

Master Pieces

Magazine of Mid-America Running Association

APRIL / MAY 2011

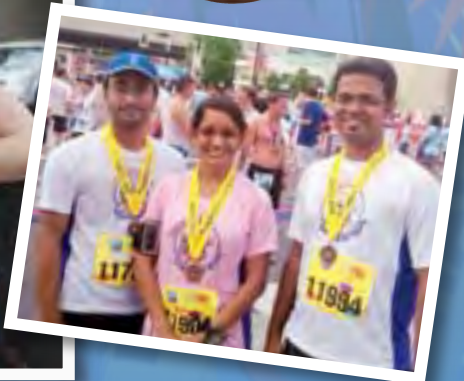
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Master Pieces

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www.mararunning.org

April / May 2011

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

Cover Photo:

2011 Run Toto Run - "Toto Conga Line"
held at Wyandotte County Lake Park

Photo: Frank Mance



**IT SURE IS GREAT
TO REACH THAT
FINISH LINE!**

By Renee Kidwell



When the first day of Spring finally arrived, yielding temperatures in the upper 70's, I felt like pumping my fist in a victory salute!

We finally completed that grueling marathon called "winter" and, I, for one, am thrilled it's over for a good while.

Yes, we all made it to the finish line of another very long, cold and snowpacked winter. It made me think of the many finish lines I've crossed throughout my years of running.

I enjoy observing runners at a finish line. There are often quite an amazing variety of responses from the race participants as they reach that momentary destination. Perhaps you may have experienced your own mix of emotions while completing various races over the years as I have. Some were, shall I say, not so fun at all. Some brought tears of joy, some brought tears of frustration. Most of the time though, finish lines are filled with exciting moments of pure exhilaration and accomplishment. All the perseverance of hours of training and personal commitment has proven priceless when we once again, run across that finish line. I guess, for some of us, that is why we continue the pursuit of our sport we enjoy so much and continue to register for that next race. We make our way to the start line, endure whatever unfolds throughout the run and greet that finish line with a last burst of energy, savoring the moment.

Happy and Healthy Finishes to All!

New MARA Members and Sustaining Memberships are listed on page 18



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

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The 2011 Ground Hog Run, held on January 30th, provided great fun, festivities and competition for the nearly 4,000 runners in the 5K & 10K run events.



Lexa Alley & BJ Taylor



START OF THE 5K



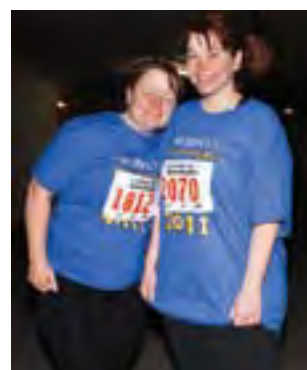
IT'S SOOOOO COOL IN THE CAVES!



Half Way Point of the 10K



6 year old Matt Lewis



Rebecca Sprang and Shannon Wolf



Brad Meyer of Brooks



**LeRoy Unruh & Alan Higby -
CAPTURING THE RESULTS!**



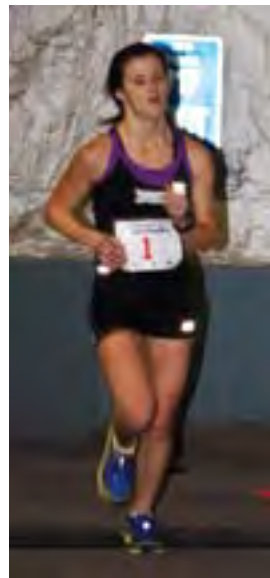
**Terry Mann &
Sheila Wood**



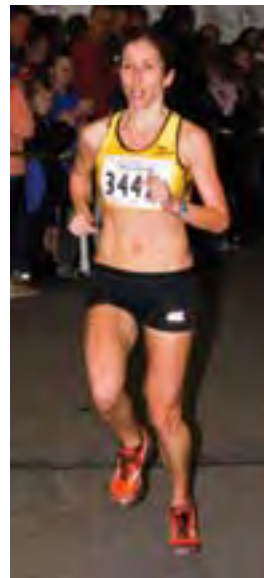
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Unruh & Jay Raupp**



