

MASTER PIECES



**Magazine of Mid-America Running Association
July - August 2018**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

JULY-AUGUST 2018

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Cover Photo:

by: Gene Wee

Emily Luea from Overland Park in the *KC Express 5K* was at this corner where she stopped to meet her two daughters and her husband and the two girls ran with Mom the last 300 meters.

Note: Please send all articles, photos, ad inquiries to Renee Kidwell at runnay19@yahoo.com.



Renee Kidwell
Editor



SUNRISE SERENADE

Summer is in full force with extreme heat and humidity across much of the country lately. You will often hear weather forecasts warning to stay cool, hydrated, have extra precaution when working outdoors or doing strenuous workouts. It does become quite dangerous to run when it's this hot, especially later in the day. As for me, fortunately, I have always been an early morning runner. I love to get up and start my day with a sweet, quiet early run. What makes it so delightful is often the beautiful serenade

I hear from the birds along the way. It's as if they are singing joyously with the sunrise, welcoming in a new day. Their amazing melodies make me smile and help me start this day with a song in my heart and head. I often hear from friends and co-workers that there is no-way they could ever get up that early. I just smile and realize that there is a beautiful gift they are missing each morning.

Beat the heat - rise early, and go out for an amazing sunrise serenade tomorrow!

Have a Safe, Wonderful, Healthy Summer!!

Sustaining Memberships are listed on page 2



Master Pieces Staff:

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• *Master Pieces* is published six times per year by Mid-America Running Association. Applications for membership are available at www.mararunning.org. For advertising information and deadlines, contact: Renee Kidwell at runnay19@yahoo.com.



Karen's Column

By Karen Raymer
President of MARA

July-August 2018

Ever since I started running, almost 47 years ago, I have gone by the rule that you should replace your running shoes, whenever you get 500 miles on a pair. I also have always written the date that I purchase them on the inside of the shoes sole with a permanent marker. I pretty much run the same number of miles each week, so it is easy for me to keep track of when I need to replace my current pair. I usually buy a new pair when I still have about 150 miles on the old pair. I like to have a back up pair for shorter runs and in case, I need a dry pair,

on the occasions when I get caught in the rain or snow.

I vividly remember my first pair of running shoes. If any of you were around in the 70's and 80's and remember the Phidippides store that was located in Lohman's Plaza. Rich Ayers sold me my first pair of "running" shoes. They did not have women's running shoes. I ended up with a boy's all leather Adidas shoe. I remember they were white with a green stripe, and they were very "hot" on the feet!

Even though I have heard some of my running friends complain about the cost of running shoes these days. I still think that running is one of the least expensive and the least equipment required sport around.

We used to go snow skiing, it required a great deal of equipment, skis, poles, boots, etc.

Scuba diving is another sport that requires a great deal of equipment.

Of course, you can make it more expensive with the purchasing of electronic devices, that keep track of almost everything for you. If you enter a lot of races that can get expensive.

But the next time you buy a new pair of shoes, be thankful that you are participating in a relatively inexpensive sport!!!

Wishing you happy and healthy running and/or walking.

Karen

MARA Sustaining Members



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Overland Park, KS
Wichita, KS
Kansas City, MO
Leawood, KS
Lenexa, KS
Raymore, MO
Olathe, KS
Pomona, KS
Overland Park, KS
Kansas City, MO
Shawnee Mission, KS



In Loving Memory



Jerry Morrison

By: Russell Niemi

I first met Jerry Morrison circa 1973 after I ran a two mile race at a Kansas City Park & Recreation Department competition. I was making the final turn on the cinder track when I heard hard breathing behind me and an “older” runner passed me and finished in about 11:00 minutes for the distance. Afterwards, I shook his hand and welcomed him to Kansas City. Jerry was 50 years “old” and I was 31.

Jerry loved to do many things but his first love was running. He didn’t just run for fitness, he ran to win and he ran EVERY day, rain or snow, hot or cold. He regularly ran distances of 6 to 10 miles with two days of intervals per week at the Park University track. At the age of 57, Jerry set an age group record in the marathon at the World Championships in Glasgow, Scotland. He ran the the 26.2 miles in a time of 2:44+ beating out a Frenchman. Jerry was more proud of beating the Frenchman than his own achievement. He has run 16 marathons, mostly in the United States, but his favorite distance is the 10K which he feels is the perfect balance between speed and endurance.

One of Jerry’s other running records includes the Garden of the Gods 10 Mile Run in Colorado Springs, Colorado, run at a 6200 foot altitude. Not only did he break the 60-65 age group record, but his time was faster than the 55-60 age group record time.

Jerry never bought into the hard-easy method of training. He knew only one way and that was hard. He started running in 1966 and continued to run until about the age of 80 when he was diagnosed with a blocked aorta. He didn’t quit exercising but did his workouts on a Nordic Track until he had the aorta replaced with a chicken aorta in 2012. He has not exercised since the surgery.

