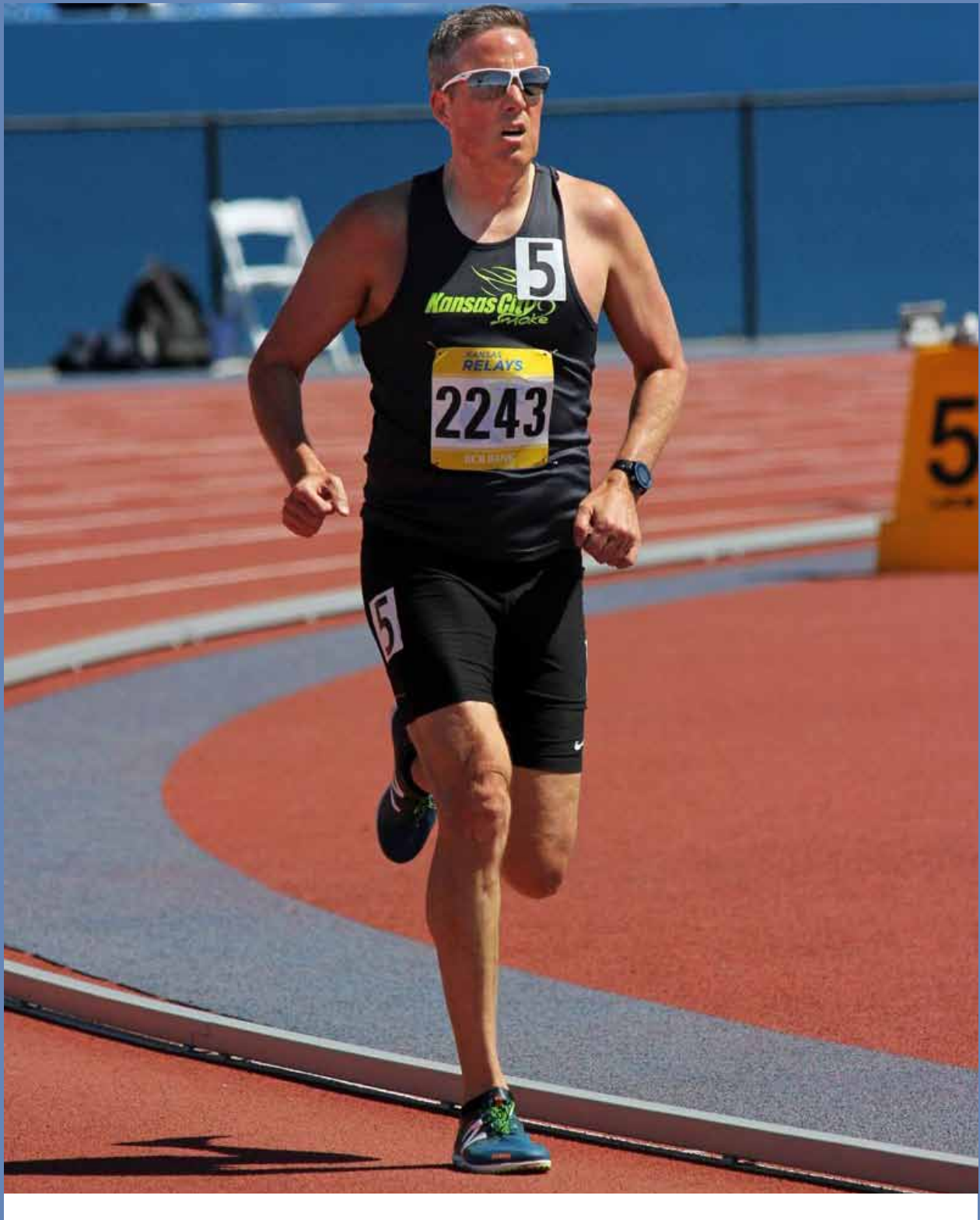


# MASTER PIECES



**Magazine of Mid-America  
Running Association  
May - June 2019**

# Master Pieces

Magazine of Mid-America Running Association

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

MAY - JUNE 2019

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### Cover Photo: by: Gene Wee

KC Smokes' Jeremy Garrett ran a 5:19.81 to take second in the Men's Masters Mile at the KU Relays

**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



### *When Injury Stops Your Run*

The day I brought my Rescue dog, Shadow, into my home to live, be loved and enjoy life & running with me, I knew that lots of teaching, training and patience with this young nervous, yet wide open Red Healer, was required. Such a wonderful running companion he has become over the past few months.

We had worked up to doing 10 milers on Saturdays. Then, the accident happened! I was throwing Frisbees for him to catch in the back yard one evening. It was a windy day and he jumped higher than normal to grab it. When he came down he broke his left front leg. I don't need to go into the hard, painful details that followed that accident. Surgery was required, a good amount of pain meds for a week or so and very Limited! activity for the next 6-8 weeks. I have to carry him down the porch steps every time for him to do his business. No extra walking, no jumping on anything – all furniture is off limits. His sad eyes look at me as I tell him to wait, I'll be right back after taking my older black lab for a walk. No early morning runs for him right now – and... for me, as I give him extra attention in the morning before heading off to work. He needs me more than ever now to be patient, understanding and loving. I want to do everything I can to get him healed properly and....in a few more weeks, perhaps we can start to walk together, slowly, just enjoying the beautiful spring days. Shadow will be strong and able to start to run again soon and I will be more than ready to go the distance with him! Injury may have stopped the run for a while but it will never stop the love, patience and care that this young fella needs for a long *healthy life*.

*May you as well continue to run, walk, & bike strong  
for a long healthy life!*

#### *Master Pieces Staff:*

Editor: Renee Kidwell  
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Michael Chaffee,  
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## Karen's Column

By Karen Raymer  
President of MARA  
May-June 2019

Here it is almost the first of May, and I have yet to be able to run in shorts, it is still too chilly. People keep saying "we will probably not have a Spring, we will just go directly to summer weather". That would be just fine with me!

I have always been a fan of hot weather over cold any day, I have always loved running in the summer. I remember one time, not long after I first began running in my early 20's, I was visiting my maternal grandmother, in Oklahoma, in the summer. She had lived in Arkansas and Oklahoma, so she was a "Southern lady". I had gone for a run, it was a typical Oklahoma summer morning, hot and humid.

When I returned from my run, she was sitting on her front porch waiting for me, with a nice glass of cool water. Needless to say, I was dripping! She asked me to sit down next to her, I said "oh no Momo, I'm sweating way too much to sit on your furniture. She then said in her sweet little southern accent "oh honey, horses sweat, men perspire, but women glow"! I then replied, "well then, I am glowing all over your porch"! To this day, whenever I break a sweat, I can still hear her sweet little southern voice saying that to me.

If you have checked the calendar lately, you can see that the races in Kansas City are very plentiful. There seems to be multiple events on every day of the weekend, so there is something for everyone. When MARA was still active in the orchestration of races, we were very cognizant, of the other clubs in the Kansas City area, that were having races and we would try not put one of our races on the same date. That certainly does not seem to be the format these days. I just don't know how the running community can support all these events, that are on the calendar any given weekend!

*Wishing you happy and healthy running and/or walking.*

*Karen*

---

## MARA Sustaining Members



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

Leawood, KS  
Merriam, KS  
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





Spring is Blooming Sat. April 20,2019 at the finish of 5K the Free Way,  
hosted by the Lawrence Garry Gribble's Running Sport. The finish was on the  
Kansas River levee by the power plant.

