

MASTER PIECES



**Magazine of Mid-America
Running Association
September-October 2019**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

SEPTEMBER-OCTOBER
2019

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by: Michael Chaffee

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Memberships are
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Renee Kidwell
Editor



The Autumn Season has always been my favorite of the year. I love to watch the daily changes of those glorious fall colors on the trees.

Walking and/or running with my dogs becomes even more enjoyable when surrounded by nature's beauty combined with the amazing earthy smells and sounds. This Autumn should seem like a true gift to many runners, walkers, and bikers after dealing with the brutal heat and humidity of the past summer months. And, for me, the most precious gift this fall season is running again with my four legged buddy, Shadow - now that his broken leg has healed and our daily miles have increased. I truly feel surrounded by beauty and blessings each time I lace up my shoes and take Shadow for our daily run.

Wishing you an amazing Autumn of running,
walking, hiking or biking!

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Karen's Column

By Karen Raymer
President of MARA
September-October 2019



Most of you know, that I am an Elvis fan-atic! I make the pilgrimage to Elvisville (Memphis) as many times a year as I can. I almost always go to Elvis Week during August, especially to pay homage to the King of Rock and Roll on the anniversary of his death, August 16. There is a vigil held each year with thousands of fans paying their respects. Even though I go to participate, in the events scheduled for Elvis Week, the one event that I always look for to, is the Elvis 5K run/walk. In the 37 years since the race began, I have participated in 30 of them. It was actually the race, that started me going to Elvis Week. A friend of mine, Wain Rubenstein, that I met decades ago through the RRCA, was from Memphis. Wain knew I was an Elvis fan and he asked me if I had heard of the Elvis 5K. I told him that I had not, so he told me about it, that was in 1988. Have been going ever since and participating in the race and other festivities. It is always hot and humid for the race, but what else would you expect, after all it is August in Memphis? Even with these conditions, there are always people dressed in various "Elvis" attire. Over the years, I have slowed down quite a bit, but I still love this event and at times, I have placed in my age group. This year I placed 2nd in my age group and there were actually 14 in my age group! The couple helping with handing out the awards, won the contest for best Elvis costume. The food at this race isn't your usual post-race food. Of course, there are peanut butter and banana sandwiches, donuts, pepsi (which Elvis called "belly wash"!) and French fries! This is one of the most fun races, that I ever do and hope to be able to participate in, for many more years.

Wishing you happy and healthy running and/or walking.

Karen

MARA Sustaining Members



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Overland Park, KS
Wichita, KS
Kansas City, MO
Lee's Summit, MO
Leawood, KS
Raymore, MO
Olathe, KS
Overland Park, KS
Shawnee Mission, KS



*Thank you Rich Ayers for sharing the following **article**:*

Alamosa 1968: The Historic First U.S. Olympic Marathon Trials

07/26/2018

On Friday/Saturday July 27-28, Adams State University will host a 50th reunion celebration to commemorate the historic 1968 Alamosa Olympic Marathon Trials.

Here's the complete, never-before-fully-told story of that event.

by Amby Burfoot

As he shuffled modestly along the sun-drenched streets of Alamosa, Colorado, with his training partner, Billy Mills, George Young felt smooth and strong. No reason why he shouldn't. In his mind, he was simply logging another long run with his good friend. Young, 31, had already competed twice in the Olympic 3000-meter steeplechase (1960 and 1964), and was focused on the same distance this year, 1968.

He had never before entered a marathon, and seemed a bit confused about the substantial gaps between runners. "The leaders are pretty far ahead of us," he noted to Mills after 5 miles. Thirty minutes later, the outlook hadn't improved. "The leaders are even farther ahead now," Young reported. Next: "I can't even see them anymore."

"Don't worry," said Mills. "They'll come back to us."

Those leaders included Kenny Moore, 24, a Bill-Bowerman inspired Oregon "duck" who had spent five months altitude-training in Los Alamos, New Mexico. They included Minnesotan Ron Daws, 31, who had earlier run 10 repeat miles on the marathon course to "groove" his goal pace.



From left, Kenny Moore, George Young, J.C. Freeman, and Billy Mills just after the marathon start.

These runners and roughly 100 others were competing in the historic, first-ever U.S. Olympic Marathon Trials. Only 63 would finish. There was no qualifying time; anyone who could get to Alamosa could run. Previous U.S. Olympic marathon runners had been chosen by committee from their performances in a select group of existing, established races--Boston, Yonkers, Culver City, and so on.

However, on August 18, 1968, the racers would self-select in do-or-die fashion, previewing what we now consider the traditional Marathon Trials test.

Cont'd on pgs 4-6

The first three would qualify for the Mexico City Olympic Marathon in mid-October. The others would limp home with massive glycogen deficits.

After the first of five 5.2-mile loops--the Ted Corbitt-certified course ended with an additional .2 mile dogleg to the finish--Deines lagged far behind even Young and Mills. He figured he was in about 30th place, right where you'd expect to find a 21-year-old who believed in Long Slow Distance training. Deines had switched from traditional mixed-pace running midway through his four years at Occidental College. He slowed down, ran more, and raced far better. He also raced often, 67 times in 1968, at distances from 800 meters to the marathon.

Alamosa was Deines's third marathon in four months. He had finished sixth at Boston (2:30:13), and then improved his PR to 2:20:48 three weeks later in Culver City. Still, he didn't expect a top-three finish in Alamosa. "I was getting stronger and improving, but I didn't consider myself in the same class as the best Americans," he says. "I thought I needed another year or so to reach their level. That's why I started so slow. Plus, I always ran my best with negative-split races."

By contrast, Moore could hardly have been more confident, in part because he had great track credentials, in part because he was the reigning National Cross Country champion, but mainly because he believed everyone else had underestimated how much altitude training they needed. The previous year, Moore had spent three weeks training in Los Alamos, New Mexico--altitude, 7,350 feet. It was no picnic. On day one, he ran a 3-mile time trial 80 seconds slower than a recent sea level effort. After three weeks in Los Alamos, he still couldn't complete a decent 10-miler without feeling nauseous.

That's why Moore returned to Los Alamos again in March of the next year. He spent his time there wondering why the town had the world's highest incidence of twin births, and extending the length of his long runs. On his last, he covered the distance from the final stoplight in Los Alamos to the first light in Santa Fe: 35.4 miles. He didn't show up in Alamosa until the day before the Trials race, calling himself a "stealth entrant."

Once the marathon was underway, Moore decided that his altitude-training advantage would serve him best with an honest-pace race, so he stuck close to the early leaders. "Bowerman believed in a relatively slow start--you don't win mile races in the first lap," Moore says of his famous University of Oregon mentor and coach. "But he also trained me to react--to make the right decisions as a race unfolded."

Moore completed the first lap in 29:23. Deines was nearly two minutes back already. Ron Daws and George Young were in the middle.



Eventual ninth-place finisher Bill Clark (#21) leads Amby Burfoot (DNF, #85), George Husuark (47th, #51) and Tom Heinonen (14th, #42) around a curve on the first lap.

Daws was widely known as the country's best no-talent marathoner. Never a top high school or college runner, he graduated from the University of Minnesota with a 3-mile best of 15:22. Many of his competitors in Alamosa were running 90 seconds faster at the same age.

