

Master Pieces

Magazine of Mid-America Running Association

April / May 2012

www.mararunning.org



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APRIL / MAY
2012

This Issue

- 2 *Psycho Wyco Run Toto Run*
- 4 *Running Shorts from Julie*
- 6 *Karen's Column*
- 7 *MARA Grand Prix Update*
- 8 *Schedule of Races - April-June*
- 12 *Dr. Ralph Hall's 'Blog'*
- 13 *Shamrock Shuffle 5K*
- 17 *Keep up w/Olympic Marathoners*
- 18 *WIN for KC Award Ceremony*
- 19 *Topeka to Auburn 1/2 Marathon*
- 20 *An Example of Insanity*
- 21 *Roberta's Recipe Resource*
- 22 *Lou's Cartoons*
- 24 *Sally Brown on Nutrition*
- 26 *Odds 'n' Ends - Swimming*

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

Cover Photo: Levi Huseman on Urish Hill - 2012 Topeka to Auburn 1/2 Marathon

Photo by: Dick Ross - www.seekcrun.com



TIME TO BLOOM AND BLOSSOM

By Renee Kidwell



I was a bit surprised and pleased with myself after the morning run today. Usually Monday runs seem slower and tougher as my body resists any type of exercise after a busy, non-stop weekend. Today however, the energy level was high with the prominent entrance of Spring everywhere. Birds were singing and chirping with every step I took. Trees are bursting with colorful and spectacular adornments of happy blossoms. Flowers are blooming proudly as they stand up tall through the soil. It's not as if we all had a really 'dreadful' winter this year either! Spring time is truly magical and amazing in so many ways. My hope is that you are also feeling energized and inspired to perk up your training and blossom out with fun runs and races in the months ahead.

This issue of 'Master Pieces' is full of motivational stories for the beginner to the elite athlete along with helpful articles to encourage and guide your nutrition habits or try out some new cross training activities. Our writing partners and contributors are blooming with passion and excitement as we begin to run in to the wonderful season of Spring. Come on, join us for what looks to be a truly beautiful season of ***good health and fitness for all!***

New MARA Members and Sustaining Memberships are listed on page 6

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Race Director's Report 8th Annual Psycho Wyco Run Toto Run

Old Man Winter had been on holiday for a couple of months, but he decided to arrive in Kansas City the night prior to our race.

After a downright balmy Winter, the arctic blast hit hard, bringing with it a seven-degree race morning low.

The previously muddy "Psyco Wyco" course froze to the hardness of bunker concrete. Temperatures during race day never reached above 20 degrees, but at least it was sunny! This made it really tough on volunteers, standing around all day. Their aid station tasks now included de-thawing sports gels, coke, and their own toes.

But the Trail Nerds are a hardy and creative bunch; we always persevere and overcome.

Besides, we had to concentrate on the 630 runners

While the low temps may have been difficult on the volunteers, it was good for a high finish rate in the 50K. There were over 107 finishers out of 160 starters; a productive year, indeed.

The dry and favorable course conditions also made for some fast times, despite the 2500 feet of elevation change, per loop. We had twelve sub-five-hour 50K finishes, led by Jeremy Duncan of Carbondale, Colorado. His 4:21:12 finish was the third-fastest in the race's history, but he had some competition. Two Emporia State (Kansas) runners led the first (of three) 10.5-mile loops, with a split that could have garnered first and 2nd place in the ten-mile race. William Hohmeier and Ryan Hahn ran most of their first 50K race together, and finished 2nd and third behind Jeremy, in rapid succession.

But the big story on race day was Kaci Lickteig (25), of Omaha, Nebraska. She blew away the 50K female course record with an incredible finish time of 4:46:19! Kaci is the only sub-five-hour female finisher (so far), in the eight year history of this race. She had almost perfect loop splits: 1:34:00, 1:35:52, 1:36:27. To add to the scope of this accomplishment, this was Kaci's first trail race, and her first ultra-distance event. She decided to run our race just three weeks after running at the Olympic Marathon trials. Maybe the next "Ann Trason" will be from Omaha!

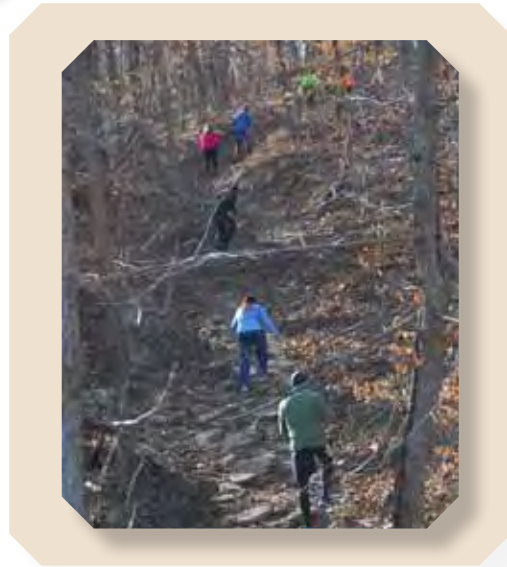
Local Trail Nerd, Mindy Coolman of Independence, Missouri took 2nd place female in the 50K, with a great sub-six-hour time of 5:38. That was strong enough for the third best all-time record. Imagine this: Mindy is in great company, with Kaci Lickteig and ultra great, Jamie Donaldson! She is definitely a Trail Nerd Stud! Not counting Tina Long (a non-human canine runner), our third-place (and definitely human) female finisher was April Gochenour, of Derby, Kansas. She also went into the record book as being one of the few sub-six-hour female finishers.

In the 20-mile race, Brandon Hidaka of Westwood, Kansas hit his stride with a winning time of 2:54:09. He was followed by Joe Fox, owner of Cycle City in Parkville, Missouri, and Lee Dixon, of KCMO. Sanya Lenahan of Springfield, Missouri was first female, followed by First Master's and 2nd-place overall, Suzie Scheer, who's run in a lot of Trail Nerd races, over the years. Megan Brown of Parkville, Missouri rounded-out the top three.

The 10-mile race had a stellar top finisher in Matt Hill, of Boulder, Colorado. He had a world-class time (on this course) of 1:13:30. Alex Rock of Chicago, Illinois secured 2nd place, while local runner Scott McVey of Lawrence, Kansas took third. Kate Woodward drove over from Columbia, Missouri to crush the female 10-mile competition. Amanda Stafford and Hilda Audard Ottir-Goulay finished 2nd and third with very respectable times.

Everybody and their dog had their day.

Happy trails,
Ben Holmes



PSYCHO WYCO RUN TOTO RUN

February 11



Photos by: Seekcrun



Running Shorts

APRIL 2012

Edited by

Julie Worthington

EXERCISE CAN SAVE YOUR MIND

It's not news that we should exercise. We know it, but we don't do it. It's hard to get started and harder still to keep at it. It's so easy to come up with excuses. But Harvard psychiatrist John Ratey thinks he has the nudge you need to get moving. It's not six-pack abs or thinner thighs. It's far more important and fundamental: "Exercise keeps your brain from eroding," he says. "Exercise is the one thing we've proven again and again that prevents the ravaging of aging on our brain," and that's "one thing people are still afraid of." Ratey is trying to spread the word through lectures, books ("Spark: The Revolutionary New Science of Exercise and the Brain") and a website (sparkinglife.org). Other hazards of a sedentary life – obesity and Type 2 diabetes – have lost the fear factor. "People aren't afraid of obesity." They think "we'll get pills," he says. "But they are (still) afraid of losing their minds." Ratey points out that a recent Mayo Clinic review of more than 2,000 scientific papers concluded that exercise is "the one thing you can do to prevent the onset of cognitive decline and Alzheimer's disease." And for those who really detest the idea of exercise, Ratey says, "This might be the clincher...You get the most bang for your buck if you haven't been exercising. The biggest changes are seen there." By changes he means "improved intellectual capacity along with what we call emotional regulation – if you're sour, you get a little happier; if you're anxious, you get a little less stressed and anxiety-driven." And this is true of kids, too, who learn better and get higher test scores if they exercise regularly. The more intensity and time spent, the bigger the payoff. "If you exercise three to six months on a regular basis, your brain actually grows," Ratey says. (Chicago Tribune, February 2012)

THE BEST BREAKFASTS START WITH PROTEIN

Many people start their day with diet blunders. Here's how to correct them: ***Skipping breakfast...** Dieters often use this strategy, but numerous studies have found breakfast eaters are more likely to maintain a healthy weight and make better food choices throughout the day. Even an unhealthy breakfast is almost always better than no breakfast at all. ***...or eating it too late.** Don't wait longer than an hour after waking to eat. Thirty minutes is ideal. ***Not eating enough protein...** you won't stay full long on carbohydrate-rich breakfasts such as sugary cereals or pastries. Choose cereals made from rice, oats, wheat, barley or rye; eggs and low-fat dairy such as yogurt and milk also are good protein sources. ***Skimping on fiber...** fiber is filling enough to lower your overall caloric intake without leaving you feeling deprived. Choose whole-grain breads and cereals and add fruits and vegetables and a handful of nuts and seeds to staples such as cereal and eggs. ***Taking in too many – or too few – calories.** Most people should aim for roughly 300 to 400 calories per morning meal. ***Not reading food labels.** Compare total calories, protein, fiber, sugar and fat content, and pay attention to serving sizes. Remember that some "healthy" foods such as granola and cereal bars can be very high in sugar and fat. If you're eating at a restaurant, check for nutrition facts online. ***Drinking too many calories.** Fruit juices and energy drinks, along with many flavored coffee creamers, often are packed with sugar.

Water and unsweetened green tea are always good choices.

(Daily Press, Newport News, VA, February 2012)

SEE YA SIT-UPS!