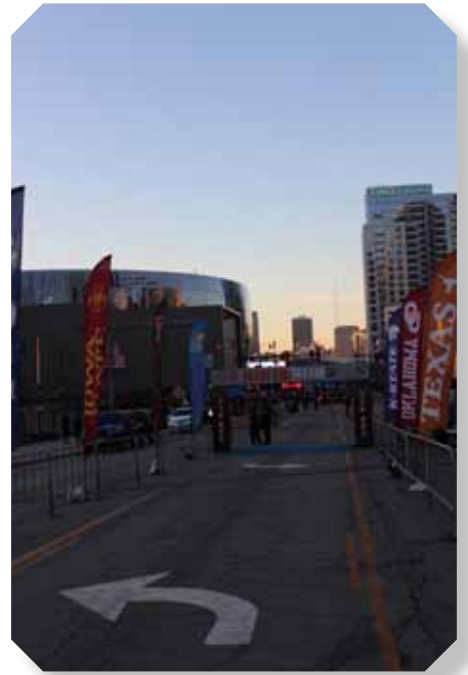


Photo By: Gene Wee [runlawrence.org](http://runlawrence.org)



## Big XII Run

A great Kick off for March basketball by participating in Kansas City's Big 12 Run. The course begins and ends in the heart of downtown Kansas City. Choose from the 1 mile, 5K, or 12K or run the 1 mile plus either the 5K or 12K. Runners of all experience levels are encouraged to participate in this family-friendly event. Strollers are welcome for the 1 mile and 5K race. All participants in the 12K or 5K who cross the finish line will receive a finisher's medal.



Big XII 1 mile/5K 03-16-19



leaders



Course Riders



lead pack 5k/12k

Photos by: Michael Chaffee



*Events, Athletes, Activities, Family & Fun captured during the Pittsburg State University Track & Field Meet!*



Women's Pentathlon 800



Women's 4X4 Start

Photos by: Michael Chaffee

Cont'd pg 6-7





**Men's 3000**



**Women's 3000**



**Women's Mile**



**Men's Mile**

*Events, Athletes, Activities, Family & Fun captured during  
the Pittsburg State University Track & Field Meet!*



**It's all over when the 4x4 is done**



Photos by: Michael Chaffee





**Women's 60m hurdles start**



**Women's Shot put**



**Men's 4x4**

*Events, Athletes, Activities, Family & Fun captured during  
the Pittsburg State University Track & Field Meet!*



**Men's 60m dash**



**Women's 800**



**Happy Athletes! - life is good**

Photos by: Michael Chaffee



# Roberta's Recipe Resource For Runners

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## RAINBOW POWER – THE BENEFITS OF COLORFUL FOODS

By: Roberta Washburn, MBA, RD, LD, CDE

You may have recently heard or read about a popular idea known as a rainbow diet or filling one's plate with colorful foods. This concept is a sound one as research continues to show that one of the building blocks of a healthy diet is fruits and vegetables that come in all colors of the rainbow. Indeed, many of these delicious foods have excellent nutritional value to help provide numerous health benefits. Vegetables (especially non-starchy ones), tend to be naturally low in calories & fat, as well as relatively low in carbohydrates and natural sugar. Like vegetables, fruits deliver a number of important vitamins and minerals, such as potassium, beta-carotene, iron, calcium, magnesium, Vitamins A, C, B-complex and K can be found in a wonderful selection and are naturally sweet to suit just about all tastes. These nature's gems also are packed with soluble and insoluble dietary fiber, which can reduce the risk of developing cardiovascular disease and some cancers, while helping to regulate digestion. Phytonutrients are also found in those yummy veggies and fruits. These nutrients are not considered to be immediately necessary to the human body, but have a number of benefits, such as disease protection, as evidenced by numerous dietary studies. Such studies also suggest that eating whole foods is considered more beneficial to the body rather than just consuming supplements or a lot of juices.

So, how can you get all these amazing benefits? Aim for 5-7 total servings of vegetables and fruit per day with an emphasis on seasonal vegetables. Use the colors of the rainbow as a guideline. Some of us remember the simple acronym "ROY G BIV" that many may have learned in school to help remember the beautiful colors of the rainbow. While shopping in the produce aisle or at the farmers' market, or when harvesting your garden, use this simple idea of "eating the rainbow" to bring colorful foods into your diet.

Here are examples:

Red foods contain lycopene (an antioxidant), beta carotene, Vitamin C and are thought to help fight heart disease and some cancers. Examples include: apples, cranberries, cherries, pomegranates, raspberries, tomatoes, strawberries, grapefruit, watermelon, beets and red cabbage.

Orange or deep yellow colored fruits and vegetables tend to be rich in minerals, fiber, Vitamin A & beta carotenes. The examples are many and include oranges, lemons, bell peppers, apricots, carrots, cantaloupe, pears, pumpkin, and sweet potatoes.

Green items are a very good source of vitamins, minerals and anti-oxidants, which help protect the body from oxidant stress and diseases, while helping the body to boost immunity. Think of: kale, spinach, broccoli, asparagus, lime, cucumbers, kiwi and peppers to name a few.

Blue and purple (violet/indigo) foods provide anthocyanins and flavonoids, potassium, Vitamin and are believed to help improve urinary health, inflammation, and memory. Choose eggplant, blueberries, prunes, purple grapes, raisins, blackberries, black cherries, etc.

Consider using the rainbow to help you choose a colorful palette of foods to help improve or maintain your health. Certainly, eating well is one of the best things you can do for yourself. Make it fun by "painting your plate" by filling it with rainbow colored foods every day.

You can introduce yourself and your family to colorful fruits and vegetables by selecting a variety and trying new recipes – *here are a few ideas on page 9 to get you started:*



### *Kale Salad*

4 cups kale, washed and torn with stems removed

1 Tbsp. avocado or olive oil

2 Tbsp. lemon juice

1 tsp maple syrup

¼ tsp salt (or to taste)

Pepper or cayenne pepper to taste

1 radish, sliced

½ avocado, chopped

½ cucumber, chopped

½ red bell pepper, chopped

1/3 red onion, chopped

1 Tbsp. sesame seeds

Place kale in a large bowl and drizzle on the dressing ingredients and mix. Add chopped vegetables and sprinkle with sesame seeds

---



### **Rainbow Fruit Skewers**

Strawberries

Clementines

Pineapple, cubed

Grapes (green & red)

Blueberries

Using skewers, popsicle sticks, or cake pop sticks, slide fruit onto stick in the following order: strawberry, clementine, pineapple, green grape, blueberry, red grape.

Make as many as desired and arrange on a platter to form a rainbow.



**Ralph R Hall M.D.**  
**Fellow American College of Sports Medicine**

## *Running at Altitude*

**H**ave you been thinking about running a race in Colorado this summer? The Georgetown to Idaho springs is a fun downhill race dropping from an altitude of 8520 ft to 7530 ft. Or there is the Pike's Peak ascent from approximately 6200 ft in Manitou Springs to 14,110 ft at the top of the peak. It is 13.32 miles with a 7850 ft gain in altitude.

Then, there is the round-trip, if you are not concerned about falling on the way down, when you are tired.

