

2009 Psycho Wyco Comments

Thanks for a great event! The weather was great and there was just the right amount of mud. The volunteers were fantastic. They were friendly, helpful, and enthusiastic even late in the race. There was a nice variety of food items at the aid stations and great soup at the end. The shirt and medal are great. Nothing but positives about the whole event.

Thanks,
Paul Grinvalds

I'm slow as usual but wanted to give a huge shout out to everyone who made my day of racing a success. All the bellringers, cheergivers, food and drink suppliers, the unmistakable directions (I REALLY did not want to hopelessly lost award), my fellow Turtles, the Big Kitty for not having a snack when I was slogging thru the mud 2nd loop, and most of all, Ben for putting on a GREAT race!

Next years' PsychoWyco I aim to kick the mud and hills' A\$\$ in the 50K!!!!

love you all :-)
Colleen #2

Hi Ben,

Thanks for another great outing. We don't know how you can always provide mud on the course and after each lap keep adding to the altitude and length of the three "hills" section, but it just wouldn't be the same without it. We really liked the extra aid station at the dam, sure beats a couple of coolers with cups lying around like last year. Speaking of aid stations, you have the nicest group of volunteers manning all of the stations that a runner could ask for. It is really encouraging to have someone tell you look great, when you know better. As for a little Mud Babes reply to our question on our third lap, if she had cleaned up the mud in the triangle, she said that there wasn't a lick of mud left on the triangle...we must have missed the rest of her comment or we weren't on the same triangle! The Black bean soup was wonderful, not ashamed to ask for that recipe if it's available. Thanks again for another great race. Till next time, keep the rubber down and the hair in the air.

Best Regards,
Terry Rider

I wanted to drop you a quick note and say thank you for putting on an absolutely first class event. I came down with two other guys from Minnesota and we all had fun, not great times mind you but a lot of fun. My thanks to you and all of your volunteers. I did

post a race report to my blog and I hope a few other Minnesotans read it and meander down there next year or to some of your other events during the summer.

Thank you once again,

Mike Westermeier
Rosemount, MN

Ditto everything that's been said. I had a GREAT time on my first official trail run and am looking forward to another. Maybe even an ultra someday. Or maybe I'm still suffering from my "runners high" - we'll see!

Great course, great volunteers and great schwag. My brother was in from out of town and ran with me - said it was one of the best trail runs he's ever done.

Rachael

A big thanks to everybody yesterday - I have never so seriously contemplated dropping out of a race, and if it hadn't been for the wonderful volunteers I'm pretty sure I would have. Two of my friends ran the 10-mile loop, after serving as my crew last year, and they commented on how awesome all of the volunteers were. Abbie had run her first 10K only a few weeks ago, and said that she couldn't believe how enthusiastically people she didn't even know gave her encouragement (especially the Wyandotte Triangle crew :) I think Gary may have run with her towards the end of the loop too.

Thanks again, you are awesome! Race report to come soon~

Emily/Mud Doc

Everyone - volunteers, sponsors, anyone - who helped make this event what it was, you have my thanks. I ran my first race in the 70s, and I've participated in more than I could count. Yesterday's event was one of the most enjoyable and well-run.

I gave trail running a trial at Fall Fell and the Alternate Chili Run. After this this race, I'm hooked and looking forward to my first ultra.

- Geoff Holmes

I agree with all the wonderful comments already posted. The other runners and volunteers were so helpful for a first time trail racer. Thanks to the folks at Shelter 10 - the quesadillas were awesome! The soup at the finish was better than medicine. To the organizers - Great

Job!! I was out of it when I finished and did not say "Thanks", so I wanted to tell you now - Thanks for a great experience - I plan on joining you for events in the future.

- A. Holst

great run
loved the mud, made it so fun
great article in the kc paper this am
picture on front of section c
article in section d
congratulations
i know how hard it is to get anything in paper
must be some of the bad ben special powers
thanks and congratulations on another great run
- pat cook

I want to say thanks to all the volunteers. This was my first 10 mile run/race and you guys set the bar HIGH for all future runs/races.

- Dennis Brady

I just wanted to give a quick shout-out to all the people who made today a success. You guys were awesome. Nothing better than running by a station and hearing cow bells (Colleen and Christy?). To all the people at other stations that were just rootin' us on. You all rock. I clearly realize this wasn't a 100 mile race, but you guys make us feel just as good. And thanks to everyone at the end who helped with food and drinks. Seriously, I don't think there's a better group to belong to. I feel honored to run with you all.

Couldn't have done this today without you guys. And thanks to Nick and Gary for starting my small "bet" a few weeks ago. I didn't make it, but I was close and I'm happy with it. What is it I owe you guys now? ;-)

You are all my Valentine! ;-)

-Mircea