Jerry Morrison did much more for the community around Kansas City than people know about. He served on the MARA board for decades and wrote probably over 100 interview articles for Master Pieces magazine. When I was editor, Jerry would call about a month before the deadline to see who I wanted him to interview. I gave him a name and a few days later, an article was in the mail or later e-mailed. He was ALWAYS the first contributor to provide his article. I asked Jerry who his favorite interview was. His answer needed no thought.....it was with Dr. George Sheehan. Dr. Sheehan was one of the inspirations for many men and women during the 1970’s and 1980’s. Sheehan made several visits to Kansas City including the 1991 Hospital Hill Run when MARA hosted the Road Runners Club of America National Convention.

Jerry, being Scottish, served as president of the Scottish Highland Games. The group held competitions each year similar to those from old Scotland featuring a unique combination of culture, sport and social entertainment from heavy athletics to Highland dance.

Most people do not know that Jerry was a collector of the Scottish poet, Robert Burns. Jerry had a collection of over 100 of Burns’ works. He was trying to figure out what to do with the books since he had moved to Arizona. Jerry has one more thing he has done each day for decades. He has a drink of Scotch every evening. His favorite: Macallan 12 year old Scotch. He says it relaxes him and makes it easy to go to sleep.

Jerry called me last winter to wish Rosalie and me a Merry Christmas. It was the last conversation with a true friend.

*Kansas Heart & Sole
Classic
Olathe, Kansas
Heart & Sole 5K and
10K, Sat, May 5, 2018.*



START



The event mascot greets
Dee Boeck (Lawrence),
1st F65-59 in the 5K.



Junque Drawer.



Sweet Support Team!!



Dane Johnson-10K-1stM.



Photos by: Gene Wee

BILL SNYDER HIGHWAY HALF MARATHON

By: Gene Wee

For several years I've wanted to run the Bill Snyder Highway Half Marathon but injuries and other commitments prevented me until this year. I got to run the half marathon from I-70 and K177 to Manhattan and the Kansas State University campus and stadium. So, the photos provided are only from before and after the run.(page 6)

A heavy rain overnight stopped in time for the start and runners had near ideal temperatures and a mild breeze for the mostly downhill run into town.

The run honors the KSU football coach, Bill Snyder, who deservedly gets a highway named after him. But, for me personally, it was years ago in high school when my high school team went to the indoor track meet that I first met Arne Richards. He held a road race the day after the track meet. May have been 10 miles on roads outside Manhattan. It may have been K177. Arne, to me, was the Johnny Appleseed of Kansas road running long before the running boom. MARA gave out the Arne Richards for years at the Hospital Hill Run. At that race in the mid 1960s, he started the race, ran himself, and did the awards. He sheepishly announced 7th place was Arne Richards. He was a flashy promoter but a soft spoken fellow who wanted to share the joy of long distance running, but if he wanted to run races, he just set them up, promoted and managed them.

Richards was one of the sports pioneers.

Continued on Page 6 with Photos from this year's run.



(Archived) photo of Arne Richards
taken by Russ Niemi.



Connie Teague (Lee's Summit, MO) won the women's half marathon race.



Coach Bill Snyder handed out the awards to all the winners, like he has done every year.



Fred Torneden, Manhattan, KS was first in M60-65. He still holds the Kansas state record in the marathon.



John Allen (Leawood), 3rd, M65-69

Mark Westfall, another runner from the KC Metro area (Mission) won the M50-54 category.



Pre-dawn view of the finish line area which finishes outside the Bill Snyder Stadium.



Any runner who set a personal record that day was encouraged to ring the bell at the end of the finish chute.



Photos by: Gene Wee

Summer Running Tips

By: runnersrescue.com

Hydration During Running

Summer running obviously increases the core body temperature. On average a runner will expend 500-1500 kcal/hr depending on the experience and fitness of the runner. Body metabolism means that energy produced is 25% efficient. 75% of energy is used for the production of heat; this can be difficult during summer running.



We recommend you drink adequate fluid 30-45 minutes before running and then a cupful every 10-15 minutes. Experts have recommended 6-8 oz every 20 minutes while you run. Most popular sports drinks have a low level of electrolytes and also carbohydrates to help speed up glycogen replacement. After exercise you should try and drink more water than necessary to speed up recovery.

Some runners prefer the taste of sports drinks in comparison to plain water. Experts have also recommended the use of carbohydrate protein drinks or milkshakes to rapidly replenish glycogen stores after a run. These drinks also help to catabolize muscles for energy and help muscles repair quickly after a run. The above advice can be used for all types of running conditions but is especially important during summer running. This is due to the warmer environment depleting glycogen stores more quickly. In most cases runners suffer from heat stroke and heat exhaustion due to poor hydration.

Acclimatization

It is advisable to gradually build up your tolerance for running in warmer conditions. To acclimatize to the heat you should spend 1-2 weeks running from 2-6 miles a day and then gradually building up your mileage in the heat. You may wish to run in the morning or late evening when the humidity is at its lowest. Alternatively if you are worried about your personal safety then a treadmill in an air conditioned gym may be a safer option.



- *Use sunscreen to prevent sunburn to your skin.*
- Replace running shoes every 300-400 miles.
- Do not break in new running shoes on a long run but rather break them in over a series of shorter runs.
- Make sure you wear your running socks when you are buying running shoes.
- Try and wear synthetic fibre socks which will help to evaporate moisture away from your skin and prevent blisters.
- Control excessive foot sweating during summer running.
- Wear light weight shorts and t-shirts to allow for evaporation of moisture.
- Monitor any medical conditions you may have such as high blood pressure. Certain conditions can increase by summer running.
- **DO NOT over estimate your fitness, have realistic running targets.**



Mother's Day Memories
Always popular are the picture frames for photos.