You know how to train for endurance, but do you know anything about how the altitude affects the timing of your run? Your friends have told you to go a couple of days before the run so you will be acclimatized. Professional football teams tried this approach when they played in Denver. It was a disaster. They were shot of breath and tired easily. Could running after 2 days at altitude cause altitude sickness. Do you know about altitude sickness? Almost every year one or two visiting young people die in Colorado from altitude sickness. They didn't understand that their cough was due to altitude sickness and not just a "cold".

Pike's Peak has been one of the most active and productive research laboratories in the U.S. Beginning in 1926 John Scott Haldane, a famous respiratory physiologist, from England, did extensive studies on respiration and noted that there was a difference in breathing rates among individuals in his research group who were living on Pike's Peak. The fast breathers felt better and had more energy than the slow breathing group. His attempts to measure cardiac function were unsatisfactory. Many complex factors are involved in the changes in breathing.

It takes a number of days for respiratory acclimatization too occur.

In June of 1929 a young physiologist from Johns Hopkins, Arthur Grollman, and his newly wife went to Pike's Peak to measure cardiac outputs. (CO). The CO is the amount of blood the heart pumps out with each beat, times the heart rate. The difference between the resting CO and the CO at your maximum workload is called the "heart rate reserve." Grollman found that his and his wife's CO in Colorado Springs when he arrived by train, was not different than it was in Baltimore. He went immediately to the summit of Pike's Peak and found that their CO was not changed. The next morning their CO was changed very little from the previous day. By evening and the following morning their CO was significantly increased. By the 3rd and 4th days their CO was near their maximum CO. They had little cardiac reserve and therefore could increase their exercise intensity very little. His wife was very ill with "pulmonary congestion." After their 5th day Mrs. Grollman improved. Their CO returned to near their normal levels in Baltimore.

I had lived in Manitou until the ninth grade and had played on Mount Manitou and the Peak many times. It did not seem daunting at the time. In the late 1970s I ran the round trip twice. In the 1970s both the accent and round trip were held the same day. For the round trip you wore two race tags and if you decided to run the round trip you left one of your tags at the top. This assured the officials that you had indeed run the entire distance.

It usually takes half the time to descend as it does to get to the top.

According to Peter Hackett, one of the foremost authorities on altitude acclimatization, attempting to run or climb to high altitude 2 to 5 days after arrival at high altitudes is most likely to cause mountain sickness. The other factors that are likely to cause mountain sickness are the speed of accent, the amount of physical work expended, the increase in altitude and genetics. Your endurance during this 2 to 5 day period, will be markedly reduced.

Continued on page 11



One of my friends and colleagues, the late John Sutton M.D., was one of the principal investigators in “The Everest II,” study. The study demonstrated that the differences in breathing in those that do not respond to increases in altitude, that Haldane had reported, were due to genetics. Some individuals breathing rates are less than others and as a result are more prone to develop mountain sickness. Drinking alcohol or taking sleeping medication slow your breathing rate and increases the chance of mountain sickness. Another variable, as in all running event is hydration.

Altitude causes physiologic changes that increase the chances for dehydration.

John Sutton’s advice for running the Pike’s Peak race was to arrive a week in advance. One year I attended the very informative and well managed Colorado Springs YMCA’s running camp, for 7 days, before the race. It was held above Woodland Park, at about 9000 ft. I had an excellent run. Current research indicates that 12 to 16 days is the ideal time at altitude to maximize performance.

Later I became aware of Grollman’s work on Cardiac output. I was living in Long Beach, California and could not spend a week before the run in Colorado. I was planning on entering the Triple Crown of Running. A 10 K in Colorado Springs, The Garden of The God’s 10 mile and the Pike’ Peak accent. Using Grollman’s data I arrived in Colorado Springs late each evening before the run. That was within 12 hours before the run. Using this approach,

I had great runs.

Several years later I had an occasion to discuss running the event as near to arriving at altitude as possible with Peter

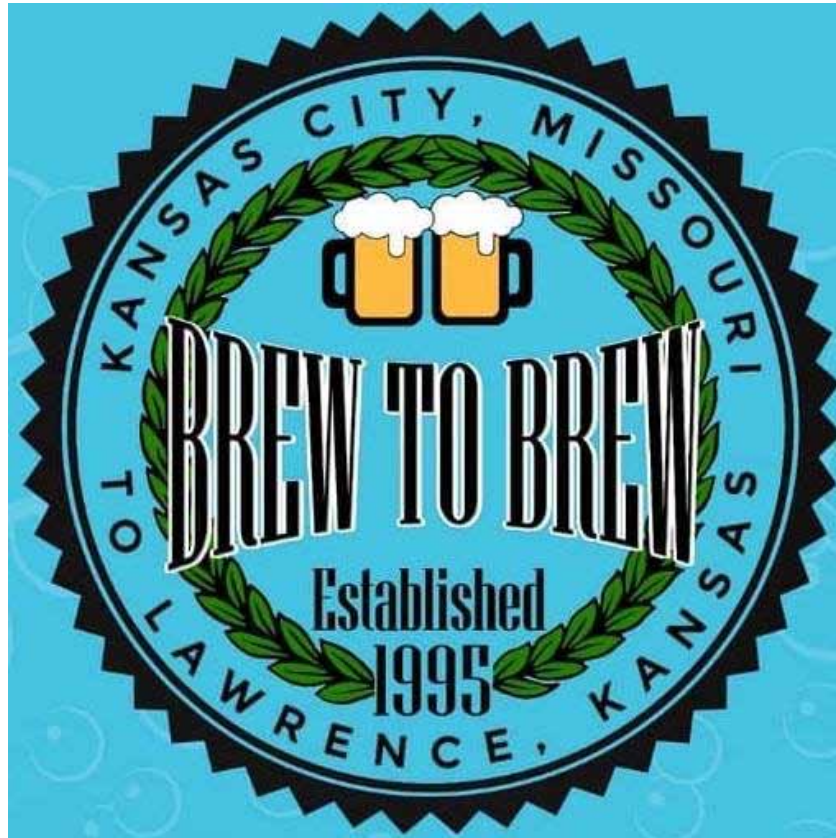
Hackett. He was definitely against it because it greatly increases the chance of developing Mountain Sickness.

So take your pick, but try not to run on the 3rd or 4th day after arrival. There is little doubt that running at altitude after 5 days is the safest, and probably just as effective as the early arrival run.

Matt Carpenter who holds the records for both the ascent, 2hrs and 1 minute, and round trip, 3hours and 16 minutes, as well as for the Leadville 100, has an excellent monograph, Training for the Ascent and Marathon on Pikes Peak. It is one of the best references for both training and timing for the run.

There are numerous excellent references if you google Reeves JT and Sutton JR-Everest II.





**Sun April 7, 2019**

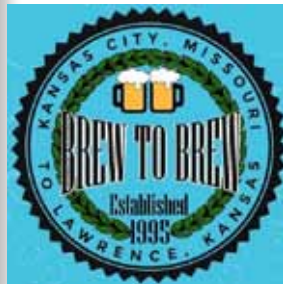


Scene for aid station # 9 before the last leg on the levee to Lawrence.

Photo By: Gene Wee [runlawrence.org](http://runlawrence.org)



BubbaGump Looking like Forrest Gump with the team "I Felt Like Running."



