

## PSYCHO PSUMMER

## BUEHLER'S DAY ON

by Ben Holmes, RD

Call me Bad Ben. Some years ago—never mind how long precisely—having little or no sense in my head, and nothing in particular to interest me on evil pavement, I thought I would direct a Summer Trail Ultra and challenge the craziest characters imaginable to 50-km in this hot and humid part of the world. It is a way I have of “driving off the spleen and regulating the circulation.”

The resultant Psycho Psummer Run Toto Run is a 50-km course that changes every year, based upon the addition of new single-track trail, built by the Trail Masons. This year's course encompassed five miles of bridle trail and five miles of beautifully designed single-track.

Despite the efforts of the Trail Nerds (trimming and weed-whacking over eight miles of said trail), Mother Nature decided to change things up a bit, dumping four inches of rain onto the course just 30 hours prior to the event.

The condition of the single-track trail was still wonderful, but the first three miles of the three-loop course had a few spots with gooey, shoe-

sucking mud. But no one seemed to mind! The weather was indeed humid, but the 91-degree heat held off until 1:00 p.m., or so. Fortunately, the course is 95-percent shaded, with six aid stations per loop.

The men's race was wide open, with some of the local favorites acting as aid station captains, instead of competing. Gregg Buehler, just two weeks shy of his 40th birthday, wanted to leave his thirties behind in triumph. This was the local cross-country coach's fifth attempt to win at this race. He went out fast, then settled into what appeared to be a very comfortable pace for him. After a short time, he let young Logan Davis (who was just half Gregg's age), lead and break through the hundreds of spider webs spanning the trail.

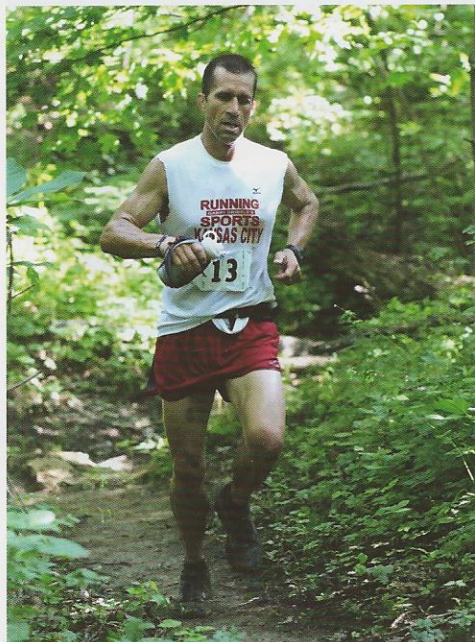
Logan ran well, but had the look of a stressed (and hunted) man.

About halfway through the third loop, Buehler decided to make his move. He hit the after-burners on the hilliest part of the course, and

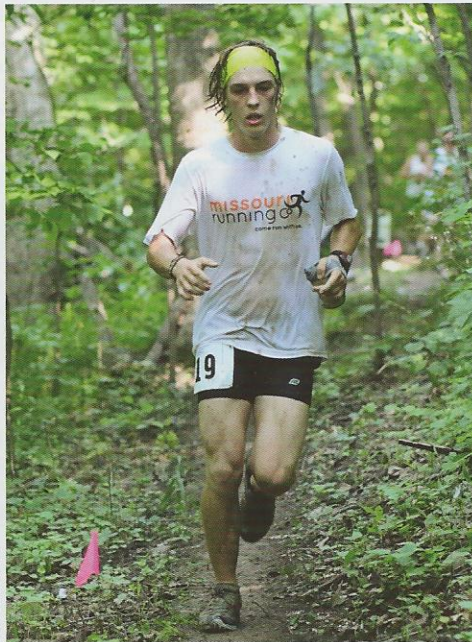
cruised in at a fast clip, winning in 4:57:57, with Logan just two minutes behind, the only other sub-five-hour finisher.

The women's race was also a crapshoot to guess a winner, but I had a hunch it would be a local runner, Elizabeth Mason. Elizabeth led and looked strong from the start, and was unchallenged all day. In fact, her last ten-mile loop was significantly faster than her first two. She finished in 5:37:01, the only sub-six-hour female finisher. Trail Nerd and local fave Mindy Coolman has been moving faster with each subsequent race she's entered this past year. She put in impressively even splits, and finished in second place in just over six hours.