That 8-pound medicine ball is the real secret to fab abs. Whether you invest in your own, or lay claim to a medicine ball at your gym, use it to do woodchops, says exercise physiologist Jessica Matthews. "It's great for hitting the core muscles without the pressure on the spine caused by many floor ab exercises." Hold the ball to one side overhead, then lower to your opposite side while squatting; return in a controlled motion to starting position. Do 2 to 3 sets of 8 to 15 reps every other day. (Health, March 2012)

FOREVER YOUNG

First the bad news: As you get older, you will slow down. You will probably run less – and ache more. You might get frustrated, especially since you remember the glory days when you could rip off a PR by merely adding a few 800s to your workouts. Now, the much better news: A slew of masters runners (a.k.a. the over-40 crowd) have been exploding age-group records in recent years, proving that with continued smart training and sharpened goals, you don't have to slow down as much as you suspect. "Anyone who thinks you have to be younger than 30 to do something in this sport is simply not paying attention," says running coach Greg McMillan. "The more you continue to run, the longer you'll be able to run. Sure, you might have to work harder and pay more attention to what your body's telling you, but it shouldn't be surprising to see individuals become better runners – I didn't say faster – as they get older." To that end, here are some stories of everyday runners – who happen to be over 40 but who grapple with concerns that even younger runners will find familiar – as well as some scientific data and tips from top training and injury-prevention experts to keep you, on both a practical and inspirational level, running strong no matter how many candles you will be lighting on your next birthday cake. ***Train by time, not miles.** As you age, your miles obviously tick off a little more slowly than they used to. If your mile pace slows by a minute and you're used to doing 40 miles a week, that's a lot of extra time training that your body might not handle well. ***Realize rest is not a four-letter word.** If the schedule says go, but your body says no, respect the latter. ***Keep your body guessing.** Competitive older runners often fall into a rut. They know the workouts they like and what has made them successful, and they don't want to change anything. Speed up, slow down, hit the hills, hit the trails, do anything that feels slightly out of your comfort zone. ***Focus on recovery.** The most important part of the routine is the first 15 minutes after the actual run. Rehydrate, replenish, and stretch. ***Slow down.** If most runs are about squeezing every last bit from your legs, they'll never have a chance to reap the benefits of your hard work. Make sure you have two slow recovery runs a week. ***Lower the impact.** Masters runners should definitely integrate cross-training, which minimizes the pounding on their bodies without sacrificing their cardiovascular fitness. ***Muscles start to lose their "give"** with each passing year. The added stiffness limits range of motion, which in turn increases the risk of injury. Stretch copiously to limit age-related stiffness. (Runner's World, March 2012)

#1 HAPPINESS TRICK

Do this: Write down five things you're grateful for. When: Once a week. Why: People who did this for nine weeks in a Journal of Personality and Social Psychology study felt happier and healthier, and even exercised more. Plus, says new research from the University of Kentucky, the more gratitude you feel, the less sensitive you are to perceived slights. "Counting your blessings helps you empathize," says study author Nathan DeWall, PhD. The likely result: You'll sweat the small stuff less and focus on what really matters.

(Health, March 2012)



AGE-GROUP ACE ...71-YEAR-OLD MARATHON SPECIALIST SETS PR's BY GOING LONG OFTEN

At 71, Johnny Ouweleen is setting personal bests. In the Jacksonville Bank Marathon on Dec. 18, the former New Jersey state trooper improved his marathon best to 3:20:17, winning the 70-and-over division by nearly 40 minutes while also topping all 60-plus competitors. "I was really hoping to go under 3:20," Ouweleen says, "but I'm not disappointed. It gives me something to shoot for in the next marathon." So how does someone in his eighth decade of life continue to improve? Initially, Ouweleen thought he might be defying the aging process, but he's come to understand that the gains from adaptation – the strengthening and molding of the body to the demands of the sport – generally run ahead of the losses to aging during the first five to 10 years of running. At some point, the aging curve overtakes the adaptation curve, and times become slower. But other factors can produce faster times as one ages, including more intelligent training, more fine-tuning before a race, smarter racing and selecting faster courses. Ouweleen's success appears to be a result of all those factors. He became a competitive runner in 2006, after his wife passed away the previous year. Before then his running was limited to about 5 miles a week in preparation for the annual 1.5-mile physical fitness test required for his state trooper job. "And that was only for a month or two before the test," he explains, adding that he usually covered the mile and a half at 9- to 10-minute pace. When he joined a marathon training group sponsored by a running specialty store in July 2006, Ouweleen, who's 6 feet tall, weighed 207. By the time he toed the line for the Space Coast Marathon in Cocoa, Florida, that November, he was down to 185 pounds and finished the race in 3:39:43. For the 2008 Boston Marathon, which he finished in 3:27:53, Ouweleen was down to 175 pounds while training just three days a week and averaging 40 mile a week. "After I cut out alcohol on September 1, 2008, I dropped another 10 pounds," he says. Even with having shed those extra pounds, however, Ouweleen seemed to be stuck at 3:27 in the marathon, running 3:27:41 in the 2009 Fort Lauderdale A1A Marathon and 3:27:24 in the 2010 Boston Marathon. But then he came under the tutelage of Roger Rouiller, a standout masters runner for many years. "Roger urged me to do no less than 50 miles and bumped it up into the 60s. This past summer, Roger suggested I try a fourth day of training and my weekly totals jumped into the 70s."

Three weeks before the Jacksonville race, Ouweleen cut out the Friday 10-miler he'd been doing and went back to running three days a week (Tues. – 20 miles, Thurs. – 20 miles, Sun. – 20 miles). "I didn't want to chance any injuries," he explains. Whether he's fully adapted and reached the point where the aging curve overtakes the adaptation curve, Ouweleen has no way of knowing. He doubts that he can or wants to do more training than he's been doing and he feels that 154 pounds – the weight he raced Jacksonville at – is as light as he can go without losing strength. Moreover, as far as race conditions go, the Jacksonville race was flat and cool and about as ideal as he can hope for. Nevertheless, Ouweleen and Rouiller are optimistic that he can continue to improve by better pacing himself. "Had he ran the first 15K a bit more civilized, he would no doubt have run a faster time." Ouweleen repeated the mistake in Jacksonville, running the first half in 1:36:24, although a tailwind helped push him along. "I get caught up in the excitement of the race, the adrenaline is flowing, and I don't like to be elbowed," he says about his fast starts. "I know I have to work on that and keep the restraints on." After testing himself in the national masters half marathon championships in Melbourne, Fla., on Feb. 5, Ouweleen will shoot for another personal best in Boston in April. (Mike Rymn, Running Times, April 2012)



DANGER ZONE

Dysfunctional food rules could be setting you up for trouble. Most runners have moments of eating outside the norm – no dessert until after the race – and that's nothing to sweat. But when unhealthy practices become habits, you put your well-being at risk, says sports dietitian Suzanne Girard Eberle. Here are common-but-damaging food "rules" to avoid. **1. Eating energy bars as meals.** Energy bars are a convenient way to supplement your nutrition. But if you're eating only them, it's a red flag. Although many bars are enriched with vitamins, they don't provide the quality of nutrition gained from real food. **2. Avoiding fat, or carbs, or meat, or whatever!** Avoiding certain ingredients is common, whether for health or personal reasons. But if you're nixing entire food groups to lose weight, tread carefully. It makes you prone to injury and can compromise the immune system. **3. Timing your meals like a mile split.** Let's say you like your routine of eating lunch at 1 p.m. every day. So what, right? It's a problem if you're restricting food when you're hungry. You run slower, fatigue more quickly, and take more time to recover when your body doesn't get food when it needs it. **4. Logging calories as meticulously as training mileage.** If your calorie counting evolves into the "I want that orange, but I can only have 57.5 more calories today" variety, then you're overdoing it. Your body sometimes requires more fuel. Deprive yourself and you risk a host of running-related health woes. Cut yourself some slack. **5. Going AWOL when a restaurant invite comes your way.** Consistently avoiding social menu can portend or evolve into an unhealthy relationship with food. **6. Skipping fuel on long runs.** Purposely not fueling on the run in an attempt to burn more calories and lose weight is self-defeating. If you don't feed your body properly before, during, and after long training runs, you're much less likely to have a quality performance.

(Runner's World, March 2012)

AND REMEMBER – "Twenty years from now you will be more disappointed by the things you didn't do than by the one's you did do... Sail away from the safe harbor. Catch the trade winds in your sails. Explore. Dream. Discover." -- Mark Twain

STAY HEALTHY AND KEEP RUNNING!!



Karen's Column

By Karen Raymer
President of MARA

April 2012



In the last issue of MasterPieces, I mentioned going to Little Rock to participate in their marathon. I ran the ½, but several of our friends did the full marathon. There were quite a few from the Kansas City area at the event. The running club there does a good job with the event. The thing that is the most obvious is how the city embraces the event.

The day after the run there was a four page article on the event. The article listed every marathon finisher and their time. Can you imagine our paper here ever doing anything so elaborate?

One of the finishers of the marathon was Sarah Sanders. It was Sarah's first marathon and while she was in her training program, doing her 20 mile run preparing for the "big day", she started experiencing pain in her shin and hips. Sarah then had to back off extremely and was very anxious that she would be able to complete the task.

(I believe that Sarah is submitting an article about her experience in this issue).

I am going to rewind a little. Sandi Weston and I met Sarah, four years ago. At that time she was not married and her name was Sarah McGinty. We met her at the Shawnee Mission training program for the Kansas City Express Mother's Day 5K. Sandi and I were the training mentors for a group. Sarah was in our group and from day one, we just really "clicked" with her. She had been running for a while but had not run a 5K. She completed the training program and finished the 5K.

We have been good friends since that time. We were invited to her wedding to Nic Sanders last October. Sarah is young enough to be either one of our daughters, so we feel like she is our "proxy" daughter. After the marathon was over and we were so proud of Sarah for completing her first marathon, Sandi said to me "our little girl has grown up"! Sarah is already talking about doing another marathon!