Jaclyn Long from Mayetta was the female solo winner on her third try at the 44 mile distance.



Team Some Day My Pints Will Come - finishing together

Photo By: Gene Wee [runlawrence.org](http://runlawrence.org)





The Lawrence Beer Company before it got crowded !



The Klotz Family from Eudora



Boulevard Bottle Guys. - these runners have been a fixture in this event year after year.

Photo By: Gene Wee [runlawrence.org](http://runlawrence.org)



Hannah Dimmick was on the Team Ad Farsta 4.0, 2nd overall relay team.



Runner-W-TeamHereforBeer!



Mike Ostreko (Lawrence, KS with Team Ninjas and Pirates) by the Amtrak station just a few blocks from the finish.



TeamDeck of Cards:  
The  
Where's Waldo Team



Photo By: Gene Wee [runlawrence.org](http://runlawrence.org)



# Masters Races at the Kansas Relays

*"It was an awesome experience and that I almost cried standing on the track and seeing the crowd in the stands. I know I wasn't at 100% but I wasn't going to miss the chance to run at Rock Chalk Park!!!!!!" - Evie Deitrich, Holton, KS*

Pat Melgares (Manhattan, KS) approached the Kansas Relays to include masters 800 and 1 mile races this year. They were included if competitors met minimum qualifying times and that they promise not to cancel.

Apparently that was a problem in the past with too many no shows.

The masters 800 was held Friday evening (April 19) with seven women and 10 men including local runners. There were runners from all over the country from Tampa to Southern California. The masters mile was held the next day in the afternoon right before the concluding 4x400 relay events.



EvieDeitrich - DeeBoeck:  
Evie and Dee have known each other from previous races like the Sunflower State Games.



Meghan Ridgway - Meghan is with the KC Smoke and finished 2nd to Sara Schwendinger from Ames, IA.



SaraSchwendinger - 1st master overall, age 42, with winning time of 2:41.09. Dee Boeck was the oldest at 69 and finished in 3:31.

Update & Photos By: Gene Wee

Cont'd pg 17



**Masters 800 Group - this was the majority of the competitors in this photo**



Dee's fan club, some high girls wanted a picture with Dee the day after her race. There was a mix of reactions to the masters runners with many young runners not looking ahead to their older years and how they too might be running 20-40 years later. Others were more appreciative.



JeremyGarrett - KC Smokes'  
Jeremy Garrett ran a 5:19.81 to take second in the men's masters mile. Mike Madsen from Flagstaff was timed in 4:40.95



Schwendinger\_Allen\_Ridgway.  
Sara Schwendinger, followed by Shelly Allen and Meaghan Ridgway in Saturday's masters mile.

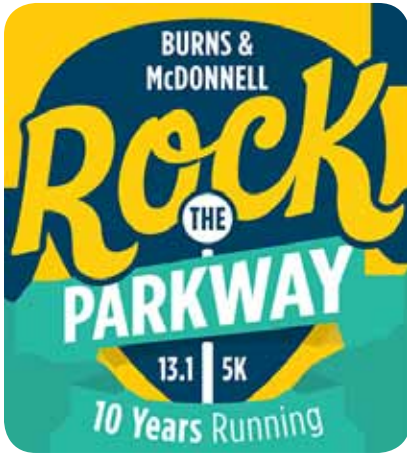


Start\_mens masters 800 -  
Tim Wigger is on the far left at this start.

**Update & Photos By: Gene Wee**



# Rock the Parkway Half Marathon April 13, 2019



Rock the Parkway has become the premier half marathon in Kansas City and one of the largest and most popular half marathons in the Midwest!

Hosted by Burns & McDonnell since the beginning in 2010, the Rock the Parkway half marathon and 5K offer many features that continue to make it a fan favorite



Leaders @ 2 miles



Photos by: Michael Chaffee



Cont'd pg 19





**1st Femal Pasca Myers**  
**1:15:38.7**

**1st Male was Joe Moore**  
**1:06:07.1**



**Just ROCK Me to Sleep!**



Photos by: Michael Chaffee



## *The Heart of a Swimmer vs. the Heart of a Runner*

Regular exercise changes the look and workings of the human heart. And researchers are discovering that different sports affect the heart differently.



Photo: Doug Mills/New York Times

By Gretchen Reynolds

New York Times

April 3, 2019

They all have large left ventricles and a slow pulse.

Do world-class swimmers' hearts function differently than the hearts of elite runners?

A new study finds that the answer may be yes, and the differences, although slight, could be telling and consequential, even for those of us who swim or run at a much less lofty level.

Cardiologists and exercise scientists already know that regular exercise changes the look and workings of the human heart. The left ventricle, in particular, alters with exercise. This chamber of the heart receives oxygen-rich blood from the lungs and pumps it out to the rest of the body, using a rather strenuous twisting and unspooling motion, as if the ventricle were a sponge being wrung out before springing back into shape.

Exercise, especially aerobic exercise, requires that considerable oxygen be delivered to working muscles, placing high demands on the left ventricle. In response, this part of the heart in athletes typically becomes larger and stronger than in sedentary people and functions more efficiently, filling with blood a little earlier and more fully and untwisting with each heartbeat a bit more rapidly, allowing the heart to pump more blood more quickly.

While almost any exercise can prompt remodeling of the left ventricle over time, different types of exercise often produce subtly different effects. A 2015 study found, for instance, that competitive rowers, whose sport combines endurance and power, had greater muscle mass in their left ventricles than runners, making their hearts strong but potentially less nimble during the twisting that pumps blood to muscles.

*Thank you Rich Ayers for sharing this Article!*



## The Ad Astra Running IRISH MILE March 17, 2019

Presented by Saucony is one of the Midwest's most exciting road races: one mile on historic Massachusetts Street, in front of thousands of St. Patrick's Day Parade-goers, for a prize purse of more than \$2,000 CASH.



Keith Dowell,  
Lawrence, KS



Start



Claire from Lawrence



The KC Smoke runners were floating - John Borthwick (Clinton MO), Jordan Umscheid (Lawrence KS), Stan McCormack (Shawnee KS), Lindsey McDonald (Kansas City MO, overall female winner)

Photos By: Gene Wee

Continued on page 22-23





looking north on Massachusetts St with the turnaround at 7th

Ad Astra Running  
**IRISH MILE**



Announcer J. Jenkins @ the  
Finishh Line



*Fiddle, Family & Fun!*

Photos By: Gene Wee



Ad Astra Running  
**IRISH MILE**



**A pack of runners with Steve Daley & Cindy Cameron**



**Dee Boeck, Lawrence, was the female age-graded winner**



**James Wilson won the men's race in 4:18**

**Photos By: Gene Wee**



# HEART OF AMERICA MARATHON

— 60th Running —

Columbia, Missouri

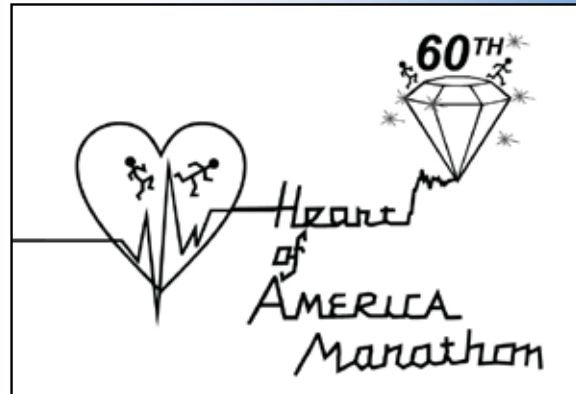
Labor Day, September 2nd, 2019

## **NEW—FUN TEAM RELAY**

*Not doing 26.2? Make a team of 2-4 runners and run the same course.*

**Be a part of the Diamond Celebration!**

*Run the 4th oldest continuously running marathon in the U.S!*



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Registration and info at: [heartofamericamarathon.com](http://heartofamericamarathon.com)

Follow us on Facebook: [facebook.com/heartofamericamarathon](https://facebook.com/heartofamericamarathon)

*Not running? Volunteer or come to cheer! Message us on FB or email :  
[comoheart1960@gmail.com](mailto:comoheart1960@gmail.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!

