

# MASTER PIECES



**Magazine of Mid-America  
Running Association  
November-December 2019**

# Master Pieces

Magazine of Mid-America Running Association  
[www.mararunning.org](http://www.mararunning.org)

NOVEMBER-DECEMBER  
2019

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### Cover Photo:

Jessica Allen from KC,KS  
First Female Finisher at the Plaza 10K  
Run  
by: Gene Wee

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 I first received the e-mail and read the news about Russ Niemi, my brain didn't want to believe it to be true and my heart was so heavy and sad with reflecting on the loss of such a wonderful individual. I will always be truly grateful for the extra time and training Russ provided me as I began to take on the Editor role for Master Pieces. The details and knowledge he provided was priceless. With every new issue that is prepared and ready to be sent out for distribution, my thought is always, "I hope Russ is happy with and approves this issue" As I think about his life so well lived and enjoyed with such a beautiful family and group of friends, I have three words that come to mind- Thankful, Grateful, and Blessed to have known such a wonderful, kind individual.

Thank you Russ for all the many gifts and talent you shared with us!

### Master Pieces Staff:

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## Karen's Column

By Karen Raymer

President of MARA

November-December 2019

The running community lost a wonderful friend, mentor and ambassador. I was very fortunate to call Russ Niemi, friend. I was struggling to put into words a fitting remembrance of our dear friend, but his daughters put together such a wonderful and loving tribute to this great man, that I wanted to share it with you. I know those of you who knew Russ, have your own special memories and stories of Russ.



**Russell E Niemi**

**April 27, 1942 ~ October 17, 2019**

**(age 77)**

**Tribute**

**Service Details**

**Tribute Wall**

**Send Flowers**

*Karen*

**Russell Edwin Niemi**, 77, of Wake Forest, North Carolina passed away on October 17, 2019. He is survived by his wife of 54 years Rosalie Niemi, daughters Wendy Niemi Kremer (Ian) of Herndon, Virginia and Gloria Niemi Bowden (Scott) of Park City, Utah, grandson Lucas Kremer of Herndon, Virginia, sisters-in-law Harriett Lindstrom of Downer's Grove, Illinois and Marlene Morrison (Lester) of Macomb, Illinois, plus six nieces, their spouses and several great-nieces and nephews. Russ adored his family and treasured spending time with them.

Russ was born on April 27, 1942 in Waukegan, Illinois, a second generation Finnish-American and the only child of Oiva and Irene Niemi. While his father was serving in World War II, Russ spent much of his early years with his cousins and de facto sisters Marlynn and Judy. The three of them were quite a trio, getting into mischief while chattering away in Finnish. **cont'd on pg 3**

## 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*





Russ enrolled at the University of Illinois in 1960 to study electrical engineering. There he met the love of his life, Rosalie. They were set up on a blind date by their respective roommates and hit it off immediately.

Following graduation, Russ and Rosalie married on June 26, 1965. Russ accepted a job with General Electric and they moved to the Kansas City area for what was supposed to be a short training assignment. They ended up living happily in the area for 46 years, where they were actively involved in the community and their churches. They welcomed their daughters Wendy and Gloria while living in Overland Park, Kansas.

Russ became an avid runner in the early 1970s and left an indelible mark on the running community in Kansas City. He served as race director of the Hospital Hill Run, which grew to one of the largest road races in the midwest and was the editor of MasterPieces, the newsletter for MARA (the Mid-America Running Association). In addition to numerous road races, he ran 11 marathons around the country, including the New York City marathon.

Russ spent his entire 38-year professional career with General Electric in the area of industrial electrical systems sales and design. While he was a talented engineer, he found the most joy in his work from interacting with clients and co-workers. Russ retired in 2002 and focused a good deal of his energy on his golf game. He could frequently be found on the links of Shadow Glen Golf Club, where he was known not only for his precise golf abilities but also his humor on the course. His golfing buddies could count on many laughs over 18 holes.

