved road with no flags to be seen. Overwhelmed by the adrenaline-infused blood thudding my veins, I had ended up off-trail. I spent the next 10-15 minutes backtracking, taking more wrong turns, until finally finding the spot I had veered from the correct course. I spent the next 10 minutes or so totally pissed off at myself and pouting like a baby. I had been totally on target to nail 5:15 – maybe even better.

Getting lost really got in my head, and since my time goal was out the window, I adjusted it. I just wasn’t going to get passed before the end. I managed to easily stay ahead of anyone seeking to steal a position from me, and after a 2:15 loop, I got across the finish in about 5:35, 23rd place overall – still a great time and course PR for me.

LEFT: Jamie Blumentritt cruising toward a first place finish in the women’s race. [© Rick Mayo/Mile 90 Photography]

RIGHT: Zach Adams (author of the race report) cruises early in the first of three loops. [© Rick Mayo/Mile 90 Photography]

All in all, it was a great day and an outstanding event put on by RD "Bad Ben" Holmes and the Trail Nerds. A sweet zipper hoodie, finisher's trucker hat and vanity sticker for the car were added bonuses to the nice medal that features a spinning tornado. And don't forget the amazing photos provided for no additional fee, taken by the best in the business, Mile 90 Photography. If you have not experienced one of the best trails that Kansas has to offer, I suggest you get this, or one of the other great Trail Nerds races at Wyandotte County Lake Park, on your schedule immediately. 🌪️

Psycho Wyco Run Toto Run

Kansas City, KS // February 20

🌪️ 3,4* // 50K

Elevation gain: 4,098 feet | The course is three 10.35-mile loops consisting of short, rolling hills with technical single-track and bridle trail containing lots of rocks and roots.

1	Jeremy Morris, 36, NE	4:19:24
2	Mark Thompson, 38, IA	4:33:20

3	James Player, 43, CA	4:35:41
4	Todd Nott, 51, NE	4:39:55
5	Lance Cundy, 25, IA	4:41:17
6	Kurt Rompot, 46, IA	4:41:55
7	Joseph Chick, 39, OR	4:47:05
8	William Malcolm, 30, KS	4:58:56
9	Tim Peterman, 40, KS	5:00:58
10	Andy Emerson, 47, MO	5:08:09
11	Jamie Blumentritt, 28, MN	5:08:15
12	Dan Laplante, 32, MN	5:08:16
13	Brady Poskin, 30, MO	5:11:18
14	David Box, 40, KS	5:14:50
15	Adam Rood, 35, NE	5:17:04
16	Mike Sutherland, 0, MO	5:20:06
17	David Brimhall, 37, MO	5:24:39
18	Bo Jones, 49, KS	5:27:16
19	Stephanie Cundith, 41, KS	5:28:41
20	Allison Moy-Borgen, 24, NE	5:34:02
21	Julia Nyiro, 22, KS	5:34:20
22	Ross Salinas, 35, IA	5:35:16
23	Zach Adams, 38, KS	5:35:34
24	Roger Doyle, 40, IA	5:37:10
25	Candi Adams, 34, KS	5:44:41
26	Mike Fitzgerald, 47, MO	5:44:50
27	Jared Norman, 27, MO	5:49:33
28	Jeff Moeut, 34, MO	5:50:25
29	David Sutej, 47, NE	5:51:42
30	Jonathan Tanner, 28, NE	5:53:39
31	David Bean, 33, KS	5:58:13
32	Stephen Adkins, 46, MO	6:01:53
33	David Mullins, 31, KS	6:02:04
34	Mollie Dowling, 36, IL	6:02:40
35	Widmar Roman, 32, KS	6:05:22
36	Marty Pape, 59, KS	6:07:35
37	Bob Billings, 50, KS	6:08:51
38	Bob Wooten, 37, KS	6:09:46
39	Donald Wright, 21, KS	6:12:30
41	Jeff Preston, 31, KS	6:16:05
42	Brett Kirkpatrick, 39, MO	6:17:50
43	Jodi Semonell, 43, NE	6:18:33
44	Jamie Metz, 47, NY	6:18:47
45	Dave Krishock, 56, KS	6:19:28
46	Kevin Smilor, 33, KS	6:20:21
47	William McCoy IV, 35, MO	6:21:44
48	Dean Russell, 60, MO	6:24:01
49	Eric Steele, 50, KS	6:25:13
50	Justin Reed, 44, KS	6:25:52
51	David Basile, 44, KS	6:28:48
52	Matt McClasky, 33, IL	6:29:28
53	Kurt Schueler, 48, KS	6:32:19
54	Carlos Rodriguez, 50, KS	6:32:58
55	Mark Koester, 35, KS	6:34:18
56	Dustine Hemphill, 39, MO	6:35:25
57	Sam Cook, 37, MO	6:39:43
58	Kate Leis, 39, MN	6:39:53
59	Robin Phelps, 54, TX	6:40:08
60	John Knepper, 43, MO	6:40:44
61	Jason Krienke, 27, CO	6:41:05
62	Joshua Bost, 33, KS	6:43:05
63	Justin Sample, 41, IA	6:43:54
64	Daniel Hirner, 34, KS	6:45:51
65	James Alfaro, 33, KS	6:48:36
66	Jessica Pendleton, 38, IA	6:51:40
67	Mark Carlson, 35, IL	6:52:53
68	Dan Rank, 24, KS	6:53:47
69	BJ Tipton, 43, KS	6:53:48
70	Tim Black, 43, KS	6:53:48
71	John Rank, 36, KS	6:53:48
72	Maria Barton, 50, MN	6:54:50
73	Todd Chandler, 47, MO	6:55:59
74	Baylie Jabben, 30, KS	6:56:37
75	Kristy Simcox, 35, KS	6:57:11
76	Debra Norman, 56, MO	6:57:50
77	Jay Mooney, 40, KS	6:59:14
78	Ted Kuether, 35, KS	6:59:24
79	Robert Hall, 59, KS	7:02:10
80	Susanne Kennedy, 39, IA	7:02:26
81	Anthony Heykoop, 23, OK	7:04:22
82	Megan Glenn, 29, NE	7:06:43
83	Trever Gunn, 24, KS	7:17:42
84	Jeanne Mccurnin, 60, IA	7:21:21
85	Shawn Beeton, 44, KS	7:21:31
86	Cyndy Bolte, 58, MO	7:22:09
87	Jackie Ellis, 33, MO	7:22:13
88	Charles Steinkuehler, 47, KS	7:26:04
89	Adam Monaghan, 32, KS	7:30:20
90	Andrew Servaes, 43, KS	7:32:25
91	Jon Cox, 30, KS	7:43:19
92	Ed Sandor, 63, MN	7:51:10
93	Andrew Sandor, 29, MN	7:51:10

94	Julie Berg, 51, MN	7:51:57
95	Michael Johnson, 51, KS	8:08:10
96	Klara Wright, 46, KS	8:10:43
97	Chad Harper, 38, KS	8:16:33
98	Charles Fredricks, 41, MO	8:25:53
99	Charles Scheibe, 61, CO	8:41:04
100	Ryan Schwatken, 39, KS	8:41:04
101	Daniel Dalton, 49, MO	8:41:10

*See page 35 for key

Stephanie Cundith displays second-place swag — and some trail dirt — at the finish line. [📷 Kristi Mayo/Mile 90 Photography]



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