

# MASTER PIECES



**Magazine of Mid-America  
Running Association  
July-August 2019**



# Master Pieces

JULY-AUGUST 2019

Magazine of Mid-America Running Association

[www.mararunning.org](http://www.mararunning.org)

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**Cover Photo:**  
**by: Michael Chaffee**

In the 46th Hospital Hill Run,  
John Garrison(right) ran his  
**45th consecutive  
Hospital Hill race.**

**Note:** Please send all articles, photos,  
ad inquiries to Renee Kidwell at  
[runnay19@yahoo.com](mailto:runnay19@yahoo.com).

**Sustaining  
Memberships are  
listed on page 2**



*Renee Kidwell*  
*Editor*



## *All About Your Perspective....*

I was reminded yesterday during a short conversation with a neighbor that, it's often, all about our perspective! As I was getting set to start off on my Saturday run, I said Good Morning to a neighbor standing nearby. I also remarked, It's a beautiful morning isn't it? I was surprised when she answered back, "No it isn't!" and she quickly added - "It's going to get so hot today!". So, I promptly set off on my run in the then..... sweet cool morning air and was thankful & blessed that my perspective of the day was quite a bit different than my neighbors at the time. That is often the case with many situations in our lives. What seems unbearable and frustrating to one may be fun and inspiring to someone else. Kind of like running a marathon. To certain folks, the thought of running 26.2 miles as fast as you can seems crazy, while, for many of us, it is our goal each year or season and becomes part of our healthy lifestyle. Whatever your particular goals or ambitions may be, I hope you can always maintain a positive perspective during the journey. Enjoy this day with what it offers, as we may not have the same joy and beauty tomorrow!

Wishing you many sweet days of running,  
walking, hiking or biking!

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## Karen's Column

By Karen Raymer  
President of MARA  
July-August 2019

Most runners like to run on asphalt (or dirt) rather than concrete. I am one of those runners. However, I do not live near a trail, and I like to just run out my front door and stay close to home. I usually run 4 to 5 days a week, and a couple of days a week, I do drive to meet others to run. When running from home, I am relegated to running in the street. There are sidewalks, but they are concrete, the streets are in neighborhoods and not much traffic. Yesterday, I was running on one of my usual courses from home. This particular course, is in a quiet neighborhood, but there is one "blind" curve. We have lived in this area for almost 27 years and I have run this course hundreds of times, without an incident. As I was approaching that area, I was having some stomach issues and just needed to walk for a while, so I decided to move to the sidewalk. Just as I was approaching the "blind" curve, I heard a car coming very fast. As the car came into the curve, the driver lost control and hit the curb, then came towards the sidewalk. I was able to run up into the yard to the house on that curve and away from the car. I do believe, had I still been in the street, I would not have been able to avoid the car as it came up on the curb. I truly think there was some divine intervention!

I also never run with any type of ear buds or the like. I realize that most runners and walkers do. However, if I would have not heard the car, I don't think I would be sitting here typing this article!

Be safe, I wish you happy and healthy running and/or walking.

*Karen*

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## MARA Sustaining Members



*Anna & John Allen  
Lexa Alley  
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Mary Boyce & Mary Desch  
John Cookinham  
Joe Duncan  
Rick Hogan  
Karen & Keith Raymer  
Gretchen & Stevan Ryan  
Kermit Trout  
Eugene & Marsha Wren*

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Leavenworth, KS  
Overland Park, KS  
Wichita, KS  
Kansas City, MO  
Lee's Summit, MO  
Leawood, KS  
Raymore, MO  
Olathe, KS  
Overland Park, KS  
Shawnee Mission, KS*





## Trolley Run -- 4-28-19



Wheelchair field



Trolley's Angels -  
Monitor Course



Photos by: Michael Chaffee

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## Trolley Run Fun Continued.....



Photos by: Michael Chaffee



## *Mother's Day 5K -- Corporate Woods --*



When there are two photographers,  
which one do you pose for?



Friends Celebrate Mom with a great run



Pace markers Extraordinaire



Warmup drills - daughter of  
mom,  
Britt Scherer - with Dee Boeck  
in the background checking to  
make sure her  
shoes are still quadruple  
knotted!



Large Group Waiting for the Start!

Cont'd on pg 6

Photos by: Michael Chaffee





Pushing for 2nd place

*Mother's Day 5K --  
Corporate Woods --  
cont'd*



Sweet son serving water to mom



Mother-Daughter having a fun, competitive finish

Photos by: Michael Chaffee



From Runner's World  
Taylor Dutch  
Contributing Writer  
June 17, 2019



## Kara Goucher Calls Leadville Debut 'Hardest Thing I Ever Accomplished'

Photo By: MATT TRAPPE

Kara Goucher made her trail race debut on June 15 at the Leadville Trail Marathon in Leadville, Colorado.

The two-time Olympian finished fifth in the women's division, crossing the finish line in 3:54. Tara Richardson won the women's race in 3:22.

Goucher credits the crowd and her competitors for helping her fight through bouts of altitude sickness during the notoriously difficult course.

Even with decades of experience running at the highest levels in the sport, Kara Goucher is still pushing her limits. Goucher made her trail racing debut on Saturday at the Leadville Trail Marathon, where the two-time Olympian said she experienced the most difficult competition of her career.

With bouts of altitude sickness, Goucher, 40, ran through some extremely tough moments in Leadville, Colorado. But with encouragement from supporters along the course, the marathoner fought through the challenges to finish fifth and win her age group.