He also explored his creative side, developing a passion for photography and graphic design. He spent countless hours taking and editing photos and developed a keen eye for angles, lighting and detail. If any organization needed a beautifully designed brochure, Russ was the first to volunteer. Russ and Rosalie enjoyed many travels, especially to destinations that combined Rosalie's love of gardening and Russ's love of photography, such as trips to the Chelsea Garden Show in London and the gardens of Vancouver, British Columbia.

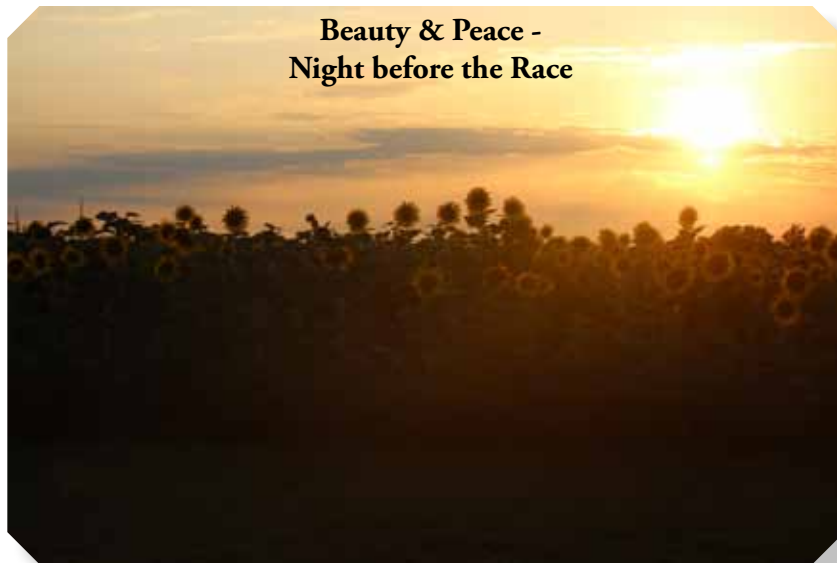
Russ and Rosalie moved to Wake Forest in 2011 and immersed themselves in activities at Wake Forest United Methodist Church, their neighborhood of Heritage and local organizations such as the Wake Forest Camera Club. Russ particularly enjoyed singing in the church choir as a member of the tenor section. With his usual enthusiasm, he also contributed to the choir as its President and by creating beautiful monthly calendars, taking pictures, and producing the choir directory.

While Russ was a man of many talents, his family and many friends will remember him as a gentle soul who always greeted us with a smile and a kind word. We will miss his quick wit, clever puns, beautiful photographs and loving heart.

A service celebrating Russ's life will be held on Friday, October 25 at 11:00 AM at Wake Forest United Methodist Church. Donations in his memory can be made to Tri-Area Ministries Food Pantry, 149 E Holding Avenue, Wake Forest, NC 27587 or Wake Forest United Methodist Church, 905 S Main Street, Wake Forest, NC 27587.



**Sunflower Trail Run -- 5K & 1 mile --Gaeddert's Farms  
Buhler, KS -- 8-31-19**



**Sweet Sunflower Girls**



**Cont'd on pg 5**

**Photos & Update By: Michael Chaffee**

**Sunflower Trail Run -- 5K & 1 mile --Gaeddert's Farms  
Buhler, KS -- 8-31-19**



**1st female**



**1st Male**



**Here's to Looking at You!**

**Photos & Update By: Michael Chaffee**



# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## *Homemade Goodness From the Oven*

After a long, hot summer, many of us are glad to help usher in fall and winter with a break from the heat. In addition to great outdoor training temperatures, the cooler season means turning the oven on to make warm and hearty, comforting meals. Roasting, especially of vegetable and entire meals, is certainly gaining in popularity and for good reason – it is a simple, easy technique that produces delicious side dishes and meals. Roasting is technically considered a cooking method that utilizes dry heat with temperatures of at least 300 degrees F. With roasting, hot air envelops a food item to help insure that it is cooked evenly on all sides. In this way, roasting can certainly enhance flavor of foods through caramelization and browning of the surface. Many of us are familiar with roasting of meats and poultry, especially our Thanksgiving turkey. Introducing more vegetables to this cooking method can often lead to them taking on an even more appetizing flavor. Plus, it becomes a perfect way to enjoy eating more healthy colorful vegetables (for kids and adults), all of which can provide us with healthy carbs, vitamins, minerals and fiber.