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

Karen

Welcome New MARA Members:

Kelly Cannova
Tim Hodges
Vickie Tucker
Traci Votaw

Leawood, KS
Olathe, KS
Wichita, KS
Ottawa, KS

Sustaining MARA Members

Anna & John Allen
Lexa Alley
Rich & Marlene Ayers
Diane Bahr
Dave Boone
Bill & Judy Dalton
Mary Boyce & Mary Desch
Herbert & Janet Brown
Rainey Cadenhead
John Cookinham
Charles & Mary Haley
Alan & Robin Higley
Rick Hogan
Carla Jenkins
Donna LaLonde
Ann Lento
Terry & Keith Mann
Ed McCay
Kent & Carolyn Mitchell
Ann & Stan Nelson
Russ & Rosalie Niemi
Howard Nies
Karen & Keith Raymer
Barb Rinne & Family
Donald Roth
Gretchen & Stevan Ryan
Garth & Nancy Smith
Richard Stainbrook & Family
Marla Thompson
Don Turner & Karon Way-Turner
Mary Turner
Sandra & John Weston
Dean Whipple & Family
Tim Wigger
Eugene & Marsha Wren
HomeTeam Inspection
Thomas Photographic

Leawood, KS
Merriam, KS
Kansas City, KS
Leavenworth, KS
Overland Park, KS
Kansas City, MO
Wichita, KS
Independence, MO
Kansas City, MO
Kansas City, MO
Kansas City, MO
Omaha, NE
Leawood, KS
Odessa, MO
Topeka, KS
Overland Park, KS
Fairway, KS
Leawood, KS
Lenexa, KS
Westwood Hills, KS
Wake Forest, NC
Kansas City, KS
Raymore, MO
Lee's Summit, MO
Prairie Village, KS
Olathe, KS
Overland Park, KS
Pomona, KS
Leawood, KS
Shawnee, KS
Leawood, KS
Kansas City, MO
Kansas City, MO
Shawnee, KS
Shawnee Mission, KS
Leawood, KS
Kansas City, MO

2012 MARA GRAND PRIX Standings

Updated 01/29/2012

Points current through Groundhog Run 10K

MARA dues must be current by 11/1/12 to receive 2012 year end awards

Contact Dina Myers for questions comments

Male 20-24			Female 20-24		
Kory	Cool	10	Carrah	Haley	10
Tim	Testa	10	Jennifer	Kongs	10
Josh	Smith	8	Marsha	Xiong	8
Mike	Hake	8	Jenna	Rowe	8
Ryan	Hahn	6	Katie	Greving	6
Male 25-29			Female 25-29		
Carl	Specking	10	Jaclyn	Long	10
David	Williams	10	Audrey	Lewis	10
Josh	Wackler	8	Sheena	Koehn	8
Carl	Specking	8	Ashley	Clothier	8
Jack	Curran	6	Andrea	Velez	6
Male 30-34			Female 30-34		
Nick	Wills	10	Ann	Parthemore	10
Scott	McVey	10	Megan	Earmey	10
James	Montalto	8	Mindy	Coolman	8
Brett	Rinehart	8	Holly	Beavers	8
Mark	Montalto	6	Jodi	Saso	6
Jason	Dolan	6	Katrina	Radenberg	6
Male 35-39			Female 35-39		
James	Kanary	10	Michelle	Andrew	18
Fernando	Martinez	10	Emily	Kazmaier	10
Luke	Wilson	8	Stephanie	Cundith	8
Shawn	Palandri	8	Valerie	Hughes	6
Mike	Diederich	6	Angela	Van Batavia	6
Marcus	Wilkerson	6			
Male 40-44			Female 40-44		
Ken	Moran	18	Susie	Fagan	10
Patrick	Goebel	10	Lezlee	Jones	10
Bob	Hornung	8	Dawn	Slavens	8
Barry	Ogden	6	Stacy	Ludwig	8
Kevin	LeMasters	6	Cameron	Gooden	6
Male 45-49			Female 45-49		
Jason	Fitzhugh	10	Sara	Snow	10
Paul	Miller	10	Stacey	Slover	10
Sandy	Cohen	8	Jill	Coffey	8
Daneil	Meredith	8	Jill	McCartney	8
Mark	Fuchs	6	Traci	Koon	6
Dann	Fisher	6	Mary Anne	Durall	6
Male 50-54			Female 50-54		
Rob	Harber	18	Jane	Tompkins	10
Chris	Nichols	10	Karen	Hyde	10
Ken	Cameron	10	Mitchell	Ummel	8
Kerry	McDermott	8	Kim	Willse	8
John	Quick	6	Julie	Steilen	6
Male 55-59			Female 55-59		
Don	Fitzgerald	10	Sharon	Costello	10
Roger	Hahn	10	Kathleen	Johnson	10
Jimmy	Stanziola	8	Lucy	Urlacher	8
Keith	Dowell	8	Marla	Rhoden	8
Dan	Kuhlman	6	Ellen	Young	6
Henry	Grubb	6	Melody	Gatti	6
Male 60-64			Female 60-64		
Joe	Wagenblast	10	Donna	Romans	12
Tim	Wigger	10	Nancy	Mueller	10
Tom	Snook	8	Dee	Boeck	10
Donald	Riskier	8	Diane	Otte	8
Jeff	Behrens	6	Holly	Alexander	8
Jerry	Buccellato	6			
Male 65-69			Female 65-69		
Rick	Hogan	10	Susan	Robinette	20
Bill	Geiger	10	Suzie	Turner	8
Michael	Chaffee	8	Verna	Troutman	8
Thomas	Odell	8	Mary	Haley	6
Ken	Tillery	6	Patricia	Nott	6
Joe	Meyers	6			
Male 70-74			Female 70-74		
Frank	Weinhold	16			
Eugene	Wren	10			
Richard	Carlson	8			
Bill	Wright	4			
Don	Roth	2			
Male 75-79			Female 75-79		
Lou	Joline	20	Ann	Nelson	20
Donald	Hughes	8			



2012 MARA GRAND PRIX Schedule

1-21	Topeka to Auburn
	Half -Marathon
1-29	Groundhog 10K
4-07	Run for Life 10 Miler
4-14	Rock the Parkway
	Half -Marathon
4-29	Trolley 4 Miler
5-05	Heart and Sole 10K
5-12	Truman Run 5K
5-13	Mother's Day 5K
TBD	Heartland
	Track & Field 3K
7-07	Eudora Horsethief 5K
8-04	Course of Dreams CC5K
8-11	Farmstead 5K
9-03	Labor Day 5K
9-16	Plaza 10K
9-24	UltraMax Cerner 15K
10-13	Jared Coones 5K
10-20	Kansas City Marathon
10-27	Halloween Hustle 10K
11-04	Cliffhanger 8K



**2012 MARA
Grand Prix Directors:
Dina Meyers
Sandi Weston**

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

For changes or additions, send email to Jay at jkraupp@everestkc.net.

MARA GP indicates a MARA Grand Prix event.

As of March 11, 2012. For subsequent updates, go to www.mamarunning.org

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
APRIL 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
4/1/2012	Sun	6:00 AM	Brew to Brew 44 Miles Relay & Solo	From: Boulevard Brewery, Kansas City, MO To: Freestate Brewery, Lawrence, KS	www.brewtobrew.com	Lou Joline, 816.228.3842
4/1/2012	Sun	8:00 AM	Indian Creek Half Marathon & 5K	Indian Creek Rec Center, Overland Park, KS	info to follow	
4/7/2012	Sat	8:00 AM	Run for Mercy 5K Run/Walk, 10K Run, Kids Fun Run	Mill Valley HS, 5900 Monticello Road, Shawnee, KS	http://oceansofmercy.com/events/run-for-mercy.html	Gene Willis, genew@oceansofmercy.com , 913.485.7447
4/7/2012	Sat	9:00 AM	Havin' A Crappie Day 5K Run & 1 mi. fun run	Stockton State Park Marina, 18610 E. 2000th Road, Dadeville, MO	http://www.stocktonstateparkmarina.com/11.html	Benefitting additional trails within the park. Joy Weis: crappieda5k@hotmail.com <crappieda5k@hotmail.com> 417-664-3355
4/7/2012	Sat	TBA	Starfish Stride 5K Walk/Run	TBD	Royal Family KIDS Camp	More info to follow
4/7/2012	Sat	8:00 AM	Easter Egg 5K and Lil' Bunny Fun Run	Lionsgate Marketplace at 143rd and Metcalf in Overland Park, KS	www.easteregg5K.com	Steve Blew Steve@kcrunningcompany.com
4/7/2012	Sat	8:30 AM	Run for Life 10 mile solo, 10 mi relay, 2 mi fun run, MARA GP (10 Mile)	Lee Arena (runner's expo and packet pickup). Moore Bowl (race start & finish). Washburn University, 1700 SW College, Topeka, KS	www.runforlife.us	Dave Provorse, Washburn Running Club, 785.670.1565, 785-249-8875, dave.provorse@washburn.edu
4/7/2012	Sat	8:30 AM	Maxtrax Duathlon	Derby Ridge Elementary School - Columbia, MO	http://ultramaxtri.com/maxtrax/	
4/14/2012	Sat	7:30 AM	Rock the Parkway Half Marathon, 5K MARA GP (Half Mar.)	Ward Parkway, KC, MO	www.rocktheparkway.com	KC Running Company, troy@rocktheparkway.com Note added: Check of website today says HalfM has filled at its 4500 cap. 5K has space left and has a 2500 cap. As of 2-22-2012
4/14/2012	Sat	7:00 AM	Eisenhower Marathon, Half marathon, 10K and 5K	Eisenhower Presidential Center, Abilene, KS	http://www.eisenhowermarathon.com/	
4/14/2012	Sat	9:00 AM	American Lung Association's Fight for Air Climb, 34 Flight Stairclimb	Town Pavilion, 1100 Walnut, Kansas City, MO	http://www.lungusa.org/pledge-events/mo/kansas-city-climb	
4/14/2012	Sat	9:00 AM	Lee's Summit Symphony 5K	Unity Village, Lee's Summit, MO	Enter2Run.com - Lee's Summit Symphony	
4/14/2012 and 4-15-2012	Sat & Sun	Vrs	Go! St. Louis Marathon, 1/2 Marathon, Marathon Relay	Downtown St. Louis, MO	http://www.gostlouis.org/marathon-weekend/about.html	There are events on both days. See website
4/16/2012	Mon		116th BAA Boston Marathon	Hopkinton, MA	www.baa.org	
4-18 to 4-21-2012	We ds thru Sat		85th Annual Kansas Relays	Memorial Stadium, Lawrence, KS	http://www.kuathletics.com/sports/c-relay/	To my knowledge, there is no event such as a 5K that the general public can run in, but we can sure watch, including the Downtown Lawrence Field events. Website lists 2011 info as of 1-21-2012. I will add details here, as they become known. Jay
4/21/2012	Sat	7:00 AM	Garmin Marathon in the Land of Oz, and Half Marathon, and 5K	Olathe, KS	www.olathe.org/cvb/sports/Marathon/information_registration.html	www.active.com
4/21/2012	Sat	7am, 8am	6th annual Free State Trail Run, 100K, 40-Mile, Trail Marathon & 1/2-Marathon	Clinton State Park, Lawrence, KS	6th annual Free State Trail Run, 100K, 40-Mile, Trail Marathon & 1/2-Marathon	
4/21/2012	Sat	8:00 AM	Head for the Cure 5K Run/Walk	Flat Branch Park, Columbia, MO	http://www.headforthecure.org/columbia-mo/hftc-columbia	
4/21/2012	Sat	8:00 AM	Independence Park Trot 5K and Kids Run	Waterfall Park (next to Bass Pro) Independence, MO	www.independenceparktrot.com	anelson@indepmo.org
4/21/2012	Sat	8:00 AM	"Together As One" 5K race, and 1 Mi. and 1/2 Mi. FunRuns	English Landing Park, Parkville, MO	http://www.active.com/running/parkville-mo/together-as-one-run-2012	Dan Morton, 816.813.3107, dmorton@together-as-one.org http://www.together-as-one.org Flat course

