

MASTER PIECES



**Magazine of Mid-America
Running Association
November-December 2018**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

NOVEMBER-
DECEMBER 2018

This Issue

- 2 *Karen's Column*
- 3-4 *New 4 X 800 Relay World Record!*
- 5-8 *Plaza 10K Run/Walk*
- 9-11 *Paulina Cooper Dot to Dot Run*
- 12 *Roberta's Recipes-Feel Your Oats*
- 13-15 *Broadway Bridge 10K*
- 16 *70 Yr Old Woman Breaks Record*
- 17 *New Marathon World Record*
- 19-24 *Race Calendar-Nov-Jan 2019*

Cover Photo:
by: Michael Chaffee

**Dad & Children together
support the Paulina Cooper
Dot to Dot Run**

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



Renee Kidwell
Editor



READY OR NOT.....

Do you remember, back as a child, playing 'Hide & Seek' in the neighborhood with your friends? A simple friendly game that kept the group interested and engaged ...for a little while at least after dinner. I can still recall, hiding behind a large tree or bush as the designated seeker yelled, 'Ready or Not... Here I come!'. That phrase, ready or not, came to mind last week one morning as I set out for my early walk/run with the dogs. I thought I had dressed properly for the very frigid morning conditions, however, my hands were so cold they hurt and felt a bit numb. The voice inside my head said, "I'm not ready for this cold weather just yet! Just a week or so prior, I had been running in shorts. So, Ready or Not, here comes the winter season right around the corner as we move through the final two months of 2018. Doesn't it seem like the years go by faster and faster the older we get?

I hope you have a Wonderful and Warm Happy Thanksgiving and... – Ready or Not.... A truly
Beautiful, Merry Christmas!

Wishing you sweet, warm days of running, walking, hiking
or biking in the next months & Year!

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

November-December 2018

Last Saturday, October 20th, was the Kansas City Marathon. There is some controversy over exactly when the marathon first took place in Kansas City. Most "old-timers" think it started in the late 70's. Regardless of exactly when it started, the event has had several names, sponsors and courses in its history. In the 90's the Greater Kansas City Sports Commission, became involved. Kevin Gray, the President of the organization, gave the event the "shot in the arm" that the event needed. The GKSC, provided new sponsors and venues to help the event grow. Kathy Nelson, who became the Executive Director, after the death of Kevin in 2011, has done a great job of getting sponsors to keep the event going.

I was involved with the event for almost 30 years in one capacity or other, with being the race director from 1995 – 2010. I was not able to be at the event this year, but

I have heard many good things about the event.

In the beginning, the event was just the marathon and a 10K. Then the ½ marathon replaced the 10K. In the late 90's a 5K was added. Now there is something for everyone, 5K, 10K, ½ marathon and full marathon. The marathon is a Boston qualifier, and even on the very tough and hilly course that the landscape of Kansas City provides, there are some that do qualify for Boston!

It is such a great event for the Kansas City area, it brings millions of dollars in to the economy of Kansas City. I have, in the past, seen the actual numbers and it is amazing how much revenue a marathon brings to a city. Congratulations to all of those who participated and to the sponsors, volunteers, and spectators who helped make this a successful event. In the words of my dear friend, Kevin Gray, "Onward and Upward"!

Wishing you happy and healthy running and /or walking.

Karen

MARA Sustaining Members



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



4 X 800 Meter Relay World Record Sequel

It was recently reported the SoCal Track Club men's 70-79 age group broke the world record in Los Angeles this past July. The team included Fred Lindsley, Grady Cash, Tim Wigger, and Salih Talib. The SoCal team ran 11:03.46 breaking a twenty-year old record that was 11:09.87.

The SoCal team came together again with a slightly different group to once again break the world record. This time Tim Wigger, Grady Cash, Salih Talib, and Gary Patton ran the 4 X 800 relay at the USATF Missouri Valley Association Masters Championships at Cessna Stadium in Wichita on September 29. ***The team lowered the record about 12 seconds with a time of 10:51.08.*** This is the same SoCal group that broke the indoor 4 X 800 relay Club record at the USATF Indoor National Championship meet in Landover, MD in March. SoCal ran against a high-quality team of runners from Kansas City including Steve Daley, Rick Hughey, Randy McDermott, and Gayle Van Durme. The race was close as the KC crew ran the relay in 11:04.81. Interestingly the KC team's time would have won the silver medal in the 60-69 age group at last summer's USATF National Championships in Spokane, WA.



Kneeling row: Tim Wigger, Salih Talib, Gary Patton, Grady Cash, Fred Lindsley

Standing row: Gayle Van Durme, Steve Daley, Rick Hughey, Randy McDermott

Fred was included since he was a runner in our July record run (and here as an alternate in case someone was injured) ***Those in the standing row are all Kansas City area runners.***

More photos of this World Record Group of Runners on Page 4

Update Provided By: Tim Wigger * Photos by: Michael Chaffee

4 X 800 Meter Relay World Record Sequel



Update Provided By: Tim Wigger * Photos by: Michael Chaffee



Plaza 10K Run/Walk September 9, 2018

THE EIGHTH ANNUAL PLAZA 10K IS KANSAS CITY'S SIGNATURE 10K EVENT AND IS THE LARGEST 10K IN KANSAS AND MISSOURI. MANY JOINED US FOR THE 2018 EVENT, BENEFITING SAINT LUKE'S HOME HEALTH AND HOSPICE, AND ENJOYED THE FLAT AND FAST COURSE THROUGH THE HEART OF THE PLAZA, TOGETHER WITH GREAT POST RACE ENTERTAINMENT AND REFRESHMENTS.

