

# MASTER PIECES



**Magazine of Mid-America Running Association  
September-October 2018**

# Master Pieces

Magazine of Mid-America Running Association

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

SEPTEMBER-  
OCTOBER 2018

## This Issue

\*\*\*\*\*

- 2 *Karen's Column*
- 3-5 *Remembering Betsy Titterington*
- 6 *70-79 New World Record Relay!*
- 7 *Four on the 4th Run*
- 8-9 *Roberta's Recipes-Smoothie Bowls*
- 10-13 *JCPRD U Kid's Triathlon*
- 14 *A little Fall Running Inspiration*
- 15 *Pat Melgares - 2019 KS Relays*
- 16-25 *Race Calendar-Sept-Oct 2018*

Cover Photo:

by: Michael Chaffee

**Young Athletes taking part in the  
2018 JCPRD Kid's Triathlon**

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



Renee Kidwell  
Editor



Shadow

## Giving & Receiving

No doubt, you have often heard the statement: 'It's better to give than receive'. I've always felt and believe that to be true, because, I very much enjoy giving and sharing with others. What often results is the giver actually receives so much more in return. This has definitely been the case for me in the past few months. I had heard from a friend that she was aware of a 1 year old Blue Heeler (Cattle dog) rescue that desperately needed a new home. The poor little pup had a very difficult introduction to life and needed some special care. The dog is a natural runner and likes other dogs. I had been thinking for a few months prior about adopting a rescue dog and this seemed like a good opportunity and I went ahead and took the little fellow home. He was so timid and fearful of any loud noises and new people yet, has such a loving spirit with me. I started walking him along with my older Black Lab (Danny) and eventually began running a few miles each morning with him. As he stays right at my side whatever the pace, I named him 'Shadow'. We now are up to 8+ miles on our Saturday runs which he loves. Shadow has a new tug-a-war buddy with Danny who had to retire from running a year ago. It will take a lot of time and patience before Shadow is not so timid & frightened of others, however, I have definitely received so much more of a blessing from him already than I could ever had imagined when I gave him a new home.

Enjoy a Wonderful Autumn of Running,  
Walking, Biking, Giving & Receiving!

**Sustaining Memberships are listed on page 2**

### Master Pieces Staff:

Editor: Renee Kidwell  
Webmaster: Stevan Ryan  
Photographers: Gene Wee,  
Michael Chaffee,  
Calendar and Distribution Editor: Stevan Ryan

### Writers:

Karen Raymer,  
Roberta Washburn

• *Master Pieces* is published six times per year by Mid-America Running Association. Applications for membership are available at [www.mararunning.org](http://www.mararunning.org). For advertising information and deadlines, contact: Renee Kidwell at [runnay19@yahoo.com](mailto:runnay19@yahoo.com).



# Karen's Column

By Karen Raymer  
President of MARA

September- October 2018

It is so disturbing to me as I am sure it was to you, the horrific story of the abduction and murder of the young college woman, Mollie Tibbetts, from Brooklyn, Iowa. Mollie was stalked while she was doing what she loved to do for exercise, running.

We should, as runners, be able to run when and where we wish. The reality of our world today is: that is not the case. From the news reports and articles in the papers, Mollie was running in a rural, desolate area, where she ran often. It was "suggested" by one of the articles that I read, that this despicable man who took her life, had probably seen her running in that area before.

Another article I read stated that her earbuds were found in his car. This also disturbed me immensely. For many years, I was the Missouri state representative for the RRCA {Road Runners of America}. There is a yearly meeting for the RRCA. One of the workshops at the meeting is on runner safety. There are always representatives from law enforcement, with the statistics of how many runners are attacked each year (both male and female). One thing that is always stressed is the things

NOT TO DO to make yourself a target.

The number one thing is: DO NOT WEAR ANYTHING IN YOUR EARS. The second is: Always be aware of your surroundings and DO NOT RUN ALONE IN DESOLATE AREAS.

It is still a tragedy as to what happened to Mollie Tibbetts, but as long as there are those horribly sick people in the world, runners must be vigilant not make themselves an easy target. Please be safe.

Wishing you happy, healthy and safe running and/or walking.

*Karen*

## MARA Sustaining Members



*Anna & John Allen  
Lexa Alley  
Diane Bahr  
Dave Boone  
Mary Boyce & Mary Desch  
John Cookinham  
Rick Hogan  
Kent & Carolyn Mitchell  
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  
Leawood, KS  
Lenexa, KS  
Raymore, MO  
Olathe, KS  
Overland Park, KS  
Shawnee Mission, KS*





***Elizabeth (Betsy) Ruth Titterington***



**Jun 09,1951---Aug 03,2018**

Elizabeth Ruth Titterington was born June 9, 1951 in Kansas City and died after a brief illness with metastatic colon cancer. She is survived by her husband, Reverend Dr. Michael Brecke, stepchildren Anna and Matthew Brecke, four siblings; Dr. Frank W. Titterington III (Barbara), John Ross Titterington (Beth), Mary Frances Titterington Edwards (Doug), Paul Paterson Titterington (Cheryl Dillard), seven nieces and five nephews. She was preceded in death by her twin brother, William, her parents Betty and Frank Titterington, and her sister, Judy Lindsay.

Betsy attended E.F. Swinney and W.C. Bryant grade schools and was a 1969 graduate of Southwest High School in Kansas City. She graduated from the University of Missouri at Kansas City where she was a member of Chi Omega sorority.

After working for the Kansas City Parks Department and then a job in Palo Alto, California, Betsy found her true passion, that of directing races. She was involved with the Kansas City Marathon, Children's Mercy Run, Plaza Classic, St. Pat's Run, Trolley Run and Baptist Medical Center Triathlon, just to name a few. Another passion of Betsy's was cooking. She received a degree at the Culinary Institute of America in Napa, California and co-founded the Culinary Center of Kansas City.

After Betsy's marriage August 19, 2001, she and Michael moved to Door County, Wisconsin where she taught at the Savory Spoon Cooking School, was a cook at the Clearing Folk School and then became a Cheese Monger. Upon returning to Kansas City, Betsy joined her sister, Mary and nephew, Paul at Better Homes and Gardens Real Estate.

Betsy had an incredible loving spirit that created much joy and gratitude among those fortunate enough to know her.

Her memorial service was at 10:30 AM on Saturday, August 18 at First Lutheran Church, 6400 State Line Road, Mission Hills, KS 66208.

In lieu of flowers, please consider a donation to First Lutheran Church 6400 State Line Road, Mission Hills, Kansas 66208 or a donation to the Titterington Memorial Fountain at Central United Methodist Church, 5144 Oak Street, Kansas City, Missouri 64112.





From: Carl Sniffen  
Friday, August 10, 2018 12:12 PM

Today is the day that I am supposed to see Betsy. Traveling to Kansas City to see her smile, hold her hand and likely say goodbye to my dear friend. Betsy had a different plan. Instead, I am high in the Rockies to reflect, remember, laugh, cry and celebrate my friend.

