

MASTER PIECES



**Magazine of Mid-America
Running Association
March - April 2019**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

MARCH - APRIL 2019

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Cover Photo:
by: Michael Chaffee

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Paddy O'Quigleys 0.5K -
Leawood, KS 02-09-2019**

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



Renee Kidwell
Editor



Is it Spring Yet?!!!

After I read MARA President, Karyn Raymer's article for this issue of Master Pieces (page 2), I smiled and shook my head in agreement. I truly yearn for some warm, beautiful blue sky, birds singing, crickets chirping kind of Spring Days. It is not that I don't enjoy the Winter season, however.... Enough is Enough! I feel like a child in the back seat of a car on a long road trip. Are we there yet?!! So, enough of the whining already, I will look for the positives discovered throughout this brutal cold, snow, ice, windy winter season.

Things such as: *I was able to use my winter running wardrobe much more than ever before and was quite creative in my layering process. *My sweet sister sent me special thermal gloves as my hands get so cold they become numb. *My new running buddy, Shadow the rescue dog, had no problem going out every morning for our early run despite the sub-zero wind chills. *I didn't have Karyn's option of using the 'dreadmill' In fact, between having to walk my older lab, Danny for a mile or so & running Shadow each morning & evening, I stayed consistent with my daily workout. *Plus, when co-workers would see me and say, "I'll bet you didn't run this morning did you?" my answer was, of course I ran, no problem!...(bragging rights?) *It does make me appreciate a nice hot shower afterward all the more. I truly have to say that overall, the best positive has been the ability and blessing of still being able to run along with the love of running that appreciates tough winter workouts and also now, anticipates some warm, beautiful Spring runs!

Wishing you a safe, fun, beautiful Spring filled with warm running, walking or biking!

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

March - April 2019

This may go on record for the winter that never ends! I love to run outside, however, this winter I have had to revert to running on the “dreadmill” way too many times. As most of you are very aware of, we have had more snow, ice, sleet and rain, than we have had in years. Spring cannot come soon enough! There have been several runs that have been postponed or cancelled since the first of the year. The only one that the weather does not affect, is the Groundhog Run, since it is held in the Hunt Midwest caves, it is always a “balmy” 70 degrees.

On December 30th, (just one day after her 85th birthday) the running community lost an icon, Fritzi Hazelrigg. Fritzi had been a runner for over half her life. She also had been a race director, excellent volunteer and a very dear friend to many. She leaves a very large hole in the running community and also in my heart. I was honored to call her my friend of more than 35 years.

Fritzi had been a widow for decades and was the matriarch of her family.

She was very loved and will be missed by many.

I truly hope by the next time I have to write an article, I will be talking about warmer temperatures, nice spring rains, planting flowers and getting to do all of my runs outside!

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
Lee's Summit, MO
Leawood, KS
Lenexa, KS
Raymore, MO
Olathe, KS
Overland Park, KS
Shawnee Mission, KS



Special Olympics Polar Plunge -- Longview Lake -- 1-26-19

This "unbearable" event is a unique opportunity to show your bravery as you support local Special Olympics athletes by walking, running or crawling into the frigid winter waters. This one-of-a-kind event promises a fun atmosphere complete with music, crazy costumes and lasting memories for everyone!

Proceeds benefit Special Olympics Missouri's year-round program of sports training and competition for children and adults with intellectual disabilities. SOMO exists to provide year-round sports and training opportunities for individuals with intellectual disabilities.

This is an annual fundraiser by the police for Special Olympics, with many law enforcement representatives.



Officer Cantrell singing
the National Anthem



Photos by: Michael Chaffee



a Special Olympics athlete who
has competed nationally

Special Olympics Polar Plunge -- Longview Lake -- 1-26-19



34 degree water temp!



Photos by: Michael Chaffee

Sweetheart 5K/10K -- Overland Park -- February -9-19



Kids' Fun Run Start



Photos by: Michael Chaffee



Course Monitors



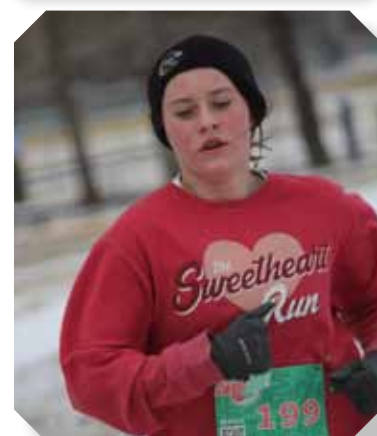
Sweetheart 5K/10K -- Overland Park -- February -9-19



1st Male 5K



1st Female 5K



Photos by: Michael Chaffee

Susannah Gill Smashes World Record for 7 Marathons in 7 Continents in 7 Days

The British runner averaged 3:28:09 for each race, allowing her to beat the previous World Marathon Challenge record by more than three hours.

image

From: RUNNER'S WORLD MAGAZINE

By TAYLOR DUTCH

FEB 10, 2019



This week, Susannah Gill made history as the new world record-holder in the World Marathon Challenge, a brutal feat that involves seven marathons on seven continents in seven days.

The British runner completed the challenge in 24 hours, 19 minutes, and nine seconds to beat the previous record by more than three hours. Despite jet lag from daily flights across the globe, varying weather conditions, and very little sleep, the 34-year-old from London averaged three hours and 28 minutes for each marathon.

Paddy O'Quigley's 0.5K -- Leawood -- 2-9-19



Younger Girls Start



Older Girls Start

Paddy O'Quigley's 0.5K -- Leawood -- 2-9-19



passage through the firetruck



Photos by: Michael Chaffee

Paddy O'Quigley's 0.5K -- Leawood -- 2-9-19



Younger Boys Start



Older Boys Start



Women's start



Photos by: Michael Chaffee

MOTIVATION FOR YOUR MILES

“Don’t listen to negative influences. Believe in yourself, and show others what you can do.

Only you can find your potential.”

- Marla Runyan

“I run almost every day and love it. I need to stay lean for my sport, and I tend to build bulk and muscle easily. Running helps me stay stringy.”

- Apolo Ohno

“There are as many reasons for running as there are days in a year, years in a life. But I run because I am an animal and a child, an artist and a saint. So, too, are you. Find your own play, your own self-renewing compulsion, and you will become the

person you are meant to be.”