MOTHERS DAY 5K - SUNDAY, MAY 13, 2018



Christine Silver, Charlotte Powell
& Friend(from Louisville KY),



Emily Hugo, 1st place overall,
from Kansas City MO.



Laura Moffett with her family



LoriMeadors_w-rulebreaker.jpg -
Mother and daughter wee posing
for a photo before the race



Celeste Leonardi (Lawrence) with her
family and friends Kathleen Johnson
(Shawnee), Dee Boeck (Lawrence) and
Jane Tompkins (Mission)



The Mothers Day Run had a
lot of volunteers which helps
to make the event a success!

Photos by: Gene Wee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Tasty & Smart Traveling

How To Be Well Prepared!



As we enjoy the fun summer months, many of us like to travel and relax with some much needed time to get away to see friends and family or take in new sights. Weekends, holidays, vacations and workdays can all mean travel. Whether for an extended period, or perhaps just a short stay or day trip, one of the secrets to keeping our fitness and healthy eating habits intact is to be prepared, just like the scout's motto. We can travel fit wherever we go by filling the briefcase, backpack or cooler with smart snacks and searching for fitness opportunities along the travel route. As with most things in the life, the key is often balance. Savvy travelers know that one has to be flexible. It is always a good idea to balance food intake over several days and fit regular fitness activities in whenever possible.

All too often, travel means fast food at an airport or drive-thrus and convenience store pit stops, along with too much sitting and little activity. Whether you are on the road for business or pleasure, you can avoid health hazards with just a little preparation. By planning ahead, making wise choices while dining out, and bringing some food and snacks with you (if feasible), you can eat better, feel better, enjoy more and get more done – wherever you are. In the car, “coolers are cool” and one can bring fruits, veggies and plenty of protein foods, such as cheese, yogurt, hard boiled eggs, deli meat, hummus, etc. to supplement meals and snacks on the road. Even a peanut butter sandwich and some fresh fruit, like my sister and I recently enjoyed in an airport together, can be a convenient, cost effective and nutritious option.

Here are some more ideas:

Healthy Basket - Grab & Go!



Rainbow on A Stick with Pot of Gold Dip

--- fresh fruit is often more convenient to eat if cut up – this is a good option if you have a cooler.

Make fruit kabobs on 6-inch wooden skewers by alternating various colors of fruit:

Red- strawberries, raspberries, red apple chunks, watermelon chunks

Orange – orange chunks, mandarin oranges, papaya chunks, cantaloupe chunks

Green – green grapes, green apple chunks, kiwi chunks, honeydew melon chunks

Blue- blueberries Purple – purple grapes

To make pot of gold dip: place ½ cup vanilla or plain Greek yogurt in a container. Spoon ¼ cup crushed pineapple on top of the yogurt. Drizzle with honey and sprinkle with cinnamon. Keep chilled.





**JUNE
1-2
2018**



HOSPITAL HILL JUNE 2ND 2018



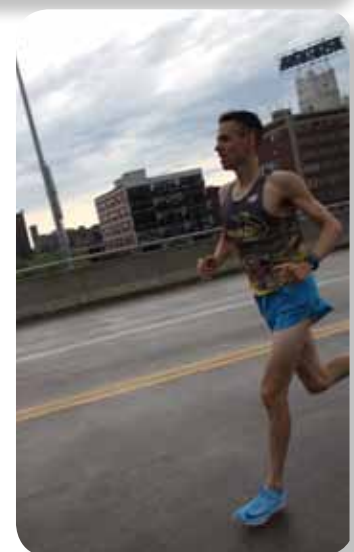
Prior to the official 7:00 start time, there was a half hour lightning delay. People were advised to seek cover. Most went into Crown Center.



Back to start after lightning delay



3653 John Garrison keeps his streak alive, having run every Hospital Hill except the first one.



Addison Albin
2nd Male - 1/2 Marathon

Photos by: Michael Chaffee

HOSPITAL HILL JUNE 2ND 2018



*Hospital Hill Run Half Marathon, 10K & 5K
Saturday, June 2, 2018 • Kansas City, MO*

Nicknamed the “grandfather of all Kansas City road races” by race organizers and the local community, the hilly and challenging Hospital Hill Run offers runners a choice of running in a half-marathon, a 10K or a 5K, the latter of which is sponsored by the University of Missouri-Kansas City Medical School.