Since I learned of Betsy's passing, I've been thinking of Betsy often, sometimes with tears, more often with a smile or a laugh. Like so many, Barb and I were blessed to have known Betsy for so many years. Over the last week, I have enjoyed all the wonderful thoughts and remembrances that so many others have shared about her. She was loved by so many. Collectively, all of our lives have been enriched by this kind, gentle and caring woman.

Betsy was all good things. She was the truest friend imaginable. She cared about Barb and me, she cared about our kids, she cared about our pets, she cared about so many people. She traveled to Oregon from time to time to see us. And, even when we may not have seen Betsy for years, every time we were able to find time together, it was as if we had never been apart. Yes, Betsy was a true friend.

Some say that life is a zero sum game from which no one escapes alive. While it is true that we all die, I believe that for those of us who lead rich and full lives death is not an end. Betsy's life is the greatest testament to this. Those who are nearest to us continue to live in our hearts, minds and souls. They continue to inspire, guide and support us.

I believe that a life is like weaving a tapestry. Throughout our lives, all of those times that people and circumstances cause us to laugh, cry, mourn, grieve, appreciate, rejoice and celebrate, we are adding to the richness and color of our tapestry. I can only imagine that Betsy's tapestry would be the most majestic, glorious and spectacular of all, in size, shape and color. Betsy's tapestry represents all of the best parts of being human. I can only hope that some of that gloriousness and majesty of Betsy's tapestry rubbed off on me over the years. I believe that it has.

I know that for Barb and me, Betsy will continue to inspire and enrich us and uplift our spirits. Her friendship will help us be better friends to others, look for ways to help others and be there for others whenever we are needed. Her memory will encourage and guide us as we move forward. We will strive to smile much more and embrace all the opportunities that we have to help others and celebrate one another.

For Michael, Mary, all of the Titterington family and friends, I am mourning with you. I am celebrating with you. I am crying with you and I am laughing with you.

Today, I am in a beautiful place, high in the mountains. I can hear birds sing, creeks rushing, and the breeze blowing gently through the aspen trees. As I traveled to this place in the early morning, I saw a beautiful sunrise and shooting stars. Now, the mountains tower over me. The skies are that Rocky Mountain blue. It is a peaceful place. It is a humbling place. Today, I am celebrating my dear friend Betsy. I feel like she is here with me. She is.

All good things. Carl





**One of my favorite photos from that night.**

**By: Rich Ayers**

The last time I saw Betsy it was a special night for my family and friends that were there. A very special night for me to see Betsy at our table during the ceremony. You see, I was being inducted into the Hospital Hill Run Hall of Fame on May 31, 2018. I had invited Betsy several weeks before the ceremony along with Michael, Mary and Doug. To my pleasant surprise Betsy made it to the reception including the induction ceremony! When I was presented my award I took the opportunity to introduce my family and friends. Betsy received a very nice and warm greeting from those attending the event. It made me feel good that the people recognized what Betsy had done for Hospital Hill, and the years she worked with the race committee serving several years as assistant race director. It was an emotional time for me to have Betsy attend the event and share the honor with me. Thanks to Mary for taking the time and effort in helping Betsy attend! You see the last time I saw her, she honored me by being there! Little did we know what would happen in just nine weeks from that night. RIP my dear friend, we love you.



**AGT, Rich**

**Betsy 6/9/51 to 8/3/18**





## (70-79) NEW WORLD RECORD OF 11: 03.46



**Update and Photo provided by: Tim Wigger**

As you may know, although I often road race, I am really a masters track athlete at heart. And I do all I can to promote masters track and field much like Alan Poisner does with race walking.

On July 14 my SoCal Track Club M70 teammates and I competed in the West Region Masters Championships at West Los Angeles College in Culver City, California. Our team consisted of Fred Lindsley (age 73 from San Bernardino, CA), Grady Cash (age 70 from Nashville, TN), Tim Wigger (age 70 from Shawnee, KS) and Salih Talib (age 73 from Bronx, NY). We ran the 4 X 800m relay in 11:03.46 breaking the twenty year old age group (70-79) world record of 11:09.87.

We intend to improve our record in late September at the USATF Missouri Valley Association Masters Championship meet at Wichita State University. We expect several runners local to Kansas City to participate in the 4 X 800m relay race.

As you might imagine, it is difficult getting four age 70+ runners together that are healthy and ready to compete at a high level. In the past we failed to succeed due to injury and other complications. This time we actually had five SoCal teammates training with the intent to use the fastest four. Gary Patton was in our group. Gary is 73 and from Rock Rapids, Iowa. Gary is a phenomenal masters runner who is the current indoor and outdoor 1500 and mile American record holder for the M70 age group. Gary's indoor mile record is 5:29.81!

A week before our relay race in Culver City Gary had a personal conflict that prevented him from participating. Fred Lindsley was our alternate who stepped in although Fred was nursing an injury calf. Fred survived his relay leg resulting in the record setting run.

Our group is once again targeting the new record hoping to drop it another 15+ seconds. We are entered in the USATF Missouri Valley Association Masters Championships at Wichita State University on September 29. We are expecting some local runners from Kansas City to run against our SoCal Track Club team.

Our group is exceptionally strong with US/World 800 rankings as follows: Gary 1/3, Tim 2/8, Salih 3/10, and Fred 5/17. Gary, Salih and I just competed in the USATF Masters Outdoor National Championships in Spokane, Washington last week. Gary, me, and Salih finished 1-2-3 in the 800 while our 1500 finish was 2, 3, and 5 respectively. I was also the 2000m steeplechase national champion.



Photos by: Michael Chaffee



## **Smoothie Bowls - a New Twist on a Long-time Favorite**

**F**or years many of us have enjoyed smoothies as a nourishing breakfast, post-workout replenishing drink or a quick afternoon snack. To some folks though, their smoothie wasn't a real meal, rather just a drink or a snack. Though refreshing and tasty, the need to chew real food was never quite satisfied with a smoothie for many. So now, one of the biggest trends out there, and for good reason, is the nutrient packed and delicious Smoothie Bowl. Even while on a recent vacation in Mexico, we ran across a small restaurant with delicious- looking and tasty smoothie bowls.

If you like smoothies, you will most likely really enjoy bowls. They include a few simple ingredients whirled in a blender or food processor that are then topped with favorite items such as nuts, chia seeds, shredded coconut, berries, sliced fruit, etc. The presentation, whether "artful" or simple, it what really seems to make them so inviting to dive into with a spoon. These are nutrient packed blends that combine everything that is great about our favorite smoothies with even more to enjoy.