**Here are a couple ideas to try.**

### **Rainbow Roasted Vegetables**

2 red bell peppers, cut into 1" chunks

4 carrots cut into ½ " thick

2 yellow squash, cut into ½"  
thick half circles

1 pound broccoli, trimmed and cut into bite-sized pieces

1 red onion, trimmed and cut into ½ " wedges  
½ teaspoon, salt, ¼ teaspoon

black pepper, 3 Tablespoons oil

Preheat oven to 400 degrees. In a large bowl, add ½ tablespoon oil and gently toss onions, then place on a baking tray. Do the same with each type of vegetables, except the broccoli when you use a full tablespoon of oil. Arrange all veggies in a single layer onto your baking sheet. For fun, arrange in the order of the rainbow (red bell pepper, carrots, yellow squash, broccoli, and red onion). Sprinkle with salt and pepper. Roast for 20-25 minutes or until they are just starting to brown and the carrots are fork tender.



### **Roasted Brussel Sprouts, Carrots and Apples**

20 medium fresh Brussel Sprouts

3 large carrots

2 medium apples

½ cup olive oil



2 Tablespoons maple syrup

1 teaspoon cinnamon,

½ teaspoon nutmeg,

¼ teaspoon salt

Preheat oven to 375 degrees. Spray baking sheet with nonstick cooking spray. Trim Brussel Sprouts and cut each one in half. Peel carrots, cut into 1-inch pieces. Core apple, cut into ½" cubes. Place all in a large bowl. Combine oil, syrup and spices in a small bowl. Pour over vegetables and apples; stir to coat and sprinkle with salt. Bake 30-40 minutes until carrots are fork tender and Brussel Sprouts begin to darken.

## *Rim Rock Farm -- Lawrence, KS -- 10-5-19 (Jayhawk Cross Country)*

The Jayhawks were dominant against 9-10 other teams, although they got a run for the top prize from UMKC and from the unattached group. Athletes and spectators had to spend time in their vehicles during a two-hour lightning storm delay.



Hoppin' Roos ready to go



Warming up in the Rain



Start

Update & Photos by: Michael Chaffee



***Rim Rock Farm -- Lawrence, KS -- 10-5-19 (Jayhawk Cross Country)***



**Ally Ryan coming in fast**



**two Roos finishing fast  
in 3rd&4th place)**



**Ally Ryan -- leader/winner**



**Billy Mills wins again!**

Update & Photos by: Michael Chaffee

*Rim Rock Farm -- Lawrence, KS -- 10-5-19 (Jayhawk Cross Country)*



**Joe Moore and Chris Melgares,  
eventual 1st&2nd**



**running for the Jayhawks,  
Shawnee Mission East  
graduate, Jack Young,  
finishes strong**



**first collegiate finisher,  
Michael Melgares, brother  
of Chris**



**Joe Moore (#437) passing Chris Melgares (#436)  
just before the finish. Running unattached,  
the two finished 1st and 2nd.**

Update & Photos by: Michael Chaffee





# Plaza 10K Run/Walk

## September 8, 2019

The ninth annual plaza 10k is Kansas City's Signature 10k event and is the largest 10k in Kansas and Missouri. this event, benefits Saint Luke's Home Health and Hospice and runners enjoy the flat and fast course through the heart of the plaza, together with great post race entertainment and refreshments.



**START**



**Amy Rote (Prairie Village), Yael Albouhalkah (Kansas City MO)**



**Benson Kiema (Van Vert, OH) beat KC Smoke's Chris Melgares by 4 seconds to win the men's race. Both lead from early on and stayed together up to the end.**



**Jessica Allen (Kansas City KS) won the women's race**



**winner on Ward... - Benson Kiema is rounding the last corner on to Ward Parkway to the finish while in the background a lot of runners were still on 47th Street just past the Nichols Fountain.**

Cont'd on pg 11

Updates & Photos By: Gene Wee



# Plaza 10K Run/Walk

## September 8, 2019



**BlackMenRun** - gathered the Black Men Run group after the run for a photo. The KC chapter encourages health and wellness among African American men by promoting a culture of running to stay fit. This group is open to beginners and advanced runners and exists as a support group.