- Dr. George Sheehan

“Life is often compared to a marathon, but I think it is more like being a sprinter; long stretches of hard work punctuated by brief moments in which we are given the opportunity to perform at our best.”

- Michael Johnson

“Running is a lot like life. Only 10 percent of it is exciting. 90 percent of it is slog and drudge.”

- David Bedford

“Everyone who has run knows that its most important value is in removing tension and allowing a release from whatever other cares the day may bring.”

- Jimmy Carter

“There is no failure in running, or in life, as long as you keep moving.”

- Amby Burfoot

“In addition to keeping a training log that includes miles, time and how you feel, add your goals and the reasons you run.

That will keep your motivation stoked.”

- Runner’s World Tip

“We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves. The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, ‘You must not run faster than this, or jump higher than that.’

The human spirit is indomitable.”

- Sir Roger Bannister

“Don’t let your inner quitter get the best of you. Realize you have control over your thoughts, not the other way around. Try creating a thought-stoppage trigger, which is a phrase you whip out when your brain’s getting in the way of your run. It needs to be true, positive, forward-thinking, and a verb.

Something like: ‘Saddle up’ or ‘Get going!’

- Runner’s World Tip

“A teacher is never too smart to learn from his pupils. But while runners differ, basic principles never change. So it’s a matter of fitting your current practices to fit the event and the individual.

See, what’s good for you might not be worth a darn for the next guy,”

- Bill Bowerman

“It must be spring; the saps are running.”

- derogatory remark popular with non-runners in the early years of the Boston Marathon

“All that running and exercise can do for you is make you healthy.”

- Denny McLain

“The fear of running a long race can come from the fact that you know it’s going to be physically painful. And unless you are a masochist, nobody likes pain. And if you dwell on this, it can make you nervous.”

- Ron Hill

“No pain, no gain”

- Athletic proverb

Red Dress Run -- 5K run/3K walk -- Minneapolis, KS -- 2-23-19

As J. Parks shouted "Go!", a cold rain set in; and nary a souled who ventured out onto the streets of Minneapolis, Kansas, went undrenched.



Yep - It was a soaker!!



Photos by: Michael Chaffee

Red Dress Run -- 5K run/3K walk -- Minneapolis, KS -- 2-23-19



Overall Winner



Thank You to the Finish Line Crew !!

Photos by: Michael Chaffee



ENJOY YOUR RUN!!

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

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.

Updated: 27 February 2019

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
March 2019					
Mar 2	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 2	Sat	8:30 AM	Hero 5K & Half Marathon	Landreth Park Joplin, MO	Hero 5K & Half Marathon
Mar 2	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Olathe, KS	Storybook Run
Mar 2	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's Lawrence, KS	Shamrock Shuffle
Mar 2	Sat	9:00 AM	Cupid Shuffle	Midwest Technical Institute Springfield, MO	Cupid Shuffle
Mar 3	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 9	Sat	7:00 AM	Shamrock Shake-Up Indoor Triathlon	Gladstone Community Center Gladstone, MO	Shamrock Shake-Up
Mar 9	Sat	7:30 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 9	Sat	8:00 AM	Cookie Run 5K Run/Walk	133rd & State Line Rd. Leawood, KS	Cookie Run 5K Run/Walk
Mar 9	Sat	8:15 AM	Go Green Leprechaun Run 10K & 2 Mile Fun Run	Dyck Arboretum of the Plains Hesston, KS	Leprechaun Run
Mar 9	Sat	9:00 AM	Lucky Leprechaun - 10K & 5K	West Plains, MO	Lucky Leprechaun
Mar 9	Sat	9:00 AM	40th Annual Polar Bear Run	SW Baptist Univ. Student Union Bolivar, MO	Polar Bear Run
Mar 9	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 10	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 15	Fri	7:30 PM	Leprechaun Lane North KC	Happy Rock Park Kansas City, MO	Leprechaun Lane North KC
Mar 16	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 16	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	Leprechaun Lane 5K & 10K
Mar 16	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublin's Pass Springfield, MO	ShamRox Springfield
Mar 16	Sat	8:00 AM	Running of the Squirrels	Marionville Elementary School Marionville, MO	Running of the Squirrels
Mar 16	Sat	8:00 AM	St. Patrick's Day 15k & 5K	511 S. Main St. Joplin, MO	St. Patrick's Day 15k & 5K
Mar 16	Sat	9:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 16	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 16	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School Peculiar, MO	Lucky 13.1