But Daws analyzed every aspect of the sport, and idolized Emil Zatopek for both his work ethic and his innovative training. Indeed, he mimicked these Zatopek traits, and became a sort of marathon savant at producing epic performances in the most difficult conditions. In 1967, he won the National Marathon Championships in Holyoke, Massachusetts, by almost 4 minutes in steambath 92-degree heat. He was wearing a cap with a neck-shoulder drape and a shirt that read, "Adams State College, Alamosa, Colorado." The next year, he arrived in Alamosa six weeks before the Trials to prepare the best he could for the altitude challenge. He ran carefully calculated time trials on the course: two laps (10.4 miles) one week, and three laps the next. On the three-lap trial, he passed 10.4 faster than he had run it earlier, feeling quite satisfied. Then Daws crashed. "The pace was too fast, and I got sick in a gas station men's room," he wrote in *The Self-Made Olympian*. "I realized that I had to run even pace in the Trials." To hone this strategy, he devised a plan to run 10 x 1 mile over the first mile of the marathon course. He ran hard from the start to the mile-mark, jogged 200 meters, and then hard again back to the start line. He repeated the sequence five times, aiming to hit 5:45 for each mile segment. Daws completed this workout 12 days before the Trials. (Ed Winrow ran the three-lap time trial with Daws, finishing in 1:27:10. He concluded that he could run the full marathon in 2:30 on race day.)

Like Moore, Young and Mills arrived in Alamosa the day before the Trials. They had been training together in Flagstaff, Arizona, including a weekly 16-miler up and over a mountain pass higher than 8000 feet. "It wasn't too bad," Young recalls. "Billy and I had a good-ole-buddy system going on. We supported each other." Mills was trying to push through injuries to reclaim his 1964 fitness.

The buddies decided to enter the Trials only because weeks of 100-mile training in Flagstaff had turned to drudgery. "Billy said, 'Let's do something to get away from the daily grind,'" Young remembers. They took two days to drive the 500 miles from northern Arizona to southern Colorado. "It was fun, like a field trip," says Young.

He says he received just one marathon tip from Mills, who had finished 14th in the 1964 Tokyo Olympic Marathon a week after his surprise victory in the 10,000 meters. Mills told Young to stay hydrated. On the first lap, Young grabbed a cup of Gatorade and splashed it directly into his eyes. He had to slow and dab them dry with his singlet. "I didn't know anything about running and drinking at the same time," he admits.

The first lap was led by Australian Kerry Pearce and Irishman Pat McMahon. Both were preparing for Mexico City in Alamosa, and were allowed to run the Trials race. Moore followed close behind them. Pearce eventually dropped out at 17 miles and McMahon at 22. "I was out too fast for the altitude, and was dying when George Young passed me on the last lap, so I stopped," recalls McMahon, then 26. "But I learned an important lesson that helped me at the Olympics." He placed 12th in Mexico City.

With one lap completed, the Trials race had settled into a psycho-physiological battle between fast starters, medium pacers, and slow starters. No one knew which strategy would prove successful. But everyone knew that the pressure, the sunny desert environment (Moore called the conditions "dessicating"), and especially the high altitude would produce unforeseeable results. Not to mention the unpredictable twists that every marathon serves up in the last 10 miles.

ALAMOSA WAS AN UNLIKELY PLACE FOR A U.S. OLYMPIC EVENT.

It sits 200 miles north of Albuquerque and 230 south of Denver, with no major Interstate highway nearby. “The running culture in Alamosa was just about nonexistent in 1968,” notes Joe Vigil. “It was an agricultural and ranch community fifty years ago, and it still is today.”

But a sort of spontaneous combustion occurred in the fall of 1965 when Vigil, 35, joined the faculty at Adams State College at the same time that Buddy Edelen, 28, began his master’s degree studies in psychology there. Edelen had attended high school and college in Minnesota before moving to England to focus on his marathon training. In 1963, he set a world and American marathon record, running 2:14:28. The next year, he finished sixth in the Tokyo Olympic Marathon.

For three years, Vigil and Edelen pursued the AAU, hoping to bring the Marathon Trials to Alamosa, which had nearly the same altitude (7500 feet) as Mexico City (7400). In midsummer, 1967, they staged a demonstration marathon in Alamosa, inviting two-time Olympic marathon champ Abebe Bikila. Bikila didn’t come, but Mamo Wolde showed up to represent Ethiopia. He ran off course in the marathon, and never finished. Winner Wayne Van Dellen ran 2:39:13 in 90-degree heat to win. A year and two months later, Wolde captured the marathon gold medal in Mexico City.

In late 1967, at the AAU annual meeting in Chicago, the Trials race was awarded to Alamosa. That was the good news. The bad news: Vigil and Edelen had little organizational help and essentially no budget. “Buddy and I had to do everything,” Vigil remembers. “We were running around ragged.

I remember one time we looked up at each other, and just about started crying.”

Late in the game, the AAU demanded that Alamosa conduct pre-marathon medical exams of all entrants. Vigil asked a local physician association to volunteer pro bono. Nope. Winrow suggested that Vigil telephone physiologist David Costill at Ball State University in Indiana. Costill said he and several physician friends would come to Alamosa to conduct the exams as long as Vigil helped them collect noninvasive data on the Trials runners.

Twenty top American marathoners were afforded a month of room and board at Adams State pre-Trials to prepare for the marathon. In the weeks leading up to August 18, several drifted into Vigil’s office to ask if the raceday fluid stations would offer the new sports beverage, Gatorade. Vigil knew nothing about the green drink, but phoned the company, and talked them into sending 200 cases to Alamosa. On race day, it was provided with water twice each lap.

This proved a mixed blessing. Early versions of Gatorade were formulated for out-of-shape football players. Superfit runners didn’t need such a concentrated brew. “After the marathon, we heard that quite a few of our athletes got sick from the Gatorade,” Vigil notes.

The Trials marathon started at an unusual time, 3 p.m. Why? To mimic the start of the upcoming Mexico City Olympic Marathon, yes. But even more important, Vigil needed a two-way radio team to spread out along the course, and report back to the start. Especially if there were any medical emergencies. Only one local group was willing to perform this service for free. They already had a morning commitment in Pueblo, Colorado, 120 miles to the north. But they said they could comfortably reach Alamosa by 3 p.m. Game on.

**At the August 17th *Mulvane Old Settlers Day*
Sheryl Drevo (Goddard, KS) set the new F75-79 4 mile state
record and Dee Boeck set the new F70 state record.
Dee broke Sheryl's record set five years ago.**



**1mile-start - Randy McDermott,
Kansas City, KS (in the bright green)**

***Doing the timing and results was
the Wichita Running Company,
an affiliate with the KC Running
Company and Troy Fitzgerald.***



Sheryl -Drevo Dee Boeck Dick Drevo



**WichitaRunningCo - Lindsey Ott
(Overland Park) crosses the finish line.**

Photos By: Gene Wee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

FALL FOR APPLES

After dealing with so much heat over the summer, it is certainly nice to consider the upcoming autumn months with the promise of cooler temperatures for running and just enjoying the great outdoors. With fall, there always comes some very special and traditional foods. Apples have long been one of our favorites. The crisp sweet and sometimes tart crunch of an apple brings much joy and nutrition as it often easily earns its reputation as fall's favorite fruit. Plus, there are so many varieties of apples to choose from for baking, cooking or just good ole lunch box treats.

