



Persistence Pays Off at Psycho Wyco

BY BEN HOLMES, RD



For the 15th Annual Psycho Wyco Run Toto Run trail race, we kept up our awesomeness: great swag, 50k finisher caps, finisher hardware, 50 gallons of homemade chili from the RDs, two kegs of craft beer, great aid stations and volunteers, pre-race shoe-screwing, a DJ, fantastic photos by Mile 90 Photography and zip-hoodies for all entrants and volunteers.

Along with the challenging course, the Midwest version of Mother Nature can intervene to make things interesting for this February race. This year was no exception. The weather started out with a misty rain that progressed to intermittent showers, all in 40-degree temperatures. On the course, runners had to contend with a layer of snow and slush, on top

of a layer of ice, on top of frozen mud cratered with footprints and horse hooves from the previous thaw. These conditions proved to be too much for some of the 50k field, contributing to a sizeable drop rate. Those who didn't drop on this three-loop 50k found that their third loop was easier, since everything was packed down and smooth – a reward for the patient and persistent ultrarunner.

For the past three years, this race has been invaded by the Thursday Track Club from Iowa City, Iowa. This year, 25 Thursday TC runners showed up to exhibit their racing prowess, in all three of the offered distances (10 miles, 20 miles and 50k). They did well once again. It was also great to see some new faces. But the Trail Nerd





locals did not disappoint, either. Our Thursday night run group (the WyCo Wolfpack) bit back against the Iowa City tribe. It's interesting that the Iowa group runs at 5 a.m. on Thursdays at Lake McBride, and the Trail Nerd group runs at 6 p.m. on Thursdays at Wyandotte County Lake. Both groups contend with running on dark trails this time of year. The only difference is that we (Trail Nerds) have a beer or two afterward – hence the name “Beer Appreciation Run.”

Cody Jones, 34, a local Trail Nerd who lives near the course, finally got his 50k win in 4:27:05. Cody is a talented runner and cyclist (and homebrewer), and it was great to see him pull this off. He was overcome with emotion and cried on the finish line while being hugged by many Trail Nerds. He was followed by Jasper Halekas (an Iowa City Thursday runner) in 4:28:45. Local Trail Nerd talent Brady Poskin took third in 4:45:17, followed closely by Thursday runner and organizer, Mark Thompson. In the women's race, Thursday runner Kelly Teeselink evaded pursuit

and won in 6:15:08. Veteran ultrarunner Mindy Coolman (Omaha, Nebraska) ran with frozen toes and numb feet to a 6:17:47 second-place finish. Amanda Rasmussen, of Sioux Falls, South Dakota, came in third.

There were no major injuries other than a few bruised egos, and a lot of folks hung out until the very end to cheer on the last finishers. The Trail Nerds know how to spoil our runners with lavish treatment to counter a challenging course and conditions. This is how we roll. 🏃

OPPOSITE TOP: Jared Norman clears a water crossing. [📷 Kristi Mayo / Mile 90 Photography]

OPPOSITE BOTTOM: Cody Jones is embraced by his big brother, Shane Jones, after he finally claims the top spot in the 50K on his home course. [📷 Kristi Mayo / Mile 90 Photography]

ABOVE LEFT: The start of the 50K and 20-mile race. [📷 Rick Mayo / Mile 90 Photography]

ABOVE RIGHT: A closeup of the footing on the majority of the course. [📷 Rick Mayo / Mile 90 Photography]