Photos by: Michael Chaffee

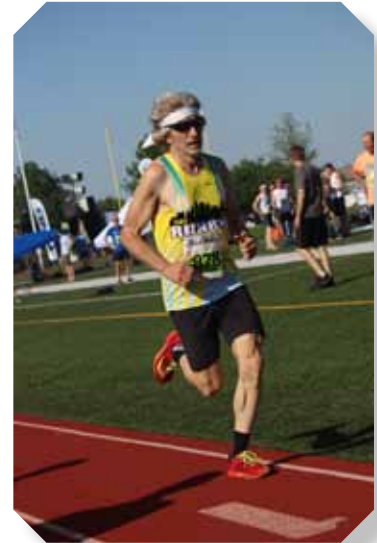
Mile Masters -- Kansas City Corporate Challenge -- 6-5-18



**Stan McCormack(1st) and
Rob Harber (2nd) M60**



Gayle Van Durme M65



Steve Daley (2nd) M65



Mike Lundgren M65



Rob Harber M60



Mark Curp (3rd) M55



Start M50

Photos by: Michael Chaffee

Mile Masters -- Kansas City Corporate Challenge -- 6-5-18



Marvin Mastin M50



Matt Eastlack (1st) M50



Start M40



3853 Randy Wasinger 1st M40



Start M25



Start W60&W65

Photos by: Michael Chaffee

Mile Masters -- Kansas City Corporate Challenge -- 6-5-18



Carol Hafeman W65



**Jane Thompkins-Lundgren
1st W60**



Kelly Dippold 1st W55



Meaghan Ridgway 1st W45



Eventual 1-2 W40



Kathryn Curry-Larusso 1st W40



W35 waiting to run

Photos by: Michael Chaffee

From: Pat Melgares <melgares@letsgorun.com>

Date: Thu, Jun 21, 2018 at 3:23 PM

Subject: Kansas Relays, Masters Events

Hello...I am writing with a request to share information with your Club's members about the potential to add events for Masters runners to the 2019 Kansas Relays.

I am good friends with Milan Donley, the director of the Kansas Relays. Milan and I recently had a conversation about Masters events at the Relays, and he explained to me that the reason Masters events were cut from the relays is because Masters runners were registering for those events, but then wouldn't show up. It was leaving those events short on runners.

Milan has given me the green light to recruit fields of runners for masters events for the 2019 Kansas Relays. Initially, I am wanting to recruit a field of 8 men and 8 women to run 800 meters at the 2019 Kansas Relays (to mirror what is currently done at the Drake Relays). These need to be Masters runners (40-older). It would be great to have a few age groups represented, such as 40-plus, 50-plus, 60-plus, etc... and we can promote these races as runners capable of making the state honor roll, or perhaps even challenging American records.

However, being fast is NOT going to be the prerequisite for getting in. Milan says there will not be a time standard for the Masters races, but that he needs a guarantee that the Masters runners who are invited to participate will commit to being there. Once accepted to participate, they must show up.

Which leads me to this: I am trying to build a list of Masters runners throughout Kansas with whom I can communicate over the next several months, providing information on how they can express an interest or apply to run in the 2019 Kansas Relays.

Depending on interest, I could then go back to Milan and perhaps propose additional events, or maybe a larger field. The key is that the Masters runners who express interest must be serious about showing up and competing on the track.

Could you please share this information with your Club's members and ask them to contact me if they would like to be kept informed about events and possible entry into the 2019 Kansas Relays. They should send their name, phone number and email address to me at melgares@LetsGoRun.com and I will communicate with them regularly leading up to the 2019 Kansas Relays.

Thank you in advance for any help you can give in spreading the word!

Pat Melgares



59th Annual Heart of America Marathon

Labor Day Monday, September 3rd 2018 - 6:00 a.m.
Columbia, Missouri

Continuously running since 1960 – Be a part of history
Home of the world famous Easley Hill
Run the race with HEART!



Register at: heartofamericamarathon.com
Follow us on Facebook: facebook.com/heartofamericamarathon
Questions to: comoheart1960@gmail.com

Entry fee: \$65.00 until July 4th, \$75.00 until Aug 1st, \$85.00 after Aug 1st. No race day registrations.

*Run with Heart! (Heat, Hills, and Humidity included at no extra charge. *Please note: 6 hour time limit)*

Columbia Track Club: columbiatrackclub.com

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

This race schedule is a service of Mid-America Running Association. Support MARA and join today!

Check the race website to determine if it is USAT&F certified.

Send additions, changes, & corrections to MARA.Calendar@gmail.com

New race submissions should include the information shown below.

This schedule includes Running Races in KC Metro or a short drive from KC, and, select other events.

Search for races at - <http://www.runningintheusa.com/Race/Default.aspx>

Some races have limited field sizes, and may fill up (sell out) early, so if you want to run a particular race, register for it quickly.

