

### SEVEN POUNDS

by Sophia Wharton, co-RD

The temperature was in the mid-80s. The humidity, in the mid-90s. Under those conditions at the start, the 2009 Psycho Psummer 15-mile and 50-km trail race was in a constant state of emergency.

"Who doesn't have a hydration device?"

Co-race director Bad Ben Holmes was addressing the crowd of 275. A few stepped forward to grab a bottle.

"I am serious, if you don't have a water bottle, you WILL be disqualified."

Many more came forward like lemmings, most taking two of the small water bottles. We did our best to keep the runners safe. Having run the race the year before, I'd recommended that we add an aid station; Holmes added two.

It was a day where whining became a tool to get through, and finishing - no matter how slowly - a badge of honor.

I was stationed at the aid station at mile five when Andy Henshaw aka Fast Andy, the favored frontrunner came through. His mouth was sagging and he looked distressed.

"I'm not feeling good. Not good at all."

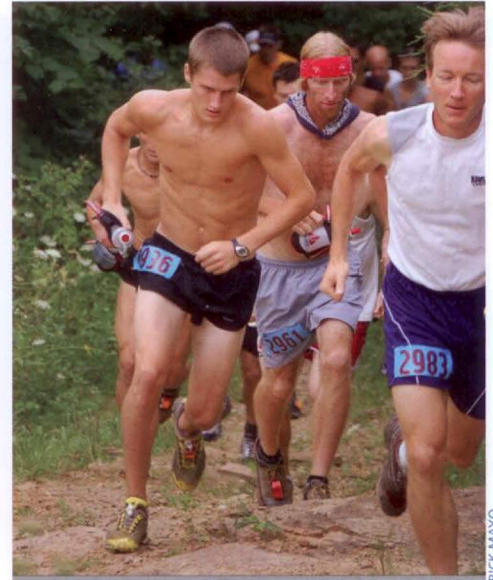
Who whined the least? The well-trained first-timers. Runners like Kristi Mayo, who went in with the right attitude, good planning, and a strong mind. Kristi is a wildlife photographer and writer and poetically described a stretch of her race:

"As I plodded along the long, exposed, uneven ground of the dam, the cranky ankle crashed my party. I had done my best to ignore it, but the clumps of grass and the slight uphill slope on my right side made it impossible to find good placement for my tender right foot. I went into a cool, quiet place in my mind to try to get away from the discomfort, forgetting each aggravating step as it trailed off behind me. Summer Tanagers were singing in the woods. Northern Parulas. A Rose-breasted Grosbeak. I choked down a gel and swallowed half a bottle of water. As I headed up the new single-track and away from the dam, I heard a Prothonotary Warbler singing its sweet-sweet-sweet-sweet chant."

Clever aid station workers sprinkled runners with a simple yet memorable bucket shower. Volunteers at one aid station rubbed ice all over hot and weary runners. The race director's son, Matt Holmes, hauled that ice, 2,100 pounds of it, in fact. Still, two participants were hauled off in ambulances for heat exhaustion.

But the rest stayed safe and entertained - by Mother Nature, our army of volunteers, and by their own ingenuity.

Andy Henshaw won the race. Others straggled in and just clung to friends and family, relieved to cross the finish line - all winners.



RICK MAYO

Andy Henshaw, Ivan Marsh and Darin Schneidewind

All met by Bad Ben for a medal, a handshake, and a frosty Trail Nerd bandana.

No time records were set this day, but we did have a record turnout for volunteers.

And at a little over seven pounds of ice per participant, we set a record there, too.



JENN PIERCE

Returning from Carlton Peak

### PSYCHO PSUMMER TRAIL 50K KANSAS CITY, KANSAS JULY 5 | TRAILS

1. Andy Henshaw, 23	4:51:27	30. Bob Billings, 43	7:13:24
2. Tony Cauchi, 37	5:18:03	31. Hunter Munns, 45	7:15:27
3. Darin Schneidewind, 39	5:21:52	32. Andrew Connell, 27	7:18:07
4. Randy Myers, 40	5:25:52	33. Jesse Sjoberg, 36	7:18:41
5. Greg Burger, 42	5:28:36	34. Mollie Keith, 28	7:20:17
6. Todd Nott, 45	5:29:00	35. Daniel Albertson, 31	7:20:33
7. Christopher Farney, 25	5:29:37	36. Jason McGinnis, 28	7:21:35
8. Gregg Buehler, 37	5:34:04	37. Jeff Quint, 30	7:21:44
9. George Bene, 39	5:34:48	38. John Kelly, 43	7:37:25
10. Tommy Doias, 37	5:39:58	39. Jake Vernon, 40	7:38:19
11. Mike Garven, 25	6:05:49	40. Deb Johnson, 49	7:39:07
12. Neil Snyder, 33	6:05:55	41. Kurt Schueler, 41	7:43:23
13. Brad Bishop, 23	6:18:26	42. James Mercer, 39	7:50:29
14. Stuart Johnson, 50	6:28:11	43. Johnny Adams, 48	7:54:34
15. Jason Coleman, 31	6:31:21	44. Josh Hubbard, 26	7:54:42
16. Chad Wooderson, 34	6:33:06	45. Steven Benz, 38	7:56:51
17. Kim Deckert, 35	6:34:56	46. Steven Kish, 38	8:01:44
18. Thomas Etter, 45	6:42:41	47. Joseph Terrell, 34	8:02:07
19. John King, 36	6:46:48	48. Paul Olson, 59	8:07:21
20. Lee Dougherty, 59	6:47:59	49. Shelli Sexton, 41	8:07:49
21. Stephen Reynolds, 41	6:48:05	50. Alex Riggs, 30	8:21:00
22. Trevor Goertzen, 26	6:52:54	51. Jay Mooney, 33	8:30:18
23. John Knowles, 43	6:53:07	52. Jim Ingalls, 64	8:34:22
24. John Kevern, 28	7:06:04	53. Wesley Schloman, 59	8:39:06
25. Samantha Kevern, 27	7:08:36	54. Thomas Skinner, 63	8:39:16
26. Andrew OHara, 30	7:08:40	55. Jeff Mallach, 49	8:42:13
27. Philip O'Hara, 33	7:08:45	56. Daniel Hunt, 35	8:43:29
28. Jonette Killmar, 43	7:09:37	57. Mary Croft, 63	8:44:03
29. Nick Lang, 27	7:12:38	58. Jeremy Snowden, 37	8:57:53
		59. Tim Collins, 47	9:04:58
		60. Steve Hughes, 60	9:05:44
		61. Jeffrey Linwood, 30	9:24:33
		62. Laura Range, 43	9:24:48