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>May 2019</b>					
May 2	Thu	6:00 PM	Wellaware 5K	Stephens Lake Park Columbia, MO	<a href="#">Wellaware 5K</a>
May 2	Thu	6:30 PM	Nativity Knight Flight 5K	Church of Nativity Leawood, KS	<a href="#">Nativity Knight Flight 5K</a>
May 3	Fri	7:00 PM	Girls on the Run Spring 5K	Carey Park Hutchinson, KS	<a href="#">Girls on the Run Spring 5K</a>
May 3	Fri	6:30 PM	Rock4Kids Series - Paint the Run	Rutledge-Wilson Farm Park Springfield, MO	<a href="#">Rock4Kids Series - Zombie Run</a>
May 3	Fri	6:30 PM	Mental Health 5K - 50 States/50 Days	Sedgwick County Park Wichita, KS	<a href="#">Mental Health 5K</a>
May 4	Sat	5:30 AM	Sergeant Audie Murphy Club Memorial 5K/10 Race	Davidson Fitness Center Fort Leonard Wood, MO	<a href="#">Memorial 5K/10 Race</a>
May 4	Sat	7:30 AM	Kansas City Corporate Challenge 5K	Burns & McDonnell Headquarters Kansas City, MO	<a href="#">Corporate Challenge 5K</a>
May 4	Sat	7:30 AM	Rockstar Run North KC Half Marathon, 10K, 5K	EH Young Riverfront Park Riverside, MO	<a href="#">Rockstar Run North KC</a>
May 4	Sat	8:00 AM	Tower 2 Tower 5K	WaterOne Lenexa, KS	<a href="#">Tower 2 Tower 5K</a>
May 4	Sat	8:00 AM	Empower Run	Midland Tech Harbison Columbia, MO	<a href="#">Empower Run</a>
May 4	Sat	8:00 AM	Rural Route 13.1 Half Marathon & 10K	Esbon, KS	<a href="#">Rural Route 13.1</a>
May 4	Sat	8:00 AM	Jeff Shikles Memorial 5K	Ann Hawkins Gentry School Columbia, MO	<a href="#">Jeff Shikles Memorial 5K</a>
May 4	Sun	8:00 AM	Run So They Can Ride 5K	English Landing Park Parkville, MO	<a href="#">Run So They Can Ride</a>
May 4	Sat	8:00 AM	Kansas Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	<a href="#">Heart and Sole Classic</a>
May 4	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Frontier Park Olathe, KS	<a href="#">Maguire Gilner Angel Day 5K</a>
May 4	Sat	8:00 AM	Blue Devil 5K & Kids Trot	KCK Community College Kansas City, KS	<a href="#">Blue Devil 5K &amp; Kids Trot</a>
May 4	Sat	8:00 AM	5K for Health	Belton Regional Medical Center Belton, MO	<a href="#">5K for Health</a>
May 4	Sat	8:00 AM	Christ the King Spring Fling 5K	Christ the King Church Topeka, KS	<a href="#">Spring Fling</a>
May 4	Sat	8:00 AM	Mutt March & Woofstock 2019	765 E. St. Louis St. Springfield, MO	<a href="#">Mutt March &amp; Woofstock</a>
May 4	Sat	8:00 AM	CGSC FMWR Triathlon	Ft. Leavenworth CGSC Ft. Leavenworth, KS	<a href="#">CGSC FMWR Triathlon</a>
May 4	Sat	8:00 AM	Donut Dash	Sterling Lake Boat House Sterling, KS	<a href="#">Donut Dash</a>



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	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	8:00 AM	Lake Regional Fun Run Walk	Lake Regional Hospital Osage, MO	Lake Regional Fun Run Walk
May 4	Sat	8:00 AM	Heartland Golden Games	Friends University Wichita, KS	Heartland Golden Games
May 4	Sat	8:00 AM	Roar Run 5K	Republic, MO	Roar Run 5K
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	8:30 AM	Building Better Bones 5K & Cornhole Tournament	Jackson Park St. Joseph, MO	Building Better Bones 5K
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	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	The Color Run - Kansas City	Kansas City, MO	The Color Run
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	9:00 AM	Sequoiata 5K & 1 Mile	Sequoiata Elementary Springfield, MO	Sequoiata 5K & 1 Mile
May 4	Sat	9:00 AM	Wilderness Trail Trek 5K	Lawson, MO	Wilderness Trail Trek 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	<a href="#">Jump Spark a Life 5K</a>
May 4	Sat	10:00 AM	Trail of Four Winds 25K Trail Run	Lake of the Ozarks State Park Kaiser, MO	<a href="#">Trail of Four Winds</a>
May 4	Sat	10:00 AM	CCES PATHS Color Run	Swope Park/Community Building Cottonwood Falls, KS	<a href="#">CCES PATHS Color Run</a>
May 4	Sat	6:00 PM	Bailey's Barking Dog Park 5K	Black Creek Park Winfield, KS	<a href="#">Bailey's Barking Dog Park 5K</a>
May 5	Sun	7:00 AM	Lincoln National Guard Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	<a href="#">Lincoln Marathon</a>
May 5	Sun	7:00 AM	TriZou Triathlon & Duathlon	Stankowski Field Columbia, MO	<a href="#">TriZou Triathlon</a>
May 5	Sun	7:00 AM	Independence Half Marathon	Blue River Community College Independence, MO	<a href="#">Independence Half Marathon</a>
May 5	Sun	7:30 AM	Spring Prairie Fire Half Marathon Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	<a href="#">Prairie Fire Half Marathon</a>
May 5	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	<a href="#">Queen's 5K Romp</a>
May 5	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	<a href="#">LAKC Run for Justice 5K</a>
May 5	Sun	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	<a href="#">Skyline Shuffle 5K</a>
May 5	Sun	8:00 AM	Indoor Triathlon Series	Northwest YMCA Wichita, KS	<a href="#">Indoor Triathlon</a>
May 5	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	<a href="#">Outpacing Melanoma</a>
May 5	Sun	9:00 AM	Women on the Move 5K Run/Walk	English Landing Park Parkville, MO	<a href="#">Women on the Move 5K Run/Walk</a>
May 5	Sun	9:00 AM	Bariatric Center of Kansas City's 5K Fun Walk/Run	Bariatric Center of Kansas City Lenexa, KS	<a href="#">Bariatric Center of 5K</a>
May 5	Sun	10:00 AM	Cinco de Mile	2995 NE Parkway St. Joseph, MO	<a href="#">Cinco de Mile</a>
May 5	Sun	10:00 AM	Mizzou Mile	Stankowski Field Columbia, MO	<a href="#">Mizzou Mile</a>
May 5	Sat	2:00 PM	Aviators 5K	Haysville, KS	<a href="#">Aviators 5K</a>
May 5	Sun	5:00 PM	Sharpen the Saw Challenge Course	Barry Platte Park Kansas City, MO	<a href="#">Sharpen the Saw Challenge Course</a>
May 11	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	<a href="#">Running with the Cows</a>
May 11	Sat	7:30 AM	HP3 at Heritage Park 5K, 10K, 15K	Heritage Park Olathe, KS	<a href="#">HP3</a>
May 11	Sat	8:00 AM	Tower 2 Tower 5K	South CW&EP Water Tower Carthage, MO	<a href="#">Tower 2 Tower 5K</a>
May 11	Sat	8:00 AM	Wizarding Run	Springfield, MO	<a href="#">Wizarding Run</a>
May 11	Sat	8:00 AM	Heart and Sole 5K Run/Walk	Macken Park Kansas City, MO	<a href="#">Heart and Sole 5K Run/Walk</a>
May 11	Sat	8:00 AM	Heartland 6K Trail Run	Heartland Center Parkville, MO	<a href="#">Heartland 6K Trail Run</a>
May 11	Sat	8:00 AM	Run Like A Mother 5K& 10K	Kiwanis Wayhaven Park West Plains, MO	<a href="#">Run Like A Mother 5K&amp; 10K</a>
May 11	Sat	8:00 AM	Kansas City Warrior Dash	Lexington, MO	<a href="#">Kansas City Warrior Dash</a>