The line of runners after the start passing the Capital Grille.



InterContinental



Coach Eladio Valdez  
- practices what he preaches.



Red Nichols Fountain - KC went all out supporting the Chiefs with red lighting, dying fountain waters red and dressing up Plaza statues in team jerseys.



Updates & Photos By: Gene Wee



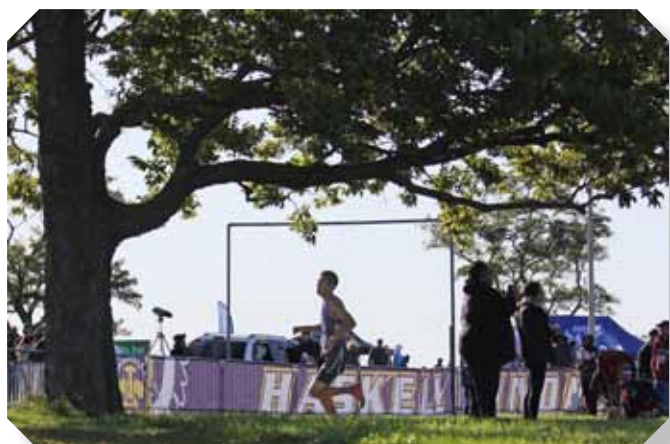
## Haskell XC Invitational held October 12th



flagceremony - a tradition at Haskell Indian Nations University races is the Native American version of flag ceremony before the race. Here, the flag and staff holders stand in front of the Haskell team members while off to the side is the singer and his drum.



Always a tradition at cross country races is the enthusiastic support of family and fans along various points on the course. Fans run quite a bit to go from one vantage point to the next.



halfmiletogo - the course snakes around and back near the finish line with half a mile to go doubling the opportunity to see runners at the finish.



Sprint to the finish in the Girls Varsity Race.



this was the one Haskell runner who painted a red hand over his mouth.



Some days are tougher!

Update & Photos By: Gene Wee

Update & Photo From:  
Runner's World Newsletter Oct 13, 2019



***Shattered!***  
***Women's World Record Set at Chicago Marathon***  
***by Brigid Kosgei***

Brigid Kosgei of Kenya made history today at the Chicago Marathon, setting a world record of 2:14:04.

She smashed Paula Radcliffe's mark of 2:15:25 from the London Marathon in 2003. Ababel Yeshaneh of Ethiopia, who before today had a personal best of 2:24:02 from Tokyo in March, was second in 2:20:51, nearly 7 minutes behind Kosgei. Gelete Burka of Ethiopia was third in 2:20:55.

Kosgei said that faster times were possible—for her and for other women.

"It's amazing for me," she said. "I never believed that time. But I've seen 2:10 is possible for



# 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!

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 early!

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
<b>November 2019</b>					
Nov 1	Fri	6:00 PM	Spooky Sprint North KC 5K/10K	Hodge Park Amphitheater Kansas City, MO	Spooky Sprint 5K/10K
Nov 2	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	Ozark Trail 100
Nov 2	Sat	9:00 AM	Cliff Hanger 10K & 5K Run/Walk	Colonnade at Concourse Park Kansas City Tuttle Creek	Cliff Hanger Run
Nov 2	Sat	7:00 AM	Little Apple Marathon	State Park Manhattan, KS	Little Apple Marathon
Nov 2	Sat	8:00 AM	Grandview Turkey Day 5K Fun Run/Walk	Grandview Amphitheater Grandview, MO	Grandview Turkey Day 5K
Nov 2	Sat	8:00 AM	Happy Feet for Healthy Minds 5K & 1M	Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
Nov 2	Sat	8:00 AM	Run for the Nations 5K	Kansas City, MO	Run for the Nations 5K
Nov 2	Sat	9:00 AM	Gobble Wobble Run/Walk	401 S. Jane Haysville, KS	Gobble Wobble Run/Walk
Nov 2	Sat	9:00 AM	Wilderness Run	Hodge Park Kansas City, MO	Wilderness Run
Nov 2	Sat	9:00 AM	Cure' of Ars 5K	Cure of Ars Church Leawood, KS	Cure' of Ars 5K
Nov 2	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr	Tails on the Trail