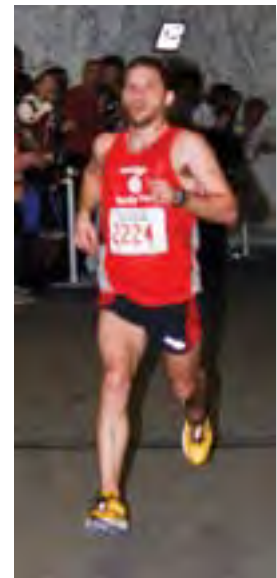
**Pat Melgares
5K Male Winner**



**Connie Abbott
5K Female Winner**



**Melissa Todd
10K Female Winner**



**Kory Cool
10K Male Winner**

Photos By: Russ Niemi



BETTER ON THE INSIDE – The treadmill is a fine tool, for staying fit when the mercury drops. But it's important to have a plan of action when you hit the machine. Not only will it make the time pass more quickly, but you'll get a greater fitness boost than you would if you did the same type of run every time you went inside. Compensate for the lack of wind resistance by setting treadmill to a 1- to 2- percent incline. Simulate downhill running by lowering the machine to a negative incline (not all models have this feature). Replicate the ups and downs of rolling terrain by frequently adjusting the speed and incline setting. The subtle changes work different muscles in your legs, which makes you stronger and prepares you for road running. (Runner's World, January 2011)



MARATHON MAN – Belgian runner Stefaan Engeis set a Guinness World Record after crossing the finish line of the 365th marathon in 365 days on Saturday in Barcelona, Spain. (KC Star, February 2011)



STUMBLING BLOCKS – Common nutrition mistakes that trip up runners. *Eating too close to a run. Fifteen minutes after eating, insulin levels rise. So eat one and a half to two hours before a run. *Making energy bars a meal. High is sugar and low in fiber, energy bars are perfect on long runs, but not ideal for weight loss. They won't keep you full long, making it likely you'll overeat at your next meal. *Overdoing sports drinks. Sport drinks are high in calories and meant to provide fuel for running an hour or longer. Otherwise, chose a low-calorie sports drink. *Not fueling up midrun. You have 90 minutes of carbs in your system. Run longer without midrun fuel and you'll bonk. Consume 30 to 60 grams of carbs (sports drink or dried fruit) for every hour you exercise to keep energy high. *Overeating postworkout. Runners know they need recovery fuel after a workout, but they often overestimate how many calories they burn, which leads to overeating. If you do an easy workout that's 45 minutes or less, 100 calories is sufficient for recovery. (Runner's World, January 2011)



THE HOLE TRUTH – A runner's guide to a guilty pleasure... Krispy Kreme Doughnuts – What's inside? One glazed Krispy Kreme doughnut has 10 grams of sugar, 12 grams of total fat, and 200 calories. DOH! The average 145-pound runner would need to run about 23 minutes to burn off a single glazed indulgence – or 4.5 hours to burn off a dozen. Who Knew? Each week, Krispy Kreme shops make enough doughnuts to stretch from New York City to Los Angeles. (Runner's World, February 2011)

THE SPUD REPORT – Some runners dismiss the lowly potato as little more than a fattening carb source, but the truth is taters are full of key nutrients that boost performance, trim waistlines, and even help ward off cancer. Stock up on different varieties for an array of nutrients, and store potatoes in a cool, dark dry cabinet. Your potato will: Replenish carbs. One medium baked potato contains 37 grams of carbohydrates – or about 10 percent of most runners' daily needs – that readily enters the bloodstream and quickly restocks spend glycogen stores. Boost fiber. The type of fiber in potatoes keeps your intestinal-tract muscles working and blocks a small amount of calorie absorption. In fact, research shows men and women who eat fiber from vegetables like potatoes have less body fat and smaller waists. Speed recovery. Red and purple-fleshed potatoes get their color from powerful antioxidants which help stave off cancer and age-related vision loss. Potatoes also contain antioxidants similar to those in broccoli and spinach, which may aid in recovery from tough runs. Help your heart. A single potato provides a hefty dose of potassium and 35 percent of your daily of cholesterol, while potassium maintains healthy blood pressure and circulation. (Runner's World, Feb 2011)