4/21/2012	Sat	8:00 AM	Speedy Spoofoound 5K, and Kid's Fun Run	Eugene Field Elementary School, 418 East Second St., Maryville, MO	http://www.efes.maryville.k12.mo.us/speedy-spoofhound-5k.html	Brian Lynn, 660-562-3233, Brian.lynn@maryville.k12.mo.us \$20 entry. Proceeds go toward equipment and materials for EFES students.
4/21/2012	Sat	8:30 AM	Running the Rails for a Reason 5K	Osawatomie Railroad Museum, 628 Main St., Osawatomie, KS 66064	http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=657	Sarah Dorsett 913-731-2162, Sarah_Dorsett1013@hotmail.com
4/21/2012	Sat	9:00 AM	American Lung Association's Fight For Air Climb Wichita	Cessna Stadium – Wichita State University, 1845 N. Fairmount, Wichita, KS	http://www.FightForAirClimb.org	(early bird registration of \$15 till December 31st)
4/21/2012	Sat	9:00 AM	Myasthenia Gravis Walk, Run, & Roll 5K & 1 mi	Heritage Park, 16050 Plumm, Olathe, KS	www.enter2run.com	http://www.facebook.com/pages/MyastheniaGravis-Walk-Run-Roll-for-Awareness/291400680872447
Was 4/21/2012			Sophie's Run at Lake Waukomis 5K Run/Walk, 1 mi walk	New date set for Aug 18, as listed below.		
4/21/2012	Sat	9:30 AM	Royal TRACS 5K & Royal Kids Fun Run (1 mi.)	Northeast Community Center, 680 Knox Lane, Manhattan, KS	www.royaltracs5k.com	info@royaltracs5k.com, Glenda at 785-776-9260. Out-and-back course along the Big Blue River. This is a Mixed Trail
4/21/2012	Sat	TBA	5K Run/Walk for MDA	Brittany Hill Middle School, 2701 NW 1st St., Blue Springs, MO	5k 4 MDA Blue Springs, Missouri 64015 Saturday, April 21, 2012	
4/21/2012	Sat	TBA	Pancreatic Cancer Action Network Purple Stride 5K Run/Walk	Southcreek Office Complex, 7200 W. 132nd Street, Overland Park, KS	http://www.pancan.org/purplestride/	Lindsey McDonald lmcDonald@pancanvolunteer.org
4/21/2012	Sat	TBA	Emma Creek Women's Classic 5K Walk/Jog/Run	Hesston High School, Hesston, KS	www.hrce.org	Hesston Recreation, 620.327.7128
4/22/2012	Sun	7:30AM	Kansas Half Marathon, 5K (Note: the 10K is not being held.)	Haskell Indian Nations University, 155 Indian Avenue, Lawrence, KS	http://www.kansashalfmarathon.com/	Troy Fitzgerald, troy@kansashalfmarathon.com
4/22/2012	Sun	8:00 AM	Gambler Half Marathon & 5K	Council Bluffs, IA	http://www.thegamblerhalf.com/	
4/27/2012	Fri	11:55 PM (midnight)	Special Olympics Pay It Forward Midnight 5K	11400 Tomahawk Creek Parkway Leawood, KS	http://www.active.com/running/leawood-ks/special-olympic-pay-it-forward-midnight-5k-and-fun-run-2012	http://www.ksso.org/
4/28/2012	Sat	8:00 AM	Brent Bays 5K and 10K, and, 1 miles Kids Run	Celebration Park, Gardner, KS	BBFCCancer.org	Register at www.active.com Maggie Truitt, 913.787.3011 info@bbfccancer.org
4/28/2012	Sat	8:00 AM	5th Annual Lub Dub 5K10K Walk/Run	Bothwell Regional Health Center, Sedalia, MO	http://www.brhc.org/	foundation@brhc.org Kiddie Run at 9:00 AM, see registration info on website for more details.
4/28/2012	Sat	9:00 AM	Cristo Rey Drum Run 5K	Shawnee Mission East HS, 7500 Mission Rd, Prairie Village, KS	www.sportkc.org	sharon.r.goble@gmail.com
4/28/2012	Sat	9:30 AM	Helen Davis Run with the Huskies 5K, and, 1 mile Family Walk	Phil Welch Stadium, St Joseph, MO	http://register.macsrts.com/search/event.aspx?event=26e88450-4a01-4d74-a9f7-0e71ebbbef89.aspx	http://www.facebook.com/pages/2nd-Annual-Helen-Davis-Run-with-the-Huskies5K-RunFamily-Walk/186223431392817
4/29/2012	Sun	7:45 AM	The 24th Annual Trolley Run 4 mile run/walk MARA GP	75 th and Wornall, Kansas City, MO	www.trolleyrun.org	Susan Belger Angulo, CCVI, 816.841.2284 x2017
4/29/2012	Sun	8:00 AM	35 th annual Johnson's Wichita Half Marathon	Central Riverside Park, Wichita, KS	www.wichitahalfmarathon.com	
4/29/2012	Sun	6:30AM	Oklahoma City Memorial Marathon	Oklahoma City, OK	http://www.okcmarathon.com/	
MAY 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
5/5/2012	Sat	7:00 AM	Smithville 8-hour Adventure Race	Smithville Lake, Smithville, MO	www.BONKHARDRACING.COM	
5/5/2012	Sat	7:45 AM	Corinth Dragon Dash 5K Run / 1 mi. walk	Corinth Elementary School, 8301 Mission Rd., Prairie Village, KS	www.corinthdragons.com	For more information please call Corinth Elementary at (913) 993-2900
5/5/2012	Sat	8:00 AM	Kansas Heart & Sole Classic 5K/10K MARA GP (10K)	Johnson County Courthouse Square, Santa Fe & Cherry, Olathe, KS	www.olatherunningclub.com	Gwen Boone, 913.856.4653
5/5/2012	Sat	8:00 AM	Blue Devil 5k Fun Run/Walk & Kids Trot	Kansas City KS Community College Wellness & Fitness Center, 7250 State Ave.,/KC, KS	http://www.kckcc.edu/studentLife/wellnessCenter/blueDevil5kFunRunWalk	Joe Mundt, 913.288.7370, jmuntt@kckcc.edu
5/5/2012	Sat	8:00 AM	Let's Get Physical 5K/10K	Rockhurst University Kansas City, MO	http://www.sportkc.org/	letsgetphysical5K@gmail.com