Nov 3	Sun	7:00 AM	Bass Pro Conservation Marathon Full, Relay, Half & 5K	Bass Pro Shops Springfield, MO Shawnee Mission South HS Overland WW1 Memorial Kansas City, MO	Bass Pro Marathon
Nov 3	Sun	7:30 AM	Rompin' Stompin' Raider Band 5K	Mission South HS Overland WW1	Rompin' Stompin' Raider Band 5K
Nov 3	Sun	8:00 AM	Hope on the Hill KC 5K	Memorial Kansas City, MO	Hope on the Hill KC 5K
Nov 3	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	Kansas Half Marathon
Nov 3	Sun	8:00 AM	Blue Springs Runners' 50/50	Longview Lake Trail Kansas City, MO	Blue Springs Runners' 50/50
Nov 3	Sun	8:00 AM	March in the Saints 5K	Messiah Lutheran Church Lindshore. 13611 Byars Rd.	March in the Saints 5K
Nov 3	Sun	8:00 AM	Grandview Turkey Day 5K	Grandview, MO	Grandview Turkey Day 5K
Nov 3	Sun	8:00 AM	Dream Dash 5K	Southcreek Office Park Overland Park. KS	Dream Dash 5K
Nov 3	Sun	8:30 AM	Who Let the Dogs Out 5K	Sedgwick County Park Wichita, KS	Who Let the Dogs Out 5K
Nov 8-9	Fri-Sat	7:00 PM	KUS 6/12/24 Hour Run	Cessna Activity Center Wichita. KS	KUS 6/12/24 Hour Run
Nov 8	Fri	10:00 PM	Run to the Lights 5K Run/Walk	Silver Dollar City Branson, MO	Run to the Lights 5K Run/Walk
Nov 9	Sat	7:00 AM	Sanders Saunter	Clinton Lake Lawrence, KS	Sanders Saunter
Nov 9	Sat	7:30 AM	Dogwood Canyon 15K Trail Run	Dogwood Canyon Nature Park Lamine. MO	Dogwood Canyon Trail Runs
Nov 9	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 9	Sat	8:00 AM	Longview Half Marathon, 10K & 5K	9035 Pettinger Rd. Grandview, MO	Longview Half Marathon

Photos By: Gene Wee - RunLawrence.com

Nov 9	Sat	8:00 AM	Diabetes Dash 5K CoMo	401 Clinkscates Rd. Columbia. Meadowview Baptist Church Hutchinson.	Diabetes Dash 5K CoMo
Nov 9	Sat	8:30 AM	Ruck 'n' Run		Ruck 'n' Run
Nov 9	Sat	9:00 AM	Clover Run 5K	Wallace Park Paola, KS	Clover Run 5K
Nov 9	Sat	9:00 AM	OLP Turkey Trot 5K & 1 Mile Fun Run/Walk	Unity Village Lee's Summit, MO	OLP Turkey Trot
Nov 9	Sat	9:00 AM	War Horses for Veterans 5K	Liberty Memorial Kansas City, MO	War Horses for Veterans 5K
Nov 9	Sat	9:00 AM	Sacred Heart Knight's Club 5K	Salina, KS	Sacred Heart Knight's Club 5K
Nov 9	Sat	9:00 AM	Girls' on the Run Greater KC Fall 5K	Children's Mercy Park Kansas City, KS	Girls' on the Run
Nov 9	Sat	9:00 AM	Red Kettle Run	Camp Hiawatha Wichita, KS	Red Kettle Run
Nov 9	Sat	9:00 AM	KS Proud 10 Miler & 12 Mile Ruck March	All Veterans Memorial Park Emporia, KS	KS Proud 10 Miler
Nov 9	Sun	9:30 AM	Freedom Fest 5K Run/Walk	Emporia All Veterans Memorial Emporia, KS	Freedom Fest 5K Run/Walk
Nov 9	Sun	9:45 AM	HRC Turkey Trot 5K & 10K	Hays, KS	HRC Turkey Trot 5K & 10K
Nov 9	Sat	10:00 AM	Veterans' Day Honor Walk & 5K Run	Stephen Lake Park Columbia, MO	Veterans' Day Honor Walk & 5K Run
Nov 9	Sat	3:30 PM	Cup of Hope 5K	1125 S.Summit St. Arkansas City, KS	Cup of Hope 5K
Nov 10	Sat	7:30 AM	Dogwood Canyon 25K & 50K Trail Runs	Dogwood Canyon Nature Park Lamar, MO	Dogwood Canyon Trail Runs
Nov 10	Sat	8:00 AM	The Bill Grevas & Cindy Curran 5K Memorial Run/Walk	Sacred Heart High School Salina, KS	5K Memorial Run/Walk