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
July 2018					
Jul 1	Sun	7:30 AM	Stars and Stripes 5K	Prairie Fire Overland Park, KS	Stars and Stripes 5K
Jul 1	Sun	8:00 AM	Firecracker Flight 5K & 10K	Harley-Davidson Factory Kansas City, MO	Firecracker Flight
Jul 4	Wed	6:00 AM	Honey Badger Ultra Race 100M	Cheney State Park Kingman, KS	Honey Badger Ultra Race 100M
Jul 4	Wed	7:00 AM	Stars and Stripes 5K	Unity Village Lee's Summit, MO	Stars and Stripes 5K
Jul 4	Wed	7:00 AM	Lenexa Freedom Run 5K & 10K	Old Town Lenexa Lenexa, KS	Lenexa Freedom Run
Jul 4	Wed	7:00 AM	42nd Annual Freedom Run 10K, 5K, Fun Run	Heritage Park Junction City, KS	Freedom Run 10K, 5K, Fun Run
Jul 4	Wed	7:30 AM	Headin' For Home 5K	Centennial Park Newton, KS	Headin' For Home 5K
Jul 4	Wed	7:30 AM	Wichita Stars and Stripes 5K	Cessna Stadium Wichita, KS	Wichita Stars and Stripes 5K
Jul 4	Wed	7:30 AM	Four on the 4th	Ward Parkway Shopping Center Kansas City, MO	Four on the Fourth
Jul 4	Wed	7:30 AM	36th Annual Derby Firecracker	High Park Derby, KS	Derby Firecracker
Jul 4	Wed	7:30 AM	Firecracker 5000	Branson Landing Branson, MO	Firecracker 5000
Jul 4	Wed	7:30 AM	Coors Freedom Run	Heritage Park Junction City, KS	Coors Freedom Run
Jul 4	Wed	8:00 AM	Oberlin Mile	105 West Maple Oberlin, KS	Oberlin Mile
Jul 7	Sat	6:00 AM	Walnut River Gravel Run 50K, Marathon, Half Marathon	East Park El Dorado, KS	Walnut River Gravel Run
Jul 7	Sat	7:00 AM	Honey Badger 100 Mile Ultra Race	Cheney State Park Kingman, KS	Honey Badger 100 Mile Ultra Race
Jul 7	Sat	8:00 AM	Wild West 5K	Hays Aquatic Park Hays, KS	Wild West 5K

Jul 7	Sat	8:00 AM	Fiesta Mexicana 5K Run/Walk	Oakland Community Center Topeka, KS	Fiesta Mexicana 5K Run/Walk
Jul 8	Sun	7:00 AM	Open Options Shawnee Mission Triathlon & Duathlon	Shawnee Mission Park Shawnee, Kansas	Shawnee Mission Triathlon & Duathlon
Jul 8	Sun	7:00 AM	Mudwater Triathlon & Duathlon	Lake Afton Park Goddard, KS	Mudwater Triathlon & Duathlon
Jul 8	Sun	7:00 AM	Psychodelic 5K 'Fire' Version	Wyandotte County Lake Park Kansas City, KS	Psychodelic 5K 'Fire' Version
Jul 13	Fri	5:30 AM	Prairie Series Day 6 Marathon, Half, 50K, 5K,	Hiawatha, KS	Prairie Series Day 6
Jul 14	Sat	5:30 AM	Prairie Series Day 7 Marathon, Half, 50K, 5K,	St. Joseph, MO	Prairie Series Day 7
Jul 14	Sat	7:00 AM	The Snake	Clinton State Park Lawrence, KS	The Snake
Jul 14	Sat	7:00 AM	Best Dam Run in Kansas	Glen Elder Dam Glen Eldeer, KS	Best Dam Run in Kansas
Jul 14	Sun	7:00 AM	Run for A Reason	Crosspointe Community Church St. Joseph, MO	Run for A Reason
Jul 14	Sat	7:30 AM	Olpe Downhome Fun Run	Olpe Jones Lake Olpe, KS	Olpe Downhome Fun Run
Jul 14	Sat	7:30 AM	Dexter BBQ 5K & 2 Mile Run/Walk	Dexter City Park Dexter, KS	Dexter BBQ 5K & 2 Mile Run/Walk
Jul 14	Sat	7:30 AM	Waverly Ohio Day 2K/5K Run	Waverly, KS	Waverly Ohio Day 2K/5K Run
Jul 14	Sat	7:30 AM	SSB Wheat Run	Security State Bank Wellington, KS	SSB Wheat Run
Jul 14	Sat	7:30 AM	Midnight Madness 5K, 10K & 15K Combo	Downtown Ames, IA	Midnight Madness
Jul 14	Sat	8:00 AM	Sunflower State Games Cauldron Run 5K & 10K	Shawnee Lake Shelter House #4 Topeka, KS	Cauldron Run
Jul 14	Sat	8:00 AM	Putting the Boots to ALS 5K	Rockhurst High School Kansas City, MO	Putting the Boots to ALS 5K
Jul 15	Sun	7:00 AM	Waterfront Triathlon	The Waterfront Wichita, KS	Waterfront Triathlon
Jul 15	Sun	8:00 AM	Don't Melt Away 5K	Waterfall Park Independence, MO	Don't Melt Away 5K
Jul 21	Sat	6:30 AM	Run to Cheney 8M, 5K, 1M	Cheney, KS Ft. Riley, KS	Run to Cheney 8M, 5K, 1M
Jul 21	Sat	7:00 AM	10-5-2 Prairie Run	King Field House Ft. Riley, KS	10-5-2 Prairie Run
Jul 21	Sat	7:00 AM	Cameron Triathlon	Recreation Park Cameron, MO	Cameron Triathlon
Jul 21	Sat	7:00 AM	Rodeo Run 8/4/1	Pretty Prairie, KS	Rodeo Run
Jul 21	Sat	7:30 AM	Girls Just Wanna Run/Walk 5K/10K	1423 N. Jefferson Springfield, MO	Girls Just Wanna Run/Walk 5K/10K