Psycho Wyco Run Toto Run

Kansas City, KS // February 23

🏃 3,2* // 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	Cody Jones, 34, KS	4:27:05
2	Jasper Halekas, 42, IA	4:28:45
3	Brady Poskin, 33, MO	4:45:17
4	Mark Thompson, 41, IA	4:46:06
5	Nate Canton, 39, IA	4:51:21
6	Lance Cundy, 28, MN	4:53:55
7	Jacob Copp, 28, KS	5:25:30
8	Richard McDonnell, 36, CO	5:26:10
9	Jared Norman, 30, MO	5:28:07
10	James Player, 46, CA	5:30:06
11	Todd Nott, 54, NE	5:31:07
12	Hans Van Zanten, 45, MO	5:31:49
13	Adam Jones, 31, KS	5:42:51
14	Chris Claypool, 30, MO	5:44:59
15	Dustin Hornor, 37, KS	5:49:38
16	Aaron Kennedy, 39, MN	6:02:04
17	Phil Divinski, 31, KS	6:07:42
18	Neal Okerbloom, 38, IA	6:10:04
19	Kelly Teeselink, 32, IA	6:15:08
20	Dennis Heaton, 34, MO	6:15:09
21	Michael Crane, 35, IA	6:16:05
22	Mindy Coolman, 37, NE	6:17:47
23	Chad Fridley, 34, IA	6:24:24
24	Jordan Taylor, 31, MO	6:28:23
25	Paul Orth, 37, MO	6:28:39
26	Martin Swank, 32, KS	6:28:46
27	Jordan Loucks, 25, KY	6:28:56
28	Amanda Rasmussen, 30, SD	6:30:32
29	Matthew Fisher, 40, TX	6:30:38
30	Scott Ramey, 36, NE	6:36:27
31	Timothy Garvey, 52, MO	6:44:11
32	Uncle Dog, 44, MO	6:49:36
33	Clint Knoch, 45, NE	6:55:55
34	Andrew Lagerstrom, 30, KS	6:59:28
35	Justin Sample, 45, IA	7:00:12
36	Brad Hansen, 35, IA	7:05:11
37	Mark Heit, 56, MO	7:06:28
38	Chad Lunders, 49, NE	7:09:56

39	Tim Dement, 44, KS	7:09:59
40	Josh Prygon, 28, MO	7:19:03
41	Joshua Sun, 33, IA	7:20:02
42	Ted Frushour, 39, MO	7:21:10
43	Josh Meggitt, 48, IA	7:21:33
44	Bob Billings, 53, KS	7:22:18
45	Mikel Markey, 28, IA	7:24:31
46	Landon Geater, 30, IA	7:24:34
47	Kody Bellach, 30, IA	7:24:34
48	Ryan Goodman, 30, CO	7:29:31
49	Michael Tabone, 38, KS	7:29:46
50	Jon Bohnsack, 41, KS	7:29:53
51	Jeff Harris, 46, MO	7:35:29
52	Dustine Hemphill, 42, MO	7:40:43
53	Josh Chastain, 43, MO	7:41:56
54	Kevin Carder, 27, NE	7:42:52
55	Audrey Hambright, 31, KS	7:44:52
56	Jeff Dixon, 53, IA	7:45:10
57	Christopher Eads, 33, MO	7:45:44
58	Jay Mooney, 43, KS	7:47:23
59	Chuck Schneider, 45, MO	7:48:10
60	Devon Mills, 48, MO	7:48:13
61	Ben Morrill, 35, KS	7:48:47
62	Elizabeth Wade, 47, IA	7:50:50
63	Benjamin Crenshaw, 42, MO	7:57:47
64	Adam Kahle, 27, MO	8:02:47
65	Rick Poppe, 27, NE	8:02:49
66	Christine Ziemer, 36, MO	8:12:29
67	Mitchell Elliott, 34, IA	8:13:00
68	David Liss, 51, MO	8:15:44
69	John Proffitt, 29, MI	8:16:35
70	Aaron Helton, 42, KS	8:19:50
71	McKenzie Geltz, 29, KS	8:29:37
72	Sean Kenney, 45, NE	8:30:16
73	Zack Lamb, 43, CO	8:30:18
74	Austin Harner, 24, KS	8:32:30
75	Paul Nickell, 30, MO	8:34:17
76	Kirby Ingles, 39, MO	8:34:54
77	Holly Pippin, 40, MO	8:35:01
78	Laurie Tulchin, 61, IA	8:38:51
79	Matt Johnson, 39, AR	8:59:39
80	Sean Evans, 44, KS	9:18:23

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