**Hospital Hill  
Run  
Half Marathon,  
10K & 5K  
Saturday,  
June 1, 2019  
Kansas City, MO**



**Laura Eakin -- eventual Women's  
half marathon winner**



**I'm Ready to go the distance!**



**Photos by: Michael Chaffee**





**Runners making their way up Gillham**



**In the 46th Hospital Hill Run, John Garrison ran his 45th consecutive Hospital Hill race.**



**What Hill ? !!**

Photos by: Michael Chaffee





**Luke Bailey 1st male 10K**



**Zach Legenzoff 2nd male 10K**

**Hospital Hill  
Run  
Half Marathon,  
10K & 5K  
Saturday,  
June 1, 2019  
Kansas City, MO**



**Dana Stumpff 1st female 10K**



**Brooks Hult on left, 2nd female 10K**



Photos by: Michael Chaffee





**Wait For Me!!!**

**Hospital Hill  
Run  
Half Marathon,  
10K & 5K  
Saturday,  
June 1, 2019  
Kansas City, MO**



**They just crested the final hill**



**Almost There!**

Photos by: Michael Chaffee





**#817, Jason McLeod, 1st  
male half marathon**



**lead car & lead bikes escort  
half marathon leader to  
Liberty Memorial turn**



**Blake Willadsen, 2nd male  
in half marathon**

**Hospital Hill  
Run  
Half Marathon,  
10K & 5K  
Saturday,  
June 1, 2019  
Kansas City, MO**



**Central Eagles drum corps stationed itself at  
the crest of the final hill to boost  
runners over the top**



**Peace Out!!!**

Photos by: Michael Chaffee



*The 5K Home Run in Lawrence was on a new route this year which went from South Park on 12th Street and onto the Burroughs Trail and back. This annual event on Memorial Day sponsored by the Family Promise of Lawrence benefits the homeless families with children to achieve and maintain permanent housing.*



April Combs (42), Jerome Stucky (271),  
Jean Johnson (134)



Brian Hanni was the event announcer. Usually covering Jayhawk sports events, he emceed the pre-race, announced all the finishers coming in as well as all the award winners.



Dominic Brazeel (Shawnee),  
1st M25-29.



Starla Jones (Tonganoxie) was the  
masters female winner.

Photos By: Gene Wee

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Kevin Liu (Lawrence) has recently started running local races and juggling balls throughout the course.



Carol Austin, Lenexa, KS

## *The 5K Home Run in Lawrence, Cont'd*



Michael Schmitz (Lawrence) approaching the finish at South Park.



Soap bubbles were a hit for the youngsters.

Photos By: Gene Wee



*DC Wonder Woman 5K/10K -- 6-22-19*  
*Crown Center*



Early leader



Heading up Main St.



Photos by: Michael Chaffee

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official photo station



Photos by: Michael Chaffee





5K & 10K came together, with  
1st place in 10K on right



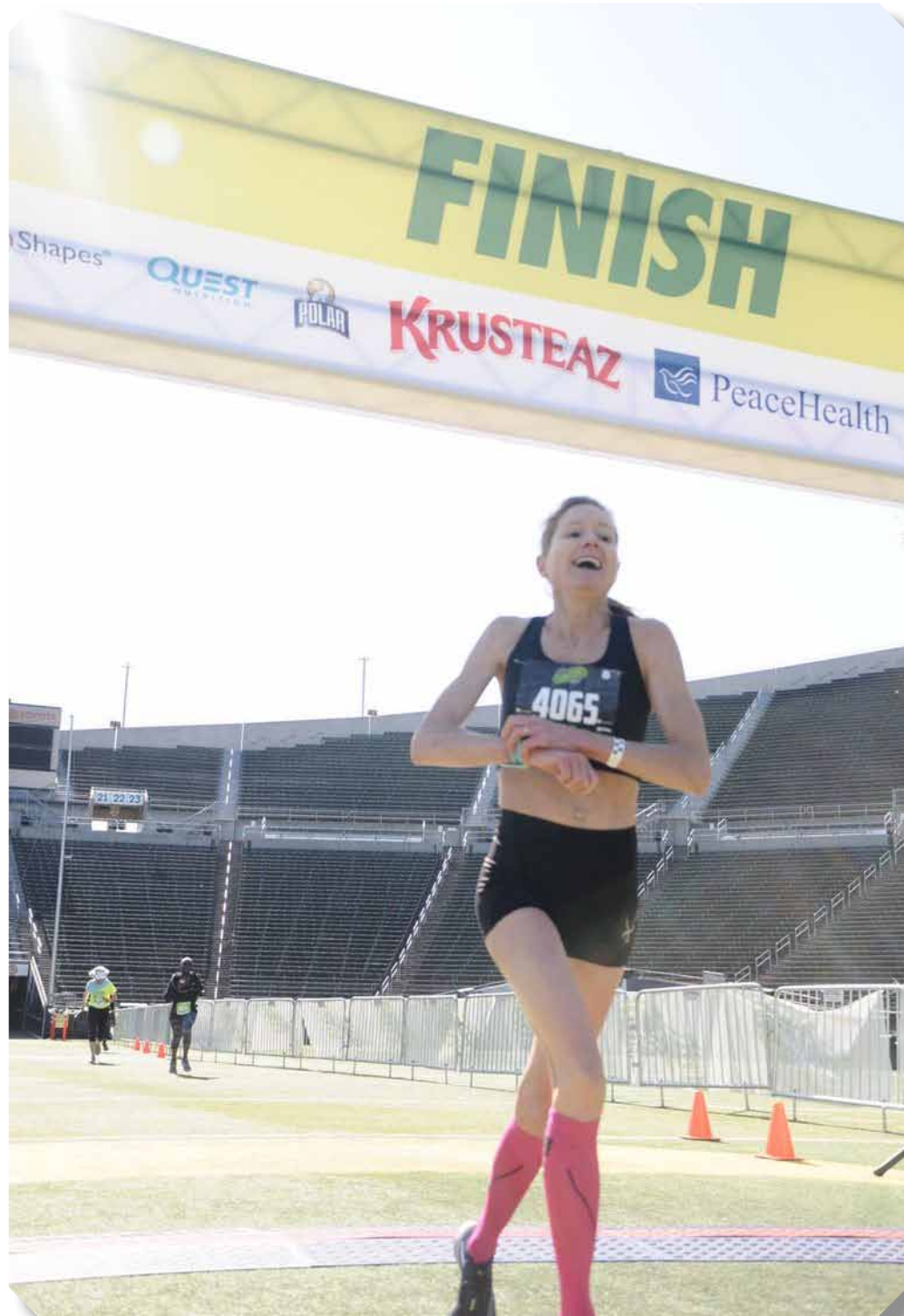
Photos by: Michael Chaffee



## **With Her Family Behind Her, 48-Year-Old Virginia Mom Qualifies for Olympic Trials**

**The second-oldest woman to qualify, Perry Shoemaker knew everything would have to come together perfectly on race day. It did.**

Runner's World  
By SARAH LORGE BUTLER  
MAY 16, 2019



**When Perry Shoemaker crossed the finish line of the Eugene Marathon in 2:43:33, qualifying for the 2020 Olympic Marathon Trials, it was the realization of a dream she had pondered as a possibility since 2015.**



**Enjoy A Safe Wonderful  
4th of July Celebration !!!**





## 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!

Send additions, changes, & corrections to [MARA.Calendar@gmail.com](mailto: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.