Mar 16	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 16	Sat	9:00 AM	Shamrock Shuffle 5K	First Baptist Church Marshfield City, MO	Shamrock Shuffle 5K
Mar 16	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 16	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport & Pennsylvania Kansas City, MO	Westport St. Pat's Run
Mar 16	Sat	11:00 AM	Norty's Shamrock 5K Fun Run	Grand Ave. & 11th Street St. Joseph, MO	Norty's Shamrock 5K Fun Run
Mar 16	Sat	12:00 PM	1/2 Ass 1/2 Birthday Run	Land's End Lawrence, KS	1/2 Ass 1/2 Birthday Run
Mar 16	Sat	1:00 PM	run4hope Timber Run	FlutterBye Ranch Leon, KS	run4hope Timber Run
Mar 17	Sun	8:00 AM	ShamRox Columbia 15K & 5K	Longboat Brewing Company Columbia, MO	ShamRox Columbia
Mar 17	Sun	12:30 PM	Ad Astra Running IRISH MILE	Ad Astra Running Lawrence, KS	IRISH MILE
Mar 20	Wed	7:30 AM	Dust Bowl Series Marathon	Dalhart, TX	Dust Bowl Series Marathon
Mar 21	Thu	6:30 AM	Dust Bowl Series Marathon	Clayton, NM	Dust Bowl Series Marathon
Mar 21	Thu	5:30 PM	Do the Du: Celebrating 3.21 Day	Sedgwick County Park Wichita, KS	Do the Du
Mar 22	Fri	7:30 AM	Dust Bowl Series Marathon	Guymon, OK	Dust Bowl Series Marathon
Mar 23	Fri	7:30 AM	Dust Bowl Series Marathon	Ulysses, KS	Dust Bowl Series Marathon
Mar 23	Sat	7:00 AM	Go Girl Run Oklahoma City	Myriad Botanical Gardens Oklahoma City, OK	Go Girl Run
Mar 23	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Hazel Valley Ranch Fayetteville, AR	Beer & Bagel Off-Road Races
Mar 23	Sat	8:00 AM	Bigfoot's Legend (Last Man Standing)	Camp Galilee El Dorado Springs, MO	Bigfoot's Legend
Mar 23	Sat	8:00 AM	#runforher 5K & 1 Mile	Avila University Kansas City, MO	#runforher 5K & 1 Mile
Mar 23	Sat	8:00 AM	Wildcat Glades Trail Race	201 W. Riviera Dr. Joplin, MO	Wildcat Glades Trail Race
Mar 23	Sat	8:30 AM	Dash 4 Down Syndrome	1530 W. Jackson St. Ozark, MO	Dash 4 Down Syndrome
Mar 23	Sat	9:00 AM	Sedalia Half Marathon & 5K Fun Run	Skyline Elementary School Sedalia, MO	Sedalia Half Marathon & 5K Fun Run
Mar 23	Sat	9:00 AM	Clean Water 5K	919 N. Seneca Wichita, KS	Clean Water 5K
Mar 23	Sat	9:00 AM	St. Pat's Irish Fest 5k/10K Trail Fun Run 2019	St. Patrick's Church Atchison, KS	St. Pat's Irish Fest 5k/10K
Mar 23	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	Victorian Classic 10K/2M
Mar 23	Sat	9:00 AM	Run2Believe 5K	Maize High School Maize, KS	Run2Believe 5K
Mar 23	Sat	9:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Unity Village Lee's Summit, MO	Funny Bunny 5K-9
Mar 23	Sat	9:30 AM	St. Joseph Outlaw Adventure Run	St. Joseph, MO	St. Joseph Outlaw Adventure Run

Mar 24	Thu	6:30 AM	Dust Bowl Series Marathon	Lamar, CO	Dust Bowl Series Marathon
Mar 24	Sun	7:30 AM	Chisholm Trail Marathon	Downtown Wichita, KS	Chisholm Trail Marathon
Mar 24	Sun	8:00 AM	Wichita Run - 12K & 5K	Downtown Wichita, KS	Wichita Run
Mar 24	Sun	8:00 AM	Andover YMCA Indoor Tri	Andover, KS	Andover YMCA Indoor Tri
Mar 24	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 24	Sun	12:00 PM	Dog-N-Jog 5K, 10K, 1.5K	KSU Veterinary Health Center Manhattan, KS	Dog-N-Jog
Mar 29	Fri	6:30 PM	Project Remember Missouri - 5K	First Bible Baptist Church Blue Springs, MO	Project Remember Missouri
Mar 30	Sat	6:00 AM	Prairie Spirit Trail Ultra Races 100 Mile, 50 Mile & 50K	Ottawa, KS	Prairie Trail Ultra Races
Mar 30	Sat	7:00 AM	CUKC Chiropractic Health Center 5K	Overland Park, KS	CUCK Health Center
Mar 30	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 30	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 30	Sat	8:00 AM	Eagle Egg 5K	Summit Christian Academy Lee's Summit, MO	Eagle Egg 5K
Mar 30	Sat	8:00 AM	Jadon's Hope Bug Run 10K, 5K Run/walk, Bitty Bug Run	Rolling Ridge Elementary Olathe, KS	Jadon's Hope Bug Run
Mar 30	Sat	9:00 AM	ATSU Wellness 5K Run/2K Walk	Take Root Cafe Kirksville, MO	ATSU Wellness 5K Run/2K Walk
Mar 30	Sat	9:00 AM	Springfield Seize the Day 5K	Jordan Valley Park Springfield, MO	Seize the Day
Mar 30	Sat	9:00 AM	Community Access Center 5K	400 Mickey Mantle Way Independence, KS	Community Access Center 5K
Mar 30	Sat	9:00 AM	Trot4Tots 5K	Lake Shawnee Shelter House #1 Topeka, KS	Trot4Tots 5K
Mar 30	Sat	9:00 AM	It's A Great Day to be an Eagle - 5K	Bartlett Park St. Joseph, MO	It's A Great Day to be an Eagle
Mar 30	Sat	8:00 PM	Holiday Resort 5K Glowing Dash	Emporia State University Emporia, KS	Holiday Resort 5K Glowing Dash
Mar 31	Sun	3:15 PM	Pineapple & Unicorns Reverse Triathlon	Fair Acres Family YMCA Cathage, MO	PURT
April 2019					
Apr 5	Fri	7:00 AM	GO! St. Louis Marathon 5K	Downtown St. Louis, MO	GO! St. Louis Marathon 5K
Apr 5	Fri	4:00 PM	Kansas City Corporate Challenge Walk	Truman Sports Complex Kansas City, MO	Corporate Challenge Walk
Apr 6	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	Eisenhower Marathon
Apr 6	Sat	7:00 AM	Rockin K Trail Runs 50 Mile Trail Run & Trail Marathon	Kanopolis State Park Ellsworth, KS	Rockin K Trail Runs
Apr 6	Sat	7:30 AM	Big Party Half Marathon & 5K	Jordan Valley Park Springfield, MO	Big Party Half Marathon
Apr 6	Sat	7:30 AM	Race to Read 5K	Corporate Woods Overland Park, KS	Race to Read 5K