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	Sat	9:30 AM	Stride On 5K	Lexington Lake Park De Soto, KS	Stride On 5K
May 11	Sat	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	10:00 AM	Paw Valley Festival & 5K	South Park Lawrence, KS	Paw Valley Festival & 5K
May 11	Sat	2:00 PM	Girls on the Run Wichita 5K	Wichita Boathouse Wichita, KS	Girls on the Run Wichita 5K
May 11	Sat	3:00 PM	Bike 4 Veterans	Katfish Katy's Columbia, MO	Bike 4 Veterans
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 14	Tue	6:00 PM	Duathlon Series	Fellows Lake Recreation Area Springfield, MO	Duathlon Series
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, 10K, 5K	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 Banrsdall, OK	Tulsa Tri
May 18	Sat	7:30 AM	Sock & Undie Rundie 5K	Corporate Woods Overland Park, KS	Sock & Undie Rundie 5K
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 Ctr. Merriam, KS	Turkey Creek Festival 5K
May 18	Sat	8:00 AM	East Meets West Walk/Run	Exploration Place Wichita, KS	East Meets West Walk/Run
May 18	Sat	8:00 AM	Autism Society - The Heartland 5K	Worlds of Fun Kansas City, MO	The Heartland 5K

May 18	Sat	8:00 AM	St. Thomas More 5K	Saint Thomas More School Kansas City, MO	St. Thomas More 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	Sat	9:00 AM	Bucking Fun 5K	Burlingame, KS	Bucking Fun 5K
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	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 Banrsdall, 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	Branson's Great Bacon Race 5K & 15K	Tabale Rock Lake Branson, MO	Branson's Great Bacon Race
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 21	Tue	6:00 PM	OMC Duathlon Series	Fellows Lake Recreation Area Springfield, MO	Duathlon Series
May 23	Thu	7:00 PM	Run & Remember 5K	Jordan Valley Park Springfield, MO	Run & Remember 5K
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	7:00 AM	Crop Hop Fun Run	Island Park Winfield, KS	Crop Hop Fun Run
May 25	Sat	7:30 AM	Suicide Hill Trail Run	Little River, KS	Suicide Hill Trail Run
May 25	Sat	7:30 AM	Katy Day Iron Horse Duathlon & 5K	Parsons, KS	Katy Day Iron Horse Duathlon
May 25	Sat	7:30 AM	Tom Jones/Clifford Sanders Memorial Scholarship 5K	Caney, KS	Tom Jones/Clifford Sanders
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	Run for Rachel 5K	Grain Valley Middle School Grain Valley, MO	Run for Rachel 5K
May 25	Sat	8:00 AM	Greased Lighting 5K	B&B Theaters Ozark, MO	Greased Lighting 5K



May 25	Sat	8:00 AM	Great Plains 10K - Wichita	Sedgwick County Park Wichita, KS	Great Plains 10K - Wichita
May 25	Sat	8:00 AM	Storm Chaser 5K	Uylsses, KS	Storm Chaser 5K
May 25	Sat	9:30 AM	Miracle for Mel 5K	Park City, KS	Miracle for Mel 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
May 28	Tue	6:00 PM	OMC Duathlon Series	Fellows Lake Recreation Area Springfield, MO	Duathlon Series
May 31	Fri	8:00 PM	Arrowhead 5K	Arrowhead Stadium Kansas City, MO	Arrowhead 5K
May 31	Fri	9:00 PM	Night Flight 5K Run	Legacy Park Amphitheater Lee's Summit, MO	Night Flight 5K Run
June 2019					
Jun 1	Sat	6:00 AM	Ramon Criss Storm the Dam Trail Marathon, Half Marathon, 10K, 5K	El Dorado State Park El Dorado, KS	Storm the Dam
Jun 1	Sat	7:00 AM	Hospital Hill Run Half Marathon & 10K	Crown Center Kansas City, MO	Hospital Hill Runs
Jun 1	Sat	7:00 AM	Dam to Dam Run	Saylorville Dam Des Moines, IA	Dam to Dam Run
Jun 1	Sat	7:15 AM	Cox Health Medical Mile & 5K Run/Walk	3545 S. National Springfield, MO	Medical Mile & 5K
Jun 1	Sat	7:30 AM	Go Girl Run Half Marathon & 5K	Columbia, MO	Go Girl Run Half Marathon
Jun 1	Sat	8:00 AM	Wichita Riverfest River Run 10K, 5K, 2M Walk/Jog	Wichita, KS	Riverfest River Run
Jun 1	Sat	8:00 AM	Amanda Holmes Memorial Scholarship 5K Terrain Run	Leavenworth High School Leavenworth, KS	Amanda Holmes Memorial Scholarship
Jun 1	Sat	8:00 AM	Run for LITTLE Hearts 10K, 5K, Awareness Walk, Kid's Dash	Downtown Lee's Summit, MO	Run for LITTLE Hearts
Jun 1	Sat	8:00 AM	Germanfest Brat Trot 5K	Sacred Heart Church Topeka, KS	Brat Trot 5K
Jun 1	Sat	8:00 AM	Happy Feet for Healthy Minds 5K Run	North Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
Jun 1	Sat	8:00 AM	Up & Over Obstacle Race	Joplin, MO	Up & Over Obstacle Race
Jun 1	Sat	8:00 AM	Nob Noster Fair 5K	Knob Noster, MO	Nob Noster Fair 5K
Jun 1	Sat	8:00 AM	GO! Missouri KT82 Trail Relay	Herman, MO	GO! Missouri KT82 Trail Relay
Jun 1	Sat	8:00 AM	Up & Over Obstacle Race	Joplin, MO	Up & Over Obstacle Race
Jun 1	Sat	8:00 AM	Run 4 HOPE	MSSU Cross Country Course Joplin, MO	Run 4 HOPE