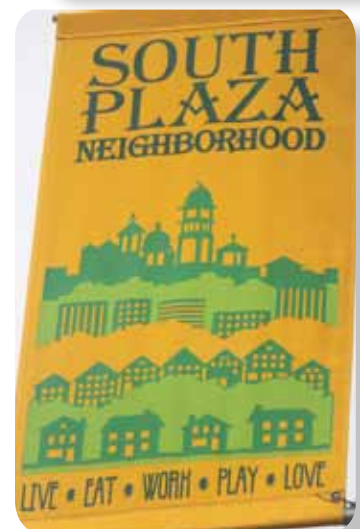


Photos by: Michael Chaffee

Continued on pages 6-8



Photos by: Michael Chaffee



Photos by: Michael Chaffee



1st Male



1st female



Photos by: Michael Chaffee

Paulina Cooper Dot-to-Dot 5K&10K -- 9-16-18



Thank you! to all who joined us for our Annual Paulina Cooper Dot to Dot Run/Walk. Blue Valley Physical Therapy was excited about hosting this event again this year. Our goal is to achieve that balance of professionalism for our serious runners/walkers with those runners/walkers who want to experience a more relaxed family focused day.

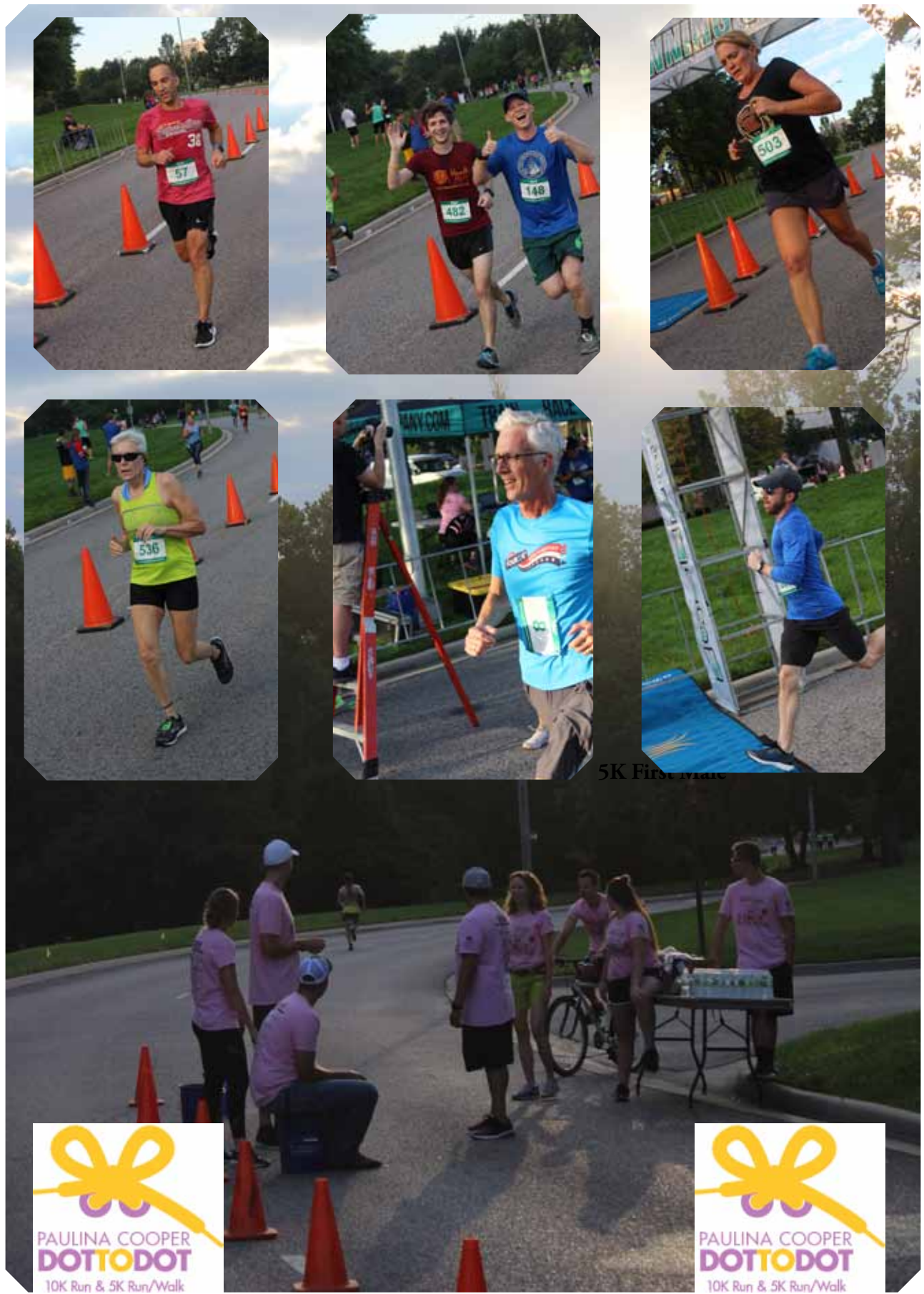
We hope to raise \$50,000 to donate to pediatric brain tumor research.

We can only do this with your help.