To search for races - <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
<b>July 2019</b>					
Jul 4	Thu	7:00 AM	Stars and Stripes 5K	Unity Village Lee's Summit, MO	Stars and Stripes 5K
Jul 4	Thu	7:00 AM	Lenexa Freedom Run 5K & 10K	Old Town Lenexa Lenexa, KS	Lenexa Freedom Run
Jul 4	Thu	7:00 AM	43rd Annual Freedom Run 10K, 5K, Fun Run	Heritage Park Junction City, KS	Freedom Run 10K, 5K, Fun Run
Jul 4	Thu	7:00 AM	Brownville Freedom Run	Brownville, NE	Brownville Freedom Run
Jul 4	Thu	7:00 AM	4 on the 4th	Park Central Square Springfield, Mo	4 on the 4th
Jul 4	Thu	7:30 AM	Headin' For Home 5K	Centennial Park Newton, KS	Headin' For Home 5K
Jul 4	Thu	7:30 AM	Firecracker 5K	Lynn Baldwin Memorial Park Galva, KS	Firecracker 5K
Jul 4	Thu	7:30 AM	Wichita Stars and Stripes 5K	Cessna Stadium Wichita, KS	Wichita Stars and Stripes 5K
Jul 4	Thu	7:30 AM	Ward Parkway Four on the 4th	Ward Parkway Shopping Center Kansas City, MO	Four on the Fourth
Jul 4	Thu	7:30 AM	38th Annual Derby Firecracker	High Park Derby, KS	Derby Firecracker
Jul 4	Thu	7:30 AM	Firecracker 5000	Branson Landing Branson, MO	Firecracker 5000
Jul 4	Thu	8:00 AM	Freedom 321 3M,2M,1M	Joplin, MO	Freedom 321
Jul 4	Thu	8:00 AM	Marc's Dash 5K & Kids Run	CenterPoint Church Columbia, MO	Marc's Dash 5K & Kids Run
Jul 4	Thu	8:00 AM	Cowboy Mile	3301 W. 1st St. Joplin, MO	Cowboy Mile
Jul 4	Thu	8:00 AM	Firecracker 5K	1502 McArthur Dr. St. Joseph, MO	Firecracker 5K
Jul 4	Thu	8:00 AM	Firecracker Mile	Missouri State Fair Grounds Sedalia, MO	Firecracker Mile
Jul 4	Thu	8:00 AM	CRMC 4 Mile Run	Cameron, MO	CRMC 4 Mile Run
Jul 4	Thu	8:00 AM	Freedom Fest 5K Run/Walk	Warrensburg Train Depot Warrensburg, MO	Freedom Fest 5K Run/Walk
Jul 4	Thu	8:00 AM	Bern Independence Day 5K	Bern, KS	Bern Independence Day 5K
Jul 6	Sat	5:30 AM	Walnut River Gravel Run 50K, Marathon, Half Marathon	Glen Elder, KS	Walnut River Gravel Run
Jul 6	Sat	7:00 AM	Glen Elder Fun Run Best Dam Run in Kansas!	Hays Aquatic Park Hays, KS	Wild West 5K
Jul 6	Sat	7:30 AM	Olde Glory Days Patriotic 5K & 1M Fun Run	Benson Center Clinton, MO	Olde Glory Days Patriotic 5K