RUNNING ISN'T JUST A PASTIME, IT'S A JOB

David Willey has a hard time convincing friends to join him for a run. "People are scared to run with me. They think I'm some Olympic runner," he says. Though he's been running for 25 years, Mr. Wiley, the editor-in-chief of Runner's World magazine, says he's far from an elite athlete. "I'm still chasing my 3:20 Boston (marathon) qualifying time. It's eluded me four marathons in a row," he says. The 43-year-old father of three has completed five marathons to date. He recently started a 16-week training program leading up to the hilly Big Sur Marathon in California on May 1. When preparing for a race, Mr. Wiley runs up to 50 miles a week. Luckily, the atmosphere at Runner's World, located in Emmaus, PA, at the Rodale Publishing headquarters, is very fitness conscious. "There's an athlete culture here, so instead of going out to lunch, like you might in New York City, you take an hour bike ride, and then grab lunch at your desk and get back to work," says Mr. Wiley, who took on the editor-in-chief role in 2003. "It makes it easy to fit exercise into a normal day." Mr. Wiley believes that perhaps the most important ingredient to a successful training program is rest. "I think of my rest day as part of a training plan. Many think of it as the antithesis of their training. But rest and sleep are key. Our bodies absorb and adapt our training when we are resting." Mr. Wiley has ambitious goals for 2011. Over the summer, he plans to switch to triathlon training and do a couple shorter races, as well as attempt his first-ever half-Ironman. He also plans to compete this year in all three Runner's World Challenge Races: the Big Sur Marathon, the Chicago half-marathon on Sept. 11, and the Philadelphia Marathon on Nov. 20. He's hoping to finally break 3 hours and 20 minutes, the qualifying time for men his age for the Boston marathon, on the flat, speedy Philadelphia course. Good Luck David! (Jen Murphy, Wall Street Journal, March 2011)

ULTIMATE HUNGER BUSTER – Ever grab a snack but then feel hungry again 20 minutes later? Next time, reach for a banana. It's loaded with Resistant Starch (RS), a healthy carb that fills you up and helps to boost your metabolism. Slightly underripe medium-sized bananas have 12.5 grams of RS – more than most other foods. Ripe bananas give you 4.7 grams of RS, still enough to keep hunger pangs away. Check out these tasty ways to work in the wonder food. ****Banana "Ice Cream"** – peel, slice, and freeze 1 small banana. Place frozen banana pieces in a blender with 3 tablespoons 1% low-fat milk; blend until thick. Top with 1 tablespoon chopped walnuts. ****Broiled Bananas** – slice 1 peeled banana in half lengthwise. Put banana pieces, cut sides up, on a rimmed baking sheet. Sprinkle the banana pieces with 1 teaspoon brown sugar, and broil on high until the sugar bubbles and the bananas brown (about 2-3 minutes). After broiling, sprinkle with cinnamon – or drizzle with 1 teaspoon rum for an extra special treat. ****Coffee and Banana Smoothie** – place 1 sliced peeled banana, 1 cup 1% low-fat milk, ½ cup cold black coffee, 2 teaspoons sugar, and ½ cup ice in a blender. Blend until smooth... and enjoy! (Health, March 2011)



A REAL MASTERSPIECE – Masters runner Jaymee Marty whose 2:45:09 at the 2009 Chicago Marathon at age 43 made her one of the oldest first-time Olympic trials qualifiers in the race history, shares a few of her masters philosophies. "I have been injured once in my short running career and that was because I didn't respect the importance of recovery." She refers to running too fast on easy days or doing too many hard workouts, but to what runners like to relegate to unimportance by calling them "intangibles." "I tried to get away with an insane work schedule, little sleep, poor nutrition, and so on," says Marty. "I honestly believe, within some reasonable bounds, that the configuration of your training program is less important than what you do to recover from training. I mean everything from how soon you eat after you work out, whether you compress, icing, stretching, rolling, massage, sleep, nutrition etc. We hear it over and over again, but it's what happens when you're not running that determines how fast you become. (Kevin Beck, Running Times, March 2011)



STAY LOOSE WHILE STAYING CONNECTED – That upper-body flexibility can improve your mechanics and posture is especially crucial given that the routines of modern life tend to have the opposite effect. Sitting in front of a computer all day, or obsessively checking your iPhone, can affect how you feel when you're offline and running. As these devices get smaller and smaller, we inevitably shorten up the muscles in the front of our torso to make this activity easier. Once this happens this becomes a chronic state of tightness that will inevitably affect standing, walking, and running posture. (Running Times, March 2011)



BOOST YOUR MOOD – Taking even 20 or 30 minutes for a run will help you organize your thoughts, clear your head, wake up, and return to your tasks with a clarity and energy that you can't get from coffee or even a nap. (Runner's World, February 2011)