10K First Male

Photos by: Michael Chaffee



Photos by: Michael Chaffee



10K First Female



Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Feel Your Oats with Oatmeal

While growing up in Colorado, my sister, brothers and I really did walk to school in the snow on cold winter days. Yet, we never left the house without a warm, nourishing breakfast in our tummies. Often, this was a satisfying and energy sustaining bowl of warm and tasty oatmeal. To this day, we all still love a good bowl of oatmeal for breakfast or sometimes even for a quick “breakfast for dinner” meal. A myriad of toppings make these oats even more satisfying and nutritious. Consider toppings such as fruit, chopped nuts, brown sugar or honey, raisins, dried cranberries, and peanut butter to name a few. My sister fondly calls her morning oatmeal creation “a party in a bowl”, and she enjoys it often to start her day on a great note.

As a Registered Dietitian with nutritious food as a priority, I have never been a fan of instant oatmeal. While quick and convenient, it generally contains a great deal of sugar, less fiber, and more sodium than regular cooked oats. Old Fashioned Oats or Steel Cut Oats are the hearty choices to fill your bowl with taste, texture and fiber. We recently discovered a quick cooking variety of steel cut oats that cooks in 7 minutes and proved to be hearty and delicious. To also enjoy oatmeal while saving time on busy mornings, options include: 1) cooking a larger batch in advance, refrigerating it and warming up servings in the morning, 2) cooking oatmeal overnight in a crock pot or trying no-cook overnight oats.

This whole grain boasts a good source of soluble fiber for heart and digestive health, as well as lots of sustaining energy. Oatmeal is also certainly great in cookies and a variety of other baked goods. The

Quaker Oats website has lots of great ideas.

Here are a couple to get you started.



Peanut Butter Overnight Oats

½ cup old fashioned oats

1/c cup bananas, sliced

¼ cup peanut butter

1 cup low fat milk

½ teaspoon vanilla extract

1 teaspoon cinnamon

1 tablespoon honey

1 teaspoon chia seeds (optional)

Add oats to your container of choice (such as a mason jar) and pour in milk and vanilla. Add a layer if banana slices and peanut butter. Top with honey cinnamon and chia seeds. Cover, place in refrigerator and enjoy in the morning or a few hours later. One serving.

Classic Oatmeal Raisin Cookies (from Quaker Oats)

½ cup (1 stick) plus 6 tablespoons butter,
softened

¾ cup firmly packed brown sugar

1/c cup granulated sugar

2 eggs

1 teaspoon vanilla extract

1 & ½ cups flour

1 teaspoon baking soda

1 teaspoon cinnamon

½ teaspoon salt (optional)

3 cups Oats (quick or old-fashioned)

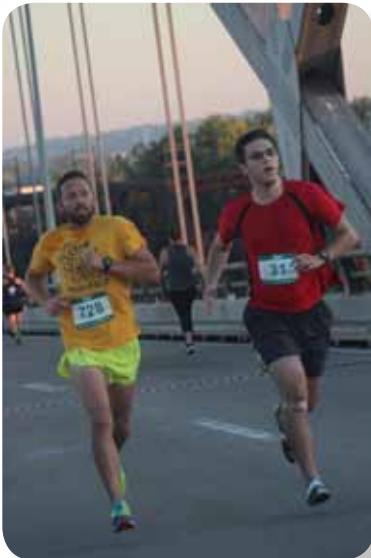
1 cup raisins

In a large bowl, beat butter and sugars on medium speed of electric mixer until creamy. Add eggs and vanilla and beat well. Add combined dry ingredients, mix well. Add oats and raisins and mix well. Drop by rounded tablespoons onto ungreased cookie sheets. Baked 8-10 minutes or until light golden brown, Cool 1 minute on cookie sheet, remove to wire rack. Cool completely. Store tightly covered.



Broadway Bridge 10K -- 9-23-18

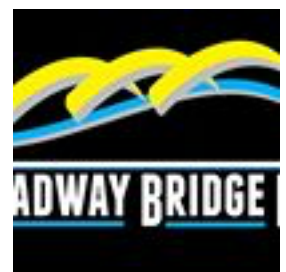
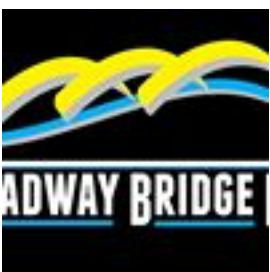
The Broadway Bridge Run is a Half Marathon and 10K benefiting Special Olympics Missouri.