Jun 1	Sat	8:00 AM	Run IV Finley 2019	19065 Cherryvale Pkwy Cherryvale, KS	<a href="#">Run IV Finley 2019</a>
Jun 1	Sat	8:00 AM	Twin Fun Run/Walk	Logan County Rehab Center Oakley, KS	<a href="#">Run IV Finley 2019</a>
Jun 1	Sat	8:30 AM	Grace Race 5K	English Landing Park Parkville, MO	<a href="#">Grace Race 5K</a>
Jun 1	Sat	8:30 AM	Filthy Monkey OCR	Junction City Athletic Training Ctr. Junction City, KS	<a href="#">Filthy Monkey OCR</a>
Jun 1	Sat	9:00 AM	Woofstock 5K	Linden Square Gladstone, MO	<a href="#">Woofstock 5K</a>
Jun 1	Sat	9:00 AM	Big Blue River Run	Empty Cup Marysville, KS	<a href="#">Big Blue River Run</a>
Jun 2	Sun	9:00 AM	Wild Women Timber Challenge	Bonner Springs, KS	<a href="#">Wild Women Timber Challenge</a>
Jun 3-7	M-F	5:20 PM	Kansas City Corporate Challenge Track Meet	Shawnee Mission North H.S. Overland Park, KS	<a href="#">Corporate Challenge Track Meet</a>
Jun 4	Tue	6:00 PM	OMC Duathlon Series	Fellows Lake Recreation Area Springfield, MO	<a href="#">Duathlon Series</a>
Jun 5	Wed	6:30 PM	Global Running Day - The Big Run	889 N Seneca Wichita, KS	<a href="#">The Big Run</a>
Jun 5	Wed	6:30 PM	Global Running Day - The Big Run	KC Running Company Kansas City, MO	<a href="#">The Big Run</a>
Jun 5	Wed	6:30 PM	Global Running Day - The Big Run	KC Running Company Lee's Summit, MO	<a href="#">The Big Run</a>
Jun 5	Wed	6:30 PM	SOAR Global Running Day	Arkansas City, KS	<a href="#">SOAR Global Running Day</a>
Jun 7	Fri	7:00 PM	Be Strong Run	Ft. Riley, KS	<a href="#">Be Strong Run</a>
Jun 8	Sat	6:45 AM	Run for a Vet Half Marathon & 5K Run/Walk	Dewey Short Visitor Center Branson, MO	<a href="#">Run for a Vet</a>
Jun 8	Sat	7:00 AM	Eldon Rock Island Road Race	Eldon, MO	<a href="#">Eldon Rock Island Road Race</a>
Jun 8	Sat	7:00 AM	Heroes for Hospice 5K Run/Walk	REI Prairie Fire Overland Park, KS	<a href="#">Heroes for Hospice</a>
Jun 8	Sat	7:30 AM	Tonganoxie Library Run - 5K/10K	Library Tonganoxie, KS	<a href="#">Tonganoxie Library Run - 5K/10K</a>
Jun 8	Sat	7:30 AM	There's No Place Like Home 5K	Warsaw, MO	<a href="#">There's No Place Like Home 5K</a>
Jun 8	Sat	7:30 AM	Strong Legs Run 5K	Dodge City High School Dodge City, KS	<a href="#">Strong Legs Run 5K</a>
Jun 8	Sat	8:00 AM	Run the Line Trail Race - 5K & 10K	White River Trail Head Branson MO	<a href="#">Run the Line Trail Race</a>
Jun 8	Sat	8:00 AM	Festival Color Run 5K	Downtown Gardner, KS	<a href="#">Festival Color Run 5K</a>
Jun 8	Sat	8:00 AM	Great Outdoors Day 6K	Watkins Woolen Mill State Park Lawson, MO	<a href="#">Great Outdoors Day 6K</a>
Jun 8	Sat	8:00 AM	Chingawassa Color Run/Walk	Marion, KS	<a href="#">Chingawassa Color Run/Walk</a>
Jun 8	Sat	8:00 AM	Waldo McBurney Race 10K, 5K, 1M Run/Kids Run	Quinter City Park Quinter, KS	<a href="#">Waldo McBurney Race</a>
Jun 8	Sat	8:00 AM	Miles for Meals - 5K	English Park Landing Parkville, MO	<a href="#">Miles for Meals - 5K</a>
Jun 8	Sat	8:00 AM	Outpace Poverty	Frank Theis Park Kansas City, MO	<a href="#">Outpace Poverty</a>



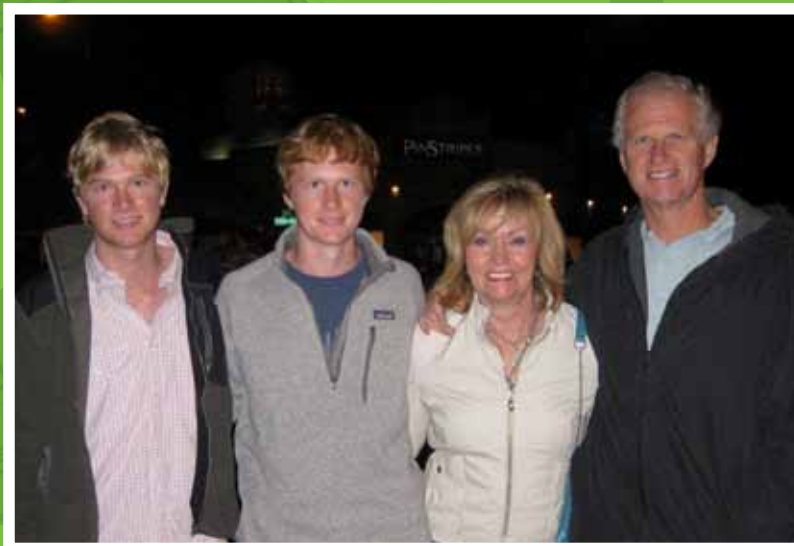
Jun 8	Sat	8:00 AM	Run For Their Lives - CHN	Atchley Park Lebanon, MO	Run For Their Lives - CHN
Jun 8	Sat	8:30 AM	The Victory Lap	One Sporting Way Kansas City, KS	The Victory Lap
Jun 8	Sat	8:30 AM	All Ribbon Cancer Run 5K	Mosaic Cancer Center St. Joseph, KS	All Ribbon Cancer Run 5K
Jun 8	Sat	8:30 AM	Fast and Furriest 5K & K9 Carnival	1729 West Broadway Springfield, MO	Fast and Furriest 5K & K9 Carnival
Jun 8	Sat	9:30 AM	Festival Color Run 5K	Downtown Gardner, KS	Festival Color Run 5K
Jun 8	Sat	9:30 AM	Wichita Heart Walk & F.A.S.T. 5K	Wichita State University Wichita, KS	Festival Color Run 5K
Jun 8	Sat	11:00 AM	Gladiator Dash	Sedgwick County Park Wichita, KS	Gladiator Dash
Jun 9	Sun	7:00 AM	Kansas City Corporate Challenge Duathlon	Shawnee Mission Park Overland Park, KS	Corporate Challenge Duathlon
Jun 9	Sun	7:00 AM	JC Triathlon: The Great Escape	Ellis Porter Riverside Pool Jefferson City, MO	Jefferson City Triathlon
Jun 9	Sun	7:00 AM	Buffalo County Stampede Half Marathon, 10K & 5K	Trails & Rails Museum Kearney, NE	Buffalo County Stampede
Jun 9	Sun	7:00 AM	El Dorado Lake Triathlon	El Dorado State Park El Dorado, KS	El Dorado Triathlon
Jun 9	Sun	8:00 AM	Dog N Jog 2 Mile Run/1 Mile Run/Walk	The Plaza Kansas City, MO	Dog N Jog
Jun 9	Sun	8:00 AM	Kansas City Corporate Challenge Duathlon	Shawnee Mission Park Overland Park, KS	Corporate Challenge Track Meet
Jun 14	Fri	9:00 PM	Railroad Days Ready, Set, Glow 5K	211 W. Reed St. Moberly, MO	Railroad Days Ready, Set, Glow 5K
Jun 15	Sat	7:00 AM	Tinman Triathlon	Lake Shawnee Topeka, KS	Tinman Triathlon
Jun 15	Sat	7:00 AM	Festival Fitness 5	Smoky Hill River Festival Salina, KS	Festival Fitness 5
Jun 15	Sat	7:30 AM	Audrey Griffin Memorial 5K/10K/Walk	Oak Grove Middle School Oak Grove, MO	Audrey Griffin Memorial 5K/10K/Walk
Jun 15	Sat	7:30 AM	Fresh Ideas HalfMax Triathlon	1 Aspen Lake Dr. Innsbrook, MO	Fresh Ideas HalfMax Triathlon
Jun 15	Sat	7:30 AM	Cannonball 5K Run/Walk	Lafayette County Courthouse Lexington, MO	Cannonball 5K Run/Walk
Jun 15	Sat	7:30 AM	The Silver Run	Holdrege, NE	The Silver Run
Jun 15	Sat	8:00 AM	Alert Road Race	Alert Covenant Church	Alert Road Race
Jun 15	Sat	8:00 AM	Military Matters Veteran 5K	Nation WW1 Museum & Memorial Kansas City, MO	Military Matters Veteran 5K
Jun 15	Sat	8:00 AM	Hilltop Hustle	Rock Chalk Park Lawrence, KS	Hilltop Hustle
Jun 22	Sat	8:00 AM	KC Heart & Stroke Walk/5K Run	Power & Light District Kansas City, MO	Heart Association - 5K
Jun 15	Sat	8:00 AM	Dudes Donut Dash	Joplin, MO Kansas City, MO	Dudes Donut Dash
Jun 15	Sat	8:00 AM	Cookie Daze 5K	Newton, KS	Cookie Daze 5K
Jun 15	Sat	8:00 AM	BCAN Walk/Run to End Bladder Cancer	7900 Renner Rd. Lenexa, KS	BCAN Walk/Run