5/5/2012	Sat	9:00 AM	GO Project Family 5k Run/ 2Mi Walk/ Kid's Fun Run	English Landing Park, Parkville, MO	https://theglobalorphanproject.org/engage/events/go-5k/	Tarah Meck-Gilbert tarah@goproject.org
5/5/2012	Sat	tba	Shoreline Shuffle 5K Trail Run	Shelter 4, Campground 1, Clinton Lake State Park 798 N 1415 Rd., Lawrence, KS	Shoreline Shuffle	
5/5/2012	Sat	vrs heats	Warrior Dash 5K trail run Obstacle Course	Platte Ridge State Park, 17130 371 HWY, Platte City, MO	www.warriordash.com	
5/6/2012	Sun	7:00 AM	Lincoln Marathon (35th Annual)	Lincoln, NE	http://www.lincolnrun.org/marathon.htm	Registration opens in December 2011
5/6/2012	Sun	7:00 AM	Trizou Triathlon, and, Duzou Duathlon	University of Missouri Recreation Center - Columbia, MO	http://ultramaxtri.com/trizou/	
5/6/2012	Sun	8:00 AM	Triumph Over Tragedy 5K benefiting the Kelly Lynn Lutz Foundation	Garmin World Headquarters Olathe, KS	http://kllscholarshipfund.org	Leighann McDonald, 913.219.6440
5/6/2012	Sun	8:00 AM	Woofstock People and Pet Festival 5K Run & 1 mi Walk	Zona Rosa, Kansas City, MO	www.pcnews.org	naws@pcnews.org
5/6/2012	Sun	8:00 AM	LAKC Run for Justice 5K & 1- Mile Fun Run	Kauffman Foundation, Rockhill Rd. & Brush Creek, Kansas City, MO	www.lakc.net	register at www.sportkc.org Cory Unrein, 816-474-6444, info@lakc.net
5/11/2012	Fri	6:00 PM	Dine and Dash 5K Family Fun/Run Walk	Krug Park, St. Joseph, MO	www.enter2run.com	Wendy Eidmann, 816.232.5113, wendyeidmann@yahoo.com
5/12/2012	Sat	7:30 AM	Running with the Cows Half marathon & 5K	Holy Rosary Wea School, 227th & Metcalf, Overland Park, KS	http://www.runningwiththecows.com/	Troy Fitzgerald Troy@runningwiththecows.com ,
5/12/2012	Sat	8:00 AM	Rock On Lake Perry 50K, 1/2- Marathon, 5K, Trail Runs	Branded B Ranch, Lake Perry, Meriden, KS	http://lakeperrytrailruns.com	Rocky & hilly trails
5/12/2012	Sat	8:00 AM	Truman Run 5K Run/Walk MARA GP	Sunshine Center 607 W. Lexington, Independence, MO	www.trumanrun.org	Scott Beck, 816.645.8480, kocfs6794@comcast.net
5/12/2012	Sat	9:00 AM	Strides For A Find 5K Run/Walk	Lake Miola, Paola, KS	www.StridesForAFind.org	Gretchen Wolfe, contactus@stridesforafind.org
5/12/2012	Sat	9:00 AM	KVC Walk Me Home 5K Run	Shawnee Mission Park, Shawnee, KS	http://www.firstgiving.com/walkmehome/kvc	Raising awareness for foster children in Kansas. Jessica Doll, KVC Behavioral HealthCare, 913.499.8100 ext 8316, jdoll@kvc.org
5/13/2012	Sun	7:30 AM	BikeSource Duathlon/Triathlon presented by Bikesource & Johnson County Parks & Recreation	Heritage Park, 16050 Pflumm Road, Olathe, KS	http://jcprd.com/special_events/hp_duathlon.cfm	Chad Tower at (913) 236-1231 or info@jcprd.com
5/13/2012	Sun	AM	KC Express Mother's Day 5K Run/Walk for Women. MARA GP	Corporate Woods, College & Antioch, Overland Park, KS	www.mothersdayrun.com	June Moore, racedirectormd5k@kcexpress.org
5-18 and 5-19-2012	Fri Sat		Missouri State Class 1 & 2 High School Track & Field Championships	Lincoln University, Jefferson City, MO	http://www.mshsaa.org/Activities/Info/TrackField.aspx	
5/19/2012	Sat	8:00 AM	Maguire Gilner Angel Day 5K Run & Tot Trot	Lone Elm Park, 21151 W. 167th St., Olathe, KS	http://www.AngelDayRunWalk.com	Erika Laney, Race Director Phone: 913-912-3855
5/19/2012	Sat	TBA probably 8:00 AM	Merriam Turkey Creek Festival 5K Run/Walk	Merriam Community Center, 5701 Merriam Drive, Merriam, KS		phone in registration with VISA MasterCard or Discover 913-322-5550
5/19/2012	Sat	9:00 AM	Girls On the Run 5K	Argosy Casino, Riverside, MO	http://gotrk.org/5k/	info@gotrk.org
5/19/2012	Sat	vrs start times	Mighty Melody Miracle Marathon charity race event for Melody Faith Unger (Marathon, HalfM, 10K, 5K, and, Fun Trailwalk)	Ruth Stocksedale Park, Liberty, MO	http://mightymelodyfund.com/	Richard Donley, 816-521-1985, This event has multiple runs starting at different times, choreographed to come together at the end with a celebration honoring Melody and her journey.
5/20/2012	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk and Dot to Dot Kid Trot	Corporate Woods - Overland Park, KS	http://www.sportkc.org/	outpacingmelanoma@gmail.com
5/20/2012	Sun	7:30 AM	Kansas City Triathlon (International and Sprint distances)	Longview Lake, Lees Summit, MO	http://www.kansascitytriathlon.com/	info@kansascitytriathlon.com
5/20/2012	Sun	8:00 AM	Five Trails ½ Marathon	Richard Warren Middle School, 10th Ave & Gatewood, Leavenworth, KS	http://www.fivetrailshalfmarathon.com	USATF Certification #KS09090BG (asphalt & concrete surfaces w/ finish on school track). The TAPS Run and Remember Team is a charitable partner. Carol Bazemore, Race Director 913-240-8727
5/20/2012	Sun	8:00 AM	10K for Tin Cans, and, Kids with Cans 100 Yard Dash	Overland Park, KS	www.runkansascity.com	runkansascity@aol.com

5-25 and 5-26-2012	Fri Sat		Kansas State High School Track & Field Championships	Cessna Stadium at Wichita State University, Wichita, KS	http://www.kshsaa.org/Public/Track/State.cfm	
5-25 and 5-26-2012	Fri Sat		Missouri State Class 3 & 4 High School Track & Field Championships	Lincoln University, Jefferson City, MO	http://www.mshsaa.org/Activities/Info/TrackField.aspx	
5/26/2012	Sat	7:30 AM	Iron Horse Duathlon, and, 5K	Parsons, KS	http://www.katydays.com/duathlon	info@katydays.com 620 421-6500
5/26/2012	Sat	7:45 AM	Gogirlrun HalfMarathon and 5K	Columbia, MO	http://ultramaxtri.com/gogirlrun/	HalfMarathon is a Women's race. 5K is both genders.
5/26/2012	Sat	8:00 AM	Run for Rachel 5K, and 1mi Walk	Grain Valley South Middle School, 901 E Ryan Rd., Grain Valley MO	www.RunForRachel.org	http://www.enter2run.com/Search/event.aspx?event=ecc69c39-348a-49e9-8507-19203d85e42c.aspx
5/26/2012	Sat	8:00 AM	StopGap 5K Run/Walk	Haskell Indian Nations University, Lawrence, KS	http://www.sportkc.org/	icochran@amfam.com
5/26/2012	Sat	tba	Shawnee Mission Park Hot Trot 5K / 10K Half Marathon	Shawnee Mission Park, Theatre in the Park, Shawnee, KS	http://www.enter2run.com/Search/event.aspx?event=e617b83f-da7a-407f-b90a-3593bc999887.aspx	Jordan Clayton, 816.344.6026, Jordan@run-areyouin.com , OR, www.run-areyouin.com for a PDF file of registration form to print out
5-26 to 5-27/2012	Sat-Sun	10:00 AM	24 Hours For 24 Heroes Run & Walk	Lake Quivira, KS	http://www.stridesofpride.org/	Remembering 24 of Kansas City's Fallen Soldiers, 10am (Sat. May 26) until 10am (Sun. May 28), Greg Vaughn, 816-668-6527, run@stridesofpride.org
5/28/2012	Mon	8:00 AM	25th Annual Amy Thompson Run for Brain Injury Classic 8K Run, and 5K Run, and 1 mile Walk.	Loose Park, 5100 Wornall, Kansas City, MO	www.amythompsonrun.org	The 5K replaces the 2 mile from past years.
JUNE 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
6/2/2012	Sat	7:00 AM	Hospital Hill Run, Half Marathon, 10K / 5K	Crown Center, Pershing & Grand, Kansas City, MO	www.hospitalhillrun.com	Beth Salinger, Beth@hospitalhillrun.com ,
6/7/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	St. Teresa's Academy, Kansas City, MO	www.heartlandathleticservices.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castilo, gscast@kc.rr.com
6/8/2012	Fri	9:00 PM	Night Flight 5K	Harris Park, Lee's Summit, MO	www.lsparks.net beginning soon after February 1	Lee's Summit Parks and Recreation at (816) 969-1500, or e-mail lspr@cityofls.net . There is a pool party afterwards included in entry fee.

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Dr. Ralph Hall's BLOG

A DOCTOR IN YOUR POCKET

Dr. David Agus, Professor of Medicine and Engineering at the University of California, writing in the January 14 issue of the Wall Street Journal notes that "Today we wait for the body to break down before we treat it." He envisions a computer you can carry, containing your genetic information, which will guide you in your selection of life style measures and nutrition, allowing you to live longer and healthier. I maintain that we already have enough information to live longer and better. That is why I am losing weight even though I do not have a BMI that theoretically indicates that I am at risk.

We know that being overweight is associated with an increase in inflammatory markers such as C-Reactive Protein (CRP), Tumor Necrosis Factor, etc. and that an increase in these factors is not only associated with cardiovascular disease but also with an increased risk for cancer. We also know that patients with type 2 diabetes have a significantly increased risk for cancer and so do type 1 diabetic patients who are taking insulin (Science, 2012; 335:28-32). It is known that drugs which increase the release of insulin from the pancreas increase the risk for cancer and that metformin, a drug that decreases the need for insulin, has been associated with a decrease in cancer in several studies. The risk of cancer is associated with an increase in a group of growth promoting proteins called mTor and a decrease in a protein called sirt-1. Drugs that inhibit mTor are used to prevent rejection of transplanted organs.

A study is now underway comparing subjects taking metformin and those taking a placebo to determine if metformin can prevent cancer.

LOW CALORIE DIETS VS EXERCISE

Mammals that are fed low calorie diets have a much longer life span—even if the low calorie diets are started much later in life.

This phenomenon is accompanied by a increase in the metabolic protein called Sirt-1 and a decrease in mTor. Interestingly, the same metabolic changes are effected with endurance exercise. There is an outstanding review of mTor for lay persons in the December issue of Scientific America.

Before we discuss the problems of losing weight, it is exciting to see new research demonstrating how exercise and weight loss can substantially increase our life span, EVEN WHEN WE START THEM AT AN OLDER AGE. Let us start by reviewing an interesting new study.

The study involves the endothelium (the lining of the blood vessels.) Before the 1950s, the endothelium was thought to be just a factor in the passage of substances from the blood into tissues, such as muscle, liver, and the brain. As a result of electron microscopic and physiology studies it was found that these cells were responsible for many vital, secretory, synthetic, endocrine, immunologic and metabolic functions. Some of the functions involve constriction and dilation of the vessels which regulate blood flow, as well as clotting, and the formation of cholesterol plaques that result in atherosclerosis etc.

We are still trying to determine how much, and what kind of exercise is best. In that light, a fascinating new research report has just been published. (Conti et al. Medicine & Science in Sports and Exercise, 2012; 44(1):39-49.) For the past few years scientists have been able to grow endothelial cells in tissue culture and study their chemistry and physiology. Conti et al. in a much more sophisticated project than is indicated here, measured the effects of oxidative stress on endothelial cells (EC) treated with different athletes blood sera. They compared the effects of the sera from triathletes (T), soccer players (S), and sprinters (Sp). on the life span of EC. The soccer players had both bouts of aerobic and anaerobic exercise where the triathletes had mostly endurance exercise. These were elite athletes.

J.S. Allard, had previously demonstrated that sera from calorie-restricted humans prolonged the life of ECs in culture and prevented apoptosis (cell death). When Conti et al. examined the sera from S they were found they contained the highest levels of antioxidants. {Superoxides and Cat for the scientists}. However, the cell life was increased significantly longer by the sera of T. S sera prolonged cell life but prolonged it less than T sera. Sp sera did not prolong cell life and contained few antioxidants.

Editorial Comment:

The life span of endothelial cells is very likely an indication of the life span of the individuals from whom the sera was obtained.

You should be getting the picture of why to exercise and to maintain a fairly lean body weight. We will discuss what the ideal body weight is in the next issue.