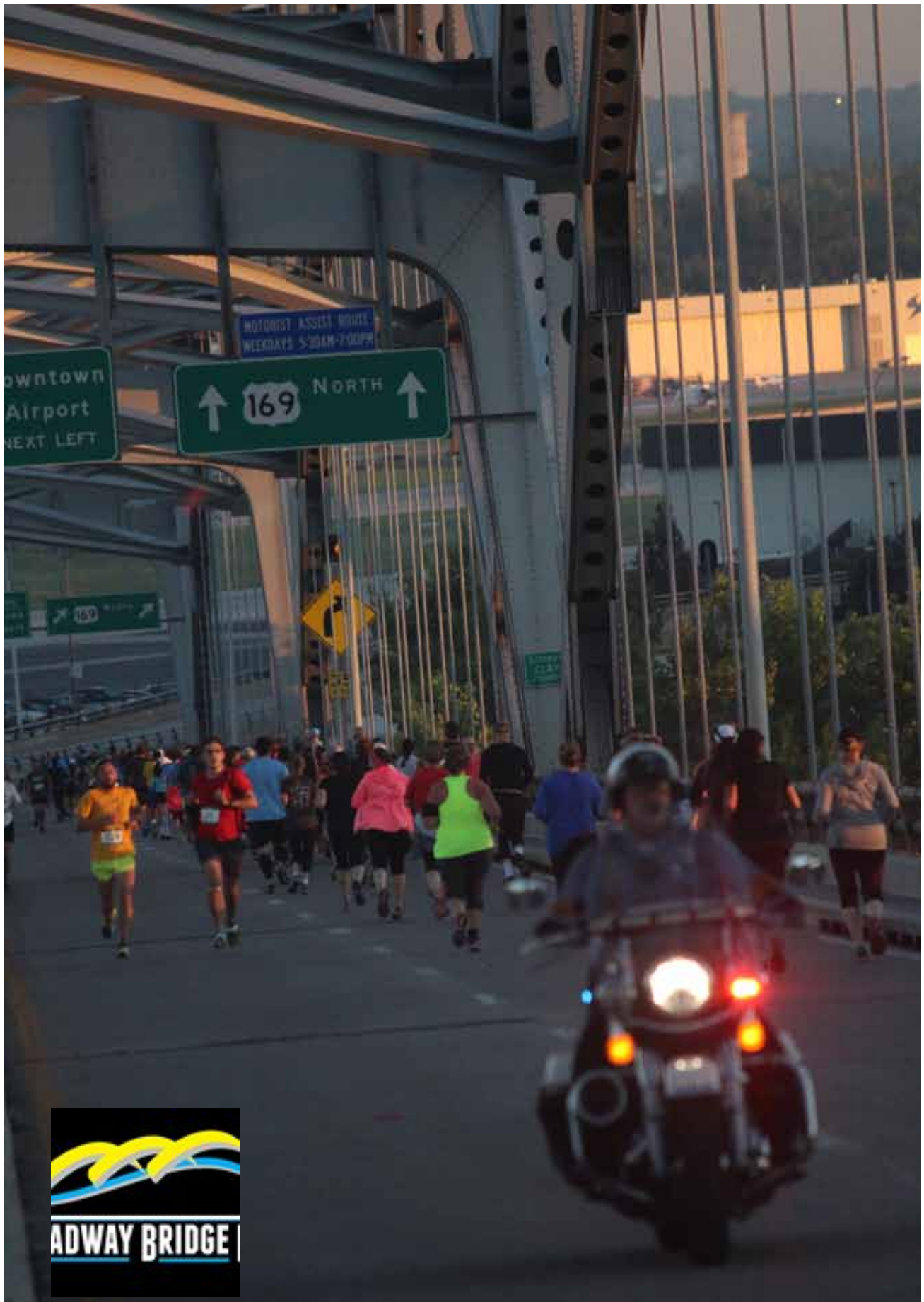
Male Leaders



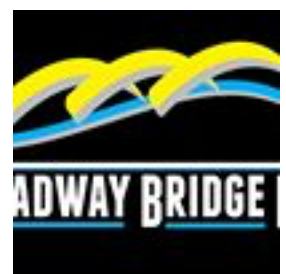
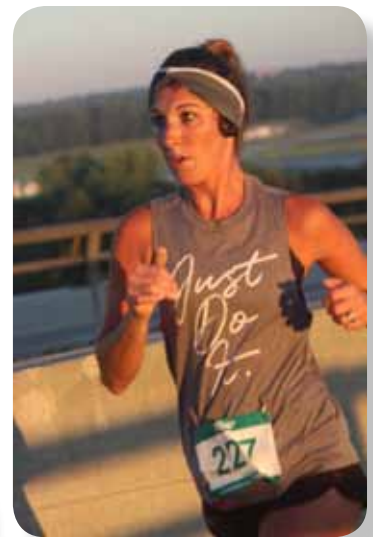
Female Leader



Photos by: Michael Chaffee



Photos by: Michael Chaffee



Photos by: Michael Chaffee

70-Year-Old Ohio Woman Runs Insanely Fast Marathon in Chicago

Reported By: runnersworld.com/author/sarah-lorge-butler



**Jeannie Rice, age 70, of Mentor, Ohio,
a town about 25 miles east of Cleveland.**

She finished in 3:27:50—smashing the 70-plus women’s world record of 3:35:29 set by Helga Miketta of Germany in 2013.

Rice, who still works as a realtor in the Cleveland area, felt fine after her marathon. She was back at work—in heels—Tuesday after the Sunday race.

Born in Korea, Rice settled in the U.S. in 1968, when she was 19. After a trip back to Korea to visit family in 1983, she unexpectedly gained seven pounds. “You go to visit cousins and aunts, and they think we are starving in America,” she said. “It’s a feast every time we go. We had to eat to be polite. I came home, I’m 5-foot-2, and I’m a little chubby. I wanted to lose those few pounds.”

She took up running, at first just wearing tennis shoes. She quickly found she was good at it, and with minimal training, she was soon placing in her age group in local races.



Kipchoge with his three pacers early in the race.
GETTY IMAGES/JOHN MACDOUGALL

Eliud Kipchoge Crushes Marathon World Record at Berlin Marathon **One of the most prominent runners ever took more than a minute off the world-best mark.**

BY ROGER ROBINSON

SEP 16, 2018

With two hours of total marathon mastery, Eliud Kipchoge smashed the world record in Berlin today with 2:01:39, a new world mark by 1 minute 18 seconds. Without question,

Kipchoge sealed his place as the greatest marathoner of all time.