Apr 6	Sat	8:00 AM	YMCA Indoor Triathlon	YMCA Cameron, MO	YMCA Indoor Triathlon
Apr 6	Sat	8:00 AM	Topeka Lions Journey for Sight 10K	Combat Air Museum Topeka, KS	Journey for Sight 10K
Apr 6	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll	Elms Hotel and Spa Excelsior Springs, MO	Tortoise and Hare
Apr 6	Sat	8:00 AM	El Dorado Half Marathon	El Dorado, KS	El Dorado Half Marathon
Apr 6	Sat	8:00 AM	LFE Leopards' 5K Run/Walk	Lucy Franklin Elementary School Blue Springs, MO	Lucy Franklin Leopards' 5K Run/Walk
Apr 6	Sat	8:00 AM	Tortoise & Hare 5K Run, Walk & Roll	Wabash BBQ Excelsior Springs, MO	Tortoise & Hare
Apr 6	Sat	8:00 AM	Do or Die Half Marathon & 5K	Katy Trail Boonville, MO	Do or Die Half Marathon & 5K
Apr 6	Sat	8:00 AM	Head for the Cure - Mid-MO	Stephens Lake Park Columbia, MO	Head for the Cure
Apr 6	Sat	8:00 AM	Salute to Service 5K	Pittsburg YMCA Pittsburg, KS	Salute to Service 5K
Apr 6	Sat	8:00 AM	Freeman 5K	Joplin YMCA Joplin, MO	Freeman 5K
Apr 6	Sat	8:30 AM	Donum Fidei 5K	Lawrence, KS	Donum Fidei 5K
Apr 6	Sat	8:30 AM	World Health Run/Walk	Kansas City, MO	World Health Run/Walk
Apr 6	Sat	8:30 AM	Strollin' for the Colon 5K Run/Walk	Cedar Crest Topeka, KS	Strollin' for the Colon
Apr 6	Sat	9:00 AM	Accept Zero Suicide Awareness 5K	Arrowhead Stadium Kansas City, MO	Accept Zero 5K
Apr 6	Sat	9:00 AM	Go Big or Go Home Race 5K	Downtown Warrensburg, MO	Go Big or Go Home
Apr 6	Sat	9:00 AM	Badge of Honor Benefit Run	Three Rivers College Poplar Bluff, MO	Badge of Honor Benefit Run
Apr 6	Sat	9:00 AM	Bluestem PACE Race 5K	113 S. Ash McPherson, KA	Bluestem PACE Race 5K
Apr 6	Sat	9:00 AM	USD 309 Panther Prowl 5K	Nickerson, KS	USD 309 Panther Prowl 5K
Apr 6	Sat	9:00 AM	Outrun Childhood Obesity	Charles Peebles Complex Garden City, KS	Glade Top Trail Run
Apr 6	Sat	9:00 AM	Glade Top Trail Run 4.25 & 10.25 Trail Run	Mark Twain National Forest Ava, MO	Glade Top Trail Run
Apr 6	Sat	9:00 AM	Beer & Bagel Off Road Race Series 4 Miles	Jester Park Granger, IA	Beer & Bagel Off Road Race
Apr 6	Sat	9:00 AM	Miles4Marilyn 5K & 1M	Tonganoxie High School Tonganoxie, KS	Miles4Marilyn 5K & 1M
Apr 6	Sat	9:00 AM	April Fools 5K Run/Walk	Cameron YMCA Cameron, MO	April Fools 5K Run/Walk
Apr 6	Sat	10:00 AM	DC Run for Autism	Dodge City, KS	DC Run for Autism
Apr 7	Sun	6:00 AM	Brew to Brew	The Roasterie Kansas City, MO	Brew to Brew
Apr 7	Sun	7:00 AM	GO! St. Louis Marathon, Half Marathon, & Marathon Relay	Downtown St. Louis, MO	GO! St. Louis Marathon 5K & Fun Run
Apr 7	Sun	8:00 AM	Pee Wee's Run	Bruce R. Watkins Center Kansas City, MO	Pee Wee's Run

Apr 13	Sat	6:00 AM	Garmin Marathon - In the Land of Oz Full, Half and 5K	Garmin World Headquarters Olathe, KS	Garmin Munchkin Marathon
Apr 13	Sat	7:00 AM	Flint Hills 50 Miler & Marathon	Green Valley Community Center Manhattan, KS	Flint Hill 50 Miler & Marathon
Apr 13	Sat	7:30 AM	Rock the Parkway Half Marathon & 5K	Burns & McDonnell World Hdqts Kansas City, MO	Rock the Parkway
Apr 13	Sun	8:00 AM	Paint the People 5K	Jefferson City High School Jefferson City, MO	Paint the People 5K
Apr 13	Sat	8:00 AM	Fighting Mules Battalion Patriot 5K	CMSU Warrensburg, MO	Fighting Mules Battalion Patriot 5K
Apr 13	Sat	8:00 AM	Kansas Mennonite Relief Sale Run/Walk for Relief 5K	Kansas State Fairgrounds Hutchinson, KS	Run/Walk for Relief 5K
Apr 13	Sat	8:00 AM	Amazing Grace	St. Paul's United Methodist Joplin, MO	Amazing Grace
Apr 13	Sat	8:00 AM	Pink up the Pace 5K & Honor Walk	Downtown Manhattan, KS	Pink of the Pace 5K & Honor Walk
Apr 13	Sat	8:00 AM	Heartland Fun Run & 5K	Heartland Elementary School Overland Park, KS	Heartland Fun Run & 5K
Apr 13	Sat	8:00 AM	Wichita Easter Egg 5K Lil' Bunny Fun Run	First United Methodist Church Wichita, KS	Wichita Easter Egg 5K
Apr 13	Sat	8:00 AM	Sock & Undie Rundie 5K	Midwest Technical Institute Springfield, MO	Sock & Undie Rundie 5K
Apr 13	Sat	8:30 AM	Tiger COLOR Streak	Ozark Middle School Ozark, MO	Tiger COLOR Streak
Apr 13	Sat	8:30 AM	All for the Children 5K	MCC-Blue River Independence, MO	MCC-Blue River All for the Children 5K
Apr 13	Sat	9:00 AM	Nitty Gritty Dirt Dash	Trusler Sports Complex Emporia, KS	Nitty Gritty Dirt Dash
Apr 13	Sat	9:00 AM	Bridge 2 Bridge 5K Run/Walk	Downtown Topeka, KS	Bridge2Bridge 5K
Apr 13	Sat	9:00 AM	Run/Walk for the Paws 5K	St. Joseph, MO	Run for Paws 5K
Apr 13	Sat	9:15 AM	Tim Heinsz Memorial 5K & 10K Run/Walk Jim Devine Dog Walk	Hulston Hall Columbia, MO	Tim Heinz Memorial 5K & 10K
Apr 13	Sat	3:00 PM	Havin' A Crappie Day - Road Races	Stockton State Park Marina Dadeville, MO	Havin' A Crappie Day - Road Races
Apr 14	Sun	7:00 AM	GEAK5	Lot 301 Lawrence, KS	GEAK5
Apr 14	Sun	8:00 AM	Go Girl Run Springfield Half Marathon & 5K	Springfield, MO	Go Girl Run Half Marathon
Apr 14	Sun	8:30 AM	Family Timber Challenge	Bonner Springs, KS	Family Timber Challenge
Apr 14	Sun	9:00 AM	Spring Migration Triathlon	Emporia State University Emporia, KS	Spring Migration Triathlon
Apr 20	Sat	7:00 AM	Run for Missions Half Marathon, 5K, Fun Run	1 Legget Rd. Carthage, MO	Run for Missions
Apr 20	Sat	8:00 AM	Easter Escapade 5K	Downtown Lee's Summit, MO	Easter Escapade 5K
Apr 20	Sat	8:00 AM	Legalize It 5K	English Landing Park Parkville, MO	Legalize It 5K
Apr 20	Sat	8:00 AM	Easter Egg 5K & Lil' Bunny Fun Run	South Creek Office Park Overland Park, KS	Easter Egg 5K
Apr 20	Sat	8:00 AM	Gorilla Dash	Pittsburg, KS	Gorilla Dash