BACK TO LOSING WEIGHT

How many calories do we need to maintain our body weight? It depends on our height, weight and the physical activity we do. It is calculated by the Harris-Benedict equation. The calculations are done for you, if you Google Harris-Benedict equation.

By this calculation I needed 2350 calories to maintain my weight.

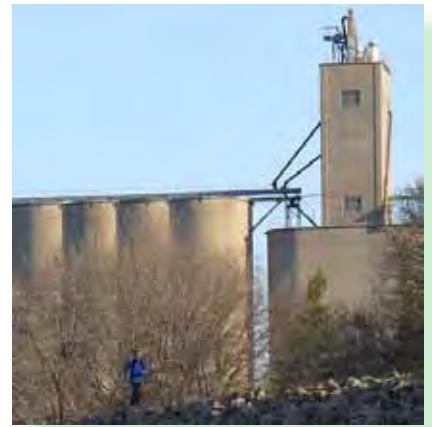
I was expending about 350 calories a day with my usual work out and two long dog walks per day. 4 years ago I was expending about 600 calories a day during my work out. Since starting my diet, I have increased both the amount of endurance and weight lifting exercise I have been doing. Therefore, my current exercise caloric expenditure is around 425 calories. I have dispensed with my favorite tuna sandwich and now have a tuna salad with about 200 less calories. (Two slices of bread.) My biggest problem is good friends who want me to try desserts etc. Friends and associates can have a great influence on our diet and exercise.

Dr. Ben McCallister and I started one of the earliest cardiac rehabilitation programs in the country at the Kansas City, Missouri YMCA. (Early 1960s). It was 45 minutes of exercise with 15 minutes of education. One of the most effective parts of the program took place in the dressing room. The participants would josh each other when they missed the sessions or were not losing weight. Interestingly, it was done in a fun but caring manner. It was very effective. The interaction (support) of participants with each other is one of the great benefits of Weight Watchers. Support can make the difference in whether one diets successfully.

There is much more to learn and remember—we will continue with the next issue. (Remember what we reviewed in an earlier blog-- Don't take those big doses of vitamin E and C. They prevent your body from making your own antioxidants.

PARTING THOUGHT

Many people look forward to a new year for a new start of old habits.



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March 10th.**



photos by Gene Wee (runlawrence.com)



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☐ YOUTH RUNNER (17 & Under) \$15
☐ 3K WALKER \$15

TOTAL \$ _____

*Team/Family entries MUST be submitted together.

** T-shirts may not be available the day of the race for entries received after 4:30. Shirts can be picked up at the Shirt Shop - 628.365.5959 from July 20 - August 12.

WAIVER: I know that running a road race is a potentially hazardous activity. I should not enter in run or walk unless I am medically able and properly trained. I also know that, although some police protection will be provided, there will be traffic on the course. I assume the risk of running in traffic. I also assume any and all other risks associated with running this event including but not limited to falls, contact with other participants, the effects of the weather, the condition of the roads and the availability of street and natural lighting, all such risks being known and appreciated by me. No dogs or strollers on the 5K race course. Knowing these facts, and in consideration of your accepting my entry, I hereby for myself, my heirs, my executors, administrators or anyone else who might claim on my behalf, covenant not to sue, waive, release, and discharge Thrive Allen County, Allen County Crime Stoppers, and all sponsors, their agents, employees, assigns or anyone of any kind or nature whatsoever arising out of or in the course of my participation in this event. This Release and Waiver extends to all claims of every kind or nature whatsoever, foreseen or unforeseen, known or unknown.

Signature (Parent/guardian signature if under the age of 18)

Date

Keeping up with OUR Olympic Marathoners

Leading up to their days in London, August 5 and 12.

by Jay Raupp jkraupp@everestkc.net



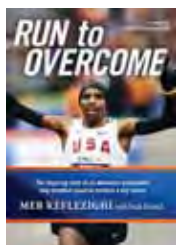
More pix from the Olympic Trials in Houston, including Ryan Hall on the sidewalk the day before. To see him interact with his fans was a reminder of why we are on a first name basis with our Marathoners, in a tradition starting with Frank, Bill, Joan, Patti and Lisa, who made themselves so accessible at expos and at races. Let's go facebooking and see what our team has been up to and what they are doing to get ready for London. *Photos above by Kathleen Raupp: L to R: Desi Davila, Shalane Flanagan, Kara Goucher, Ryan Hall, Meb Keflezighi, and Abdi Abdirahman. All else on this page is from Facebook, Twitter, or Abdi's website. Check these out, they are fun!*

<http://www.facebook.com/#!/DesireeDavilaFanPage>

March 18: "Desi places 9th (1:10:44) in a very competitive international field at the NYC half."

March 17 Comment from Annie: "Desi! Thanks for the high 5 in Central Park today - absolutely made my day. My week! My month!"

March 11: "One of Desi's (and the Hansons') staple workouts is 5 by 2 miles. 2-mile repeats are also a great workout for half marathon training!" There is a cool youtube of this bikepath workout at 5:10 pace, go look!



<http://www.facebook.com/#!/MarathonMeb>

March 18: In the NYRR Half, Meb ran 1:01:41 for 12th.

March 17: runmeb: "Nice day in NY with old friends. Had a great meal w/ fellow runner & one of top NY chef Daniel Humm. Good luck runners"

March 10: runmeb: "LA visit was short & Sweet. Had a nice run @Santa Monica, could not help but think my UCLA days & teammates. 12am, in the Limo driving 2 SD."



<http://www.blackcactusrunning.com/> Abdi has a cool website with interviews and videos. He mentions training for a Stanford 10,000 which I assume is their Invitational on April 7.

<http://www.facebook.com/ryanhall3>

March 10: "Enjoying Turkey. Getting in some good training here and watching Sara in the 3k Final tomorrow." (Ed. Note, Sara got 8th in 8:59.95 in the World Indoor Championships.) There are lots of comments on his page about people being inspired to run because of Ryan.



<http://www.facebook.com/#!/KaraGoucher>

March 16: "Loving being in NYC! Thanks to everyone who came to the youth services fundraiser tonight. It was a pleasure to meet you all. I'm so excited for Sunday, good luck to everyone running!"

March 18, photo above: 3rd in 1:09:12 at NYRR Half. March 10: She says starting April 1, she is going to altitude in Mammoth Lakes, CA, and hoping to run 120 miles a week.

Overall: her page is loaded with comments from adoring fans!

<http://twitter.com/#!/ShalaneFlanagan/status/46700167780503553>

Shalane's facebook and website are outdated, but she has twitter, but I don't so here is a sample.. March 11: *Its amazing how quickly laundry piles up when you train twice a day.....and living in Portland means my clothes are usually muddy and wet:(*

Of course, we can all relate to that...Doing laundry I mean.



**The 18th Annual WIN for
Women's Sports Award
Celebration - Kansas City
February 3, 2012**



Keynote Speaker Abby Wambach &
Kathy Nelson, President & CEO of
GKC Sports Commission Fndtn



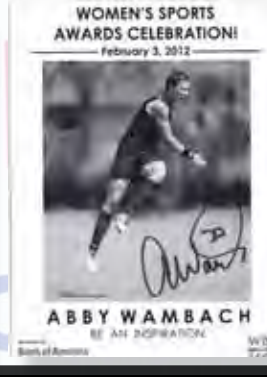
**Kelly Pfannenstiel
Outstanding Mentor Award Winner**



1400 attended the Awards Luncheon



Checking In for a Special, Rewarding Time



WIN for KC empowers women & girls by providing participation and leadership opportunities. WIN for KC supports and advocates local youth, high school and collegiate women's athletes as well as national women's events held in KC.

This year's Keynote Speaker was Abby Wambach (pictured left), who is a world class soccer player on the 2011 FIFA Women's Cup team, leading USA team to a silver medal and named 2011 Associated Press Female Athlete of the Year. She is currently training for the 2012 Olympic Games in London.

Photos by: thomasphoto@kc.rr.com



Start of the January 21, 2012 Topeka to Auburn Half Marathon It's 30th Running

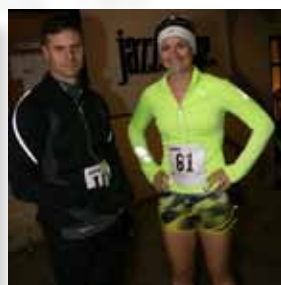


Top 3 Male Overall Winners:

1. Levi Huseman - 1:18:24
2. Fernando Martinez - 1:18:39
3. David Williams - 1:19:43

Top 3 Female Overall Winners:

1. Ann Parthemore - 1:28:51
2. Michelle Andrew - 1:38:02
3. Jaclyn Long - 1:38:43



Photos by: seekcrun

Leslie Wideman, a co-worker of mine, sent an e-mail to a number of her fellow team members with the subject line:

'An example of insanity'

When I read her story below, I was so proud and excited for her I asked Leslie if I might share with all of you. We have such a diverse group of readers and I have no doubt, someone out there will also be inspired and motivated to take that first step and end up running miles beyond your imagination!

- Renee Kidwell

'An Example Of Insanity'

by Leslie Wideman



David & Leslie Wideman after the Half

Many people who want to be successful at their endeavors set goals. Typically those goals are small in the beginning and become greater over time. Naturally, as a new runner I would start with a 5k as a goal and work up from there. No, that is not what I did. I went from couch to half marathon.

I had my doubts that I would be able to complete 13.1 miles. My husband and my friends were all training together and were already runners. They cheered me on and told me that I would be able to do it as long as I trained for it. I researched the internet. There was a lot of Couch to 5k or 10k programs. Not too much on Couch to Half Marathon.

The hardest part of the training was the first day.

I had to pick a day to start. I had to make the time to run. I had to commit to myself that I was going to try. I actually had to put on my running shoes, walk out the door and start running. The first day of training I completed 3 miles. It took me 50 minutes. There was more walking than running involved in those 3 miles.

I purchased a run tracker for my phone to be able to watch my progress. I am a numbers person.

I like to go over the mileage and the pace and see the improvements. My original pace for running 3 miles was 16:40. At that rate it would take 3 hours and 22 minutes to complete the Half. I set a goal for myself to complete the race in less than 3 hours.

Some days, I was able to go further and faster.

Other days, I battled to complete 2 miles. I tried to be aware of not straining my body too hard.

I had never been a runner and I was putting my body through a lot. There were a few weeks that I was not able to run due to calf strain.