Besides, the crunch and flavor, apples deliver some impressive health benefits. These include: high in fiber, vitamin C, some potassium, and various antioxidants. They are also quite filling, considering their relatively low calorie count. While there are a carbohydrate food, their glycemic index is low due to their high fiber content and polyphenol counts.

As your mileage and outdoor activities may be picking up, here are some quick and simple ways to enjoy apples in different ways. For years, apple slices with peanut butter have been a regular go-to snack in our house, whether after school or work. For a change of pace, here is a slightly unique take on an old favorite. Here, the crunchy apple makes a great vehicle for practically anything you might want to put on top of it, from nut butters and dark chocolate to coconut and granola. Tasty combos abound with anyone's imagination.

Apple "Toast" Rounds

Wash and core an apple and then slice across the apple into rings. Loaded apple rings are a new fun and healthy snack that are very eye-appealing.

Some Apple "toast" toppings to try:

Chocolate Hummus (available in many grocery stores)

Peanut butter, coconut flakes & chocolate chips

Nut butter with melted chocolate or chocolate sauce, topped with chopped nuts and cacao nibs

Microwave "Baked" Apples

Easy and fast for a brunch or snack

Core 2 apples, leaving the bottom intact. Mix 2 Tbsp. brown sugar, 1 tsp. cinnamon and 1 tsp ground nutmeg and spoon into the apples. Top with a teaspoon (or more to taste) of butter on each apple. Place in a deep casserole dish and cover. Microwave for 3-1/2 to 4 minutes or until tender. Let the apples cool for a couple of minutes before serving. Add raisins or dried cranberries as desired.



Cinnamon Apple Overnight Oats

1/2 cup rolled oats

1/4 cup milk 1/4 cup Greek yogurt

1/4 cup apple, finely chopped or grated

1/2 Tbsp. Maple syrup 1/4 teaspoon cinnamon

1/4 teaspoon chia seeds

Walnuts, toasted and roughly chopped, for garnish

In a jar or bowl, stir together oats, milk, yogurt, apple, syrup, cinnamon, and chia seeds.

Refrigerate overnight. In the morning, garnish with walnuts and more maple syrup if desired, Enjoy!



Apple Waldorf Salad

**An All-American salad first presented at the Waldorf Astoria Hotel in 1893

6 Tablespoons mayonnaise or plain yogurt

1 Tablespoon lemon juice

1/2 teaspoon salt

2 sweet apples, cored and chopped

1 cup red seedless grapes, sliced in half (or 1/4 cup raisins)

1 cup celery, thinly sliced

1 cup slightly toasted walnuts

Lettuce leaves

In a medium sized bowl, whisk together the mayo or yogurt, lemon juice, salt and a pinch of freshly ground black pepper. Stir in the apple, celery, grapes, and walnuts. Serve on a fresh lettuce leaf.

**Psycho Psummer Run Toto Run --
50K, 20 mile, 10 mile -- Wyandotte
County Lake -- 7-20-19**

An impressive group of fine athletes turned out to joust with a tough course and difficult heat and humidity.



Race Timing Solutions crew runs the race, but still had members timing



The start



1st&2nd at midpoint of first lap, extend their gap over the rest of the field



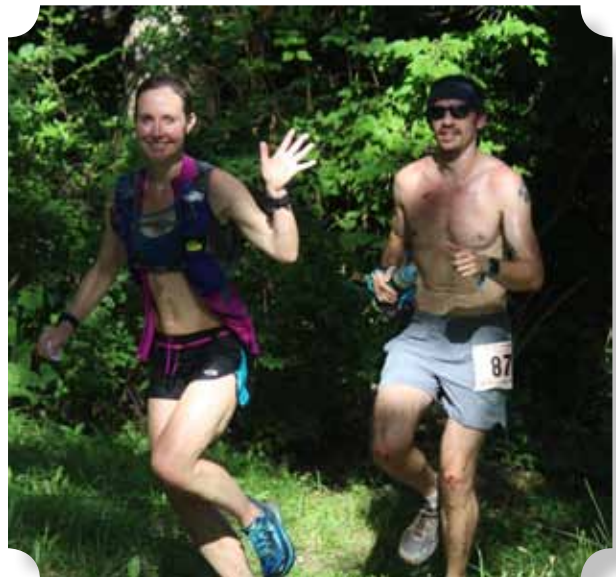
4th runner at midpoint

Continued on pg 10-11

Photos by: Michael Chaffee



Photos by: Michael Chaffee



Photos by: Michael Chaffee

Heartland Racewalkers Winning Awards!!!

The Kansas City area nationally recognized racewalking club, the Heartland Racewalkers, entered 7 walkers in the racewalks and 2 in the Power Walks at the 2019 National Senior Games in Albuquerque in June. It is the largest multi-sport event in the U.S. for senior athletes 50 and over and has drawn 13,700 athletes from all over the country who qualified by winning medals in their home states in 5-year age divisions. There were 400 racewalkers and around 600 power walkers which debuted this year as a demonstration sport.

The club came home with a number of medals and ribbons in the 1500-meter racewalk on June 15 and the 5K racewalk on June 17. Karen Swisher from Shawnee repeated her Gold Medal performance from 2017 in the 1500-meter and 5K races in the 65-69 division and Alan Poisner from Overland Park also was a repeat Gold Medalist (this time in the 85-89 age division). He set new records in both races and now holds records in three different age divisions in these biannual National Games. Other medal winners in racewalking were Manna Caffrey, Bronze in both races (50-54); Fred Adams (85-89), Bronze in 1500 meters; Silver in 5K, and Julie Haller (80-84), Bronze in 1500 meters. Martha McCarter came home with a 5th place ribbon in the 1500-meter and an 8th place ribbon in the 5K.

In the Power Walk, Martha McCarter took the Silver in the 1500-meter and Gold in the 5K that was temporarily postponed because of lightning. BJ Thornburg, a club veteran, earned 6th place ribbons in both races (75-79). Matt McCarter making his first entry in this newly offered competition garnered a 4th place ribbon in the 1500-meter and a 6th place ribbon in the 5K (55-59).

So the total haul of medals and ribbons from the Heartland Racewalkers in the racewalks and power walks were: 5 Golds, 4 Silvers, 2 Bronze and 6 ribbons (awarded through 8 places), once again demonstrating this powerhouse of walking in the KC Metro.

At the recent USATF National Masters Outdoor Championships in Ames, Iowa (July 12), Alan Poisner defended the Gold Medal he won in 2017 in Baton Rouge in the 5000-meter racewalk in the 80-84 division. Unlike the National Senior Games, the USATF defines the athlete's age as the age on the first day of the competition, while the Senior Games uses the year of birth (age on Dec. 31). So, Alan competed in the 85-89 division in Albuquerque in June and the 80-84 division in Ames in July. It did not make any difference since he won Golds in both events and beat a number of men in younger divisions as well. He turns 85 in October.

There were several unusual aspects of the USATF race. The lap counter told Alan that he had finished the race after a lap when Alan knew that he had one lap to go. There are 12.5 laps on the 400-meter track in a 5000-meter race. So, he ignored the message and proceeded on the last lap. That was very important since he was trailing his closest competitor for all the previous laps and did not catch him until 10 meters from the finish line. At one time he trailed this athlete by 120 meters. Persistence pays off.