Jul 21	Sat	7:30 AM	A Divine Run 5K Run/Walk for SIDS	Kansas Speedway Kansas City, KS	A Divine Run
Jul 21	Sat	7:30 AM	AHF Family Fun Walk & Run 5K	6th & Fritz Ellinwood, KS	AHF Family Fun Walk & Run 5K
Jul 21	Sat	7:30 AM	Amelia Earhart Fun Run - 8K	Atchison Family YMCA Atchison, KS	Amelia Earhart Fun Run - 8K
Jul 21	Sat	8:00 AM	Sunflower Games Cross Country 5K	Illif Commons Topeka, KS	Sunflower Games Cross Country 5K
Jul 21	Sat	8:00 AM	Ozark Teen Challenge Family 5K	Branson Landing Branson, MO	Ozark Teen Challenge Family 5K
Jul 21	Sat	8:00 AM	Psycho Psummer Run Toto Run 50K, 20-Mile, 10-Mile Trail Run	Wyandotte County Lake Park Kansas City, KS	Psycho Psummer Run Toto Run
Jul 21	Sat	8:00 AM	Kyle's Summer Classic 5K Run/Walk	Greenway Parking Lot Jefferson, MO	Kyle's Summer Classic 5K Run/Walk
Jul 21	Sun	9:00 AM	Drizzle Sizzle 5K & Tutu Trot 1M Fun Run	Grain Valley, Mo	Drizzle Sizzle 5K
Jul 22	Sun	7:00 AM	Lake Atwood 10M - Kansas Oldest Race	Atwood, KS	Lake Atwood 10M
Jul 22	Sun	7:15 AM	TRIKC Longview Jr Triathlon, ages 1-17	Longview Recreation Lee's Summit, MO	TRIKC Triathlon
Jul 22	Sun	8:00 AM	Show Me State Games Triathlon & Duathlon	Phillips Lake Columbia, MO	Show Me State Games
Jul 22	Sun	8:00 AM	Sunflower Games - Orienteering	Washburn University Topeka, KS	Sunflower Games - Orienteering
Jul 22	Sun	8:00 AM	Sound of the City 5K/10K	Waterfall Park Independence, MO	Sound of the City 5K/10K
Jul 27	Fri	8:30 PM	Psych Night Trail Run 10K, 5K Night Run	Wyandotte County Lake Park Kansas City, KS	Psych Night Trail Run
Jul 27	Fri	8:30 PM	Lunartic 5K	Sailboat Cove Smithville, MO	Lunartic 5K
Jul 27	Fri	9:00 PM	UrbanICT 50 Miler, 50K, 25K, 10K, 5K	Riverwalk Church of Christ Wichita, KS	UrbanICT 50 Miler, 50K, 25K, 10K, 5K
Jul 28	Sat	7:00 AM	Amelia Earhart 2K/8K Fun Run Walk	YMCA Atchison, KS	Amelia Earhart 2K/8K
Jul 28	Sat	7:00 AM	Midwest Iron Kids Triathlon	Ottawa, KS	Midwest Iron Kids Triathlon
Jul 28	Sat	7:00 AM	Shocker Neighborhood 5K	Fairmont Park Wichita, KS	Shocker Neighborhood 5K
Jul 28	Sat	7:30 AM	WIN for KC Women's Triathlon	Sailboat Cove Park Smithville, MO	WIN for KC Women's Triathlon
Jul 28	Sat	7:30 AM	Heartland Soccer Assoc. 5K Run	Heritage Park Olathe, KS	Heartland Soccer Assoc. 5K Run
Jul 28	Sat	7:30 AM	Falls City Aquatic Center K-run	Falls City Aquatic Center Falls City, NE	Falls City Aquatic Center K-run
Jul 28	Sat	7:30 AM	Fleet Feet Sports XC Classic	Applejack Pumpkin Patch Augusta, KS	Fleet Feet Sports XC Classic

Jul 28	Sat	7:30 AM	Been There Earned That Inaugural 5K	West Plains, MO	Been There Earned That Inaugural 5K
Jul 28	Sun	8:00 AM	Sunflower State Games - Adventure Race	Perry State Park Topeka, KS	Adventure Race
Jul 28	Sun	8:00 AM	Grant's Cause for Spina Bifida 5K	Unity Village Lee's Summit, MO	Grant's Cause for Spina Bifida 5K
Jul 28	Sun	8:00 AM	Love, Chloe SuperHero Strong Family Fun Run	Bill Burke Sports Complex Salina, KS	SuperHero Strong Family Fun Run
Jul 28	Fri	8:30 PM	Psych Night 5K & 10K Trail Run	Wyandotte County Lake Park Kansas City, KS	Psych Night 5K & 10K Trail Run
Jul 28	Fri	11:59 PM	Special Olympics Midnight Run 1M, 5K, 10K	Hen House Leawood, KS	Midnight Run 1M, 5K, 10K
Jul 29	Sat	7:30 AM	Diva Dash 5K & Lil' Princess Girls Run	Corporate Woods Overland Park, KS	Diva Dash
Jul 29	Sat	8:00 AM	Sound of the City - 5K/10K/Kids	Waterfall Park Independence, MO	Sounds of the City
Jul 29	Sat	8:00 AM	Show Me State Games - 5K/10K	Bethel Park Columbia, MO	Show Me State Games - 5K/10K
Jul 29	Sat	9:00 AM	Dooby Dash for #TeamRyan 5K	Unity Village Lee's Summit, MO	Dooby Dash for #TeamRyan 5K