To make a smoothie bowl at home, think of a smoothie that is best eaten with a spoon by simply using less liquid than you typically do. This results in a thicker, rich and creamier consistency, like pudding, frozen yogurt or ice cream. Serving it in a bowl, rather than a glass, allows for lots of creativity with adding of a range of toppings in artistic presentations. Such toppings on a thick smoothie not only make the meal colorful, creative and appetizing, but also add substance, more nutrients, and crunch to a smoothie bowl. Recipes abound on the internet, Pinterest, etc. for smoothie bowls. Certainly dream up your own combinations with whatever ingredients you may have on hand. I have seen a variety of fruits and vegetables used in various smoothie bowls, including peach, pumpkin, papaya, kiwi, mango and pineapple.

*Here are a couple ideas on page 9 to get you started.*

# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

---



## Banana Monkey Smoothie Bowl

1/2 cup milk (dairy milk, soy or almond per preference)

1 frozen banana

1 cup frozen mixed berries

1 cup fresh spinach

1/2 cup plain Greek yogurt or 1 scoop protein powder

Toppings of choice

Place milk, frozen fruit, spinach and yogurt or protein powder in a blender or food processor and blend until smooth.

Pour into a bowl and top with desired toppings, such as fresh berries, sliced banana, granola, chia seeds, toasted coconut, chopped nuts or slivered almonds, etc. Place toppings in lines or sections for a decorative effect. Be as artistic as desired.

Grab a spoon and enjoy!

---

## Spider Web Smoothie Bowl

For a fun Halloween breakfast

1/2 cup milk or orange juice

1/2 cup peach Greek yogurt

1 cup frozen fruit, such as berries, peaches or banana

1 Tablespoon plain or vanilla yogurt

Blend milk or juice, 1/2 cup yogurt and fruit in a blender or food processor. Pour into a bowl. Spoon 1 tablespoon of plain or vanilla yogurt into a small plastic bag. Snip off a tiny bit of one corner of the plastic bag. Squeeze yogurt through the hole to pipe 3 or 4 concentric circles on top of the smoothie bowl. Use a toothpick to create a web effect by dragging the toothpick from the middle of the bowl to the outside edge several times.



## JCPRD U Kid's Triathlon --- Kill Creek Park -- 8-25-18



**They're always on the move anyway, why not make it official? Join one of the fastest growing and confidence boosting kid's sports in the country by challenging them to become triathletes!**

**This youth triathlon is specifically designed to let the kids be the stars of the show. Athletes ages 14 years and younger will compete in individual age groups in this race that is truly an event for all abilities. The JCPRD U Kids Triathlon in Partnership with Charlie's House is a USA Triathlon (USAT) Sanctioned event.**



Photos by: Michael Chaffee





Photos by: Michael Chaffee





Photos by: Michael Chaffee





Photos by: Michael Chaffee





**From: Pat Melgares <melgares@letsgorun.com>**

**Date: Thu, Jun 21, 2018 at 3:23 PM**

**Subject: Kansas Relays, Masters Events**

**Hello...I am writing with a request to share information with your Club's members about the potential to add events for Masters runners to the 2019 Kansas Relays.**

**I am good friends with Milan Donley, the director of the Kansas Relays. Milan and I recently had a conversation about Masters events at the Relays, and he explained to me that the reason Masters events were cut from the relays is because Masters runners were registering for those events, but then wouldn't show up. It was leaving those events short on runners.**

**Milan has given me the green light to recruit fields of runners for masters events for the 2019 Kansas Relays. Initially, I am wanting to recruit a field of 8 men and 8 women to run 800 meters at the 2019 Kansas Relays (to mirror what is currently done at the Drake Relays). These need to be Masters runners (40+). It would be great to have a few age groups represented, such as 40-plus, 50-plus, 60-plus, etc... and we can promote these races as runners capable of making the state honor roll, or perhaps even challenging American records.**

**However, being fast is NOT going to be the prerequisite for getting in. Milan says there will not be a time standard for the Masters races, but that he needs a guarantee that the Masters runners who are invited to participate will commit to being there. Once accepted to participate, they must show up.**

**Which leads me to this: I am trying to build a list of Masters runners throughout Kansas with whom I can communicate over the next several months, providing information on how they can express an interest or apply to run in the 2019 Kansas Relays.**

**Depending on interest, I could then go back to Milan and perhaps propose additional events, or maybe a larger field. The key is that the Masters runners who express interest must be serious about showing up and competing on the track.**

**Could you please share this information with your Club's members and ask them to contact me if they would like to be kept informed about events and possible entry into the 2019 Kansas Relays. They should send their name, phone number and email address to me at melgares@LetsGoRun.com and I will communicate with them regularly leading up to the 2019 Kansas Relays.**

**Thank you in advance for any help you can give in spreading the word!**

*Pat Melgares*

# Mid-America Running Association

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
<b>September 2018</b>					
Sep 1	Sat	7:30 AM	Tonganoxie Sunflower Run 4 Mile/1Mile	Tonganoxie Fire Station Tonganoxie, KS	<a href="#">Tonganoxie Sunflower Run</a>
Sep 1	Sat	7:30 AM	Leawood Rotary Labor Day 5K	11400 Tomahawk Creek Pkw Leawood, KS	<a href="#">Leawood Rotary Labor Day 5K</a>
Sep 1	Sat	8:00 AM	Labor Day Dash 5K & 10K Run	Unity Village Lee's Summit, MO	<a href="#">Labor Day Dash</a>
Sep 1	Sat	8:00 AM	Lake Quivira Triathlon	100 Crescent Blvd. Lake Quivira, KS	<a href="#">Lake Quivira Triathlon</a>
Sep 2	Sun	7:00 AM	Des Moines 'Escape' Triathlon	Gray's Lake Park Des Moines, IA	<a href="#">Des Moines 'Escape' Triathlon</a>
Sep 2	Sun	8:00 AM	De Soto Family Fun 5K	Miller Memorial Park De Soto, KS	<a href="#">De Soto Family Fun 5K</a>
Sep 3	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	<a href="#">Heart of America Marathon</a>
Sep 3	Mon	8:00 AM	Steve Miller Memorial Chapman 5K	Chapman, KS	<a href="#">Steve Miller Memorial Chapman 5K</a>
Sep 8	Sat	7:15 AM	Big Red Shoe Presented by TAMKO	3402 S. Jackson Joplin, MO	<a href="#">Big Red Shoe</a>
Sep 8	Sat	7:30 AM	Fueled by Fire Run	Athletic Park Newton, KS	<a href="#">Fueled by Fire Run</a>
Sep 8	Sat	6:00 AM	The Hawk 100 Mile, 50 Mile & b Marathon	Clinton Lake Lawrence, KS	<a href="#">The Hawk</a>
Sep 8	Sat	8:00 AM	Jesse James Festival Bill James Classic 5K/10K and Fun Run	Downtown Kearney, MO	<a href="#">Jesse James Festival</a>
Sep 8	Sat	8:00 AM	5K 4 Kids	First Baptist Church Raymore, MO	<a href="#">5K 4 Kids</a>
Sep 8	Sat	8:00 AM	Helen Gold 5K	Fountains Shopping Center Overland Park, KS	<a href="#">Helen Gold 5K</a>
Sep 8	Sat	8:00 AM	Super Hero HOPE 5K Run/Walk	Darrell Zimmerman Shelter Derby, KS	<a href="#">Super Hero HOPE 5K Run/Walk</a>
Sep 8	Sat	8:00 AM	Grain Valley Fair 5K	711 Main St. Grain Valley, MO	<a href="#">Grain Valley Fair 5K</a>
Sep 8	Sat	8:00 AM	Run for Recovery 5K Run/1Mile Fun Run & Walk	Salina, KS	<a href="#">Run for Recovery</a>