Jun 15	Sat	8:00 AM	Dam Near 5K	Horse Thief Reservoir Dam Jetmore, KS	Dam Near 5K
Jun 15	Sat	8:00 AM	Head for the Cure 5K	Sedgwick County Park Wichita, KS	Head for the Cure 5K
Jun 15	Sat	8:00 AM	Halfmax Triathlon	Innsbrook Resort Innsbrook, MO	Halfmax Triathlon
Jun 15	Sat	8:00 AM	Hero Hustle North KC	English Landing Parkville, MO	Hero Hustle North KC
Jun 15	Sat	8:00 AM	Ellis Fun Run/Walk	Ellis High School Ellis, KS	Ellis Fun Run/Walk
Jun 15	Sat	8:00 AM	SuperMax 5K Run Walk & Kids Superhero Dash	Heartland Park Topeka, KS	SuperMax 5K Run Walk
Jun 15	Sat	9:00 AM	Summer Intro 2.8 Mile Trail Run	Wyandotte County Lake Park Kansas City, MO	Summer Intro
Jun 15	Sat	9:00 AM	MADD 5K Dash & Walk Like	Theis Park Kansas City, MO	MADD 5K Dash & Walk Like
Jun 20	Thu	8:30 PM	Smallville 5K Super Hero 1 Mile Fun Run/Walk	Downtown Hutchison, KS	Smallville 5K
Jun 21	Fri	7:00 PM	DC Wonder Women 5K	Crown Center Kansas City, MO	DC Wonder Women 5K
Jun 22	Sat	12:00 AM	22BuddyCheck 22 Hour Walk/Run/Ruck for Veterans Suicide Awareness	The Coffee House Derby, KS	22BuddyCheck 22 Hour
Jun 22	Sat	7:00 AM	Opal Wapoo Gravel Grinder	Excelsior Springs, MO	Opal Wapoo Gravel Grinder
Jun 22	Sat	7:00 AM	CompleteTheLoop 5K/25K Challenge Run	Rock Chalk Park Lawrence, KS	CompleteTheLoop
Jun 22	Sat	8:00 AM	Duck Waddle 5K	Ozark, MO	Duck Waddle 5K
Jun 22	Sat	8:00 AM	Wizarding Run	Kansas City, MO	Wizarding Run
Jun 22	Sun	8:00 AM	Diva Dash 5K & Lil' Princess Girls Run	Waterwalk Wichita, KS	Diva Dash - Wichita
Jun 22	Sat	8:30 AM	SPLAT! Jr. Obstacle Course Mud Run	Gans Creek Recreation Area Columbia, MO	SPLAT! Jr. Obstacle Mud Run
Jun 22	Sat	7:00 PM	Run to Serve the World 5K	1414 E. 103rd Street Kansas City, MO	Run to Serve the World 5K
Jun 23	Sun	8:00 AM	Seneca Triathlon	Seneca, KS	Seneca Triathlon
Jun 29	Sat	7:00 AM	Back the Blue 5K/10K	New Century Airport Gardner, KS	Back the Blue 5K/10K
Jun 29	Sat	7:30 AM	Land of the Free Homes for the Brave	919 N. Seneca Wichita, KS	Land of the Free
Jun 29	Sat	8:00 AM	Firecracker Flight East KC 5K & 10K	Waterfall Park/Bass Pro Independence, MO	Firecracker Flight
Jun 29	Sat	8:00 AM	Spencer Family Memorial Walk. Run. Roll.	Lake Scott Scott City, KS	Spencer Family Memorial
Jun 29	Sat	8:30 AM	Road Home 5K	919 N. Seneca Wichita, KS	Road Home 5K
Jun 29	Sat	8:00 PM	The Night Hawk 50K	Clinton State Park Lawrence, KS	The Night Hawk 50K
Jun 30	Sun	7:00 AM	Mudwater Triathlon & Duathlon	Lake Afton Park Goddard, KS	Mudwater Triathlon & Duathlon
Jun 30	Sun	7:30 AM	Stars and Stripes 5K	Prairie Fire Overland Park, KS	Stars and Stripes 5K



# “Have you ever felt worse after a run?”

- George Sheehan



HomeTeam Owners, Mike and Jo Faulconer, are proud members of MARA & K.C.'s great running community!

## We're fast. We promise.

You can depend on HomeTeam for a faster, more efficient home inspection every time. While onsite, each team member focuses on his or her own area of expertise—which helps us cover every area, from the ground up. With our systematic approach and detailed reports, you'll have confidence as you make future plans for the home.

**That's the HomeTeam promise.**

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