August 2018

Aug 3	Sat	8:30 PM	Rock Away Night & Day Night Half Marathon	Branded B Ranch Meriden, KS	Rock Away Night & Day
Aug 3	Sat	9:00 PM	Moonlight 5K Run and Fun Walk	Mapleleaf Parkway St. Joseph, MO	Moonlight 5K
Aug 4	Sat	7:00 AM	Brew 2 Shoe 10K, 5K and 1 Mile Fun Run	Manhattan, KS	Brew 2 Shoe
Aug 4	Sat	7:00 AM	Birthday Bad Ass	Clinton State Park Lawrence, KS	Birthday Bad Ass
Aug 4	Sat	7:00 AM	Threshing Days 5K Run	Goessel High School Goessel, KS	Threshing Days 5K
Aug 4	Sat	7:00 AM	Diaper Dash & bRUNch Run	Missouri Sports Hall of Fame Springfield, MO	Diaper Dash & bRUNch Run
Aug 4	Sat	7:30 AM	Spencer C. Duncan - Make it Count 5K	New Century Air Center Gardner, KS	Spencer C. Duncan - Make it Count 5K
Aug 4	Sat	7:30 AM	Picnic Run 5K	Tipton High School Tipton, KS	Picnic Run 5K
Aug 4	Sat	07300:00	Run for Raptors 5K Trail Run	Swope Trails Kansas City, MO	Run for the Raptors
Aug 4	Sat	8:00 AM	Rodeo Run Kansas	Kansas Motorcycle Museum Marquette, KS	Rodeo Run Kansas
Aug 4	Sat	8:00 AM	Ransom 5K/10K Run/Walk	Kanza Park Ottawa, KS	Ransom Run
Aug 4	Sat	8:00 AM	Conquer the Gauntlet - Wichita 4M Obstacle Run	Osage Nature Trail Newton, KS	Conquer the Gauntlet - Wichita

Aug 4	Sat	8:00 AM	USDB Great Escape 5K	Old DB Ft. Leavenworth, KS	USDB Great Escape 5K
Aug 5	Sun	7:00 AM	Matt Mason Memorial Cowboy-Up! Triathlon	Smithville Lake Smithville, MO	Cowboy-Up! Triathlon
Aug 10	Fri	6:30 AM	Titan 10K & One Mile Quick Run/Walk	Wichita South High School Wichita, Kansas	Titan 10K
Aug 10	Fri	7:00 PM	Salty Pup Triathlon	Carey Park Hutchinson, KS	Salty Dog & Salty Pup Triathlons
Aug 10	Fri	8:00 PM	Tasty Pastry Donut Challenge	Clay County Courthouse Square Clay Center, KS	Tasty Pastry Donut Challenge
Aug 11	Sat	6:30 AM	Run for Your Momma 1/2 Marathon, 1/2 Half Marathon Relay, 5K	Marion County Lake Marion, KS	Run for Your Momma
Aug 11	Sat	7:00 AM	Salty Dog Triathlon	Carey Park Hutchinson, KS	Salty Dog & Salty Pup Triathlons
Aug 11	Sat	7:00 AM	Run for the Hills 5K & Fun Run	Rolling Hills Zoo Salina, KS	Run for the Hills 5K & Fun Run
Aug 11	Sat	7:30 AM	5K Poker Run & Kids Go Fish Run	Donaldson West Side Park Maryville, MO	5K Poker Run
Aug 11	Sat	7:30 AM	Chase the Flag 5K	Oberlin City Park Oberlin, KS	Chase the Flag 5K
Aug 11	Sat	7:30 AM	Rossville Tall Corn Festival 5K	Rossville Grade School Rosville, KS	Rossville Tall Corn Festival 5K
Aug 11	Sat	8:00 AM	Firehouse 5K	St. Joseph Fire Museum St. Joseph, MO	Firehouse 5K
Aug 11	Sat	8:00 AM	Jeff West Tiger 5K	Jefferson West Middle School Meriden, KS	Jeff West Tiger 5K
Aug 11	Sat	9:00 AM	Pace Car Chris Schuetz Memorial Run/Walk	Courthouse Holton, KS	Pace Car Run/Walk
Aug 11	Sat	6:00 PM	Legend Black Night Triathlon	Clinton State Park Lawrence, KS	Legend Black Night Triathlon
Aug 11	Sat	6:00 PM	Kansas 811 Run	Riverside Wichita, KS	Kansas 811 Run
Aug 12	Sat	6:00 PM	Legend Black Night Triathlon	Clinton Lake State Park Lawrence, KS	Legend Black Night Triathlon
Aug 18	Sat	7:30 AM	Mulvane Old Settlers Road Race & 4M & 1M	Football Stadium Mulvane, KS	Mulvane Old Settlers Road Race
Aug 18	Sat	8:00 AM	Rock, Roll & Run 5K	Providence Medical Center Bonner Springs, KS	Rock, Roll & Run5K
Aug 18	Sat	8:00 AM	Royals Charities 5K Run/Walk	Kauffman Stadium Kansas City, MO	Royals Charities
Aug 18	Sat	8:00 AM	Sizzlin 5K Rock, Roll & Run	Athletic Park Newton, KS	Sizzlin 5K Rock, Roll & Run
Aug 18	Sat	8:30 AM	Johnson County Parks & Rec Women's Triathlon & Duathlon	Kill Creek Park Olathe, KS	OMC Women's Triathlon & Duathlon
Aug 18	Sat	7:30 PM	Rock the Stockyards 5K	Stockyards Brewing Company Kansas City, MO	Rock the Stockyards 5K