“I have the fastest marathon. But it is not the fastest marathon,” he said before the race, referring to his unratified 2:00:25 at the Nike Breaking2 project last year. He gave himself an extra place in history today by breaking the world record by the biggest margin in more than 50 years, when Derek Clayton broke it by 2 minutes and 24 seconds in 1967.

The 6 minutes, 8 seconds that Kipchoge ran from 40K mark to the finish is also the fastest known in any major marathon, astounding for a man who seemed simply to keep going without any obvious sprint.

Running solo after his last pacer stopped soon after halfway (his split was 1:01:06), Kipchoge’s impeccable pacing and the focus of a zen master gave him the official world record that has eluded him in a series of seven major victories, including the Olympics.



Mid-America Running Association

Schedule of Kansas City Local and Regional Races

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

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

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

New race submissions should include the information shown below.

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

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

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
November 2018					
Nov 2	Fri	7:00 PM	Carry the Fallen	1100 W. Grand Ave. Haysville, KS	Carry the Fallen
Nov 3	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	Ozark Trail 100
Nov 3	Sat	8:00 AM	Cliffhanger 8K & 5K Run/Walk	KCUMB Campus Kansas City, MO	Cliffhanger Run
Nov 3	Sat	8:00 AM	Dream Dash 5K	Southcreek Office Park Overland Park, KS	Dream Dash 5K
Nov 3	Sat	8:00 AM	Little Apple Marathon	Tuttle Creek State Park Manhattan, KS	Little Apple Marathon
Nov 3	Sat	8:00 AM	Grandview Turkey Day 5K Fun Run/Walk	Grandview Amphitheater Grandview, MO	Grandview Turkey Day 5K Fun Run/Walk
Nov 3	Sat	8:00 AM	Holy Name Hustle 5K	700 Fuller St. Winfield, KS	Holy Name Hustle 5K
Nov 3	Sat	8:00 AM	Stearman's 5 Mile Run Walk Kid's Runway Trot	Stearman Field Benton, KS	Stearman's 5 Mile Run Walk
Nov 3	Sat	8:00 AM	Superhero Sprint 5K	2500 Southwest Pkwy. St. Joseph, MO	Superhero Sprint 5K
Nov 3	Sat	9:00 AM	Clover Run 5K	Wallace Park Paola, KS	Clover Run 5K
Nov 3	Sat	9:00 AM	Give Em the Bird 5K Run	Versailles, MO	Give Em the Bird 5K Run
Nov 3	Sat	9:00 AM	OLP Turkey Trot 5K & 1 Mile Fun Run/Walk	Unity Village Lee's Summit, MO	Turkey Trot
Nov 3	Sat	9:00 AM	Cure' of Ars 5K	9401 Mission Rd. Leawood, KS	Cure' of Ars 5K
Nov 3	Sat	9:00 AM	Gobble Wobble 5K/8K Run Walk	Haysville, KS	Gobble Wobble 5K/8K
Nov 3	Sat	9:30 AM	MAAIC & Friends Culture Dash	Mid-America All-Indian Center Wichita, KS	Culture Dash
Nov 3	Sat	9:30 AM	Reno County Veterans Memorial 5K	Hutchinson, KS	Veterans Memorial 5K
Nov 3	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr. Topeka, KS	Tails on the Trail
Nov 3	Sat	10:00 AM	Gralon Rhys 5K Run/walk	Shawnee Mission Park Shawnee, KS	Gralon Rhys 5K Run/walk

Nov 4	Sun	7:00 AM	Bass Pro Conservation Marathon Full, Relay, Half & 5K	Bass Pro Shops Springfield, MO	Bass Pro Marathon
Nov 4	Sun	7:30 AM	Rompin' Stompin' Raider Band 5K	Shawnee Mission South High School Overland Park, KS	Rompin' Stompin' Raider Band 5K
Nov 4	Sun	8:00 AM	Diabetes Dash For Life 5K	Town Center Leawood, KS	Diabetes Dash For Life 5K
Nov 4	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	Kansas Half Marathon
Nov 4	Sun	8:00 AM	Billy Mills 10K	Haskell University Lawrence, KS	Billy Mills 10K
Nov 4	Sun	8:00 AM	Run for Adoption 5K Run/Walk	Waterfall Park Independence, MO	Run for Adoption 5K Run/Walk
Nov 4	Sun	8:30 AM	Who Let the Dogs Out 5K	Sedgwick County Park Wichita, KS	Who Let the Dogs Out 5K
Nov 4	Sun	9:00 AM	Race for Dignity 5K Run/Walk	Theis Park Kansas City, MO	Race for Dignity
Nov 4	Sun	9:30 AM	Freedom Fest 5K Run/Walk	Emporia All Veterans Memorial Emporia, KS	Freedom Fest 5K Run/Walk
Nov 9-10	Fri-Sat	7:00 PM	KUS 6/12/24 Hour Run	Cessna Activity Center Wichita, KS	KUS 6/12/24 Hour Run
Nov 9	Sat	10:00 PM	Run to the Lights 5K Run/Walk	Silver Dollar City Branson, MO	Run to the Lights 5K Run/Walk
Nov 10	Sat	7:00 AM	Sanders Saunter	Clinton Lake Lawrence, KS	Sanders Saunter
Nov 10	Sat	8:00 AM	KC XC Cup	Warrior's Best Friend Liberty, MO	KC XC Cup
Nov 10	Sat	8:00 AM	Longview Half Marathon, 10K & 5K	9035 Pettinger Rd. Grandview, MO	Longview Half Marathon
Nov 10	Sat	8:00 AM	Strong Tower Love Run/Walk 5K	Celebration Center Sedalia, MO	Strong Tower Love Run/Walk 5K
Nov 10	Sat	8:00 AM	Mission Possible 5K	Beacon Center Missions St. George, KS	Mission Possible 5K
Nov 10	Sat	8:00 AM	The Bill Grevas & Cindy Curran 5K Memorial Run/Walk	Sacred Heart High School Salina, KS	The Bill Grevas & Cindy Curran 5K Memorial Run/Walk
Nov 10	Sat	8:30 AM	Love Life Run	Carey Park Hutchinson, KS	Love Life Run
Nov 10	Sat	8:30 AM	Ruck 'n' Run	Meadowview Baptist Church Hutchinson, KS	Ruck 'n' Run
Nov 10	Sat	9:00 AM	Sacred Heart Knight's Club 5K	Salina, KS	Sacred Heart Knight's Club 5K
Nov 10	Sat	9:00 AM	Girls' on the Run Greater KC Fall 5K	Children's Mercy Park Kansas City, KS	Girls' on the Run
Nov 10	Sun	9:00 AM	War Horses for Veterans 5K	Liberty Memorial Kansas City, MO	War Horses for Veterans 5K
Nov 10	Sun	9:00 AM	RFC Turkey Trot 5K Run/Walk	Neosho Memorial Regional Med. Ctr. Neosho, MO	RFC Turkey Trot 5K Run/Walk
Nov 10	Sun	9:00 AM	Blue Springs First Responder Hero Run	Blue Springs South High School Blue Springs, MO	Blue Springs First Responder Hero Run