Nov 10	Sun	8:00 AM	Billy Mills 10K	Haskell University Lawrence, KS	<a href="#">Billy Mills 10K</a>
Nov 10	Sun	9:00 AM	KU Vets Day 5K	Memorial Stadium Lawrence, KS	<a href="#">KU Vets Day 5K</a>
Nov 10	Sun	9:00 AM	Blue Springs First Responder Hero Run	Blue Springs South High School Blue Springs, MO	<a href="#">First Responder Hero Run</a>
Nov 10	Sun	2:00 PM	Girls on the Run Heart of Kanss Fall 5K	Watson Park Wichita, KS	<a href="#">Girls on the Run Heart of Kanss Fall</a>
Nov 11	Mon	8:30 AM	Gobbler Grind Run Marathon, Half Marathon & 5K	Corporate Woods Overland Park, KS	<a href="#">Gobbler Grind</a>
Nov 16	Sat	7:30 AM	The Wizarding Run	Columbia, MO	<a href="#">The Wizarding Run</a>
Nov 16	Sat	8:00 AM	Honoring Our Heroes Marathon	Rolla, MO	<a href="#">Honoring Our Heroes Marathon</a>
Nov 16	Sat	9:00 AM	Hot Chocolate 15K/5K	Arrowhead Stadium Kansas City, MO	<a href="#">Hot Chocolate 15K/5K</a>
Nov 16	Sat	9:00 AM	TJ5K Family Fun Trail Run	1470 N. 1000 Rd. Lawrence, KS	<a href="#">TJ5K Family Fun Trail Run</a>
Nov 16	Sat	9:00 AM	Washburn Rural 5K	Washburn Rural High School Toneka, KS	<a href="#">Washburn Rural 5K</a>
Nov 16	Sat	9:00 AM	Senior Specialists Trails & Tails 5K	5401 Gene Field Road Saint Joseph, MO	<a href="#">Senior Specialists Trails &amp; Tails 5K</a>
Nov 16	Sat	10:00 AM	Vet and Pets 5K	Shawnee Mission Park Lenexa, KS	<a href="#">Vet and Pets 5K</a>
Nov 17	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	<a href="#">Williams Route 66 Marathon</a>
Nov 17	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, KS	<a href="#">Pilgrim Pacer Run</a>
Nov 22	Fri	5:00 PM	Thanksgiving Day Turkey Trot	Moberly, MO	<a href="#">Thanksgiving Day Turkey Trot</a>