Aug 19	Sun	7:00 AM	Parkville 5K/10K River Run	English Landing Park Parkville, MO	Parkville 5K/10K River Run
Aug 19	Sun	8:30 AM	BIGG Steps Toward Cancer Prevention 5K	Overland Park, KS	BIGG Steps
Aug 25	Sat	6:30 AM	Nebraska State Fair Marathon, Half and 5K	Nebraska State Fairgrounds Grand Island, NE	Nebraska State Fair Marathon, Half & 5K
Aug 25	Sat	7:00 AM	Wakefield Birthday Bash 10K & 1M Color Run	Wakefield, KS	Wakefield Birthday Bash
Aug 25	Sat	7:00 AM	Habitat Home Run - 5K, 10K, 1M Fun Run	Lafayette Park Springfield, MO	Habitat Home Run
Aug 25	Sat	7:00 AM	40th Annual Tidbow Trot 5-Mile Race & 2 Mile Walk	Second & Elm Street Bonner Springs, KS	Tidbow Trot
Aug 25	Sat	7:30 AM	Rexy Run 5K	Broken Arrow Park Lawrence, KS	Rexy Run 5K
Aug 25	Sat	8:00 AM	CASA Superhero Run - 5K & 10K	Sportsman Field Leavenworth, KS	CASA Superhero Run
Aug 25	Sat	8:00 AM	Rivalry Run 5K	Downtown Kansas City, MO	Rivalry Run
Aug 25	Sat	8:00 AM	JCPRD U Kids Triathlon	Kill Creek Park Olathe, KS	JCPRD U Kids Triathlon
Aug 25	Sat	8:00 AM	Rachel House Stride for Life 5K Run & 3 or 1 Mile Walk	Waterfall Park Independence, MO	Rachel House Stride for Life
Aug 25	Sat	8:00 AM	Running with Wings 5K	Heritage Park Olathe, KS	Running with Wings
Aug 25	Sat	8:00 AM	Speedy PD 5K/10K	Tuttle Creek State Park Manhattan, KS	Speedy PD 5K/10K
Aug 25	Sat	8:00 AM	Head for the Cure 5K Run/Walk	Corporate Woods Overland Park, KS	Head for the Cure
Aug 25	Sat	8:00 AM	Kansas Law Enforcement - Race to Remember	3400 SE Leisure Lane Topeka, KS	Race to Remember
Aug 25	Sat	8:00 AM	Race to Read 5K	Swope Park Kansas City, MO	Race to Read
Aug 25	Sat	8:00 AM	Olathe Charities 5K	College Boulevard Activity Center Olathe, KS	Olathe Charities 5K
Aug 25	Sat	8:00 AM	Restoration Run 5K	4107 NE Pleasant Valley Rd. Kansas City, MO	Restoration Run 5K
Aug 25	Sat	8:00 AM	5K4MJ, Running with Wings 5K	Heritage Park Olathe, KS	5K4MJ, Running with Wings 5K
Aug 25	Sat	8:30 AM	Haulin Balls 10K, 2M & 1K	East Park El Dorado, KS	Haulin Balls 10K, 2M & 1K
Aug 25	Sat	9:00 AM	Head for the Cure 5K - Metro KC	Corporate Woods Overland Park, KS	Head for the Cure 5K - Metro KC
Aug 25	Sat	5:30 PM	Miles Against Melanoma	111 Memorial Park Dr. Jefferson City, MO	Miles Against Melanoma
Aug 26	Sun	8:00 AM	Run Like a Girl 5K & Lil' Girls Fun Run	840 NW Blue Parkway Lee's Summit, MO	Run Like a Girl

73-Year-Old Sets Western States Record—and Astounds Doctors With His Fitness

*Nick Bassett becomes the oldest finisher of the grueling 100 miler, breaking
a mark that had stood for 20 years.*

Provided By: RW Writer Sarah Lorge Butler ** June 29, 2018



Ultrarunner Jim Walmsley was able to best the course record by 16 minutes at the Western States Endurance run last weekend, but that wasn't the only significant mark to get a rewrite.

Not only did Nick Bassett, 73, finish before the 30-hour overall cut off, he became the oldest finisher of the iconic 100 miler, crossing the finish line in Auburn, California, in 29:09:42. Ray Piva set the previous Western States record back in 1998 at the age of 71.

As he made his way around the Placer High School track to the finish line, in front of excited announcers calling his name and happy spectators clanging cowbells, emotion took over. "I teared up," he told Runner's World. "It was something I didn't expect. People came up to me, took pictures, people I'd never met.

It was just awesome. It was fun to be a celebrity."



Hello
SUMMER

*

— enjoy! —

"Have you ever felt worse after a run?"

- George Sheehan



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