Sep 8	Sat	8:00 AM	Heart of the Summit 5K, 10K, 1 Mile Walk	Downtown Lee's Summit, MO	<a href="#">Heart of the Summit</a>
Sep 8	Sun	8:30 AM	Extreme Timber Challenge	KC Zip Bonner Springs, KS	<a href="#">Extreme Timber Challenge</a>
Sep 8	Sun	8:30 AM	Race for Freedom	Carpenter Place Wichita, KS	<a href="#">Race for Freedom</a>
Sep 8	Sat	9:00 AM	Vine to Wine 1/2 Marathon and 5K	The Family Vine Wine Greenville, IL	<a href="#">Vine to Wine 1/2 Marathon</a>
Sep 8	Sat	9:00 AM	Steff Strong Run 5K Run/Walk, 10K, Kids Fun Run	Lake Miola Paola, KS	<a href="#">Steff Strong Run</a>
Sep 8	Sat	9:00 AM	R(un) for One 5K & Fun Run	Lake Shawnee Topeka, KS	<a href="#">R(un) for One 5K</a>
Sep 8	Sat	9:00 AM	Getting Dirty to Stay Clean 5K & 10K	Rutledge Wilson Farms Springfield, KS	<a href="#">Getting Dirty to Stay Clean</a>
Sep 9	Sun	7:30 AM	Ad Astra Triathlon	Clinton State Park Lawrence, KS	<a href="#">Ad Astra Triathlon</a>
Sep 9	Sun	7:30 AM	Go Girl Run Half Marathon & 5K	Prairiefire Overland Park ,KS	<a href="#">Go Girl Run</a>
Sep 9	Sun	7:30 AM	Litchfield TriathLou Spring, Olympic & Half Distance Triathlon	Lake Lou Yeager Beach House Litchfield, IL	<a href="#">Litchfield Triathlon</a>
Sep 9	Sun	7:30 AM	Plaza 10K Run/Walk	Country Club Plaza Kansas City, MO	<a href="#">Plaza 10K</a>
Sep 9	Sun	7:30 AM	Jeremy Katzenberger Memorial Triathlon	Weathersby Lake Kansas City, MO	<a href="#">Jeremy Katzenberger Memorial Triathlon</a>
Sep 10	Mon	12:00 PM	Patriot's Run Ultra, Marathon, Half, Casual Walk/Run, Team	Mid-America Nazarene Campus Olathe, KS	<a href="#">Patriot's Run</a>
Sep 15	Sat	6:45 AM	Northwest Missouri State 5K	Lamkin Activity Center Maryville, MO	<a href="#">NW Missouri State 5K</a>
Sep 15	Sat	7:00 AM	OZ-somesauce 100K, 50M, 50K, 26.2M, 13.1M, 10K, 5K	Ft. Scott, KS	<a href="#">OZ-somesauce</a>
Sep 15	Sat	8:00 AM	Dash KCK 5K	Kansas City, KS	<a href="#">Dash KCK 5K</a>
Sep 15	Sat	8:00 AM	Hornet Hustle 5K, 2M & 1M Fun Run	Valley Point Golf Course Valley Center, KS	<a href="#">Hornet Hustle</a>
Sep 15	Sat	8:00 AM	Labor Run	Sedgwick County Park Wichita, KS	<a href="#">Labor Run</a>
Sep 15	Sat	8:00 AM	Diva Dash 5K	Corporate Park Columbia, MO	<a href="#">Diva Dash 5K</a>

Sep 15	Sat	8:00 AM	Paws on the Prairie 5K	10940 NE 104th St. Kansas City, MO	<a href="#">Paws on the Prairie 5K</a>
Sep 15	Sat	8:30 AM	Make a Joyful Noise 5K	New Life Christian Church Emporia, KS	<a href="#">Make a Joyful Noise</a>
Sep 15	Sat	8:30 AM	SCSPC 5K Run/Walk	Crestview Shelter House Topeka, KS	<a href="#">SCSPC 5K</a>
Sep 15	Sat	9:00 AM	North Shore Trail Run Half Marathon, 10K, 5K	Clinton Sate Park Lawrence, KS	<a href="#">North Shore Trail Run</a>
Sep 15	Sat	9:00 AM	Tunnel to Towers 5K run & Walk	Missouri State Capitol Building Jefferson City, MO	<a href="#">Tunnel to Towers 5K</a>
Sep 15	Sat	9:00 AM	Bluestem PACE Race 5K	113 S. Ash McPherson, KA	<a href="#">Bluestem PACE Race 5K</a>
Sep 15	Sat	7:00 PM	Glow Run 5K	Life Strong Church Spring Hill, KS	<a href="#">Glow Run 5K</a>
Sep 15	Sat	8:45 PM	Kansas Glow Run for Cured 5K	Maize South High School Maize, KS	<a href="#">Kansas Glow Run for Cured 5K</a>
Sep 16	Sun	7:00 AM	Strut With Your Mutt 3K Walk with your dog and a 5K Dog optional	Brookside Kansas City, KS	<a href="#">Strut With Your Mutt</a>
Sep 16	Sun	7:30 AM	Paulina Cooper DotToDot 10K Run & 5K Run/Walk	Corporate Woods Overland Park, KS	<a href="#">Paulina Cooper DotToDot</a>
Sep 16	Sun	7:30 AM	Omaha Marathon	TD Ameritrade Park Omaha, NE	<a href="#">Omaha Marathon</a>
Sep 16	Sat	8:00 AM	ZERO Prostate Cancer Run/Walk – Kansas City 10K, 5K Run/Walk & 200 Yard Kid's Dash	Children's Mercy Park Kansas City, KS	<a href="#">ZERO Prostate Cancer Run/Walk</a>
Sep 16	Sun	8:30 AM	5K Whisper Walk/Run for Ovarian Cancer	The Grove @ Zona Rosa Kansas City, MO	<a href="#">5K Whisper Walk/Run</a>
Sep 22	Sat	7:00 AM	All Nurses Rock 3K Walk/Run	Theis Park Kansas City, MO	<a href="#">All Nurses Rock 3K Walk/Run</a>
Sep 22	Sat	7:00 AM	Joplin FFA 5K 10K	202 Malloy Circle Joplin, MO	<a href="#">Joplin FFA 5K 10K</a>
Sep 22	Sat	7:30 AM	Rugged Maniac Obstacle Race - Kansas City	Snow Creek Weston, MO	<a href="#">Rugged Maniac Race</a>
Sep 22	Sat	8:00 AM	Pioneer Run 10K, 5K & 2M Walk	English Landing Park Parkville, MO	<a href="#">Pioneer Run</a>
Sep 22	Sat	8:00 AM	Capital Pursuit - 10 Mile	Locust & 15th Street Des Moines, IA	<a href="#">Capital Pursuit</a>
Sep 22	Sat	8:00 AM	Wildcats Run for Wellness 5K	Peters Recreation Complex Manhattan, KS	<a href="#">Wildcats Run for Wellness 5K</a>