Apr 20	Sat	8:00 AM	Run for the Son	Springfield, MO	Run for the Son
Apr 20	Sat	8:00 AM	5K the Free Way	200 Elm St. Lawrence, KS	5K the Free Way
Apr 20	Sat	8:00 AM	Bar K 5K	Bar K Kansas City, Mo	Bar K 5K
Apr 20	Sat	8:30 AM	CRMC Foundation Spring Chicken 5K	Coffeyville Regional Medical Ctr Coffeyville, KS	CRMC Foundation Spring Chicken 5K
Apr 20	Sat	8:30 AM	Easter Sun Run	Sedgwick County Park Wichita, KS	Easter Sun Run
Apr 20	Sat	8:30 AM	Jay Dix Challenge to Cure 10K & 5K Run/Walk	Flat Branch Park Columbia, MO	Jay Dix Challenge to Cure
Apr 20	Sat	9:00 AM	Happy Camper Scamper	Downtown - Riverwalk St. Joseph, MO	Happy Camper Scamper
Apr 20	Sat	9:00 AM	Resurrection Run	2220 E. Grand Springfield, MO	Resurrection Run
Apr 20	Sat	9:00 AM	Spring Fling 5K	Commuter Parking Lot Jefferson City, MO	Spring Fling 5K
Apr 20	Sat	9:00 AM	Neosho Dogwood Run	500 S. Neosho Blvd. Neosho, MO	Dogwood Run
Apr 20	Sat	9:00 AM	Anchors Away 5K	Platte City, MO	Anchors Away 5K
Apr 20	Sat	10:00 AM	Park University Earth Week 5K	E. 6th Street Parkville, MO	Park University Earth Week 5K
Apr 21	Sun	8:00 AM	Drake Road Races Half Marathon, 10K, 5K	Drake Stadium Des Moines, IA	Drake Road Races
Apr 21	Sat	8:00 AM	Great Plains 10K - Wichita	Downtown Wichita, KS	Great Plains 10K - Wichita
Apr 22	Mon	2:30 PM	PDKC's 5K Hunger Run/Walk	16050 S. Pflumm Rd. Olathe, KS	PDKC's 5K Hunger Run/Walk
Apr 27	Sat	6:00 AM	Frisco Railroad Run 50M, 50K, Marathon, Half Marathon, 8K	Willard Middle School Willard, MO	Frisco Railroad Run
Apr 27	Sat	7:04 AM	704 Blue Run 7.04 Mile, 5K & 1 Mile Kid's Run	College Church of the Nazarene Olathe, KS	704 Blue Run
Apr 27	Sat	7:30 AM	Noah's Crown Town 5K	Corporate Woods Overland Park, KS	Noah's Crown Town 5K
Apr 27	Sat	8:00 AM	Free State Trail Run 100K, 40M, 26.2 & 1/2 Marathon	Clinton Lake State Park Lawrence, KS	Free State Trail Run
Apr 27	Sat	8:00 AM	Speedy Spoofoound 5K & Kids 1M Fun Run	Eugene Field Elementary School Maryville, MO	Speedy Spoofoound
Apr 27	Sat	8:00 AM	Independence Park Trot 5K	Waterfall Park/Bass Pro Independence, MO	Independence Park Trot
Apr 27	Sat	8:00 AM	5K Run/Walk with the Huskies	Phil Welch Stadium St. Joseph, MO	5K Run/Walk with the Huskies
Apr 27	Sat	8:00 AM	Open Range Gravel Race (OR200K)	Lemon Park Pratt, KS	Open Range Gravel Race
Apr 27	Sat	8:00 AM	Triangle 5K Run/Walk	901 Marion Dr. Kansas City, MO	Triangle Run
Apr 27	Sat	8:00 AM	T-Bird Trot 5K	Benton, KS	T-Bird Trot 5K
Apr 27	Sat	8:00 AM	Fulton 5K	Memorial Park Fulton, MO	Fulton 5K
Apr 27	Sat	8:00 AM	Bulldog Bolt 5K & 1M	Mission Trail Elementary Leawood, KS	Bulldog Bolt

