



Hilly. Hot. Humid.

BY BEN HOLMES, RD

Hilly, hot and humid has been the norm at the Psycho Psummer Run Toto Run for the past 10 years. This race was originally conceived (by me) to address the complaints of the winter racers about the (often) very cold conditions of its sister race, the Psycho Wyco Run Toto Run that is held every February.

Eighty-seven 50k starters lined up, including Kaci Lickteig, a.k.a. Pixie Ninja, who made her ultrarunning debut on these trails four and a half years ago. Yes, that's the same Kaci who won this year's Western States 100! In fact, her mom and her training partner came down from Nebraska to run in the 50k race, as well. And it wasn't the first time at this venue for any of them; they definitely like how we treat our runners.

The 50k course consists of three 10.4-mile loops in hardwood forest, with an equal mix of bridle trail and beautiful single-track trails. We spend weeks maintaining and lopping the trails to make sure it's a pleasurable experience for our runners (well, as pleasurable as a 103-degree heat-index day can be). Five aid stations per loop – staffed by experienced ultrarunners dispensing aid and a whopping 1,500 pounds of ice – make it difficult for anyone to drop out due to heat-related illness.

In addition to aid, we dispensed entertainment. We had an excellent DJ spinning tunes at the end of each loop, Bob Wooten playing guitar and making up impromptu songs for those climbing an ominous hill out on the course and the dazzling Mud Babes' shenanigans at their strategically important aid station at mile seven of each loop.

And the race results? Well, it turned out to be the Pixie Ninja Show for the whole of the 50k race. Lickteig led every loop ahead of all female and male competitors. She outright won the 50k on this hot day in a time of 4:23:25. This wasn't the first time she was the overall winner. She also won overall in 2013, and only once in this race has she been



Kaci Lickteig played on the trails that got her trail running career started. [© Rick Mayo/Mile 90 Photography]

bested by a male runner – Zach Bitter, who is definitely no slouch!

Second woman was Trista Miller of St. Louis, MO, and third was Magdalena Casper-Shipp of Urbana, IL.

The first man to cross the line was local runner Tim Peterman, followed by Nebraskans Miguel Odorica (Lickteig's training partner) and Jeff Gregg (who was talked into doing this race by Lickteig).

Peterman deserved his win. He ran his own race to stay ahead of the true nemesis of the day: the heat. Peterman also volunteered 30-plus hours of work into prepping the trails, which involved mostly weed-whacking while dressed in long pants and shirt on 100-degree

days, by himself or with yours truly. He said he considered it his version of intense heat training.

On this three-loop course, many runners are always tempted to drop to the 20-mile or 10-mile distances. This year, we had 59 out of the original 87 starters finish, with no heat-related illness reported – a very high finish rate for the conditions. It's a testament to our volunteers, the beautifully prepared (and dry) course and "ice, ice, baby," that made the difference. Until next time, happy trails! 🌿

Psycho Psummer

Kansas City, KS // July 23

🌿 3,4* // 50k

Elevation gain: 3,950 feet | The course is 3 x 10.4-mile loop held on single-track and bridle trails and no pavement. It is 95% shaded with some steep inclines and declines.

1	Kaci Lickteig, 29, NE	4:23:25	10	Trista Miller, 26, MO	5:58:48	28	Patrick Burkett, 29, MO	6:54:24	46	Logan Miller, 23, IL	7:55:21
2	Tim Peterman, 41, KS	5:12:52	11	Alex Francisco, 26, MO	5:59:28	29	Tanya Giannotti, 35, IL	7:10:04	47	Bob Harris, 37, NE	7:57:42
3	Miguel Odorica, 44, NE	5:15:12	12	Matthew Randle, 42, NE	5:59:53	30	Cody Williams, 31, SD	7:17:25	48	Joey Betzen, 29, KS	8:01:17
4	Jeff Gregg, 34, NE	5:19:08	13	Andrew Lange, 35, KS	6:02:07	31	Raul Flores, 60, MO	7:21:27	49	Jay Mooney, 41, KS	8:05:51
5	Walker Clark, 29, IA	5:26:15	14	David Eads, 26, NE	6:07:39	32	Matt Rivera, 46, MO	7:22:15	50	Desiree Ritchie, 28, MO	8:06:38
6	Jake Anderson, 35, AR	5:30:38	15	Travis Bourret, 35, NE	6:15:12	33	Ryan Yoch, 52, IL	7:29:14	51	Nii Anyetei Akofio-Sowah, 36, MO	8:06:39
7	Andy Emerson, 47, MO	5:41:38	16	Ben Burton, 17, KS	6:26:29	34	Carolyn Robinson, 23, KS	7:32:52	52	Zuleika Rivera, 39, MD	8:08:05
8	Drake Cloin, 26, IN	5:41:58	17	Magdalena Casper-Shipp, 30, IL	6:29:40	35	Trevor Darmstetter, 25, KS	7:32:52	53	Amanda Bloom, 41, MO	8:11:28
9	Timothy Garvey, 49, MO	5:56:30	18	Dave Sutej, 47, NE	6:29:51	36	William Eads, 50, NE	7:33:26	54	Jarrett Whistance, 31, MO	8:11:30
			19	Chelsea Smith, 28, OK	6:32:11	37	Cyndy Bolte, 58, MO	7:33:32	55	Matthew Hall, 27, KS	8:33:32
			20	Josie Rozell, 20, KS	6:41:44	38	Todd Chandler, 48, MO	7:36:26	56	Francisco Arellano, 38, KS	8:40:12
			21	Paul Orth, 34, MO	6:43:31	39	Amanda Leightner, 31, MN	7:39:39	57	Crissy Wooderson, 38, MO	8:45:55
			22	Crystal Foust, 26, NE	6:43:45	40	Brent Baumhardt, 41, MO	7:42:04	58	Oswaldo Rodriguez, 40, MO	8:57:10
			23	Erik Patterson, 36, KS	6:45:32	41	Ross Patti, 33, MO	7:43:34	59	Kristena Sevcik, 34, NE	9:13:14
			24	Justin Kracht, 36, OK	6:47:10	42	Paul Shimondle, 64, IL	7:46:15			
			25	Chad Henderson, 42, OK	6:50:48	43	Taylor Gilbert, 29, MN	7:49:26			
			26	Gary Hollis, 48, OK	6:53:03	44	William Snell, 64, MI	7:52:45			
			27	Hans Van Zanten, 42, KS	6:53:50	45	Jeremy Secrest, 37, LA	7:53:42			

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