Update & photos provided by Alan Poisner



Alan and Karen at the National Senior Games in Albuquerque

I just returned from another national race. This one was the National State Games of America that occurs every two years at a different location and features athletes who have won awards in their respective state games. I had won Gold Medals at the last two ones in the 1500-meter walks in the 80-84 age division: 2015 in Lincoln NE and 2017 in St. Paul, MN. This time it was in Lynchburg, VA and I took the Gold again. However they put me in a higher age division since they use the same age rules that the USATF Juniors and the National Senior Games use, namely your age is listed as the number that it is on Dec. 31, i.e. the year that you were born determines your official racing age. But since I was the oldest of all of the competitors, they didn't just put me down in the 85-89 division, it was actually shown on one site as the 85-110 age division. I am happy to have won this division but will be hard-pressed to win the next higher age division.

Cont'd Pg 14-15

Update & photos provided by Alan Poisner

in the recent State Games of America , BJ Thornburg picked up a Gold Medal in the 75-79 age division (her first national medal) and Sunday Cavallaro took a Bronze in the 55-59 division, while recovering from chemotherapy.

Below is a picture of the three Heartland Racewalkers who competed in Lynchburg.



Update & photos provided by Alan Poisner



Alan on The Medal Stand in Ames

Update & photos provided by Alan Poisner

Aug 21st is the date of Quantrill's Raid on Lawrence Kansas in 1863.

A violent day in our city's history.

For the last six year's J. Jenkins, now co-owner of Ad Astra Running, has hosted the Defend Lawrence! 5K (fun run) that starts in downtown Lawrence.

It starts each year at 5:05 am, when the raid came to town.



LawrenceDefenders



Start

Cont'd on pg 17

Update & Photos By: Gene Wee



Light By Lamp post!



Elise & David Wiley up early to run the 5:05 am 5K.

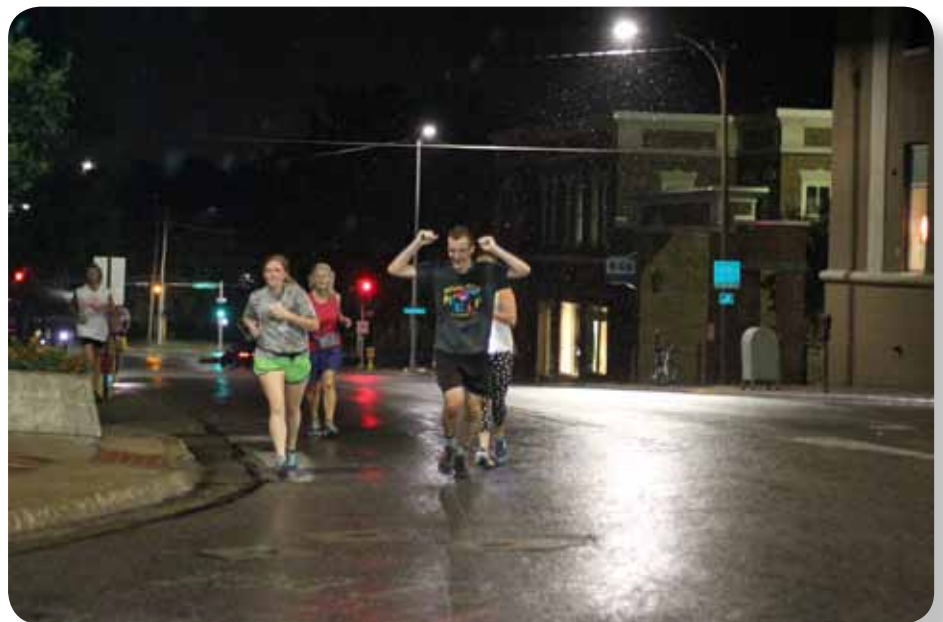


The course ran up the 12th Street hill where the Oread Hotel is located.

Can't have a Lawrence run without a hill somewhere.



Bill Siebenhaler wearing one of the souvenir t-shirts from a previous year.



Update & Photos By: Gene Wee



SATURDAY, AUGUST 3, 2019

RANSOM RUN/WALK 5K

Kanza Park
200 W. 13th | Ottawa, KS



The Start



leader/winner



Cont'd pg 19



SATURDAY, AUGUST 3, 2019
RANSOM RUN/WALK 5K

Photos by: Michael Chaffee



winner



listening to last minute race instructions



SATURDAY, AUGUST 3, 2019
RANSOM RUN/WALK 5K



I can walk too!!!

Photos by: Michael Chaffee

The Fiesta Mexicana 5K has been held continuously since 1977 in Topeka. Unfortunately the race was held the same day as the Sunflower State Games Cauldron 5K/10K so attendance was down at both events.



Artie Gonzales has been at every Fiesta 5K and has been the current race director for many years. Paul Griego organized the first race in 1977 and eventually Artie took over as race director.



approaching the finish line.



Jose Cerca is a serious race walker with serious shade protection.



Bernadette Forge (Topeka, age 75) with her trophy. The Fiesta Mexicana 5K has traditionally given out huge trophies to the top winners.



Medal winner Penelope Cerca, age 7, with her family

Updates & Photos By: Gene Wee

*The Ohio grandmother is already looking to Berlin,
where she's hoping to lower her age group world record
in the marathon.*

from Runner's World By TAYLOR DUTCH
AUG 12, 2019



Seventy-one-year-old Jeannie Rice ran 1:37:07 at the Akron Half Marathon on August 10, which set the age group world record. The record is still pending ratification. Rice already holds the age group world record for the marathon, which she set with a time of 3:27:50 in Chicago last October.

Next on her list is bettering her own record-holding marks in the marathon and the half, starting with the Berlin Marathon.

Orienteering - running with a map and compass - was held again at the Sunflower State Games at the Washburn University Campus on July 21st.

Update & Photos By Gene Wee



**four runners passing two sculptures
by the Student Union**



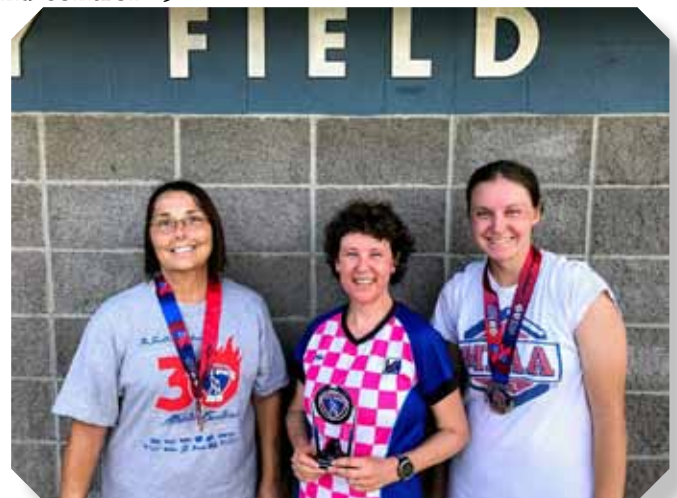
Hunter Munns reading the Map



**Reta Roe (Kearney, MO), running past the
International Hosue and control #9**



the map with the long course



**longcourse-femalewinners - Mary Jones
(Lawrence, in the pink & blue) was the long
course winner; Tricia Vogel and Cindy Rodman
were 2nd and 3rd.**

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

This race schedule is a service of Mid-America Running Association. Sup

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

New race submissions should include the information shown below.