Apr 27	Sat	8:00 AM	Corinth Dragon Dash	Corinth Elementary School Leawood, KS	Dragon Dash
Apr 27	Sat	8:00 AM	Run 4 Hope	Waterfall Park Independence, MO	Run 4 Hope
Apr 27	Sat	8:00 AM	Matt's Run	Stockton Dam Stockton, MO	Matt's Run
Apr 27	Sat	8:00 AM	Neosho Sprint Triathlon	Freeman Family YMCA Neosho, MO	Neosho Sprint Triathlon
Apr 27	Sat	8:00 AM	Lub Dub Run 10K/5K Run/Walk	Bothwell Regional Health Center Sedalia, MO	Lub Dub Run
Apr 27	Sat	8:00 AM	Dog-N-Jog	Sedgwick County Park Wichita, KS	Dog-N-Jog
Apr 27	Sat	8:00 AM	Run With The Cops	Ozark Police Station Ozark, MO	Run With The Cops
Apr 27	Sat	8:30 AM	Party for Parkinson's 5K 1 Mile Party Run	Catholic Care Campus Bel Aire, KS	Party for Parkinson's 5K
Apr 27	Sat	8:30 AM	James O'Rourke Memorial Triathlon	North Platte, NE	James O'Rourke Memorial Triathlon
Apr 27	Sat	9:00 AM	Walk for Wishes	Power & Light District Kansas City, MO	Walk for Wishes
Apr 27	Sat	9:00 AM	Yellow Brick Road 5K	MSSU Stadium Joplin, MO	Yellow Brick Road 5K
Apr 27	Sat	9:00 AM	Wildcat Warrior 5K	General Myers Hall Manhattan, KS	Wildcat Warrior 5K
Apr 27	Sat	9:00 AM	Chase for a Cause	Geary County Hospital Junction City, KS	Chase for a Cause
Apr 27	Sat	9:00 AM	Run The Numbers 5K	Jefferson City North Pavilion Jefferson City, MO	Run The Numbers 5K
Apr 27	Sat	9:00 AM	CCHC 5K Run/12 Mile Bike Race	Concordia, KS	CCHC 5K Run/12 Mile Bike Race
Apr 27	Sat	9:30 AM	30th Emma Creek 5K	Hesston, KS	Emma Creek 5K
Apr 27	Sun	10:00 AM	Cross Country 5K For Christ's Kids	Camp Christy Scott City, KS	Cross Country 5K For Christ's Kids
Apr 27	Sat	2:00 PM	Party in the 060 5K	Haysville, KS	Party in the 060 5K
Apr 28	Sun	6:30 AM	Oklahoma City Memorial Marathon Full, Half, Relay, 5K, Kids	Oklahoma City, OK	Oklahoma City Marathon
Apr 28	Sun	7:30 AM	Trolley Run 4 Mile Run/Walk	75 th and Wornall Kansas City, MO	Trolley Run
Apr 28	Sun	7:45 AM	Rallye66 Benefit 1 3 5 5K, 1M Run, 5M Adventure Race	Carthage, MO	Rallye66 Benefit 1 3 5
Apr 28	Sun	8:00 AM	Stronger Together 5K	The Deuce Pub & Pit Columbia, MO	Stronger Together 5K
Apr 28	Sun	12:00 PM	Miles for Mercy 5K Run/Walk	Heritage Park Olathe, KS	Miles for Mercy 5K Run/Walk
May 2019					
May 2	Thu	6:00 PM	Wellaware 5K	Stephens Lake Park Columbia, MO	Wellaware 5K
May 3	Fri	7:00 PM	Girls on the Run Spring 5K	Carey Park Hutchinson, KS	Girls on the Run Spring 5K
May 3	Fri	6:30 PM	Rock4Kids Series - Paint the Run	Rutledge-Wilson Farm Park Springfield, MO	Rock4Kids Series - Zombie Run

May 3	Fri	6:30 PM	Mental Health 5K - 50 States/50 Days	Sedgwick County Park Wichita, KS	Mental Health 5K
May 4	Sat	7:30 AM	Kansas City Corporate Challenge 5K	Burns & McDonnell Headquarters Kansas City, MO	Corporate Challenge 5K
May 4	Sat	7:30 AM	CASA Run for the Child 5K	Acorns Resort Milford, KS	CASA Run for the Child 5K
May 4	Sat	7:30 AM	Rockstar Run North KC Half Marathon, 10K, 5K	EH Young Riverfront Park Riverside, MO	Rockstar Run North KC
May 4	Sat	8:00 AM	Tower 2 Tower 5K	WaterOne Lenexa, KS	Tower 2 Tower 5K
May 4	Sat	8:00 AM	Empower Run	Midland Tech Harbison Columbia, MO	Empower Run
May 4	Sat	8:00 AM	Rural Route 13.1 Half Marathon & 10K	Esbon, KS	Rural Route 13.1
May 4	Sat	8:00 AM	Jeff Shikles Memorial 5K	Ann Hawkins Gentry School Columbia, MO	Jeff Shikles Memorial 5K
May 4	Sun	8:00 AM	Run So They Can Ride 5K	English Landing Park Parkville, MO	Run So They Can Ride
May 4	Sat	8:00 AM	Kansas Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	Heart and Sole Classic
May 4	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Frontier Park Olathe, KS	Maguire Gilner Angel Day 5K
May 4	Sat	8:00 AM	Blue Devil 5K & Kids Trot	KCK Community College Kansas City, KS	Blue Devil 5K & Kids Trot
May 4	Sat	8:00 AM	5K for Health	Belton Regional Medical Center Belton, MO	5K for Health
May 4	Sat	8:00 AM	Christ the King Spring Fling 5K	Christ the King Church Topeka, KS	Spring Fling
May 4	Sat	8:00 AM	Mutt March & Woofstock 2019	765 E. St. Louis St. Springfield, MO	Mutt March & Woofstock
May 4	Sat	8:00 AM	CGSC FMWR Triathlon	Ft. Leavenworth CGSC Ft. Leavenworth, KS	CGSC FMWR Triathlon
May 4	Sat	8:00 AM	Donut Dash	Sterling Lake Boat House Sterling, KS	Donut Dash
May 4	Sat	8:00 AM	The Color Run - Kansas City	Arrowhead Stadium Kansas City, MO	The Color Run
May 4	Sat	8:00 AM	Truman Days 5K & 1 Mile	1108 Gulf St. Lamar, MO	Truman Days 5K
May 4	Sat	8:00 AM	Mothers Day 5K & Kids 1 Mile	North Main Park El Dorado, KS	Mothers Day 5K
May 4	Sat	8:00 AM	Landan's LegOcy 'Take a Walk on the Wild Side' 5K	The Venues Church Springfield, MO	Landan's LegOcy
May 4	Sat	8:00 AM	CASA Superhero 13.1K & 5K Run/Walk	5700 W. 6th St. Lawrence, KS	CASA Superhero 13.1K & 5K Run/Walk
May 4	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita, KS	Step up for KIDS 5K
May 4	Sat	8:30 AM	401 K Race for Financial Fitness	National WW1 Museum & Mem. Kansas City, MO	401 K Race for Financial Fitness
May 4	Sat	8:30 AM	PurpleStride 5K	Frank A Theis Park Kansas City, MO	PurpleStride 5K
May 4	Sat	8:30 AM	Girls on the Run SW Missouri 5K	Missouri State University Springfield, MO	Girls on the Run SW Missouri 5K
May 4	Sat	8:30 AM	CMH Heroes for Hospice 5k & 10K	1500 N. Oakland Bolivar, MO	CMH Heroes for Hospice 5k & 10K

