

[Psycho 50km Race Report](#) By Wynn Davis



What a great trip to Kansas City. I met up with my good friend Caleb Chatfield (ultra speedster with insane talent and CR holder of the Psycho 50km winter version) who I had not actually met in person until this weekend. Another great asset as a result of running. Caleb and his girlfriend Sara who is so very nice as well.

We headed out on Thursday to help the rest of the [Kansas City Trail Nerds](#) mark parts of the race course. It was awesome to also finally meet Kyle, Shane, BadBen and GoodBen. That night I had some of the greatest pizza I have ever tasted next to Chicago.

The next morning we went back out to Wyandotte Lake Park to finish up some marking and such. I enjoyed the signs that BadBen posted throughout the hellacious sections of the course. Humorous quotes that definitely reflected the toughness of the course. My favorite quote that led to my motivation of "hedgehog" was David Horton's, "It Never Always Gets Worse".

I had an idea that it might be similar to the Afton course. Both courses are hot, tough, and two 25km loops. However I felt that the Psycho course was tougher due to the fact that the climbs were longer, some consisted of putting your hands on the ground (hedge hog climb). This course has about 1,000 ft. more gain than Afton, but the biggest thing I noticed was how rocky, rutty and choppy this course was. It was difficult to get a good rhythm going because of the climbs and such. The last 3 miles I felt were the best parts to stretch out the legs and gain some speed.

The heat was very oppressive. I felt flat on the first loop. Caleb was working the last aid station and handed me another bottle of [SUCCEED](#). The 2nd loop was hotter and my pace started to reduce on the climbs. I was starting to get sick of gels and basically just reserved my palate with ice water, [SUCCEED](#) caps, which saved me, and watermelon. I'm convinced watermelon is the best tasting fuel in a race.

I bombed a major hill that was riddled with rocks on my 2nd loop, although I caught my toe on a rock and did a hardcore nose dive on my side and rolled down the hill for a bit. I freaked out and yelled some profanity. Miraculously I was not injured, just some minor road rash. I carried on and went steady through the single track climbs which I like. No bad patches this stretch. The exposed sections seem to be the hardest at times because they were so exposed, but somewhat flat, so it was important to run them. I was starting to distance myself from the guy behind me now and carried through to the finish where I was cheered and welcomed by folks and BadBen who lead me to the aid station for ice water,

electrolytes and some of his smooth homebrewed grog! Tasty!! Kyle came in with a hard finish, which was great to see. Sara did awesome, placing 2nd overall female in the 25km race.

I would like to thank all volunteers, spunky Dick Ross for his volunteer in photography, RD's and the Kansas City Trail Nerds who do such a great job with the running scene in Kansas. Most importantly they recycle net proceeds back toward the trails/races, and that's what it's all about, having fun regardless. Thank you to Shane, Kyle, Gabe, Rick, Ben's, Caleb, Sara and the rest of the crew. Please check out the [Kansas City Trail Nerds site](#) where you will find a host of races throughout the entire calendar year to please your masochistic needs. Also check out BadBen's interview on Endurance Planet Radio.

My recovery is great. Despite the tough course and heat, I feel great. Sara! you make the best pre-race baked salmon!! Good stuff!! I will say that similar to Afton, many people dropped out because I know there were at least 20 more registers. Heat, fatigue, not fueling/hydrating properly, giving up (; or settling for a 25km finish, etc.. one thing is for sure, this is the kind of course and a time of year where mental and physical toughness comes into play. Kudos to all who hammered through.

Race results and to view LARGER photos click here [Psycho 50km](#).

[KANSAS CITY TRAIL NERDS](#)

Race Photos



Mercury rising!! yikes



BadBen & I



cooling down



Sara



Kyle Amos hammering to the finish



"Cooling" Kyle



who's that dork?



dork #2



Wyandotte Lake Park



Wyandotte



Kansas City Trail Nerds



The Start



StudyTrail Nerd Gabe Bevan



Caleb & I "who's who?" get that hair buzzed again



Kyle Amos/ Rick Mayo