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

To search for races - <http://www.runningintheusa.com/Race/Default.aspx>

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
September 2019					
Sep 1	Sun	8:00 AM	Labor Day Dash 5K/10K	Summit Fair Shopping Center Lee's Summit, MO	Labor Day Dash 5K/10K
Sep 2	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	Heart of America Marathon
Sep 2	Mon	7:30 AM	Eudora Library Labor Day 5K	915 Main St. Eudora, KS	Eudora Library Labor Day 5K
Sep 2	Mon	8:00 AM	Leawood Labor Day 5K	Tomahawk Crk Pkwy & 114th St. Overland Park, KS	Labor Day 5K
Sep 2	Mon	11:00 AM	Steve Miller Memorial 5K	Chapman High School Chapman, KS	Steve Miller Memorial 5K
Sep 3	Tue	8:00 AM	De Soto Family Fun 5K	Miller Memorial Park De Soto, KS	De Soto Family Fun 5K
Sep 6	Thu	9:00 PM	Roadrunner Dash 5K	Unity Village Lee's Summit, MO	Roadrunner Dash 5K
Sep 6	Thu	9:00 PM	Summer Solstice 7 Runduro	Manhattan Running Company Manhattan, KS	Summer Solstice 7 Runduro
Sep 7	Sat	6:00 AM	The Hawk 100 Mile, 50 Mile & Marathon	Clinton Lake Lawrence, KS	The Hawk
Sep 7	Sat	7:00 AM	Finley River 5 and Tri	Ozark, MO	Finley River 5 and Tri
Sep 7	Sat	7:15 AM	Big Red Shoe Presented by TAMKO	3402 S. Jackson Joplin, MO	Big Red Shoe
Sep 7	Sun	7:30 AM	Litchfield TriathLou Spring, Olympic & Half Distance Triathlon	Lake Lou Yeager Beach House Litchfield, IL	Litchfield Triathlon
Sep 7	Sat	8:00 AM	Helen Gold 5K	La Paloma Plaza Overland Park, KS	Helen Gold 5K
Sep 7	Sat	8:00 AM	Pony Express Half Marathon & 5K	Marysville, KS	Pony Express Half Marathon & 5K
Sep 7	Sat	8:00 AM	Springfield Area Memorial Stair Climb	Plaster Stadium Columbia, MO	Springfield Area Memorial Stair Climb
Sep 7	Sat	8:00 AM	Tri-State Race - IA, NE, MO	Hamburg, IA	Tri-State Race
Sep 7	Sat	8:00 AM	Grain Valley Fair 5K	711 Main St. Grain Valley, MO	Grain Valley Fair 5K
Sep 7	Sat	8:00 AM	Millapalooza Mile	15 Street & North Mill Beloit, KS	Millapalooza Mile

Sep 7	Sat	8:00 AM	Heart of the Summit 5K, 10K, 10K Relay	Downtown Lee's Summit, MO	Heart of the Summit
Sep 7	Sat	8:00 AM	OneSolePurpose 5K/10K Run & 1-Mile Fun Walk	High Street Baptist Church Springfield, MO	OneSolePurpose
Sep 7	Sat	8:30 AM	Race for Freedom 5K	Carpenter Place Wichita, KS	Race for Freedom
Sep 7	Sat	9:00 AM	Steff Strong Run	Paola, KS	Steff Strong Run
Sep 7	Sat	9:00 AM	Dream KCK - 5K Run	Bethany Park Kansas City, KS	Dream KCK - 5K Run
Sep 7	Sat	6:00 PM	Miles Against Melanoma	111 Memorial Park Dr. Jefferson City, MO	Miles Against Melanoma
Sep 7	Sat	8:30 PM	Psych Night Trail Run 10K, 5K Night Run	North Shore Clinton State Park, KS	Night Trail Run 5K/10K
Sep 8	Sun	7:30 AM	Plaza 10K Run/Walk	Country Club Plaza Kansas City, MO	Plaza 10K
Sep 8	Sun	8:00 AM	Extreme Timber Challenge	KC Zip Bonner Springs, KS	Extreme Timber Challenge
Sep 8	Sun	8:30 AM	Senior Services Heartland 5K Walk/Run	200 S. Walnut Wichita, KS	Heartland 5K Walk/Run
Sep 8	Sun	9:00 AM	Rooster Run at City Lake	16104 S. Lake Pleasant Hill, MO	Extreme Timber Challenge
Sep 11	Wed	12:00 PM	Patriot's Run Ultra, Mara, Half, Casual Walk/ Run, Team	Mid-America Nazarene Campus Olathe, KS	Patriot's Run
Sep 14	Sat	7:00 AM	Cherokee Strip Land Run 5K/15K/Half Marathon	Caldwell, KS	Cherokee Strip Land Run
Sep 14	Sat	7:00 AM	Run the Rock	Top of the Rock Ridgedale, MO	Run the Rock
Sep 14	Sat	7:30 AM	Chasing Salifu	12345 College Blvd. Overland Park, KS	Chasing Salifu
Sep 14	Sat	7:30 AM	Seymour Apple Festival 5K	Seymour, MO	Seymour Apple Festival 5K
Sep 14	Sat	7:30 AM	Race to the Center - 13.1 M Geographic Center of the United States	Lebanon, KS	Race to the Center
Sep 14	Sat	8:00 AM	Run for Recovery 5K Run/1Mile Fun Run & Walk	Salina, KS	Run for Recovery
Sep 14	Sat	8:00 AM	Jesse James Festival Bill James Classic 5K/10K and Fun Run	Downtown Kearney, MO	Jesse James Festival
Sep 14	Sat	8:00 AM	Harris Park Midtown Sports & Activity Center 5K	4029 Wayne Ave. Kansas City, MO	Sports & Activity Center 5K
Sep 14	Sat	8:00 AM	Lyme is Local 5K	Berkley Riverfront Park Kansas City, MO	Lyme is Local 5K
Sep 14	Sat	8:00 AM	Heroes for Education 5K	Downtown Grandview, MO	Heroes for Education 5K
Sep 14	Sat	8:00 AM	Kansas Walk Like MADD & 5K MADD Dash	Lexington Lake Park DeSoto, KS	Walk Like MADD & 5K MADD Dash
Sep 14	Sat	8:00 AM	Hometown Heroes 5K	Seneca & Central Wichita, KS	Hometown Heroes 5K
Sep 14	Sat	8:00 AM	Catch the Spirit 5K Run/Walk	Harrisonville High School Harrisonville, MO	Catch the Spirit 5K