Nov 10	Sun	9:00 AM	Red Kettle Run 2018	Camp Hiawatha Wichita, KS	Red Kettle Run 2018
Nov 10	Sun	9:00 AM	Cathedral School & ECC Stroud's Raven Ramble	Bartlett Park St. Joseph, MO	Cathedral School & ECC Stroud's Raven Ramble
Nov 10	Sun	10:00 AM	Vets and Pets 5K	Shawnee Mission Park Lenexa, KS	Vets and Pets 5K
Nov 11	Sun	8:30 AM	Gobbler Grind Run Marathon, Half Marathon & 5K	Corporate Woods Overland Park, KS	Gobbler Grind
Nov 11	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile Trail Run	Wyandotte County State Park Kansas City, KS	Veteran's Day Fantastic 4 Mile
Nov 11	Sun	9:00 AM	KU Vets Day 5K	Memorial Stadium Lawrence, KS	KU Vets Day 5K
Nov 11	Sun	2:00 PM	Girls on the Run Wichita 5K	Wichita Boathouse Wichita, KS	Girls on the Run Wichita 5K
Nov 17	Sat	7:00 AM	Frosty Fun Runs	Salina, KS	Frost Fun Runs
Nov 17	Sat	7:45 AM	43rd Annual Wichita Turkey Trot - 10M & 2M	Cowtown Wichita, KS	Wichita Turkey Trot
Nov 17	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Waterfall Park(Bass Pro) Independence, MO	Turkey Trails 5k & 10K Run
Nov 17	Sat	8:00 AM	MCTP Turkey Trot 5K	Harvey Sports Complex Ft. Leavenworth, KS	MCTP Turkey Trot
Nov 17	Sat	8:00 AM	Living History Farms Off Road Race	Living History Farms Urbandale, IA	Living History Farms Run
Nov 17	Sat	9:00 AM	TJ5K Family Fun Trail Run	1470 N. 1000 Rd. Lawrence, KS	TJ5K Family Fun Trail Run
Nov 17	Sat	9:00 AM	Washburn Rural 5K	Washburn Rural High School Topeka, KS	Washburn Rural 5K
Nov 17	Sat	9:00 AM	Angela's Army 5K	Prairie Branch Elementary School Grain Valley, MO	Angela's Army 5K
Nov 17	Sat	5:30 PM	Winter Wonderland 5K Run/Walk	Lake Shawnee Campground Topeka, KS	Winter Wonderland 5K
Nov 18	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	Williams Route 66 Marathon
Nov 18	Sun	8:00 AM	Blue Springs Runners' 50/50	Longview Lake Trail Blue Springs, MO	Blue Springs Runners' 50/50
Nov 18	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, KS	Pilgrim Pacer Run
Nov 21	Wed	8:00 AM	Trojan Turkey Trot 5K	1744 N Andover Rd. Andover, KS	Trojan Turkey Trot 5K
Nov 22	Thu	8:00 AM	Walnut Turkey Day Dash! 5K	Walnut Elementary School Emporia, KS	Walnut Turkey Day Dash! 5K
Nov 22	Thu	8:00 AM	Branson Turkey Trot 5K	Branson Landing Branson, MO	Branson Turkey Trot 5K
Nov 22	Thu	8:30 AM	Thanksgiving Day Pie Run - 5K & 10K	Parks & Rec Multipurpose Building North Jefferson City, MO	Thanksgiving Day Pie Run
Nov 22	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	runLawrence Thanksgiving