Nov 23	Sat	7:45 AM	44rd Annual Wichita Turkey Trot 10M & 2M	Cowtown Wichita, KS	Wichita Turkey Trot
Nov 23	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Bass Pro/ Waterfall Park Independence McBride Elementary Springfield, MO	Turkey Trails 5k & 10K Run
Nov 23	Sat	8:30 AM	Pound the Pavement for Parkinson's 5K	City Teen Center Salina, KS	Parkinson's 5K
Nov 23	Sat	9:00 AM	Frosty Fun Runs	185 Fourth St. Fort Leavenworth.	Frosty Fun Runs
Nov 23	Sat	9:00 AM	MCTP/FMWR Turkey Trot	Grain Valley, MO	MCTP/FMWR Turkey Trot
Nov 23	Sat	9:00 AM	Angela's Army 5K & 1M Family Stroll	Lake Shawnee Campground Topeka, KS	Angela's Army 5K & 1M Family Stroll
Nov 23	Sat	5:30 PM	Winter Wonderland 5K Run/ Walk	206 S. Main Joplin, Mo	Winter Wonderland 5K
Nov 28	Thu	7:30 AM	Joplin Turkey Trot 5K	Springfield Expo Center Springfield, MO	Joplin Turkey Trot 5K
Nov 28	Thu	8:00 AM	Turkey Trot 5K	Andover High School Andover, KS	Turkey Trot 5K
Nov 28	Thu	8:00 AM	Trojan Turkey Trot 5K	Walnut Elementary School Emmoria, KS	Trojan Turkey Trot 5K
Nov 28	Thu	8:00 AM	Walnut Turkey Day Dash	Branson Landing Branson, MO	Walnut Turkey Day Dash
Nov 28	Thu	8:00 AM	Branson Turkey Trot 5K	Parks & Rec Multipurpose Bldg. North Woodlawn School Lawrence, KS	Branson Turkey Trot 5K
Nov 28	Thu	8:30 AM	Thanksgiving Day Pie Run - 5K & 10K	Kearney High School Kearney, MO	Thanksgiving Day Pie Run
Nov 28	Thu	8:30 AM	runLawrence Thanksgiving 5K		runLawrence Thanksgiving
Nov 28	Thu	8:30 AM	Kearney Turkey Trot		Kearney Turkey Trot

Nov 28	Thu	8:30 AM	Kansas Turkey Trot for Heroes	Combat Air Museum Topeka, KS	<a href="#">Kansas Turkey Trot for Heroes</a>
Nov 28	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park KS UltraMax	<a href="#">Thanksgiving Day 5K</a>
Nov 28	Thu	9:00 AM	Turkey Trax Running Road 5K Walk/Run	Sports Columbia, MO	<a href="#">Turkey Trax</a>
Nov 28	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	<a href="#">Parkville Turkey Trail Trot</a>
Nov 28	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K/10K	Ward Parkway Center Kansas City, MO	<a href="#">Ward Parkway Thanksgiving Day 5K</a>
Nov 28	Thu	9:00 AM	Pilgrim Run 5K	Pilgrim Chapel Kansas City, MO	<a href="#">Pilgrim Run</a>
Nov 28	Thu	9:00 AM	Kansas City Turkey Trot 8K & 5K	Arrowhead Stadium Kansas City, MO	<a href="#">Kansas City Turkey Trot</a>
Nov 28	Thu	9:00 AM	Gobble Wobble 5K	El Dorado, KS	<a href="#">Gobble Wobble 5K</a>
Nov 28	Thu	9:00 AM	MHK Turkey Trot	Manhattan, KS	<a href="#">MHK Turkey Trot</a>
Nov 28	Thu	9:00 AM	Willard Turkey Trot	Willard, MO	<a href="#">Willard Turkey Trot</a>
Nov 28	Thu	9:00 AM	Liberty Gives Thanks 5K	Liberty Community Center Liberty, MO	<a href="#">Liberty Gives Thanks 5K</a>
Nov 28	Thu	9:00 AM	MHK Turkey Trot	Aggieville Manhattan, KS	<a href="#">MHK Turkey Trot</a>
Nov 28	Thu	9:30 AM	Say Grace Thanksgiving Race	St. Francis Medical Center Wichita, KS	<a href="#">Say Grace Thanksgiving Race</a>
Nov 30	Sat	5:00 PM	Miracle on Kansas Avenue Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	<a href="#">MKA Rescue Run</a>
<b>December 2019</b>					
Dec 14	Sun	8:00 AM	Talk 2 Me 5K	The Barstow School Kansas City, MO	<a href="#">Talk 2 Me 5K</a>