Jul 6	Sat	8:00 AM	Lewis Days 5K	Lewis, KS	Lewis Days 5K
Jul 6	Sat	8:00 AM	Wild West 5K	4th & Main Street Hays, KS	Wild West 5K
Jul 7	Sun	7:00 AM	Open Options Shawnee Mission Triathlon & Duathlon	Shawnee Mission Park Shawnee, Kansas	Shawnee Mission Triathlon & Duathlon
Jul 11	Thu	6:30 PM	Martin City Taco Mile	135th & Oak St. Kansas City, MO	Martin City Taco Mile
Jul 12	Fri	11:00 AM	Sunflower Games Track & Field	Hummer Sports Park Topeka, KS	Foam Glow - Kansas City
Jul 12	Fri	8:00 PM	Foam Glow - Kansas City	Providence Med Center Amphitheatre Bonner Springs, KS	Foam Glow - Kansas City
Jul 13	Sat	5:30 AM	Prairie Series Day 7 Marathon, Half, 50K, 5K,	St. Joseph, MO	Prairie Series Day 7
Jul 13	Sat	6:00 AM	Honey Badger Ultra Race 100M	Cheney State Park Kingman, KS	Honey Badger Ultra Race 100M
Jul 13	Fri	6:30 AM	Sunflower Games Track & Field	Hummer Sports Park Topeka, KS	Foam Glow - Kansas City
Jul 13	Sat	7:00 AM	The Snake	Clinton State Park Lawrence, KS	The Snake
Jul 13	Sat	7:00 AM	Christmas in July 5K	950 Airport Rd. Osage Beach, MO	Christmas in July 5K
Jul 13	Sat	7:00 AM	Best Dam Run in Kansas	Glen Elder Dam Glen Eldeer, KS	Best Dam Run in Kansas
Jul 13	Sat	7:30 AM	Olpe Downhome Fun Run	Olpe Jones Lake Olpe, KS	Olpe Downhome Fun Run
Jul 13	Sat	7:30 AM	Dexter BBQ 5K & 2 Mile Run/Walk	Dexter City Park Dexter, KS	Dexter BBQ 5K & 2 Mile Run/Walk
Jul 13	Sat	7:30 AM	Waverly Ohio Day 2K/5K Run	Waverly, KS	Waverly Ohio Day 2K/5K Run
Jul 13	Sat	7:30 AM	SSB Wheat Run	Security State Bank Wellington, KS	SSB Wheat Run
Jul 13	Sat	7:30 AM	Midnight Madness 5K, 10K & 15K Combo	Downtown Ames, IA	Midnight Madness
Jul 13	Sat	8:00 AM	Sunflower State Games Cauldron Run 5K & 10K	Shawnee Lake Shelter House #4 Topeka, KS	Cauldron Run
Jul 13	Sat	8:00 AM	Bubble Run - Kansas City	Provident Med Ctr. Amphitheatre Bonner Springs, KS	Bubble Run - Kansas City
Jul 13	Sat	8:00 AM	Run to Cheney 5K & 1M Races	Sefgwick County Fairgrounds Cheney, KS	Run to Cheney 5K & 1M Races
Jul 13	Sat	8:00 AM	Fiesta Mexicana 5K Run/Walk	Oakland Community Center Topeka, KS	Fiesta Mexicana 5K Run/Walk
Jul 13	Sat	8:00 PM	#Sweatfest	Landmark Church Strafford, MO	#Sweatfest
Jul 13	Sat	9:00 AM	USDB Great Escape 5K	Old DB Ft. Leavenworth, KS	USDB Great Escape 5K
Jul 13	Sat	9:00 AM	West Fitness Center 5K	Westmoreland, KS Ft. Leavenworth, KS	West Fitness Center 5K
Jul 13	Sat	3:00 PM	Brews, Clues and Running Shoes	Wichita, KS	Brews, Clues and Running Shoes
Jul 14	Sun	7:00 AM	Summer Roundup Triathlon	Tong Farms Joplin, MO	Summer Roundup Triathlon
Jul 20	Sat	7:00 AM	Cameron Triathlon	Recreation Park Cameron, MO	Cameron Triathlon
Jul 20	Sat	7:00 AM	Rodeo Run 8/4/1	Pretty Prairie, KS	Rodeo Run



Jul 20	Sat	7:00 AM	Amelia Earhart 2K/8K Fun Run Walk	YMCA Atchison, KS	<a href="#">Amelia Earhart 2K/8K</a>
Jul 20	Sat	7:30 AM	Girls Just Wanna Run/Walk 5K/10K	Cox North Fountain Plaza Springfield, MO	<a href="#">Girls Just Wanna Run/Walk 5K/10K</a>
Jul 20	Sat	7:30 AM	Mid-America Music Rock & Run 5K/10K	Black Silo Winery Trenton, MO	<a href="#">Mid-America Music Rock &amp; Run</a>
Jul 20	Sat	7:30 AM	AHF Family Fun Walk & Run 5K	6th & Fritz Ellinwood, KS	<a href="#">AHF Family Fun Walk &amp; Run 5K</a>
Jul 20	Sat	7:00 AM	Amelia Earhart Fun Run - 8K	Atchison Family YMCA Atchison, KS	<a href="#">Amelia Earhart Fun Run - 8K</a>
Jul 20	Sat	7:30 AM	Diva Dash 5K & Lil' Princess Girls Run	Corporate Woods Overland Park, KS	<a href="#">Diva Dash</a>
Jul 20	Sat	7:30 AM	Falls City Aquatic Center K-run	Falls City Aquatic Center Falls City, NE	<a href="#">Falls City Aquatic Center K-run</a>
Jul 20	Sat	8:00 AM	Sunflower Games Cross Country 5K	Illif Commons Topeka, KS	<a href="#">Sunflower Games Cross Country 5K</a>
Jul 20	Sat	8:00 AM	Ozark Teen Challenge Family 5K	Branson Landing Branson, MO	<a href="#">Ozark Teen Challenge Family 5K</a>
Jul 20	Sat	8:00 AM	Psycho Psummer Run Toto Run 50K, 20-Mile, 10-Mile Trail Run	Wyandotte County Lake Park Kansas City, KS	<a href="#">Psycho Psummer Run Toto Run</a>
Jul 20	Sat	8:00 AM	Run For a Reason 5K & 1 Mile	Lamar, MO	<a href="#">Run For a Reason</a>
Jul 20	Sat	8:00 AM	Kyle's Summer Classic 5K Run/Walk	Greenway Parking Lot Jefferson, MO	<a href="#">Kyle's Summer Classic 5K Run/Walk</a>
Jul 20	Sat	8:00 AM	Run For Hope Family 5k	Branson Landing Branson, MO	<a href="#">Run For Hope Family 5k</a>
Jul 20-21	Sun	9:00 AM	Christmas in July 6 Hr, 12 Hr, 6 Hr Relay	St. Joseph, Mo	<a href="#">Christmas in July</a>
Jul 20	Sat	6:00 PM	Get Your Butt Kicked @ Route 66	Eureka, MO	<a href="#">Get Your Butt Kicked @ Route 66</a>
Jul 21	Sun	7:00 AM	Lake Atwood 10M - Kansas Oldest Race	Atwood, KS	<a href="#">Lake Atwood 10M</a>
Jul 21	Sun	8:00 AM	Don't Melt Away 5K	Waterfall Park Independence, MO	<a href="#">Don't Melt Away 5K</a>
Jul 21	Sun	8:00 AM	Show Me State Games Triathlon & Duathlon	Phillips Lake Columbia, MO	<a href="#">Show Me State Games</a>
Jul 21	Sun	8:00 AM	Sunflower Games - Orienteering	Washburn University Topeka, KS	<a href="#">Sunflower Games - Orienteering</a>
Jul 21	Sun	9:00 AM	Drizzle Sizzle 5K & Tutu Trot 1M Fun Run	Grain Valley, Mo	<a href="#">Drizzle Sizzle 5K</a>
Jul 24	Wed	5:30 AM	Prairie Series Day 4 Marathon, Half, 50K, 5K,	Sioux City, IA	<a href="#">Prairie Series Day 4</a>
Jul 24	Wed	8:00 AM	Summer Slam Triathlon	Hays Aquatic Park Hays, KS	<a href="#">Summer Slam Triathlon</a>
Jul 24	Wed	8:00 PM	MHK Midsummer Mile	3308 Robinson Drive Manhattan, KS	<a href="#">MHK Midsummer Mile</a>
Jul 25	Thu	5:30 AM	Prairie Series Day 5 Marathon, Half, 50K, 5K,	South Sioux City, NE	<a href="#">Prairie Series Day 5</a>
Jul 26	Fri	5:30 AM	Prairie Series Day 6 Marathon, Half, 50K, 5K,	Hiawatha, KS	<a href="#">Prairie Series Day 6</a>
Jul 26	Fri	9:00 PM	UrbanICT 50 Miler, 50K, 25K, 10K, 5K	Riverwalk Church of Christ Wichita, KS	<a href="#">UrbanICT 50 Miler, 50K, 25K, 10K, 5K</a>
Jul 26	Fri	5:30 AM	Prairie Series Day 7 Marathon, Half, 50K, 5K,	St. Joseph, MO	<a href="#">Prairie Series Day 7</a>
Jul 27	Sat	7:00 AM	Midwest Iron Kids Triathlon	Ottawa, KS	<a href="#">Midwest Iron Kids Triathlon</a>



