

# 2007 Psycho Psummer Trail Race

Short Race Reports by various authors

## Becky Leahy (1<sup>st</sup> Place female finisher, 50K)

Hey all,

You missed out on a really fun, challenging, and hotter than hell run yesterday. I noticed that Carey already sent out a bit of info about the race... It was really well run, aid stations had lots of ice, water, S-caps, gels, shot blocks, Coke, Succeed, Tums.... everything my lousy stomach could have asked for... and finally I ran a good race!

Literally, this was the first time in 2 years that I was able to overcome the stomach blues by better hydrating, better pacing, and talking with new friends along the way. The times were all pretty slow considering the hills and heat, but a really fun time was had by all.

Bad Ben and the KC Trail Nerds put on a great race around a really pretty lake in Kansas. I never knew there were any hills in Kansas, but now I sure do! Definitely keep this race and others put on by Ben on your "to do" list!

Happy Trails,  
Becky



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## Sarah Mueller

Hey all! Just wanted to say thanks to the Trail Nerds and all the volunteers. You made my first trail race fabulous! (What a course to start on, huh?) Big props to whoever brought out all the wet bandanas. Don't think I could have made it without one of those babies around my neck for the second loop. Hoping to get out for some more trail nerds runs as soon my blisters heal ; )

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**Mark Meers**

You guys staged a really great run. thank you so much for your hard work.

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**David Wakefield**

I just want to say quickly. Congratulations to everyone who in spite of the heat toughed it out and managed to finish the Psycho Psummer 50km. You all truly earned your dirt yesterday. Great Job to Wynn Davis, Kyle Amos, Rick Mayo, Josh Pool, Cody and Shane Jones, Gary Henry, Gabe Bevan, Greg Burger and any other Trail Nerd I have forgotten to mention. Shane your one twisted and sick individual along with anybody else who had anything to do with designing this nasty little chunk of the devils playground. Its borderline Barkley and it definitely has my number. Hands down the toughest race in the Midwest.

As for me, well once again I managed to put out a less than whole hearted effort resulting in another aborted mission (D.N.F.)and again no excuses. The heat got to everybody and still they managed to finish. I'm trying to remain optimistic about my last pathetic four months worth of running. Hoping that the reason for my shortcomings as of late can only be that God has something bigger planned for me. I'll continue to post to my blog as I try to figure out what exactly that plan is. Again congratulations to all who finished yesterday. You all have my deepest respect. True competitors and champions all.