Sep 22	Sat	8:00 AM	Dam Lake Run 5K	Lynn Valley, KS	<a href="#">Dam Lake Run 5K</a>
Sep 22	Sat	8:00 AM	Sacred Steps 5K	Church of the Resurrection Leawood, KS	<a href="#">Sacred Steps 5K</a>
Sep 22	Sat	8:00 AM	RWC 5K Superhero Run/Walk	SW Lawrence Trafficway Trail Lawrence, KS	<a href="#">RWC 5K Superhero</a>
Sep 22	Sat	8:00 AM	Wellsville Days Family 5K Run/Walk	Wellsville, KS	<a href="#">Wellsville Day Family 5K</a>
Sep 22	Sat	8:00 AM	Grin & Bear It 5K Run/Walk	Cass Regional Medical Center Harrisonville, MO	<a href="#">Grin &amp; Bear It 5K</a>
Sep 22	Sat	8:00 AM	HCA FarmK Run/Walk	38660 W. 167th St. Edgerton, KS	<a href="#">FarmK Run/Walk</a>
Sep 22	Sat	8:30 AM	Kansas City Zoo Run 4 Mile & 1 Mile	Kansas City Zoo Kansas City, MO	<a href="#">Kansas City Zoo Run</a>
Sep 22	Sat	9:00 AM	Dr. Bob Run 5K & Hy-Vee 1M Kid's Run	Rim Rock Park Lawrence, KS	<a href="#">Dr. Bob Run</a>
Sep 22	Sat	9:00 AM	Run for Freedom 5K, 10K and Poker Walk	Missouri Veteran's Home Warrensburg, MO	<a href="#">Run for Freedom</a>
Sep 22	Sat	9:00 AM	Run for the Summit: Far Out 5K & 1M	Mo Inst.of Natural Science Springfield,MO	<a href="#">Run for the Summit</a>
Sep 22	Sat	9:00 AM	Fe for a Cure	Kansas Wesleyan Salina, KS	<a href="#">Fe for a Cure</a>
Sep 22	Sat	9:00 AM	St. Jude Walk/Run to End Childhood Cancer	Power & Light District Kansas City, MO	<a href="#">St. Jude Walk/Run</a>
Sep 23	Sun	7:00 AM	Broadway Bridge Run Half Marathon, 10K & 5K	Kauffman Center Kansas City, KS	<a href="#">Broadway Bridge Run</a>
Sep 23	Sun	7:30 AM	Konquer the Konza 25K & 10K	Konza Prairie Manhattan, KS	<a href="#">Konquer the Konza</a>
Sep 23	Sun	7:30 AM	Get Your Rear in Gear - Kansas City 5K	Zona Rosa Kansas City, MO	<a href="#">Get Your Rear in Gear</a>
Sep 23	Sun	7:30 AM	Old Town 10K	Old Town Wichita, KS	<a href="#">Old Town 10K</a>
Sep 23	Sun	8:00 AM	Kansas Senior Games 10K & 5K	Forbes Field Topeka, KS	<a href="#">Kansas Senior Games 10K &amp; 5K</a>
Sep 23	Sun	8:00 AM	Smithville Dam 5K Run/Walk 1Mile Fun Run/Walk	Smithville Lake Dam Smithville, MO	<a href="#">Smithville Dam 5K</a>
Sep 23	Sun	8:30 AM	Free to Breathe KC Walk	Corporate Woods Overland Park, KS	<a href="#">Free to Breathe KC Walk</a>



Sep 23	Sun	9:00 AM	JayDoc 5K Dental Night Run/Walk	7900 Renner Road Lenexa, KS	<a href="#">JayDoc 5K Dental Night</a>
Sep 23	Sun	9:00 AM	MU Physical Therapy Run for Life 5K	MLK Memorial Battle Garden Columbia, MO	<a href="#">MU Physical Therapy Run for Life 5K</a>
Sep 23	Sun	9:30 AM	Runnin' For Research	English Landing Park Parkville, MO	<a href="#">Runnin' For Research</a>
Sep 23	Sun	1:00 PM	Fall Fell Trail Run Mystery Distance	Kill Creek Park Olathe, KS	<a href="#">Fall Fell Trail Run</a>
Sep 29	Sat	7:00 AM	Roots N Blues BBQ Half Marathon and 10K	Stephens Lake Park Columbia, MO	<a href="#">Roots N Blues BBQ</a>
Sep 29	Sat	7:00 AM	FlatRock 25/50K	Elk City Lake Park Independence, KS	<a href="#">FlatRock 25/50K</a>
Sep 29	Sat	7:15 AM	Run the Burg Half Marathon, 10K & 5K	Downtown Warrensburg, MO	<a href="#">Run the Burg</a>
Sep 29	Sat	7:30 AM	Race to the Center - 13.1 M Geographic Center of the United States	Fairview Cemetery Smith Center, KS	<a href="#">Race to the Center</a>
Sep 29	Sat	7:30 AM	Monument Marathon	Scottsbluff, NE	<a href="#">Monument Marathon</a>
Sep 29	Sat	8:00 AM	Pony Express Run Half Marathon & 5K	Pony Express Museum St. Joseph, MO	<a href="#">Pony Express Run</a>
Sep 29	Sat	8:00 AM	Park2Park Run 7.5M, 5K & Fun Run/Walk	Roeland Park, KS	<a href="#">Park2Park Run</a>
Sep 29	Sat	8:00 AM	Lyme is Local 5K	Berkley Riverfront Park Kansas City, MO	<a href="#">Lyme is Local 5K</a>
Sep 29	Sat	8:00 AM	Winged Foot 5K/10K Run & Walk	Forbes Field Topeka, KS	<a href="#">Winged Foot 5K/10K</a>
Sep 29	Sat	8:00 AM	Catch the Spirit 5K Run/Walk	Harrisonville High School Harrisonville, MO	<a href="#">Catch the Spirit 5K</a>
Sep 29	Sat	8:00 AM	Triple Trot 5K	Riverfront Community Center Leavenworth, KS	<a href="#">Triple Trot 5K</a>
Sep 29	Sat	8:00 AM	Anytime Fitness 5K	4410 N. 107th St. Kansas City, KS	<a href="#">Anytime Fitness 5K</a>
Sep 29	Sat	8:00 AM	Joggin for the Noggin 5K	Independence Park Atchison, KS	<a href="#">Joggin for the Noggin</a>
Sep 29	Sat	8:00 AM	Path To Parenthood 5K	Waterfall Park Independence, MO	<a href="#">Path to Parenthood 5K</a>
Sep 29	Sat	8:00 AM	Prairie Pride 5K and Fun Run	Prairie Elementary School Prairie Village, KS	<a href="#">Prairie Pride 5K</a>