May 4	Sat	9:00 AM	Girls on the Run 5K	Children's Mercy Park Kansas City, KS	Girls on the Run 5K
May 4	Sat	9:00 AM	Run on the Ranch 5K/10K	Broken Wing Ranch Ministries Junction City, KS	Run on the Ranch 5K/10K
May 4	Sat	9:00 AM	Rainbows Run 5K & 1 Mile	Augusta, KS	Rainbows Run 5K & 1 Mile
May 4	Sat	9:00 AM	Life Run 5K	Sedgwick County Park Wichita, KS	Life Run 5K
May 4	Sat	9:00 AM	Abbey Trails 5K Run/2 Mile Walk	Conception Abbey Conception, MO	Abbey Trails
May 4	Sat	9:00 AM	Walk Kansas 5K For the Fight	Johnson Cancer Research Ctr Manhattan, KS	Walk Kansas 5K For the Fight
May 4	Sat	9:00 AM	P.E.O Race for the Stars	Brown's Park Abilene, KS	P.E.O Race for the Stars
May 4	Sat	9:00 AM	Trail of Four Winds 25K Trail Run	Lake of the Ozarks State Park Kaiser, MO	Trail of Four Winds
May 4	Sat	9:00 AM	See Spot Run 5K/9K	100 N. Youngman Ave. Baxter Springs, KS	Trail of Four Winds
May 4	Sat	9:00 AM	NAMI Walks	SAR-Ko-Par Trails Park Lenexa, KS	NAMI Walks
May 4	Sat	9:00 AM	Jumpstart Spark a Life 5K	Flat Branch Park Columbia, MO	Jumpstart Spark a Life 5K
May 4	Sat	9:30 AM	JW's Epilepsy 1 Mile Walk & 5K	5800 A River Pond Rd. Manhattan, KS	JW's Epilepsy
May 4	Sat	9:30 AM	Wine-O-Trail Run - 10K, 5K, 2M	Wheat State Wine Co. Winfield, KS	Wine-O-Trail Run
May 4	Sat	10:00 AM	Jump Spark a Life 5K	Flat Branch Park Columbia, MO	Jump Spark a Life 5K
May 5	Sun	7:00 AM	Lincoln National Guard Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	Lincoln Marathon
May 5	Sun	7:00 AM	TriZou Triathlon & Duathlon	Stankowski Field Columbia, MO	TriZou Triathlon
May 5	Sun	7:00 AM	Independence Half Marathon	Blue River Community College Independence, MO	Independence Half Marathon
May 5	Sun	7:30 AM	Spring Prairie Fire Half Marathon Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	Prairie Fire Half Marathon
May 5	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	Queen's 5K Romp
May 5	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	LAKC Run for Justice 5K
May 5	Sun	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	Skyline Shuffle 5K
May 5	Sun	8:00 AM	Indoor Triathlon Series	Northwest YMCA Wichita, KS	Indoor Triathlon
May 5	Sun	8:00 AM	Lake Regional Fun Run Walk	Lake Regional Hospital Osage, MO	Lake Regional Fun Run Walk
May 5	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	Outpacing Melanoma
May 5	Sun	9:00 AM	Women on the Move 5K Run/Walk	English Landing Park Parkville, MO	Women on the Move 5K Run/Walk
May 5	Sun	10:00 AM	Cinco de Mile	2995 NE Parkway St. Joseph, MO	Cinco de Mile
May 5	Sun	10:00 AM	Mizzou Mile	Stankowski Field Columbia, MO	Mizzou Mile