After 10 weeks of training I was able to complete 3 miles in 35 minutes. I had shaved more than 4 minutes off my average pace. The first time that I ran 6 miles without stopping to walk one time was a proud day for me. I never thought that I would ever be able to do that. Granted, it was not a fast 6 miles but it was steady.

The week after I ran my 9 mile training, I was in so much pain that I could not run a single mile. I had developed a problem with my calves. (I am pretty sure it was from lack of stretching and over use.)

I had to take a break. There were only 3 weeks left until my race day. My only hope of participating was to rest. I never made it past 9 miles in training.

The night before the race I was still unsure that

I would be able to complete the entire 13.1 miles.

I had a lot of doubt. However, pride kicked in and

I got out of bed that morning. I got dressed and I went to the event. My running partners ran much faster than me. I know that I would be running without them the entire race. I told myself that I would run my race and do the best I could. That is exactly what I did.

It was my first race; I had a lot to learn. It took me at least a full mile to figure out my pace. I was so used to running by myself that all the people around me were distracting. I finally got into a good rhythm and began enjoying the experience. After I passed the 9 mile marker, I knew I was pushing myself further than I had ever gone before. My break in training showed up at 11.5 miles. I was totally out of gas. I could barely run much less walk.

I kept going. I had to keep going because I refused to give up.

I battled through that last 1.6 miles and I did cross the finish line.

I have a love-hate relationship with running. In my heart, I want to do it. In my head, I think I can do it. In reality, I struggle and I hate that. I want to be able to run well. I keep at it and over time I see progress. My official time was 3:01:44. It took me longer than I wanted it to, but I am sure that next time I enter a race; I will do much better.

Roberta's Recipe Resource For Runners

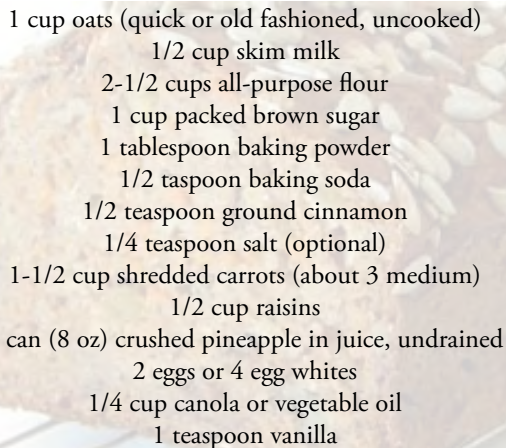
By: Roberta Washburn, MBA, RD, LD

In our house, we are very fond of baking (and sharing some of the goodies!) Some baked goods can certainly fit into a runner's eating plan, providing beneficial calories and nutrients. One just needs to be mindful of quantity, as well as sugar and fat content, as with all foods. Some lower fat baking ideas include:

- 1) In baked goods, replace half of the margarine, butter or shortening or oil with applesauce, mashed banana, apple butter, pumpkin or prune puree.
- 2) Substitute skim or 1% low-fat milk for whole milk and substitute low fat sour cream and cream cheese for their higher fat counterparts.
- 3) In muffin recipes, reduce the amount of oil in 1 tablespoon increments. Many muffin recipes will perform acceptably with as little as 2 tablespoons oil.

Here are some tasty recipes compliments of the Quaker Oats company. Baking with oats is an easy way to get the healthful fiber benefits of oatmeal into one's eating plan during the day.

OATMEAL CARROT CAKE BREAD



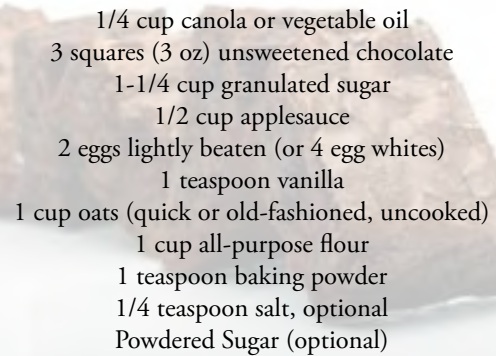
- 1 cup oats (quick or old fashioned, uncooked)
- 1/2 cup skim milk
- 2-1/2 cups all-purpose flour
- 1 cup packed brown sugar
- 1 tablespoon baking powder
- 1/2 teaspoon baking soda
- 1/2 teaspoon ground cinnamon
- 1/4 teaspoon salt (optional)
- 1-1/2 cup shredded carrots (about 3 medium)
- 1/2 cup raisins
- 1 can (8 oz) crushed pineapple in juice, undrained
- 2 eggs or 4 egg whites
- 1/4 cup canola or vegetable oil
- 1 teaspoon vanilla

Heat oven to 350 degrees F. Lightly spray bottom of a 9x5-inch loaf pan with no-stick cooking spray. Combine oats and milk, mix well. Set aside. In large bowl, combine all the dry ingredients.

Stir in carrots and raisins. Combine reserved oat mixture, pineapple (including juice), eggs, oil and vanilla; mix well. Add to dry ingredients; mix just until dry ingredients are moistened. Pour into prepared pan. Bake 60 - 75 minutes or until wooden pick inserted in center comes out clean and crust is golden brown. Cool. (16 servings)

Per serving: Calories: 210; Total Fat: 4 grams,
Fiber: 2 grams, Protein: 4 grams

NOT SO SINFUL BROWNIES

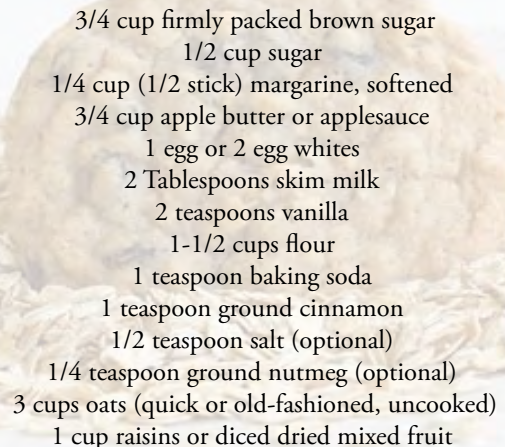


- 1/4 cup canola or vegetable oil
- 3 squares (3 oz) unsweetened chocolate
- 1-1/4 cup granulated sugar
- 1/2 cup applesauce
- 2 eggs lightly beaten (or 4 egg whites)
- 1 teaspoon vanilla
- 1 cup oats (quick or old-fashioned, uncooked)
- 1 cup all-purpose flour
- 1 teaspoon baking powder
- 1/4 teaspoon salt, optional
- Powdered Sugar (optional)

Heat oven to 350 degrees F. Lightly spray bottom of 13 x 9" baking pan with no-stick spray. In large saucepan, combine oil and chocolate. Heat over low heat, stirring frequently, until chocolate is melted. Remove from heat, cool slightly. Add sugar and applesauce, mix well. Stir in eggs and vanilla; mix well. Add combined oats, flour, baking powder and salt; mix well. Spread evenly in prepared pan. Bake 22 - 25 minutes or until center is almost set and edges pull away from sides of pan. (Do not overbake). Cool completely. Sprinkle with powdered sugar just before serving, if desired. Cut into bars. Store loosely covered. (makes 24 bars)

Per serving: 120 calories, 4 grams fat, 1 gram fiber.

CHEWY OATMEAL SPICE COOKIES



- 3/4 cup firmly packed brown sugar
- 1/2 cup sugar
- 1/4 cup (1/2 stick) margarine, softened
- 3/4 cup apple butter or applesauce
- 1 egg or 2 egg whites
- 2 Tablespoons skim milk
- 2 teaspoons vanilla
- 1-1/2 cups flour
- 1 teaspoon baking soda
- 1 teaspoon ground cinnamon
- 1/2 teaspoon salt (optional)
- 1/4 teaspoon ground nutmeg (optional)
- 3 cups oats (quick or old-fashioned, uncooked)
- 1 cup raisins or diced dried mixed fruit

Heat oven to 350 degrees F. Lightly spray cookie sheet with pan spray. Beat together sugars and margarine until well blended. Add apple butter, egg, milk and vanilla; beat well. Add combined dry ingredients, mix well. Stir in oats and raisins. (dough will be moist). Drop by rounded tablespoonfuls onto prepared cookie sheet. Bake 10 - 12 minutes or until edges are golden brown. Cool 1 minute on cookie sheet, remove to wire rack. Store in tightly covered container. About 3-1/2 dozen.

Easy Bar Cookies: Spread dough evenly onto bottom of greased 13 x 9-inch baking pan. Bake 25- 30 minutes or until edges are light golden brown. Cool completely; cut into bars. (32 bars)

Per cookie: 90 calories, 1.5 grams fat, 1 gram fiber



Lou's Cartoons In Living Color

By Lou Joline

RUNNING WITH GRANDAD



Not just any island, Henry, but the most famous island in all of cartoon land: the single palmtree deserted island, where we are going to put on an obstacle run!

We have all the elements we need for a wonderful obstacle run: water, mountains and trees, well, perhaps we are a little short on the mountains.



First we will have a swim around the island with hungry sharks to thin the field.







Nutrition and Running By Sally Berry

MA RD CSSD ISSN

Is What You Eat Making You Sick? Runner's IBS survival kit by Sally Berry MA RD CSSD

Today felt like spring.... It was nice to see the first daffodil sneak up out of the ground. With spring "bounding" upon us, many "hibernating" runners are starting to get "serious" about their season's goals and race plans. With blossoming plants, athletes may also experience an increase in environmental allergies, sniffles, gut malaise, headaches and other signs that spring has sprung. Food allergies and sensitivities can also cause some of the spring training malaise and gut issues. As the training increases and the food intake changes, an athlete might discover some food allergies, sensitivities and intolerances.

Nutrition is a critical factor in how you look, feel and how you perform in your running. There is nothing more difficult than to finish an endurance event with gut cramping, bloating, diarrhea, nausea, or fatigue which could lead to under fueling or bonking. What happens when what you eat is affecting your running? What if food is giving you digestive turmoil, stomach pains, gas, bloating, headaches or fatigue or other possible signs of IBS? Although it is not a life-threatening disease, it is important to note the dramatic impact that Irritable Bowel Syndrome (IBS) can have on the quality of life of those who are affected.