Jul 27	Sat	7:00 AM	Midsummer's Morning 5K & 10K Run/Walk	Kiwanis Wyhave Park West Plains, MO	Midsummer's Morning
Jul 27	Sat	7:00 AM	10-5-2 Prairie Run	King Field House Ft. Riley KS	10-5-2 Prairie Run
Jul 27	Sat	7:30 AM	WIN for KC Women's Triathlon	Sailboat Cove Park Smithville, MO	WIN for KC Women's Triathlon
Jul 27	Sat	7:30 AM	Landan's LegOcy 'Take a Walk on the Wild Side' 5K	Lake Country Soccer Springfield, MO	Landan's LegOcy
Jul 27	Sat	7:30 AM	Heartland Soccer Assoc. 5K Run	Heritage Park Olathe, KS	Heartland Soccer Assoc. 5K Run
Jul 27	Sat	8:00 AM	Seneca Youth Triathlon	Seneca, KS	Seneca Triathlon
Jul 27	Sat	8:00 AM	Sunflower State Games Adventure Race	Perry State Park Topeka, KS	Adventure Race
Jul 27	Sat	8:00 AM	Sizzling Six Shooter 5K, 15K, 25K, 30K, 50K, 80K	Carthage, MO	Sizzling Six Shooter
Jul 27	Sat	8:00 AM	HRC Summer Slam Triathlon	Hays, KS	HRC Summer Slam Triathlon
Jul 27	Fri	11:59 PM	Special Olympics Midnight Run 1M, 5K, 10K	11721 Roe Leawood, KS	Midnight Run 1M, 5K, 10K
Jul 28	Sun	7:00 AM	JC Triathlon: The Great Escape	Ellis Porter Riverside Pool Jefferson City, MO	Jefferson City Triathlon
Jul 28	Sun	8:00 AM	Show-Me Games 5K & 10K	Bethel Park Columbia, MO	Show-Me Games 5K & 10K
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