Sep 14	Sat	8:00 AM	St. Jude Run/Walk Springfield	Rutledge- Wilson Farm Park Springfield, MO	St. Jude Run/Walk Springfield
Sep 14	Sat	8:00 AM	Wildcats Run for Wellness 5K	Peters Recreation Complex Manhattan, KS	Wildcats Run for Wellness 5K
Sep 14	Sat	8:00 AM	Lizzy's Walk of Faith 5K Walk/Run	Twin Lakes Park Columbia, MO	Lizzy's Walk of Faith 5K Walk/Run
Sep 14	Sat	8:00 AM	Paint the Town Red 5K	Axe Library Pittsburg, KS	Paint the Town Red 5K
Sep 14	Sat	8:30 AM	Woodland Centennial 5K Wolf Run	Wichita, KS	Woodland Centennial 5K Wolf Run
Sep 14	Sat	8:30 AM	Dad and Daughter 5K Run/Walk	AMF Pro Bowl Lanes North Kansas City, KS	Dad and Daughter 5K
Sep 14	Sat	8:30 AM	SCSPC 5K Run/Walk	Crestview Shelter House Topeka, KS	SCSPC 5K
Sep 14	Sat	8:30 AM	Labor Run	Sedgwick County Park Wichita, KS	Labor Run
Sep 14	Sat	9:00 AM	SCKMC LandRush	6401 Patterson Parkway Arkansas City, KS	SCKMC LandRush
Sep 14	Sat	9:00 AM	Horsethief Canyon Trail Run	Marquette, KS	Horsethief Canyon Trail Run
Sep 14	Sat	9:00 AM	Tunnel to Towers 5K run & Walk	Missouri State Capitol Building Jefferson City, MO	Tunnel to Towers 5K
Sep 14	Sat	10:00 AM	Free Spirit 5K/10K	Hays, KS	Free Spirit 5K/10K
Sep 14	Sat	8:00 PM	SHRC Glow Run 5K	Life Spring Church Spring Hill, KS	SHRC Glow Run 5K
Sep 15	Sun	7:00 AM	Strut With Your Mutt 3K Walk with your dog and a 5K	Brookside Kansas City, KS	Strut With Your Mutt
Sep 15	Sun	7:30 AM	Ad Astra Triathlon	Clinton State Park Lawrence, KS	Ad Astra Triathlon
Sep 15	Sun	8:00 AM	Great Plains 10K - Kansas City	Longview Lake Kansas City, MO	Great Plains 10K - Kansas City
Sep 15	Sat	8:00 AM	Capital Pursuit - 10 Mile	Locust & 15th Street Des Moines, IA	Capital Pursuit
Sep 15	Sun	9:00 AM	JayDoc 5K Dental Night Run/Walk	7900 Renner Road Lenexa, KS	JayDoc 5K Dental Night
Sep 21	Sat	7:00 AM	Kansas City Zoo Run 4 Mile & 1 Mile	Kansas City Zoo Kansas City, MO	Kansas City Zoo Run
Sep 21	Sat	7:30 AM	Rugged Maniac Obstacle Race Kansas City	Snow Creek Weston, MO	Rugged Maniac Race
Sep 21	Sat	7:30 AM	Fueled by Fire Run 9M or 2M	Athletic Park Newton, KS	Fueled by Fire Run
Sep 21	Sat	7:30 AM	Redman Triathlon	10899 N. Old Lakeshore Road Oklahoma City, OK	Redman Triathlon
Sep 21	Sat	8:00 AM	Super Hero HOPE 5K Run/Walk	Darrell Zimmerman Shelter Derby, KS	Super Hero HOPE 5K Run/Walk
Sep 21	Sat	8:00 AM	Sacred Steps 5K	Church of the Resurrection Leawood, KS	Sacred Steps 5K

Sep 21	Sat	8:00 AM	Joyful Morning 5K	Southcreek Office Park Overland Park, KS	Joyful Morning 5K
Sep 21	Sat	8:00 AM	Wellsville Days Family 5K Run/ Walk	Wellsville, KS	Wellsville Day Family 5K
Sep 21	Sat	8:00 AM	Word Wobble 5K Run/Walk	Ozawkie, KS	Word Wobble 5K Run/Walk
Sep 21	Sat	8:00 AM	HCA FarmK Run/Walk	38660 W. 167th St. Edgerton, KS	FarmK Run/Walk
Sep 21	Sat	8:00 AM	KC Blind All-Stars Foundation 5K Run	Kansas School for the Blind Kansas City, KS	KC Blind All-Stars Foundation 5K Run
Sep 21	Sat	8:00 AM	Path To Parenthood 5K	Berkley River Front Park Kansas City, MO	Path to Parenthood 5K
Sep 21	Sat	8:00 AM	Prairie Pride 5K and Fun Run	Prairie Elementary School Prairie Village, KS	Prairie Pride 5K
Sep 21	Sat	8:00 AM	Branson Mountain Man Off- Road Triathlon	5272 MO-165 Branson, MO	Mountain Man Off-Road Triathlon
Sep 21	Sat	8:00 AM	Quinn Memorial Fun Run & 5K Run/Walk	1114 Trenton St. Chillicothe, MO	Quinn Memorial 5K Run/Walk
Sep 21	Sat	8:00 AM	Cassville Cares 5K/1M Fun Run	Cassville, MO	Cassville Cares 5K/1M Fun Run
Sep 21	Sat	8:30 AM	Make a Joyful Noise 5K	New Life Christian Church Emporia, KS	Make a Joyful Noise
Sep 21	Sat	9:00 AM	CAC/STB 1/2 Marathon	Harney's Sorts Complex Ft. Leavenworth, MO	CAC/STB 1/2 Marathon
Sep 21	Sat	9:00 AM	Fe for a Cure	KWU Salina, KS	Fe for a Cure
Sep 21	Sat	10:00 AM	Muddy Hutch 5K	Fun Valley Sports Complex Hutchinson, KS	Muddy Hutch 5K
Sep 22	Sun	7:30 AM	Konquer the Konza 25K & 10K	Konza Prairie Manhattan, KS	Konquer the Konza
Sep 22	Sun	7:30 AM	Get Your Rear in Gear - Kansas City 5K	Zona Rosa Kansas City, MO	Get Your Rear in Gear
Sep 22	Sun	7:30 AM	Paulina Cooper DotToDot 10K Run & 5K Run/Walk	Corporate Woods Overland Park, KS	Paulina Cooper DotToDot
Sep 22	Sun	7:30 AM	Dot-to-Dot 10K & 5K	Corporate Woods Overland Park, KS	Dot-to-Dot
Sep 22	Sun	7:30 AM	Old Town 10K	Old Town Wichita, KS	Old Town 10K
Sep 22	Sun	8:00 AM	Kansas Senior Games 10K & 5K	Forbes Field Topeka, KS	Kansas Senior Games 10K & 5K
Sep 22	Sun	8:00 AM	Fall Family Timber Challenge	Zip KC - 12829 Loring Rd. Bonner Springs, KS	Fall Family Timber Challenge
Sep 22	Sun	8:00 AM	2018 Tiger Trot	6301 W. 78th St. Overland Park, KS	2018 Tiger Trot
Sep 22	Sun	1:00 PM	Fall Fell Trail Challenge	Wyandotte County Lake Park Kansas City, KS	Fall Fell Trail Challenge
Sep 24	Tue	4:00 PM	Duane Kimble Cross Country Meet	Rosecrans Memorial Airport Saint Joseph, MO	Duane Kimble Cross Country Meet