Sep 29	Sat	8:00 AM	BT-ET 5K Run for Christmas	Firm Family Fitness Center West Plains, MO	BT-ET 5K Run for Christmas
Sep 29	Sat	8:00 AM	Grundfos Run/Walk for Water 5K	Theater in the Park Shawnee, KS	Grundfos Run/Walk for Water 5K
Sep 29	Sat	8:00 AM	Quinn Memorial Fun Run & 5K Run/Walk	1114 Trenton St. Chillicothe, MO	Quinn Memorial Fun Run & 5K Run/Walk
Sep 29	Sat	8:00 AM	Race to Unite	Theis Park Kansas City, MO	Race to Unite
Sep 29	Sat	8:30 AM	Red Hot Chili Peper 5K Little Pepper Fun Run	Newton Recreation Center Newton, KS	Red Hot Chili Pepper 5K
Sep 29	Sat	9:00 AM	Race Against Breast Cancer 5K	Topeka West High School Topeka, KS	Race Against Breast Cancer 5K
Sep 29	Sat	9:30 AM	Oktoberfest Run for the Poor 5K	Douglas Avenue & Circle Drive Wichita, KS	Oktoberfest Run for the Poor 5K
Sep 30	Sun	7:00 AM	Mother Road Marathon Powered by Mercy 5K, Half Marathon, Marathon	3301 W. 1st St. Joplin, MO	Mother Road Marathon
Sep 30	Sun	8:00 AM	UMKC Regalia Run 5K/10K	UMKC Volker Campus Kansas City, MO	UMKC Regalia Run 5K/10K
Sep 30	Sun	9:00 AM	Westport Oktoberfest Lederhosen 5K	Westport Kansas City, MO	Lederhosen 5K

## October 2018

Oct 6	Sat	7:00 AM	Rock Ridge Revenge 7M25K/50K	Rock Ridge Memorial State Park Columbia, MO	Rock Ridge Revenge
Oct 6	Sat	7:30 AM	Salt City Half Marathon	3rd & Main Street Hutchinson, KS	Salt City Half Marathon
Oct 6	Sat	7:30 AM	Panther Run	Drury University Springfield, MO	Panther Run
Oct 6	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	Jared Coones 5K
Oct 6	Sat	8:00 AM	Fill the Gap 5K Race	Main Street Grandview, MO	Fill the Gap 5K Race
Oct 6	Sat	8:00 AM	Lake Perry Rocks! Trail Run 50K, Half Marathon & 5K	Branded B Ranch Meriden, KS	Lake Perry Rocks! Trail Run
Oct 6	Sat	8:00 AM	No One Fights Alone 5K	NightHawk Winery Paola, KS	No One Fights Alone
Oct 6	Sat	8:00 AM	Jacomotose Trail Run	Lake Jacomo Kansas City, MO	Jacomotose Trail Run

Oct 6	Sat	8:00 AM	Jeff City Renegades 5K & 1 Mile	Vivion Field Jefferson, City	<a href="#">Jeff City Renegades 5K &amp; 1 Mile</a>
Oct 6	Sat	8:00 AM	Belinder Elementary Brave Run	Belinder Elementary School Prairie Village, KS	<a href="#">Belinder Elementary Brave Run</a>
Oct 6	Sat	8:00 AM	Step Beyond Celiac KC5K	Community America Ballpark Kansas City, KS	<a href="#">Step Beyond Celiac KC5K</a>
Oct 6	Sat	8:00 AM	Whitewater Fall Festival 5K Run & Walk	Whitewater Ball Diamond Whitewater, KS	<a href="#">Whitewater Fall Festival 5K Run &amp; Walk</a>
Oct 6	Sat	8:30 AM	Barktoberfest Dog and Jog 5K	Theater in the Park Shawnee, KS	<a href="#">Barktoberfest Dog and Jog 5K</a>
Oct 6	Sat	8:30 AM	Dyslexia Dash 2017 - Kansas City	English Landings Park Parkville, MO	<a href="#">Dyslexia Dash</a>
Oct 6	Sat	9:30 AM	Oktoberfest Run for the Poor 5K	Douglas Ave. & Circle Dr. Wichita, KS	<a href="#">Oktoberfest Run for the Poor 5K</a>
Oct 6	Sat	3:00 PM	Louisburg Cider Run 5K, 10K, Kid Run, Hard Cider Relay	Louisburg Cider Mill Louisburg, KS	<a href="#">Louisburg Cider Run</a>
Oct 6	Sat	4:00 PM	Komen Kansas City Race for the Cure	Black & Veatch Overland Park, KS	<a href="#">Komen Kansas City Race for the Cure</a>
Oct 6	Sat	4:00 AM	Neon Run 5K	800 University Dr. Maryville, MO	<a href="#">Neon Run 5K</a>
Oct 7	Sun	7:30 AM	Harley Davidson Scarecrow 5K Run/Walk	Linden Square Gladstone, MO	<a href="#">Harley Davidson Scarecrow 5K</a>
Oct 7	Sun	8:00 AM	Oktoberfest 5K & Kinder Kaufen Kids Run	411 E. 135th St. Kansas City, MO	<a href="#">Oktoberfest 5K &amp; Kinder Kaufen Kids Run</a>
Oct 7	Sun	8:00 AM	Run Crazy Horse Half, Marathon & Marathon Relay	Hill City, SD	<a href="#">Run Crazy Horse</a>
Oct 7	Sun	8:00 AM	Fall Family Timber Challenge	Zip KC - 12829 Loring Rd. Bonner Springs, KS	<a href="#">Fall Family Timber Challenge</a>
Oct 7	Sun	8:00 AM	Pink Laundry 5K Walk/Run	Summit Fair Shopping Center Lee's Summit, MO	<a href="#">Pink Laundry 5K</a>
Oct 7	Sun	8:00 AM	Guns N' Hoses 5K	KC Regional Police Academy Kansas City, MO	<a href="#">Guns N' Hoses 5K</a>
Oct 7	Sun	8:00 AM	Fearless Females 5K Series	1100 SE Century Dr. Lee's Summit, MO	<a href="#">Fearless Females 5K Series</a>
Oct 7	Sun	10:00 AM	K-State Homecoming Philanthropy 5K	K-State Alumni Center Manhattan, KS	<a href="#">K-State Homecoming Philanthropy 5K</a>
Oct 7	Sun	19::00	Light the Night 4 Life 5K Glow Run	Liberty Women's Clinic Liberty, Missouri	<a href="#">Light the Night 4 Life 5K Glow Run</a>
Oct 13	Sat	6:00 AM	Heartland Spirit of the Prairie 100M & 50M Run	Cassidy, KS	<a href="#">Heartland Spirit of the Prairie</a>