## August 2019

Aug 3	Sat	7:00 AM	Brew 2 Shoe 10K, 5K and 1 Mile Fun Run	Manhattan, KS	Brew 2 Shoe
Aug 3	Sat	7:00 AM	Teuton Color Splash Dash	Inman, KS	Teuton Color Splash Dash
Aug 3	Sat	7:00 AM	Diaper Dash & bRUNch Run	Missouri Sports Hall of Fame Springfield, MO	Diaper Dash & bRUNch Run
Aug 3	Sat	7:30 AM	Spencer C. Duncan - Make it Count 5K	New Century Air Center Gardner, KS	Make it Count 5K
Aug 3	Sat	7:30 AM	Picnic Run 5K	Tipton High School Tipton, KS	Picnic Run 5K
Aug 3	Sat	7:30 AM	Run for Raptors 5K Trail Run	Swope Park Kansas City, MO	Run for Raptors 5K Trail Run
Aug 3	Sat	8:00 AM	Rodeo Run Kansas	Kansas Motorcycle Museum Marquette, KS	Rodeo Run Kansas
Aug 3	Sat	8:00 AM	Diva Dash 5K - Des Moines	Historic East Village Des Moines, IA	Diva Dash 5K - Des Moines
Aug 3	Sat	8:00 AM	Odessa FBLA 5K	200 S. 2nd Street Odessa, MO	Odessa FBLA 5K
Aug 3	Sat	8:00 AM	Ransom Run 5K/10K Run/Walk	Kanza Park Ottawa, KS	Ransom Run
Aug 3	Sat	8:00 AM	Jac Youth Triathlon	1314 W. 11th Street Coffeyville, KS	Jac Youth Triathlon
Aug 3	Sat	8:00 AM	United Way Triathlon Fundraiser	McPherson Water Park McPherson, KS	United Way Triathlon Fundraiser
Aug 3	Sat	8:00 AM	Kid'Athlon	Meador Park Springfield, MO	Kid'Athlon
Aug 3	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 3	Sat	8:00 AM	MAC Mini Tri	Maryville Aquatic Center Maryville, MO	MAC Mini Tri
Aug 4	Sun	7:00 AM	Matt Mason Memorial Cowboy-Up! Triathlon	Smithville Lake Smithville, MO	Cowboy-Up! Triathlon
Aug 4	Sun	7:00 AM	Stockton Lake Wildlife Challenge Triathlon	Stockton Lake Stockton, MO	Stockton Lake Wildlife Challenge
Aug 9	Fri	6:30 AM	Titan 10K & One Mile Quick Run/Walk	Wichita South High School Wichita, Kansas	Titan 10K
Aug 9	Fri	6:45 PM	Republic Tiger Tri	Miller Park Republic, MO	Republic Tiger Tri
Aug 9	Fri	7:00 PM	Salty Pup Triathlon	Carey Park Hutchinson, KS	Salty Dog & Salty Pup Triathlons
Aug 9	Fri	8:00 PM	Tasty Pastry Donut Challenge	Clay County Courthouse Square Clay Center, KS	Tasty Pastry Donut Challenge
Aug 9	Fri	8:30 PM	Night Trail Run	North Shore Clinton State Park Lawrence, KS	Night Trail Run
Aug 10	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 10	Sat	7:00 AM	Salty Dog Triathlon	Carey Park Hutchinson, KS	Salty Dog & Salty Pup Triathlons
Aug 10	Sat	7:00 AM	Run for the Hills 5K & Fun Run	Rolling Hills Zoo Salina, KS	Run for the Hills 5K & Fun Run
Aug 10	Sat	7:00 AM	Just Tri It! Youth & Adult	Manhattan City Park Manhattan, KS	Just Tri It! Youth & Adult
Aug 10	Sat	7:30 AM	BVRC Special Olympics 5K/1Mile	Sports Complex Office Overland Park, KS	BVRC Special Olympics 5K/1Mile
Aug 10	Sat	7:30 AM	Hillbilly Run	Ozark City Park Ozark, MO	Hillbilly Run
Aug 10	Sat	8:00 AM	Firefighter Memorial 5K	St. Joseph Fire Museum St. Joseph, MO	Firefighter Memorial 5K
Aug 10	Sat	8:00 AM	Rock, Roll & Run 5K	Provident Medical Center Bonner Springs, KS	Rock, Roll & Run 5K
Aug 10	Sat	8:00 AM	Royals Charities 5K Run/Walk	Kauffman Stadium Kansas City, MO	Royals Charities
Aug 10	Sat	8:30 AM	Haulin Balls 10K, 2M & 1K	East Park El Dorado, KS	Haulin Balls 10K, 2M & 1K
Aug 10	Sat	8:30 AM	Living Incredible 5K	Shyrock Park Augusta, KS	Living Incredible 5K
Aug 10	Sat	7:30 PM	Rock the Stockyards 5K	Stockyards Brewing Company Kansas City, MO	Rock the Stockyards 5K
Aug 11	Sun	8:00 AM	Sound of the City 5K & 10K	Falls at Crackerneck Creek Independence, MO	Sound of the City
Aug 11	Sun	8:00 AM	BIGGSteps Kansas City 5K & 10K	KU Edwards Campus Overland Park, KS	BIGGSteps Kansas City
Aug 11	Sun	6:00 PM	Kansas 811 Run	Riverside Wichita, KS	Kansas 811 Run
Aug 17	Sat	7:30 AM	38th Mulvane Old Settlers Road Race 4M & 1M	Football Stadium Mulvane, KS	38th Mulvane Old Settlers Road Race
Aug 17	Sat	7:30 AM	Haley's Hope Hot 'n Hilly 5K 7 10K	James River Power Plant Springfield, MO	Haley's Hope
Aug 17	Sat	8:00 AM	Rumble at the Rock 5K Mud/Obstacle Challenge	Hyde Point St. George, KS	Rumble at the Rock
Aug 17	Sat	8:00 AM	Gardner Grind	Celebration Park Gardner, KS	Gardner Grind
Aug 17	Sat	8:00 AM	Diva Dash 5K - Omaha	Lewis and Clark Landing Omaha, NE	Diva Dash 5K - Omaha



Aug 17	Sat	8:00 AM	Jeff West Tiger 5K	Jefferson West Middle School Meriden, KS	Jeff West Tiger 5K
Aug 17	Sat	8:00 AM	Sand Creek Summer daze Sizzlin' 5K	Athletic Park Newton, KS	Sizzlin 5K Rock, Roll & Run
Aug 17	Sat	8:00 AM	You'll Never Run Alone 5K	Anneberg Park Manhattan, KS	You'll Never Run Alone 5K
Aug 17	Fri	8:30 PM	Lunartic 5K	Sailboat Cove Smithville, MO	Lunartic 5K
Aug 17	Sat	9:00 AM	The Siege Obstacle 5K	Garden City High School Garden City, KS	The Siege Obstacle 5K
Aug 17	Sat	7:00 PM	Harder than Hell Half Marathon	Nixa High School Nixa, MO	Harder than Hell Half Marathon
Aug 17	Sun	7:00 AM	Chamber 5K/10K River Run	English Landing Park Parkville, MO	Chamber 5K/10K River Run
Aug 18	Sat	8:00 AM	Seize the Day 5K	English Landing Park Parkville, MO	Seize the Day 5K
Aug 24	Sat	6:30 AM	Nebraska State Fair Marathon, Half and 5K	Nebraska State Fairgrounds Grand Island, NE	Nebraska State Fair Marathon, Half & 5K
Aug 24	Sat	7:00 AM	Wakefield Birthday Bash 10K & 1M Color Run	Wakefield, KS	Wakefield Birthday Bash
Aug 24	Sat	7:00 AM	Habitat Home Run 5K, 10K, 1M Fun Run	Lafayette Park Springfield, MO	Habitat Home Run
Aug 24	Sat	7:00 AM	41th Annual Tidblow Trot 5-Mile Race & 2 Mile Walk	Second & Elm Street Bonner Springs, KS	Tidbow Trot
Aug 24	Sat	7:00 AM	Sherwood Back to School 5K	Sherwood Cass R-VII Creighton, MO	Sherwood Back to School 5K
Aug 24	Sat	7:30 AM	Rexy Run 5K & 10K	Broken Arrow Park Lawrence, KS	Rexy Run 5K
Aug 24	Sat	7:30 AM	Hearts For RMCH 5K Run/Walk	Platte City, MO	Hearts For RMCH 5K Run/Walk
Aug 24	Sat	8:00 AM	CASA Superhero Run - 5K & 10K	Sportsman Field Leavenworth, KS	CASA Superhero Run
Aug 24	Sat	8:00 AM	Stronger Together 10K	The Deuce Columbia, MO	Stronger Together 10K
Aug 24	Sat	8:00 AM	JCPRD U Kids Triathlon	Kill Creek Park Olathe, KS	JCPRD U Kids Triathlon
Aug 24	Sat	8:00 AM	Speedy PD 5K/10K	Tuttle Creek State Park Manhattan, KS	Speedy PD 5K/10K
Aug 24	Sat	8:00 AM	Ready, Set, Tri	Marion, KS	Ready, Set, Tri
Aug 24	Sat	8:00 AM	Hornet Hustle 5K, 2M & 1M Fun Run	Valley Point Golf Course Valley Center, KS	Hornet Hustle
Aug 24	Sat	8:00 AM	Conquer the Gauntlet - Wichita 4M Obstacle Run	Camp Hyde Viola, KS	Conquer the Gauntlet - Wichita
Aug 24	Sat	8:00 AM	Olathe Charities 5K	College Boulevard Activity Ctr. Olathe, KS	Olathe Charities 5K
Aug 24	Sat	8:00 AM	OZ Man Triathlon	Liberal, KS	OZ Man Triathlon
Aug 24	Sat	8:00 AM	Restoration Run 5K	4107 NE Pleasant Valley Rd. Kansas City, MO	Restoration Run 5K
Aug 24	Sat	8:15 AM	got Mud? Run	Brookline Park Republic, MO	got Mud? Run
Aug 24	Sat	9:00 AM	R(un) for One 5K & Fun Run	Lake Shawnee Topeka, KS	R(un) for One 5K
Aug 24	Sat	9:00 AM	Trek for Trikes	Motor Monkeys LLC Bolivar, MO	Trek for Trikes