Sep 28	Sat	7:00 AM	Roots N Blues BBQ Half Marathon and 10K	Stephens Lake Park Columbia, MO	Roots N Blues BBQ
Sep 28	Sat	7:00 AM	Northwest Missouri State 5K	Lamkin Activity Center Maryville, MO	NW Missouri State 5K
Sep 28	Sat	7:15 AM	Run for Freedom	Downtown Warrensburg, MO	Run for Freedom
Sep 28	Sat	7:30 AM	Monument Marathon	Scottsbluff, NE	Monument Marathon
Sep 28	Sat	7:30 AM	Mark A. Chapman Piotique Run 10K & 2M	Clay Center, KS	Mark A. Chapman Piotique Run
Sep 28	Sun	7:30 AM	FlatRock 25/50K	Elk City Lake Park Independence, KS	FlatRock 25/50K
Sep 28	Sun	7:30 AM	Vikings Unite! (Union 5K Run/ Walk)	801 NW R. D. Mize Rd. Blue Springs, MO	Union 5K Run/Walk
Sep 28	Sat	8:00 AM	Grin & Bear It 5K Run/Walk	Cass Regional Medical Center Harrisonville, MO	Grin & Bear It 5K
Sep 28	Sat	8:00 AM	Danny J. Peterson 5K Run/Walk of Honor	100 Washington St. Oskaloosa, KS	Danny J. Peterson 5K
Sep 28	Sat	8:00 AM	Dam Lake Run 5K	Lynn Valley, KS	Dam Lake Run 5K
Sep 28	Sat	8:00 AM	Pony Express Run Half Marathon & 5K	Pony Express Museum St. Joseph, MO	Pony Express Run
Sep 28	Sat	8:00 AM	Park2Park Run 7.5M, 5K & Fun Run/Walk	Roeland Park, KS	Park2Park Run
Sep 28	Sat	8:00 AM	Winged Foot 5K/10K Run & Walk	Forbes Field Topeka, KS	Winged Foot 5K/10K
Sep 28	Sat	8:00 AM	4 Miles 4 Kids	Rutledge Wilson Family Park Springfield, MO	4 Miles 4 Kids
Sep 28	Sat	8:00 AM	Jeff City Renegades 5K & 1 Mile	Vivion Field Jefferson City, MO	Jeff City Renegades 5K & 1 Mile
Sep 28	Sat	8:00 AM	Dam Lake Run 5K & Kiddie Dash	Linn Valley, KS	Dam Lake Run 5K
Sep 28	Sat	8:00 AM	Tanger Fit 5K	Tanger Outlets Branson, MO	Tanger Fit 5K
Sep 28	Sat	8:00 AM	Anytime Fitness 5K	4410 N. 107th St. Kansas City, KS	Anytime Fitness 5K
Sep 28	Sat	8:00 AM	Gyp Hills Quest 5K/20K	Medicine Lodge, KS	Gyp Hills Quest 5K/20K
Sep 28	Sat	8:00 AM	Joggin for the Noggin	Veterans Memorial Park Atchison, KS	Joggin for the Noggin
Sep 28	Sat	8:00 AM	Kincaid Fair 5K and 10K	Landmark Bank Kincaid, KS	Kincaid Fair 5K and 10K
Sep 28	Sat	8:00 AM	Old Setter's Day 5K	Marion Central Park Marion, KS	Old Setter's Day 5K
Sep 28	Sat	8:00 AM	Canton Heritage Days 5K	Old City Park Canton, KS	Canton Heritage Days 5K
Sep 28	Sat	8:00 AM	Clinton Education Foundation 5K & Fun Run	600 East Clinton St. Clinton, MO	Clinton Education Foundation

Sep 28	Sat	8:30 AM	Red Hot Chili Pepper 5K Little Pepper Fun Run	Newton Recreation Center Newton, KS	Red Hot Chili Pepper 5K
Sep 28	Sat	8:30 AM	MBCH Foundation 4 Miles 4 Kids	3825 W. Farm Road 146 Springfield, MO	MBCH Foundation 4 Miles 4 Kids
Sep 28	Sat	8:30 AM	Vision Clinic Run 5K & 1M Run	Vision Clinic Springfield, MO	Vision Clinic Run 5K & 1M Run
Sep 28	Sat	9:00 AM	Run for Freedom 5K, 10K and Poker Walk	Missouri Veteran's Home Warrensburg, MO	Run for Freedom
Sep 28	Sat	9:30 AM	Oktoberfest Run for the Poor 5K	Douglas Ave. & Circle Dr. Wichita, KS	Oktoberfest Run for the Poor 5K
Sep 28	Sat	9:00 AM	St. Jude Walk/Run to End Childhood Cancer	Power & Light District Kansas City, MO	St. Jude Walk/Run
Sep 28	Sat	9:00 AM	Back the Blue 5K	Lion's Park Bonner Springs, KS	Back the Blue 5K
Sep 28	Sat	9:00 AM	Run the Ranch at Sycamore Creek	Branson, MO	Run the Ranch at Sycamore Creek
Sep 28	Sun	9:30 AM	Runnin' For Research	English Landing Park Parkville, MO	Runnin' For Research
Sep 28	Sun	10:30 AM	C Clyde Run/Fun Run/Walk	K-State Campus Manhattan, KS	C.Clyde Run/Fun Run/Walk
Sep 29	Sun	7:00 AM	Mother Road Marathon Powered by Mercy 5K, Half Marathon, Marathon	3301 W. 1st St. Joplin, MO	Mother Road Marathon
Sep 29	Sun	8:00 AM	Step Beyond Celiac KC5K	Community America Ballpark Kansas City, KS	Step Beyond Celiac KC5K
Sep 29	Sun	8:00 AM	Warrior's Best Friend 5K	10940 NE 104th St. Kansas City, MO	Warrior's Best Friend 5K
Sep 29	Sun	8:00 AM	Smithville Dam 5K Run/Walk 1Mile Fun Run/Walk	Smithville Lake Dam Smithville, MO	Smithville Dam 5K
Sep 29	Sun	8:00 AM	It's a Gay 5K	English Landing Park Parkville, MO	It's a Gay 5K
October 2019					
Oct 5	Sat	7:00 AM	Rock Ridge Revenge 7M25K/ 50K	Rock Ridge Memorial State Park Columbia, MO	Rock Ridge Revenge
Oct 5	Sun	7:30 AM	Susan B. Komen Greater Kansas City Race for the Cure - 5K	Black & Veatch Overland Park, KS	Race for the Cure
Oct 5	Sat	7:30 AM	Salt City Half Marathon	3rd & Main Street Hutchinson, KS	Salt City Half Marathon
Oct 5	Sat	7:30 AM	Panther Run	Drury University Springfield, MO	Panther Run
Oct 5	Sat	7:30 AM	The Wizarding Run	511 S. Main St. Joplin, MO	The Wizarding Run
Oct 5	Sat	8:00 AM	Chiefs Fantennial 5K	Arrowhead Stadium Kansas City, MO	Chief's Fantennial 5K
Oct 5	Sat	8:00 AM	No One Fights Alone 5K	NightHawk Winery Paola, KS	No One Fights Alone
Oct 5	Sat	8:00 AM	On the Move...For Warmth 5K Run/1M Walk	William Bryant Elementary Blue Springs, Mo	On the Move...For Warmth