## December 2019

Dec 14	Sun	8:00 AM	Talk 2 Me 5K	The Barstow School Kansas City, MO	Talk 2 Me 5K
Dec 6	Fri	7:00 PM	Reindeer Run 5K	J.R. Martin Park Republic, MO	Reindeer Run 5K
Dec 7	Sat	6:00 AM	36 Hours of Jack 5K, 15K, 30K, 50K, 80K, 100K, 100M, 200K	521 Robert Ellis Young Dr. Carthage, MO	36 Hours of Jack
Dec 7	Sat	8:00 AM	Big Chill - Half Marathon, 10K, 5K	618 Commercial Emporia, KS	Big Chill
Dec 7	Sat	8:00 AM	Jingle Bell Run - Columbia	Stephens College Columbia, MO	Jingle Bell Run - Columbia
Dec 7	Sat	8:00 AM	The Big Chill	618 Commercial St. Emporia, KS	The Big Chill
Dec 7	Sat	8:30 AM	St. Nick 5 Klick & Little Dashers Run	Sedgwick County Park Wichita, KS	St. Nick 5 Klick & Little Dashers Run
Dec 7	Sat	8:30 AM	Christmas Mile & 5K	CoxHealth Fitness Center Springfield, MO	Christmas Mile & 5K
Dec 7	Sat	9:00 AM	Westport Santa Dash	Westport Kansas City, MO	Westport Santa Dash
Dec 7	Sat	TBD	Candy Cane Course 5K	North Kansas City YMCA North Kansas City, MO	Candy Cane Course 5K
Dec 7	Sat	9:00 AM	The Great Santa Run 5K	Downtown Wichita, KS	The Great Santa Run 5K
Dec 7	Sat	10:00 AM	Rudolph Run 5K & 2M Fun Run	Peebles Complex Garden City, KS	Rudolph Run 5K & 2M Fun Run
Dec 7	Sat	10:30 AM	Jingle Bell 5K	Downtown Peabody, KS	Jingle Bell 5K
Dec 8	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Underground Lenexa, KS	Jingle Bell Run/Walk

Dec 8	Sun	9:00 AM	Great Santa Run 5K & Lil Elves Kids Run	12345 W. College Blvd. Overland Park, KS Bear Creek Trail Columbia, MO	Great Santa Run
Dec 8	Sun	9:55 AM	Heart of Missouri Girls on the Run 5K	Silver Dollar City Branson, MO	Heart of Missouri Girls on the Run 5K
Dec 8	Sun	9:00 PM	Run to the Lights 5K @ Silver Dollar City	Downtown Lee's Summit Lee's Summit, MO 1254 E. Republic Springfield, MO	Run to the Lights 5K
Dec 14	Sat	8:00 AM	Candy Cane Course 5K/10K	Paradise Park Lee's Summit, MO	Candy Cane Course 5K/10K
Dec 14	Sat	8:00 AM	Springfield Santa Run	Swope Park Kansas City, MO	Springfield Santa Run
Dec 14	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Exploration Place Wichita, KS	Candy Cane Run
Dec 14	Sat	9:00 AM	Kris Kringle 5K Run	National Agricultural Center Bonner 300 N. 10th St. Columbia, MO	Kris Kringle 5K Run
Dec 14	Sat	9:00 AM	Jingle Bell Run 5K & 1 Mile	204 E. Main Pretty Prairie, KS	Jingle Bell Run
Dec 14	Sat	9:00 AM	Santa Express 5K	E. 17th Terr. & Vine St. Kansas City, MO	Santa Express 5K
Dec 21	Sat	8:00 AM	Kringle Jingle 5K	Kings & Normal Streets Springfield, MO El Dorado Civic Center El Dorado, KS	Kringle Jingle 5K
Dec 21	Sat	9:00 AM	Christmas Corral Half Marathon + 4 Mile	Wichita Boathouse Wichita, KS	Christmas Corral
Dec 21	Sat	9:00 AM	Santa Shuffle Run 5K Run/Walk		Santa Shuffle Run 5K Run/Walk
Dec 28	Sat	10:00 AM	Run for the Ranch 6 Hour, Marathon, Marathon Relay, & Half		Run for the Ranch
Dec 31	Tue	5:00 PM	Resolution Run 5K		Resolution Run 5K
Dec 31	Tue	11:45 PM	Run in The New Year		Run in The New Year