Aug 25	Sun	7:30 AM	Go Girl Run Kansas City Half Marathon & 5K	Prairiefire Overland Park ,KS	Go Girl Run
Aug 25	Sun	7:30 AM	Jeremy Katzenberger Memorial Triathlon	Weathersby Lake Kansas City, MO	Jeremy Katzenberger Memorial Triathlon
Aug 25	Sat	8:00 AM	Head for the Cure - Metro KC 5K Run/Walk	Corporate Woods Overland Park, KS	Head for the Cure
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
Aug 30	Fri	6:30 PM	Life Issues Recovery Walk/Run	21203 E. 283rd St. Harrisonville, MO	Life Issues Recovery Walk/Run
Aug 30- Sep 1	Sat	AM/PM	TriFest for MS	Melvin Ford Aquatic Center Bentonville, AR	TriFest for MS
Aug 31	Sat	7:30 AM	Tonganoxie Sunflower Run 4 Mile/1Mile	Tonganoxie Fire Station Tonganoxie, KS	Tonganoxie Sunflower Run
Aug 31	Sat	7:30 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	Topeka to Auburn Half Marathon
Aug 31	Sat	7:30 AM	Forrest Gump Challenge	360 Emerson Road Reeds Spring, MO	Forrest Gump Challenge
Aug 31	Sat	8:00 AM	Sunflower 5K & 1M Trail Run	Buhler, KS	Sunflower 5K & 1M Trail Run
Aug 31	Sat	8:00 AM	FCA River Run 5K/10K Run or Walk	Wathena, KS	Sunflower 5K & 1M Trail Run
Aug 31	Sat	8:00 AM	Lake Quivira Triathlon	100 Crescent Blvd. Lake Quivira, KS	Lake Quivira Triathlon
Aug 31	Sat	9:00 AM	Prison Break Race	Missouri State Penitentiary Jefferson City, MO	Prison Break Race
<b>September 2019</b>					
Sep 1	Sun	8:00 AM	Labor Day Dash 5K/10K	Summit Fair Shopping Center Lee's Summit, MO	Labor Day Dash 5K/10K
Sep 2	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	Heart of America Marathon
Sep 2	Mon	7:30 AM	Eudora Library Labor Day 5K	915 Main St. Eudora, KS	Eudora Library Labor Day 5K
Sep 2	Mon	8:00 AM	Leawood Labor Day 5K	Tomahawk Crk Pkwy & 114th St. Overland Park, KS	Labor Day 5K
Sep 3	Tue	8:00 AM	De Soto Family Fun 5K	Miller Memorial Park De Soto, KS	De Soto Family Fun 5K
Sep 7	Sat	6:00 AM	The Hawk 100 Mile, 50 Mile & b Marathon	Clinton Lake Lawrence, KS	The Hawk
Sep 7	Sat	7:00 AM	Finley River 5 and Tri	Ozark, MO	Finley River 5 and Tri
Sep 7	Sat	7:15 AM	Big Red Shoe Presented by TAMKO	3402 S. Jackson Joplin, MO	Big Red Shoe
Sep 7	Sun	7:30 AM	Litchfield TriathLou Spring, Olympic & Half Distance Triathlon	Lake Lou Yeager Beach House Litchfield, IL	Litchfield Triathlon
Sep 7	Sat	8:00 AM	Helen Gold 5K	La Paloma Plaza Overland Park, KS	Helen Gold 5K
Sep 7	Sat	8:00 AM	Pony Express Half Marathon & 5K	Marysville, KS	Pony Express Half Marathon & 5K
Sep 7	Sat	8:00 AM	Springfield Area Memorial Stair Climb	Plaster Stadium Columbia, MO	Springfield Area Memorial Stair Climb
Sep 7	Sat	8:00 AM	Tri-State Race - IA, NE, MO	Hamburg, IA	Tri-State Race
Sep 7	Sat	8:00 AM	Grain Valley Fair 5K	711 Main St. Grain Valley, MO	Grain Valley Fair 5K