Oct 5	Sat	8:00 AM	Jacomotose Trail Run	Lake Jacomo Kansas City, MO	Jacomotose Trail Run
Oct 5	Sat	8:00 AM	Belinder Elementary Brave Run	Belinder Elementary School Prairie Village, KS	Belinder Elementary Brave Run
Oct 5	Sat	8:00 AM	Kansas City Scleroderma 5K Run Walk	English Landing Park Parkville, MO	Kansas City Scleroderma 5K Run Walk
Oct 5	Sat	8:00 AM	Coach E Race 5K Run/Walk	1008 County Road Brunswick, MO	Coach E Race 5K Run/Walk
Oct 5	Sat	8:30 AM	Grace Race 5K	Berkley Park Kansas City, MO	Grace Race 5K
Oct 5	Sat	8:30 AM	Leave a Legacy 5K & 10K Road Races	The Cancer Center Garden City, KS	Leave a Legacy 5K & 10K Road Races
Oct 5	Sat	8:30 AM	Dyslexia Dash 2017 - Kansas City	Horizon Academy Roeland Park, KS	Dyslexia Dash
Oct 5	Sat	8:30 AM	Rolling Hills & Rocky Road Race For Haiti Missions	474 Contour Rd. Gridley, KS	Rolling Hills & Rocky Road Race
Oct 5	Sat	9:00 AM	Race Against Breast Cancer 5K	Topeka West High School Topeka, KS	Race Against Breast Cancer 5K
Oct 5	Sat	9:00 AM	Great Pumpkin Run 5K	HyVee Arena Kansas City, MO	Great Pumpkin Run 5K
Oct 5	Sat	9:00 AM	Health for the Heartland 5K	Shawnee Mission Park Shelter #1 Lenexa, KS	Health for the Heartland 5K
Oct 5	Sat	9:00 AM	Run for Their Lives	Gavin Park Augusta, KS	Run for Their Lives
Oct 5	Sat	8:30 AM	Fit58 Center Education Foundation 5K	Mid-Con Library Red Bridge Kansas City, MO	Fit58 Ctr Education Foundation 5K
Oct 5	Sat	2:00 PM	Pups & Pumpkins 5K	Excelsior Springs, MO	Pups & Pumpkins 5K
Oct 5	Sat	3:00 PM	Louisburg Cider Run 5K, 10K, Kid Run, Hard Cider Relay	Louisburg Cider Mill Louisburg, KS	Louisburg Cider Run
Oct 6	Sun	7:00 AM	Grand Country Half Marathon	Branson Landing Branson, MO	Grand Country Half Marathon
Oct 6	Sun	7:00 AM	Rush the Rails - Run or Ride	Osawatamie High School Osawatamie, KS	Rush the Rails - Run or Ride
Oct 6	Sun	8:00 AM	Oktoberfest 5K & Kinder Kaufen Kids Run	411 E. 135th St. Kansas City, MO	Oktoberfest 5K & Kinder Kaufen
Oct 6	Sun	8:00 AM	Run Crazy Horse Half, Marathon & Marathon Relay	Hill City, SD	Run Crazy Horse
Oct 6	Sun	8:00 AM	De Soto Half Marathon	De Soto, KS	De Soto Half Marathon
Oct 6	Sat	8:00 AM	ZERO Prostate Cancer Run/ Walk - KC 10K, 5K Run/Walk & 200 Yard Kid's Dash	Children's Mercy Park Kansas City, KS	ZERO Prostate Cancer Run/Walk
Oct 6	Sun	8:00 AM	Pink Laundry 5K Walk/Run	Summit Fair Shopping Center Lee's Summit, MO	Pink Laundry 5K
Oct 6	Sun	8:00 AM	Bill Cross 5K Walk/Run for BackSnacks	Zona Rosa Kansas City, MO	Bill Cross 5K Walk/Run
Oct 6	Sun	8:00 AM	Fearless Females 5K Series	1100 SE Century Dr. Lee's Summit, MO	Fearless Females 5K Series

Oct 6	Sun	9:00 AM	Race for Dignity 5K Run/Walk	Theis Park Kansas City, MO	Race for Dignity
Oct 6	Sun	19::00	Light the Night 4 Life 5K Glow Run	Liberty Women's Clinic Liberty, Missouri	Light the Night 4 Life 5K Glow Run
Oct 12	Sat	6:00 AM	Heartland Spirit of the Prairie 100M & 50M Run	Cassoday, KS	Heartland Spirit of the Prairie
Oct 12	Sat	8:00 AM	Race for the Future 5K Run/Walk & Kids Dash	Lee's Summit West High School Lee's Summit, MO	Race For The Future
Oct 12	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	Jared Coones 5K
Oct 12	Sat	8:00 AM	AdventureMax Springfield Half Marathon & 10K	Two Rivers Bike Park Highlandville, MO	AdventureMax Springfield
Oct 12	Sat	8:00 AM	Impact the Cure 5K	Impact Spots & Fitness Abilene, KS	Impact the Cure 5K
Oct 12	Sat	8:00 AM	Purple Paws 5K	Marlott Park Trails Manhattan, KS	Purple Paws 5K
Oct 12	Sat	8:00 AM	The Fast & The Furriest Race	Ewing Park Springfield, MO	The Fast & The Furriest Race
Oct 12	Sat	8:30 AM	Run for Excellence 5K Run/ Walk	Raytown High School Raytown, MO	Run for Excellence 5K Run/Walk
Oct 12	Sat	8:30 AM	OTC PTA 5K	OTC Richwood Valley Campus Nixa, MO	OTC PTA 5K
Oct 12	Sat	8:30 AM	F*L*A*T*S Trail Half Marathon	Thousand Hills State Park Marina Kirksville, MO	F*L*A*T*S Trail Half Marathon
Oct 12	Sat	8:45 AM	Nebraska Furniture Mart Halloween Run - Kansas City	Nebraska Furniture Mart Kansas City, KS	Nebraska Furniture Mart 5K
Oct 12	Sat	9:00 AM	Halloween Hustle	Manhattan City Park Manhattan, KS	Halloween Hustle
Oct 12	Sat	9:00 AM	Racing for Rett 5K	706 Ash St. Harrisonville, MO	Racing for Rett 5K
Oct 12	Sat	9:00 AM	SYO Color Run	709 E. Hyde Park Ave. St. Joseph, MO	SYO Color Run
Oct 12	Sat	3:00 PM	Oktoberfest Bier Run 5K and 1M	South Park Kinsley, KS	Oktoberfest Bier Run 5K and 1M
Oct 12	Sat	5:00 PM	Kyleigh's Gift Run/Walk	Liberty Hospital Liberty, MO	Kyleigh's Gift Run/Walk
Oct 13	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	Prairie Fire Marathon
Oct 13	Sun	8:00 AM	JCCC Lace Up for Learning 5K	JCCC Overland Park, KS	Lace Up for Learning 5K
Oct 13	Sun	8:00 AM	World's Largest Corn Maze Run	Spring Grove, IL	World's Largest Corn Maze Run
Oct 13	Sat	8:30 AM	Barktoberfest Dog and Jog 5K	Theater in the Park Shawnee, KS	Barktoberfest Dog and Jog 5K
Oct 19	Sat	7:15 AM	KC Marathon presented by Garmin Full, Half, 10K & 5K	Crown Center Kansas City, MO	Kansas City Marathon
Oct 19	Sat	7:30 AM	Coronado Heights Run	Lindsborg, KS	Coronado Heights Run

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