Nov 22	Thu	8:30 AM	Kansas Turkey Trot for Heroes	Forbes Field Topeka, KS	Kansas Turkey Trot for Heroes
Nov 22	Thu	8:30 AM	Center for Human Services Turkey Trot	County Distributing Sedalia, MO	Center for Human Services Turkey Trot
Nov 22	Thu	8:30 AM	Kearney Turkey Trot	Kearney High School Kearney, MO	Kearney Turkey Trot
Nov 22	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park, KS	Thanksgiving Day 5K
Nov 22	Thu	9:00 AM	Turkey Trax Running Road 5K Walk/Run	UltraMax Sports Columbia, MO	Turkey Trax
Nov 22	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	Parkville Turkey Trail Trot
Nov 22	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K/10K	Ward Parkway Center Kansas City, MO	Ward Parkway Thanksgiving Day 5K
Nov 22	Thu	9:00 AM	Pilgrim Run 5K	Pilgrim Chapel Kansas City, MO	Pilgrim Run
Nov 22	Thu	9:00 AM	Kansas City Turkey Trot 8K & 5K	Arrowhead Stadium Kansas City, MO	Kansas City Turkey Trot
Nov 22	Thu	9:00 AM	MHK Turkey Trot	Manhattan, KS	MHK Turkey Trot
Nov 22	Thu	9:00 AM	Liberty Gives Thanks 5K	Liberty Community Center Liberty, MO	Liberty Gives Thanks 5K
Nov 22	Thu	9:00 AM	Sertoma Turkey Trot 5K	777 Winners Circle Saint Joseph, MO	Sertoma Turkey Trot 5K
Nov 22	Thu	9:30 AM	Say Grace Thanksgiving Race	St. Francis Medical Center Wichita, KS	Say Grace Thanksgiving Race
Nov 24	Sat	9:00 AM	Chase County Ugly Sweater 5K & 1 Mile Fun Run	Cottonwood Falls River Bridge Cottonwood, Falls, KS	Chase County Ugly Sweater
Nov 24	Sat	5:00 PM	Miracle on Kansas Avenue Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	MKA Rescue Run

December 2018

Dec 1	Sat	8:00 AM	Big Chill - Half Marathon, 10K, 5K	618 Commercial Emporia, KS	Big Chill
Dec 1	Sat	8:00 AM	Dude, Where's The Trail?	Lake Jacomo Marina Kansas City, MO	Dude, Where's The Trail?
Dec 1	Sat	8:00 AM	Jacomotose	Lee's Summit, MO	Jacomotose
Dec 1	Sat	8:30 AM	St. Nick 5Klick & Little Dashers Run	Sedgwick County Park Wichita, KS	St. Nick 5Klick & Little Dashers Run
Dec 1	Sat	9:00 AM	Alternate Chili Trail Run - 10 Mile	Wyandotte County Lake Park Kansas City, KS	Alternate Chili Trail Run
Dec 1	Sat	9:00 AM	Westport Santa Dash	Westport Kansas City, MO	Westport Santa Dash
Dec 1	Sat	9:00 AM	Jingle Bell 5K	Peabody, KS	Jingle Bell 5K
Dec 1	Sat	9:00 AM	Thanks-4-giving 5K	Remington Nature Center St. Joseph, MO	Thanks-4-giving 5K

Dec 2	Sun	9:00 AM	Great Santa Run 5K & Lil Elves Kids Run	Johnson County Community College Overland Park, KS	Great Santa Run
Dec 2	Sun	9:55 AM	Heart of Missouri Girls on the Run 5K	Bear Creek Trail Columbia, MO	Heart of Missouri Girls on the Run 5K
Dec 2	Sun	4:00 PM	Jingle Bell Run	First Presbyterian Church Manhattan, KS	Jingle Bell Run
Dec 8	Sat	8:00 AM	Santa's Express 5K	National Ag Hall of Fame Bonner Springs, KS	Santa's Express 5K
Dec 8	Sat	8:00 AM	Jingle Bell Run - Columbia	Stephens College Columbia, MO	Jingle Bell Run - Columbia
Dec 8	Sat	8:00 AM	Christmas Mile & 5K	Meyers Center Springfield, MO	Christmas Mile & 5K
Dec 8	Sat	9:00 AM	The Great Santa Run 5K	Waterwalk Place Wichita, KS	The Great Santa Run 5K
Dec 8	Sat	9:00 AM	Donate & Dash	Broken Arrow Park Lawrence, KS	Donate & Dash
Dec 8	Sat	5:30 PM	Candy Cane Course North 5K	North Kansas City, MO	Christmas Light Run
Dec 9	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Underground Lenexa, KS	Jingle Bell Run/Walk
Dec 9	Sun	9:00 AM	Kris Kringle 5K Run	Swope Park Kansas City, MO	Kris Kringle 5K Run
Dec 15	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Paradise Park Lee's Summit, MO	Candy Cane Run
Dec 15	Sat	8:00 AM	Kringle Jingle 5K	300 N. 10th St. Columbia, MO	Kringle Jingle 5K
Dec 15	Sat	8:00 AM	Springfield Santa Run	1254 E. Republic Springfield, MO	Springfield Santa Run
Dec 15	Sat	9:00 AM	Jingle Bell Run 5K & 1 Mile	Exploration Place Wichita, KS	Jingle Bell Run
Dec 22	Sat	9:00 AM	Christmas Corral Half Marathon + 4 Mile	204 E. Main Pretty Prairie, KS	Christmas Corral
Dec 24	Mon	9:00 AM	Santa Shuffle Run 5K Run/Walk	E. 17th Terr. & Vine St. Kansas City, MO	Santa Shuffle Run 5K Run/Walk
Dec 29	Sat	10:00 AM	Run for the Ranch 6 Hour, Marathon, Marathon Relay, & Half	Kings & Normal Streets Springfield, MO	Run for the Ranch
Dec 31	Sat	5:00 PM	Resolution Run5K	El Dorado Civic Center El Dorado, KS	Resolution Run5K
Dec 31	Sat	11:45 PM	Run in The New Year	Wichita Boathouse Wichita, KS	Run in The New Year
January 2019					
Jan 1	Tue	1:00 AM	Hope is Thrilling Run 2019	Cook Airfield Derby, KS	Hope is Thrilling Run 2019
Jan 1	Tue	8:00 AM	Help Me Fit Run, Walk & Roll 5K	8640 N. Dixson Ave. Kansas City, MO	Help Me Fit Run
Jan 1	Tue	9:00 AM	Hangover Half Marathon & 5K	Wichita Boathouse Wichita, KS	Hangover Half Marathon & 5K