Sep 7	Sat	8:00 AM	Heart of the Summit 5K, 10K, 10K Relay	Downtown Lee's Summit, MO	Heart of the Summit
Sep 7	Sat	8:00 AM	OneSolePurpose 5K/10K Run & 1-Mile FunWalk	High Street Baptist Church Springfield, MO	OneSolePurpose
Sep 7	Sat	8:30 AM	Race 4 Freedom 5K	Carpenter Place Wichita, KS	Race for Freedom
Sep 7	Sat	9:00 AM	Steff Strong Run	Paola, KS	Steff Strong Run
Sep 7	Sat	9:00 AM	Dream KCK - 5K Run	Bethany Park Kansas City, KS	Dream KCK - 5K Run
Sep 7	Sat	6:00 PM	Miles Against Melanoma	111 Memorial Park Dr. Jefferson City, MO	Miles Against Melanoma
Sep 7	Sat	8:30 PM	Psych Night Trail Run 10K, 5K Night Run	North Shore Clinton State Park, KS	Night Trail Run 5K/10K
Sep 8	Sun	7:30 AM	Plaza 10K Run/Walk	Country Club Plaza Kansas City, MO	Plaza 10K
Sep 8	Sun	8:00 AM	Extreme Timber Challenge	KC Zip Bonner Springs, KS	Extreme Timber Challenge
Sep 8	Sun	8:30 AM	Senior Services Heartland 5K Walk/Run	200 S. Walnut Wichita, KS	Heartland 5K Walk/Run
Sep 11	Wed	12:00 PM	Patriot's Run Ultra, Mara, Half, Casual Walk/Run, Team	Mid-America Nazarene Campus Olathe, KS	Patriot's Run
Sep 14	Sat	7:00 AM	Run the Rock	Top of the Rock Ridgedale, MO	Run the Rock
Sep 14	Sat	7:30 AM	Chasing Salifu	12345 College Blvd. Overland Park, KS	Chasing Salifu
Sep 14	Sat	7:30 AM	Race to the Center - 13.1 M Geographic Center of the United States	Lebanon, KS	Race to the Center
Sep 14	Sat	8:00 AM	Run for Recovery 5K Run/1Mile Fun Run & Walk	Salina, KS	Run for Recovery
Sep 14	Sat	8:00 AM	Jesse James Festival Bill James Classic 5K/10K and Fun Run	Downtown Kearney, MO	Jesse James Festival
Sep 14	Sat	8:00 AM	Harris Park Midtown Sports & Activity Center 5K	4029 Wayne Ave. Kansas City, MO	Sports & Activity Center 5K
Sep 14	Sat	8:00 AM	Lyme is Local 5K	Berkley Riverfront Park Kansas City, MO	Lyme is Local 5K
Sep 14	Sat	8:00 AM	Heroes for Education 5K	Downtown Grandview, MO	Heroes for Education 5K
Sep 14	Sat	8:00 AM	Hometown Heroes 5K	Seneca & Central Wichita, KS	Hometown Heroes 5K
Sep 14	Sat	8:00 AM	Catch the Spirit 5K Run/Walk	Harrisonville High School Harrisonville, MO	Catch the Spirit 5K
Sep 14	Sat	8:00 AM	St. Jude Run/Walk Springfield	Rutledge- Wilson Farm Park Springfield, MO	St. Jude Run/Walk Springfield
Sep 14	Sat	8:00 AM	Wildcats Run for Wellness 5K	Peters Recreation Complex Manhattan, KS	Wildcats Run for Wellness 5K
Sep 14	Sat	8:00 AM	Lizzy's Walk of Faith 5K Walk/Run	Twin Lakes Park Columbia, MO	Lizzy's Walk of Faith 5K Walk/Run
Sep 14	Sat	8:30 AM	Woodland Centennial 5K Wolf Run	Wichita, KS	Woodland Centennial 5K Wolf Run
Sep 14	Sat	8:30 AM	Dad and Daughter 5K Run/Walk	AMF Pro Bowl Lanes North Kansas City, KS	Dad and Daughter 5K
Sep 14	Sat	8:30 AM	SCSPC 5K Run/Walk	Crestview Shelter House Topeka, KS	SCSPC 5K
Sep 14	Sat	9:00 AM	Horsethief Canyon Trail Run	Marquette, KS	Horsethief Canyon Trail Run



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— 60th Running —

Columbia, Missouri

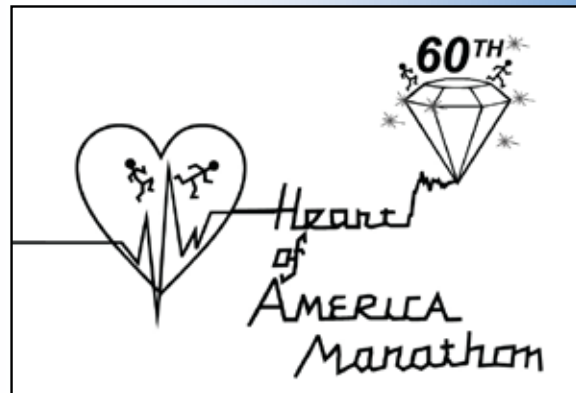
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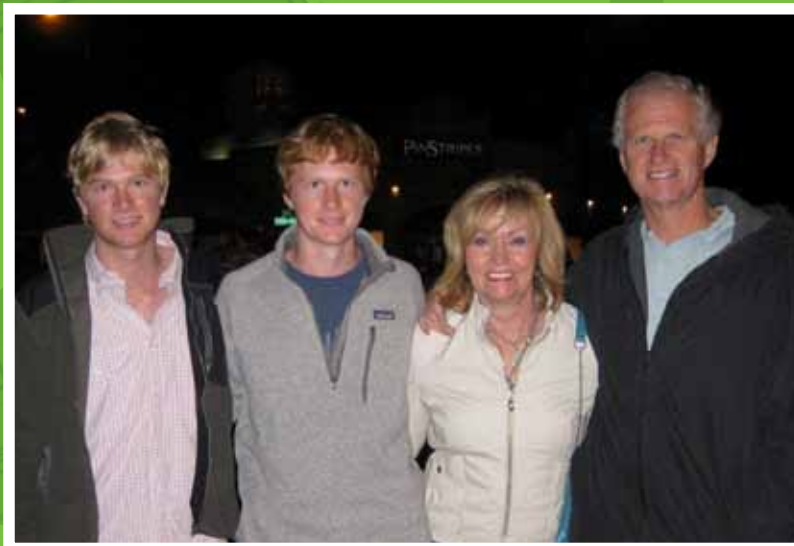
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- George Sheehan



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