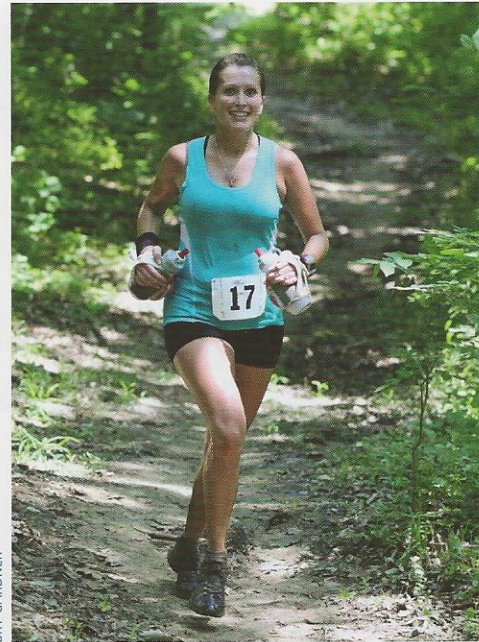
It should be part of the race director's creed: “many knowledgeable and hard-working volunteers equals many smiles.” We had over thirty wonderful volunteers staffing this race, including ten Marines. It turned out to be a great party, with hundreds of my favorite peeps. ■



Gregg Buehler finishes out his thirties triumphant



Logan Davis clocks sub-five for second in his first 50-km



Even splits for Mindy Coolman

## PSYCHO PSUMMER RUN TOTO RUN 50K | KANSAS CITY, KANSAS | JULY 9 | ▲ 4,5

1. Gregg Buehler, 39	4:57:57	16. David Bean, 28	6:25:22	31. Joe Fitle, 32	7:03:48	46. Todd Kibsgaard, 40	7:50:03
2. Logan Davis, 20	4:59:39	17. Brandon Hidaka, 25	6:29:06	32. Jono Becker, 36	7:04:21	47. Rick Troeh, 46	7:50:04
3. Jerry Huber, 28	5:09:15	18. Larry Long, 43	6:29:38	33. Teresa Gooch, 32	7:14:16	48. Jay Mooney, 35	7:50:39
4. Matthew Becker, 37	5:18:20	19. David Smith, 43	6:32:24	34. Danielle Elliott, 25	7:17:11	49. Steve Hoyer, 54	7:51:53
5. Chad Wooderson, 36	5:25:23	20. Kirby Grider, 32	6:37:26	35. Wes Brown, 29	7:18:01	50. Michelle Bautista, 50	7:53:30
6. Donald Allison, 27	5:33:59	21. Miguel Ordonica, 39	6:39:49	36. Shawn Walters, 30	7:20:09	51. John Buzansky, 49	7:56:43
7. Elizabeth Mason, 32	5:37:01	22. Scott Hill, 32	6:40:36	37. Randy Phelps, 49	7:24:00	52. William Volinski, 31	8:12:28
8. Mindy Coolman, 29	6:09:27	23. Jesse Nikkel, 31	6:41:43	38. Bryce Barnett, 36	7:24:23	53. Johnny Adams, 50	8:18:58
9. Scott McCreight, 46	6:09:33	24. Fernando Martinez, 35	6:42:31	39. Anthony Lounsbury, 33	7:29:49	54. Hayley Esson, 24	8:29:36
10. Tom Paul Geha, 44	6:13:29	25. Dale Cougot, 45	6:51:23	40. Jarod Reisin, 31	7:32:23	55. Edward Lyell, 41	8:46:47
11. Ryan Kelly, 31	6:16:32	26. Brian Brooks, 38	6:52:33	41. Van Dewald, 41	7:33:17	56. Joseph Terrell, 36	8:46:54
12. Tim Garvey, 44	6:20:30	27. Ashley Austin, 29	6:54:12	42. Aaron Hill, 35	7:35:11	57. Gregory Hull, 44	9:06:02
13. Andy Emerson, 42	6:21:11	28. Patrick Perry, 46	6:54:47	43. Erica Carper, 39	7:39:23	58. Charles Johnson, 62	9:13:19
14. John Loucks, 34	6:24:23	29. Elden Galano, 53	6:54:59	44. Joe Barnard, 31	7:43:58	59. Hammie Farrokhi, 63	9:47:17
15. Amanda Kramer, 28	6:25:21	30. Dan Hodges, 48	7:01:51	45. Jim Sheldon, 50	7:48:06		