Jan 1	Tue	9:00 AM	Hangover Half Marathon & 5K	KC Running Company Leawood, KS	Hangover Half Marathon & 5K
Jan 1	Tue	9:00 AM	New Year's Day Run 1M, 5K 10K	Ad Astra Lawrence, KS	New Year's Day Run
Jan 1	Tue	10:00 AM	Commitment Day 5K Run/Walk	Life Time Fitness Overland Park, KS	Commitment Day 5K
Jan 5	Sat	9:00 AM	Bandbrace KC Holiday High School and Youth Indoor Track Meet	Johnson County Community College Overland Park, KS	Bandbrace KC Holiday
Jan 5	Sat	10:00 AM	Fresh Start 5K	CNH Reman Springfield, MO	Fresh Start 5K
Jan 5	Sat	11:00 AM	WinterRock 25/12K	Elk City Lake Independence, MO	WinterRock 25/12K
Jan 5	Sat	12:00 PM	Frozen Ass	Clinton Lake State Park Lawrence, KS	Frozen Ass
Jan 12	Sat	9:30 AM	Your Fastest Mile	English Landing Park Parkville, MO	Your Fastest Mile
Jan 12	Sat	10:00 AM	Run the Neuf	Mojo's Coffee Shop Newton, KS	Run the Neuf
Jan 12	Sat	11:00 AM	Empyrea Trail Run: 1M, 5K, 10K	Ashland, NE	Empyrea Trail Run
Jan 19	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	Foo's Fabulous Frozen Custard Leawood, KS	Battle of the Bean
Jan 19	Sat	11:00 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	Topeka to Auburn Half Marathon
Jan 19	Sat	11:00 AM	Rolling Thunder 5K	Intrust Arena Wichita, KS	Rolling Thunder 5K
Jan 20	Sun	9:00 AM	Psychodelic 5K Trail Run (Winter Edition)	Wyandotte County Park Kansas City, KS	Psychodelic 5K Trail Run
Jan 26	Sat	8:30 AM	3.99K Klondike Challenge	United Methodist Church Warrensburg, MO	3.99K Klondike Challenge
Jan 26	Sat	9:00 AM	Wichita Battle of the Bean 5K & Jelly Bean Dash	Mead's Corner Wichita, KS	Wichita Battle of the Bean
Jan 26	Sat	9:00 AM	Polar 5K Strut	Shawnee Mission Park Lake Overland Park, KS	Polar 5K Strut
Jan 26	Sat	9:00 AM	R.O.C. 7K Trail Run	Cosmo Park Columbia, MO	R.O.C. 7K Trail Run
Jan 26	Sat	9:00 AM	Jack Frost 5K	O'Reilly Catholic Student Center Springfield, MO	Jack Frost 5K
Jan 26	Sat	12:00 PM	Polar Plunge Kansas City	Longview Lake Kansas City, MO	Polar Plunge Kansas City
Jan 27	Sun	8:00 AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis Kansas City, MO	Ground Hog Run
Jan 27	Sun	9:00 AM	Yeti Shiver Me Timbers 5K Obstacle Race	Bonner Springs, KS	Yeti Shiver Me Timbers



Merry Christmas



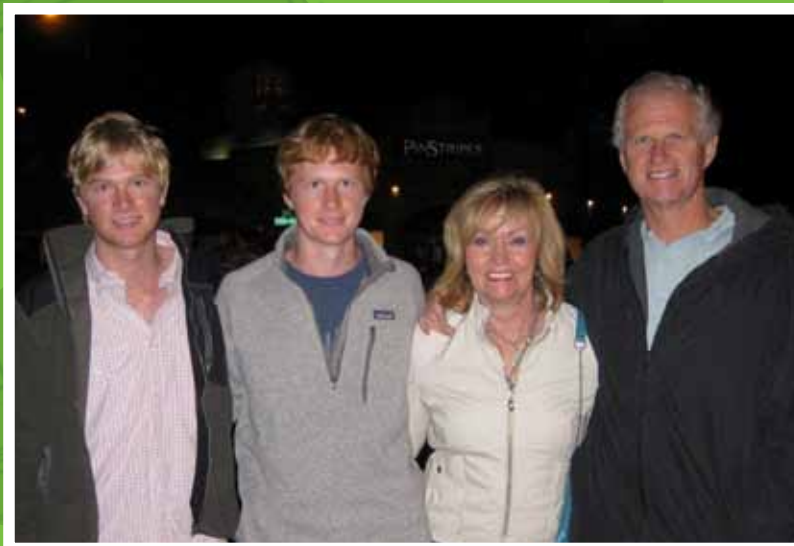
MERRY
CHRISTMAS
TO ALL
AND
TO ALL A
GOOD NIGHT



Merry Christmas

“Have you ever felt worse after a run?”

- George Sheehan



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