Let's first "digest" some fact about digestion:

10-20% of all Americans struggle with irritable bowel syndrome, better known as IBS. For the athlete, this can be a tough diagnosis. The dreaded "runner's gut" with frequent trips to the "porta potty", that is only if you can make it without any embarrassing consequences!

A person who suffers from IBS typically suffers from diarrhea, constipation, or an alternation of both.

IBS is one of the top ten reasons for physician visits and the most misunderstood diagnosis. IBS is the most common functional bowel disorder and the most common GI diagnosis among US gastroenterology practices.

In the United States, IBS accounts for an estimated 3.5 million physician visits per year and an estimated 2.2 million prescriptions. Women outnumber men 3:1.3 with IBS.

Although IBS affects up to one fifth of the population, only 25% seek medical advice. It is unclear why the other 75% do not consult their physicians. Some patients may have received unsatisfactory treatment in the past, or simply may have learned to live with their condition and accept their current quality of life.

There are many symptom relievers on the market and many general remedies of advice including, medication, no caffeine, decrease spicy foods, decrease sugar, decrease carbs, yoga, etc. Although many of these can help, this is a "shot gun" approach to a solution.

We are discovering that food intolerances causing IBS, migraines and fatigue are highly individualized and vary from person to person. What makes one person ill may be okay for your neighbor. One size solution does not fit all!

Food intolerances come in several forms

Food allergies:

Not to get too scientific, but food allergies are triggered by an immune response of a body regulator called IgE. These allergies may make up only 1-2% of the food issues but, they can have an immediate and in some cases, a fatal response. If you suspect a food allergy, an allergist or your physician would be able to determine this.

Food sensitivities & intolerance:

For all other food sensitivities and intolerances, it's a little fuzzier. These can be caused by immune regulators (not IgE) or could be non-immune related. Food reactions can be regulated by numerous pathways in the body. For unknown reason, the gut can decrease its tolerance to a food. When the gut immune response reacts to foods, various mediators are released (such as histamine, cytokines, prostaglandins and many others) that will result in the symptom. Symptoms include gas, bloating, diarrhea, fatigue, headache, etc. The response can be delayed as much as 4-72 hours, which makes it difficult to determine the original food that caused the problem. Testing for these mediators can help determine which foods are reactive.

What is the Solution?

Over the last decade, more athletes have experimentally adjusted their diets. I have observed an increase in athletes following gluten-free, wheat-free, grain elimination and dairy-free regimens. Others have tried Raw, Vegan, Paleo, Mediterranean, to mention a few. I've observed that sometimes a person feels a lot better on a change of diet, but not always. How can an athlete know what food is the real culprit and what food needs eliminating? Sometimes, athletes restrict then stop the restriction or "give up" resulting in increasing their original problems of digestion or other malaise. Quite frustrating!

In the "trial and error" method, a person may unnecessarily over restrict their food. For example, someone may eliminate all dairy when they only have a lactose intolerance. Someone else may go completely "gluten-free" when they are actually intolerant to wheat... or rye... or even non-gliadin grain such as corn. The solution lies in determining the food that is making you sick.

Allergy testing is good choice for determining an IgE immune response allergy, But, what about other food intolerances?

Elimination diets are another solution to help pinpoint food sensitivities and intolerances. This is a diet that starts out restrictive, then adds more foods as the study progresses. Best elimination diets are administered by a medical practitioner that understands foods and food families. Although this is an effective method if done correctly, it is not effective if not administered properly and may limit foods more than necessary.

Mediated Release Testing -MRT: No system of evaluating is 100% perfect. Identifying the reactive foods is key to individual help. The past 10-15 years has provided a more detailed testing determining food sensitivities. The testing is called mediated release test (or MRT). MRT along with adequate dietary support system called LEAP diet has yielded excellent results. Determining an individual's mediators and reactive foods along with educating athletes on their personal meal plan has helped athletes get back on the road again without the gut issues. Individuality in diet plans is the key to prevent overly restrictive diets in runners and end all guessing game. MRT testing is responsive to individual needs.

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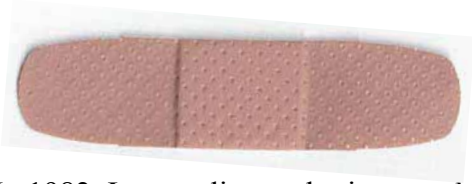


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Odds 'n' Ends ~ Get hooked on Swimming. by Jay Raupp jkraupp@everestkc.net



In 1982, I got a slip-on-the-ice wreck of a tendon before my first really big running race, a race that I was not going to miss, so for ten weeks I swam like crazy, and I finished that race. Since then, injured or not, I have always used the pool to balance out the running. There are no hills and no headwind! Alberto Salazar, who by the way won that big race, gave this coaching advice on youtube to first time marathoners telling them to Run as far as you safely can, and then balance the rest with swimming, or biking.



#1. Learn to Swim, sort of. Don't worry about it. Just join a Y or a health club with a pool. Most of your running injuries are the kind you are going to work with a kickboard. Backstroke kicking with a kickboard does wonders for strengthening your quad that keeps your kneecap in line. Crawl (front) kicking is great for aerobic fitness and keeping muscles loose. The whole water experience is good for your muscles. The other non-swimming thing to do is running through the water. The resistance you get when you try to go fast is enough to tell you this workout is working! Alberto has Galen Rupp and others on an underwater treadmill, which you can see on youtube (I want one!) but long before that treadmill, in the movie "Fire On The Track", you can see that Steve Prefontaine used to run in the pool.

#2. Learn to swim, really: YMCA's have lessons for adults. Get goggles and a real suit and have at it. Once you find yourself timing your laps and watching that giant sweep hand clock at every pool, you are ready for...



#3. Join Masters Swimming. <http://www.usms.org/> For \$45 annual membership, you will be a member of the regional club "Missouri Valley Masters Swimming." In the club are local workout groups with hired coaches and organized workouts, or you can train on your own. There are several excellent meets each year, with high-tech timing, instant results, and friendly competitors. The 2012 Nationals are in Omaha July 5-8, in the same fast pool where the Olympic Trials will be held.



#4 Open Water Swimming. Shawnee Mission Park Beach has a 300 yard triangle course set up for your open water swim training, with lifeguards and plenty of other swimmers. Last year the cost was \$4 per session. The schedule from JCPRD website: Tuesday & Thursday, May 29 - August 2 from 6:00 PM To 7:30 PM.



#5 Open Water Swim RACE if you get hooked!: Swimmin' in Moonshine, Aug. 25, Table Rock Lake, Branson. <http://ultramaxtri.com/events.html>

#6 Not sold on swimming yet? Interviewer at Beijing Olympics, to Michael Phelps: "Michael, how can I get a swimmer's body?"

Michael: "Um, swim?"



TOGETHER AS ONE RUN 5K, 1 MILE & 1/2 MILE

WHERE: Parkville River Trail- English Landing Park, Parkville, MO

DATE: Saturday, April 21st, 2012

TIME: 5K Run-8:00am; 1 Mile and 1/2 Mile Fun Run—8:45am

Packet Pickup: Friday, April 20, 6:30am—8:00am at the PAC in Parkville

FEE: Early Entry Fee (5K Run-\$25; 1 Mile and 1/2 Mile Fun Run-\$20)
Late Entry mailed after April 14th (5k Run-\$30; Fun Run-\$25)

PROCEEDS: Together as One Youth Sports Charity, Inc. providing scholarships for local Youth Athletes. No Refunds. T-Shirt--Sizes and Quantities are limited.

5K AWARDS

(Race result for the 5K run will be available at mararunning.org)

-- Overall Male and Female

-- Age Groups (Under 7, 8-17 single age group, 18-20, 20-70 in 5 year age group, and over 71)

* All participants in the 1 mile and 1/2 mile fun run will receive participant awards.

For more information: www.together-as-one.org

Dan Morton dmorton@together-as-one.org / 816-813-3107

Fill out the registration form below, or register online at

<http://www.active.com/running/parkville-mo/together-as-one-run-2012>

Run Kansas City's Upcoming Races

www.runkansascity.com



Running Programs

Spring – Current thru June 3

Summer – June 17 thru Aug 5

Fall – August 5 thru Nov 18

Winter – Dec 2 thru Feb 3

Event Management & Timing

If your group is interested in doing a run as a fundraiser, feel free to contact us for a quote for our services. We manage over 30 events every year.

Contact us at

runkansascity@aol.com
www.runkansascity.com

April

4/21 Together as 1 5K, Parkville, MO

4/28 Brent Bays 10K & 5K, Gardner, KS

May

5/5 Blue Devil 5K, Kansas City, KS

5/19 Restoration Run 5K, Kansas City, MO

June

6/2 Northwest Medical Center 5K, Albany, MO

6/16 Lucky 13.1 & 5K, Peculiar, MO

July

7/7 Mid-Summer Twilight 5K, Lees Summit, MO

7/14 Full Moon 50K, 50K Relay, 10K & 5K
Peculiar, MO

August

8/18 Sophies Run 5K, Lake Waukomis, Kansas City, MO

September

9/11 The Patriots Run 9 hour 11 minute Solo, Relay
5K & Fun Run, Olathe, Kansas

9/29 She Rocks! Womens Half Marathon & 5K
Overland Park, Kansas

November

11/18 Gobbler Grind Marathon, Half Marathon & 5K, Overland Park, Kansas

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5K Run-Walk • July 21, 2012 • 7 a.m.

Course:

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Awards:

- Medals to top three finishers in each 5-year age group
- T-shirts for all runners

Post-run activities:

- Free food for everyone
- A short-distance kids' run by two-year age groups for ages 2 to 9. Prizes for everyone!
- Misting stations along race course
- Special gift for all race finishers

Cost

\$22 online through July 19, or at packet pick-up on July 20

\$28 on race day, July 21

Special buddy discount when you register with a friend

Registration

For more information, visit www.sportkc.org or iStart2Finish.org

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CONQUER OUR HILLS

"I wanted to congratulate you on another successful year of doing the Hospital Hill Run. I could not think of a single thing that should have been changed. The expo was a great addition to the run. Along with the design of the medal and the great BBQ after the race, (the experience) was amazing."

- Gavin D. Participant

JUNE 2



2012

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www.hospitalhillrun.com

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"Life is short...running makes it seem longer."

- Baron Hansen



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

"Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. Unfortunately, when awareness comes, it is excruciating."

John Farrington, Australian marathoner



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