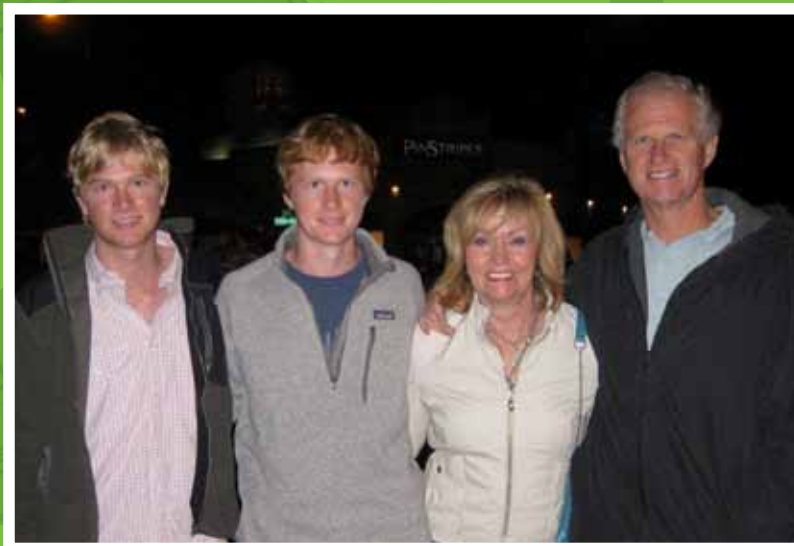
May 5	Sat	2:00 PM	Aviators 5K	Haysville, KS	Aviators 5K
May 5	Sun	5:00 PM	Sharpen the Saw Challenge Course	Barry Platte Park Kansas City, MO	Sharpen the Saw Challenge Course
May 11	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	Running with the Cows
May 11	Sat	7:30 AM	HP3 at Heritage Park 5K, 10K, 15K	Heritage Park Olathe, KS	HP3
May 11	Sat	8:00 AM	Tower 2 Tower 5K	South CW&EP Water Tower Carthage, MO	Tower 2 Tower 5K
May 11	Sat	8:00 AM	Wizarding Run	Springfield, MO	Wizarding Run
May 11	Sat	9:00 AM	Northland Mother's Day 5K/10K	English Landing Park Parkville, MO	Northland Mother's Day 5K/10K
May 11	Sat	9:00 AM	Sophie's Run 5K	Lake Waukomis Kansas City, MO	Sophie's Run
May 11	Sat	9:00 AM	Girls on the Run Spring 5K	Boathouse Wichita, KS	Girls on the Run Spring 5K
May 11	Sat	9:00 AM	Psychodelic 5K 'Fire' Version	Wyandotte County Lake Park Kansas City, KS	Psychodelic 5K 'Fire' Version
May 11	Sun	10:00 AM	Girls on the Run Heart of Missouri Spring 5K	Bear Tree Trail Columbia, MO	Girls on the Run Heart of Missouri
May 11	sat	2:00 PM	Girls on the Run Wichita 5K	Wichita Boathouse Wichita, KS	Girls on the Run Wichita 5K
May 12	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	Kansas City Triathlon
May 12	Sun	8:00 AM	KC Express Mother's Day 5K for Women	Corporate Woods Overland Park, KS	Mothers' Day 5K
May 12	Sun	8:00 AM	Derby High Five (5K & 1Mile)	High Park Derby, KS	Derby High Five (5K & 1Mile)
May 15	Wed	6:30 PM	Five Fifty Fifty Run/Walk for Mental Health	Kansas City, MO	Five Fifty Fifty
May 17	Fri	11:00 AM	MSMS Bull Rush	3403 N. Tyler Wichita, KS	MSMS Bull Rush
May 17	Fri	6:15 PM	Run for Recovery 5K	Unity Village Lee's Summit, MO	Run for Recovery 5K
May 18	Sat	7:00 AM	Okie Relays	Elkhart, KS	Okie Relays
May 18	Sat	6:30 AM	Joplin Memorial Run	Joplin, MO	Joplin Memorial Run
May 18	Sat	7:00 AM	Spirit of Missouri 1/2 Marathon	Whiteman AFB, MO	Spirit of Missouri 1/2 Marathon
May 18	Sat	7:00 AM	Kansas City Corporate Challenge Half Marathon	South Creek Business Park Overland Park, KS	Corporate Challenge Half Marathon
May 18	Sat	7:10 AM	Tulsa Tri	Twin Coves Beach Bannockburn, OK	Tulsa Tri
May 18	Sat	8:00 AM	Great American Bacon Race	Table Rock Lake Branson, MO	Branson's Great Bacon Race
May 18	Sat	8:00 AM	Global 6K for Water Run/Walk	Liberty Memorial Park Kansas City, MO	Global 6K for Water
May 18	Sat	8:00 AM	Turkey Creek Festival 5K	Irene B French Community Center Merriam, KS	Turkey Creek Festival 5K
May 18	Sat	8:30 AM	Happy Feet 5K	Calvary Baptist Church Republic, MO	Happy Feet 5K

May 18	Sat	9:00 AM	Nixa Sucker Days 5K	Inman Intermediate School Nixa, MO	Nixa Sucker Days
May 18	Sat	9:00 AM	Flash Dash 5K & Kids Run	18th & Clay North Kansas City, MO	Flash Dash 5K & Kids Run
May 18	Sat	9:00 AM	Brandon Russell's Flash Dash 5K Run/Walk	Chicken and Pickle Kansas City, MO	Brandon Russell's Flash Dash
May 18	Sun	9:30 AM	Stride On 5K	Heritage Park Olathe, KS	Stride On 5K
May 18	Sat	5:00 PM	Ferguson Twilight Run One-Mile Fun Run, 5K and 10K	Plaza at 501 Ferguson, MO	Ferguson Twilight Run
May 18	Sat	6:00 PM	Phil Sayer Fund 5K Benefit Run/Walk	Stephens Lake Park Columbia, MO	Phil Sayer Fund 5K Benefit Run/Walk
May 18	Sat	8:30 PM	Rock the Night Away Trail Run Half Marathon, 10K & 5K	Branded B Ranch Lake Perry, KS	Rock the Night Away Trail Run
May 19	Sat	7:10 AM	Tulsa Tri	Twin Coves Beach Barrsdall, OK	Tulsa Tri
May 19	Sun	8:00 AM	Christmas in May 5K	English Landing Park Parkville, MO	Christmas in May
May 19	Sun	8:00 AM	MGA Triple Crown Showdown 5K Run/Walk, 1 Mile Walk, Tot Trot	Towne Center Leawood, KS	MGA Triple Crown
May 19	Sun	9:00 AM	Flash Dash	18th & Clay Street North Kansas City, MO	Flash Dash
May 19	Sun	4:00 PM	The Great Amazing Race - Kansas City	Franke Fields Lee's Summit, MO	The Great Amazing Race - Kansas City
May 25	Sat	7:00 AM	Bill Snyder Highway Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	Bill Snyder Highway Half Marathon
May 25	Sat	8:00 AM	Memorial Day March 5K/10K & 1 Mile Walk	Grain Valley South Middle School Grain Valley, MO	Memorial Day March
May 25	Sat	8:00 AM	YMCA Parkway Run/Walk	Krug Park St. Joseph, MO	YMCA Parkway Run/Walk
May 25	Sat	8:00 AM	Donutology Dash	1009 Westport Rd. Kansas City, MO	Donutology Dash
May 25	Sat	8:00 AM	Greased Lighting 5K	B&B Theaters Ozark, MO	Greased Lighting 5K
May 26	Sun	8:00 AM	Get Your Rear in Gear - Wichita	Farm & Art Market Plaza Wichita, KS	Get Your Rear in Gear
May 27	Mon	8:00 AM	Going the Distance for Brain Injury	Loose Park Pavilion Kansas City, MO	Going the Distance for Brain Injury
May 27	Mon	8:00 AM	5K Home Run	South Park Lawrence, KS	5K Home Run
May 27	Mon	9:00 AM	Temple Run 5K	Kansas City Temple Kansas City, MO	Temple Run
May 27	Mon	9:00 AM	Blue Sky Tri	Heston Aquatic Center Hesston, KS	Blue Sky Tri



“Have you ever felt worse after a run?”

- George Sheehan



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