Oct 13	Sat	7:30 AM	Coronado Heights Run	Lindsborg, KS	<a href="#">Coronado Heights Run</a>
Oct 13	Sat	7:30 AM	36th Annual Pumpkin Run 5K	4568 McClelland Park Rd. Joplin, MO	<a href="#">Pumpkin Run 5K</a>
Oct 13	Sat	8:00 AM	Jewell Corn Show Triathlon	Guaranty State Bank Jewel, KS	<a href="#">Jewell Corn Show Triathlon</a>
Oct 13	Sat	8:00 AM	Race for the Future 5K Run/Walk & Kids Dash	Lee's Summit West High School Lee's Summit, MO	<a href="#">Race For The Future</a>
Oct 13	Sat	8:00 AM	Marc's Dash 5K & Kids Run	CenterPoint Church Columbia, MO	<a href="#">Marc's Dash 5K &amp; Kids Run</a>
Oct 13	Sat	8:00 AM	CAC/STB 1/2 Marathon 13.1M/10K/5K	Harvey Sports Complex Ft. Leavenworth, KS	<a href="#">CAC/STB 1/2 Marathon</a>
Oct 13	Sat	8:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School Smithville, MO	<a href="#">Julia's Warriors Run For Hope</a>
Oct 13	Sat	8:00 AM	Bear Creek Run Half Marathon	Bear Creek Trail Columbia, MO	<a href="#">Bear Creek Run</a>
Oct 13	Sat	8:00 AM	Cooper's Cause 5K & 1M Fun Run	Rock Chalk Park Lawrence, KS	<a href="#">Cooper's Cause 5K</a>
Oct 13	Sat	8:00 AM	AdventureMax Springfield Half Marathon & 10K	Two Rivers Bike Park Springfield, MO	<a href="#">AdventureMax Springfield</a>
Oct 13	Sat	8:30 AM	Run for Excellence 5K Run/Walk	Raytown High School Raytown, MO	<a href="#">Run for Excellence</a>
Oct 13	Sat	8:30 AM	Fit58 Center Education Foundation 5K	Mid-Con Public Library Red Bridge Kansas City, MO	<a href="#">Fit58 Center Education Foundation 5K</a>
Oct 13	Sat	8:45 AM	Nebraska Furniture Mart 5K Walk/Run Halloween Run - Kansas City	Nebraska Furniture Mart Kansas City, KS	<a href="#">Nebraska Furniture Mart 5K</a>
Oct 14	Sun	7:30 AM	Susan B. Komen Greater Kansas City Race for the Cure - 5K	Black & Veatch Overland Park, KS	<a href="#">Race for the Cure</a>
Oct 14	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	<a href="#">Prairie Fire Marathon</a>
Oct 14	Sun	8:00 AM	Hustle for Hunger 5K Race	Warren Middle School Leavenworth, KS	<a href="#">Hustle for Hunger 5K</a>
Oct 14	Sun	8:00 AM	Lace Up for Learning 5K	JCCC Overland Park, KS	<a href="#">Lace Up for Learning 5K</a>
Oct 14	Sun	9:00 AM	Bringing up the Rear	English Landing Park Parkville, MO	<a href="#">Bringing up the Rear</a>
Oct 15	Sun	8:00 AM	World's Largest Corn Maze Run	Spring Grove, IL	<a href="#">World's Largest Corn Maze Run</a>
Oct 17	Wed	9:00 AM	Oakhill Day School Panther Scamper 5k/Walk/Fun Dash	Oakhill Day School Gladstone, MO	<a href="#">Oakhill Day School Panther Scamper</a>

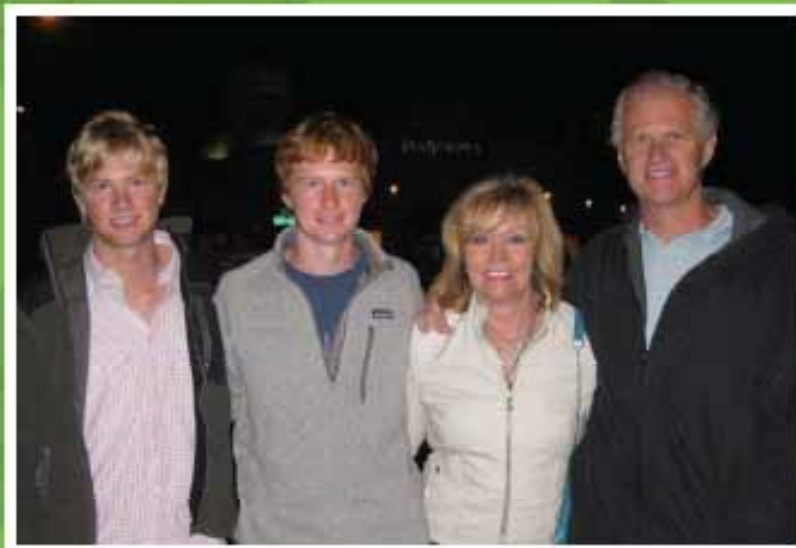
Oct 19	Fri	6:00 PM	Halloween Prowl, Howl and Growl	Clinton Lake State Park Lawrence, KS	<a href="#">Halloween Prowl, Howl, and Growl</a>
Oct 20	Sat	7:15 AM	Kansas City Marathon presented by Garmin Full, Half, 10K & 5K	Crown Center Kansas City, MO	<a href="#">Kansas City Marathon</a>
Oct 20	Sat	8:00 AM	Maple Leaf Run	Baldwin City Golf Course Baldwin City, KS	<a href="#">Maple Leaf Run</a>
Oct 20	Sat	8:00 AM	Donut Dash	1825 Frederick Ave. St. Joseph, MO	<a href="#">Donut Dash</a>
Oct 20	Sat	8:00 AM	Grub Run	Liberty Community Center Liberty, MO	<a href="#">Grub Run</a>
Oct 20	Sat	8:00 AM	Rachel House Stride for Life	Warerfall Park Independence, MO	<a href="#">Rachel House Stride for Life</a>
Oct 20	Sat	8:30 AM	Flatlander Half Marathom & YP5K	Jack Kirb Square Great Bend, KS	<a href="#">Flatlander Half Marathom &amp; YP5K</a>
Oct 20	Sat	8:30 AM	Let's Move, Kansas	Sedgwick County Park Wichita, KS	<a href="#">Let's Move, Kansas</a>
Oct 20	Sat	8:30 AM	Neewollah 5K, 10K & Fun Run/Walk	Riverside Oval Independence, KS	<a href="#">Neewollah 5K, 10K</a>
Oct 20	Sat	8:30 AM	MBCH Foundation 4 Miles 4 Kids	3825 W. Farm Road 146 Springfield, MO	<a href="#">MBCH Foundation 4 Miles 4 Kids</a>
Oct 20	Sat	9:00 AM	Pumpkin Run 5K	WSU Campus Wichita, KS	<a href="#">Pumpkin Run 5K</a>
Oct 20	Sat	10:00 AM	Victory over Violence 5K	Washburn University- Memorial Union Topeka, KS	<a href="#">Victory over Violence 5K</a>
Oct 21	Sun	7:30 AM	Great Go! St. Louis Halloween Race Half Marathon, 10K & 5K	Downtown St. Louis, MO	<a href="#">St. Louis Halloween Race</a>
Oct 21	Sun	8:00 AM	IMT Des Moines Marathon Full, Half, Relay & 5K	Locust Street Bridge Des Moines, IA	<a href="#">IMT Des Moines Marathon</a>
Oct 21	Sun	8:00 AM	Fearless Females 5K Series	1100 SE Century Dr. Lee's Summit, MO	<a href="#">Fearless Females 5K Series</a>
Oct 21	Sun	8:30 AM	OVERRUN Ovarian Cancer 5K Run/Walk & 1 Mile Teal Trail Walk	Southcreek Office Park Overland Park, KS	<a href="#">OVERRUN Ovarian Cancer Run</a>
Oct 21	Sun	9:00 AM	Spooky 5K	English Landing Park Parkville, MO	<a href="#">Spooky 5K</a>
Oct 26	Fri	6:30 PM	Spooky Sprint North 5K/10K	Lee's Summit, MO	<a href="#">Spooky Sprint North 5K/10K</a>
Oct 26	Fri	6:30 PM	Monster Dash & Lil Monster Fun Run	1865 Mseum Blvd. Wichita, KS	<a href="#">Monster Dash &amp; Lil Monster Fun Run</a>
Oct 27	Sat	6:00 AM	Kansas Rails-to-Trails Fall Ultra Extravaganza	Ottawa, KS	<a href="#">Kansas Rails-to-Trails</a>
Oct 27	Sat	7:45 AM	Tulsa Federal Credit Union Tulsa Run 15K, 5K, & 2K	Downtown Tulsa, OK	<a href="#">Tulsa Run</a>

Oct 21	Sun	8:00 AM	Fearless Females 5K Series	1100 SE Century Dr. Lee's Summit, MO	<a href="#">Fearless Females 5K Series</a>
Oct 21	Sun	8:30 AM	OVERRUN Ovarian Cancer 5K Run/Walk & 1 Mile Teal Trail Walk	Southcreek Office Park Overland Park, KS	<a href="#">OVERRUN Ovarian Cancer Run</a>
Oct 21	Sun	9:00 AM	Spooky 5K	English Landing Park Parkville, MO	<a href="#">Spooky 5K</a>
Oct 26	Fri	6:30 PM	Spooky Sprint North 5K/10K	Lee's Summit, MO	<a href="#">Spooky Sprint North 5K/10K</a>
Oct 26	Fri	6:30 PM	Monster Dash & Lil Monster Fun Run	1865 Mseum Blvd. Wichita, KS	<a href="#">Monster Dash &amp; Lil Monster Fun Run</a>
Oct 27	Sat	6:00 AM	Kansas Rails-to-Trails Fall Ultra Extravaganza	Ottawa, KS	<a href="#">Kansas Rails-to-Trails</a>
Oct 27	Sat	7:45 AM	Tulsa Federal Credit Union Tulsa Run 15K, 5K, & 2K	Downtown Tulsa, OK	<a href="#">Tulsa Run</a>
Oct 27	Sat	8:00 AM	St. Mathews Skeleton Scramble	Shawnee Country Club Topeka, KS	<a href="#">St. Mathews Skeleton Scramble</a>
Oct 27	Sat	8:00 AM	Trick or Trot	Mercy Park Joplin, MO	<a href="#">Trick or Trot</a>
Oct 27	Sat	8:30 AM	Spooky Sprint 5K/10K	Hodge Park Kansas City, MO	<a href="#">Spooky Sprint 5K/10K</a>
Oct 27	Sat	8:30 AM	Cranio Cutie 5K	Shawnee Mission Park Shawnee, KS	<a href="#">Cranio Cutie 5K</a>
Oct 27	Sat	9:00 AM	Illinois Ozarks 10K Bluff Trail Run	Borsch Park Valmeyer, IL	<a href="#">Illinois Ozarks 10K Bluff Trail Run</a>
Oct 27	Sat	9:00 AM	Graveyard 5K Run & Walk	Elmwood Cemetery Kansas City, MO	<a href="#">Graveyard 5K</a>
Oct 27	Sat	9:00 AM	C. Clyde 5K Run Midge's mile Fun Run/Walk	Bosco Student Plaza Manhattan, KS	<a href="#">C. Clyde 5K Run</a>
Oct 27	Sat	5:30 PM	Monster Dash & Lil Monster Fun Run	Unity Village Unity Village, MO	<a href="#">Monster Dash &amp; Lil Monster Fun Run</a>
Oct 27	Sat	7:00 PM	Monster Metcalf 5K	Emmanuel Baptist Church Overland, KS	<a href="#">Monster Metcalf 5K</a>
Oct 27	Sat	7:00 PM	Tick or Treat 5K Trail Run Night Run	Wyandotte County Lake Park Kansas City, KS	<a href="#">Tick or Treat 5K Trail Run</a>
Oct 28	Sun	7:30 AM	Spooky Sprint Half Marathon, 5K/10K	MCC Longview Lee's Summit, MO	<a href="#">Spooky Sprint Half</a>
Oct 28	Sun	7:30 AM	Monster Dash & Lil Monster Fun Run	South Creek Office Park Overland Park, KS	<a href="#">Monster Dash &amp; Lil Monster Fun Run</a>
Oct 28	Sun	7:30 AM	Air Capital Half Marathon	Aero Plains Brewing Company Wichita, KS	<a href="#">Air Capital Half Marathon</a>
Oct 28	Sun	2:00 PM	Lexi's 5K	Sedgwick County Park Wichita, KS	<a href="#">Lexi's 5K</a>



# "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.**

913.642.3515 | [kansascity-homeinspections.com](http://kansascity-homeinspections.com)



FAST



TRUSTED



ACCURATE



*Each office is independently owned and operated.*  
©2013 The HomeTeam Inspection Service, Inc. All rights reserved.