THE TOP POWER FOODS FOR YOU – What to eat (and not to eat) to feel peppier, sharper, and simply better all over. Eat this to Boost Energy: Feel like every day is a slog? You may not be getting enough iron. Eat more red meats, fish, and poultry – the best animal-based sources of iron. Don't eat meat? Go for soybeans, lentils, spinach, and fortified cereals. Eat this to feel calm: You know that caffeine can put you on edge. But, here's another source of jitters: too many refined carbs – foods high in white flour (cookies, sugary cereals, white bread, etc.) and stripped of nutrients and fiber that normally keep your blood sugar level to soar and an excessive amount of insulin to be secreted by the pancreas. The help prevent those drastic spikes and drops in blood sugar, meals and snacks should be based around lean protein, healthy fats, and unrefined carbohydrates. That means loading up on brown rice, whole-grain bread and pasta, whole oats, and of course, fruits, veggies and legumes. Eat this to get sharp: Get your brain back on track by chowing down on fatty, omega-3-rich fish like mackerel, trout, herring, tuna, and salmon. To get more B12, try fortified breakfast cereal (many have 100 percent of the recommended daily value), liver, cooked clams, yogurt, cheese, whole eggs, and ham, as well as fish like salmon and trout. Eat this to beat bloat: Yes, veggies and legumes are great for you. But certain ones – like beans, broccoli, cabbage, and cauliflower – can produce lots of gas, leaving you with major bloat. Carbonated drinks can also increase bloat, both because they're bubbly and because their artificial sweeteners can be hard for your body to break down. If your belly's feeling swollen, try halving the amount of bloat-boosting veggies you normally eat for a week and see if that helps. Ditch soda and seltzer, but keep drinking flat water, which helps relieve constipation. Eat this to curb cramps: It's normal to feel a little achy after a tough workout, but cramps could mean you're low on electrolytes like potassium or magnesium. While bananas are the most famous source of potassium, you actually get twice as much of mineral from a medium-size baked potato. Prunes and orange juice have lots of it, too. As for magnesium, go for almonds and most other nuts, greens like spinach, and bran flakes. Consuming calcium also helps. Dehydration can cause cramps, too, so don't forget to keep chugging that H2O. (Health, March 2011)



MASTERS ROAD RACERS OF THE YEAR 2010

Even at 90+ years old, they are still running
and still setting records.

MEN 90-94:

1. Henry Sypniewske (92, NY) 5k 40:13;
2. William Winkoski (90, WA) 12k 1:38:21;
3. George Whitney (91, VT) 5k 48:47

WOMEN 90-94:

1. Evelyn Tripp (94, SC) 5k 46:38; 2.
 - Ginny Warden (90, WA) 12k 2:35:26
- (Running Times, March 2011)

STAY HEALTHY AND KEEP RUNNING!

Karen's Column

By Karen Raymer
President of MARA

April 2011



Last week-end (March 4-6), my good friend Sandi Weston and I drove to Little Rock, Arkansas to participate in their ½ marathon. This is the race that boasts about having the most “bodacious” medals anywhere! It is true of their marathon medal, it was the largest and most bodacious (or one might say, gaudy!) medal I have seen. The ½ marathon medal was pretty significant in itself.

Being a race director myself, for 25+ years, I appreciate the effort put forth and I KNOW the work that goes into putting on these events. It was nice to just pay my money and just show up and participate. Most participants really have no idea, and most probably do not care, how much work goes into putting on such events. There were several things that they could have done better, but all-in-all, it was a good race and we had a wonderful time. Speaking of times, Sandi placed 3rd in her age group! We heard there were many from Kansas City who drove down. We saw several of those as we were running the 1/2 marathon and about half of them were doing the full marathon.

The Peabody Hotel was the host hotel, (you know, the hotel with the ducks), which we found out is a totally NON-SMOKING hotel. Sandi, went out of our room to get us some sodas and as she went by a another room it reeked of cigarette smoke. I called the front desk and asked about the non-smoking on our floor, that is when I was told that is was a totally non-smoking hotel. We found out the “violators” had been caught smoking and they had been evicted from the hotel!!!! Kudos to the Peabody.

Since I mentioned being a race director, at the end of last year (2010) I made a very huge decision. After many sleepless nights and long conversations with my husband Keith, I made the decision to resign from being the race director for the Kansas City Marathon. I had been involved with the event for 28 years and the race director for the last 15 years.

I am so pleased to have seen the growth of this event over the last few years and I hope that it continues to do well and that Kansas City, as a city, will continue to embrace the event and really get behind the event and help promote it throughout the community.

I also commend the Kansas City Sports Commission for getting involved with the event many years ago. They have the contacts and synergy to keep the event growing and prospering in the future.

I wish everyone involved with the event and the event itself, the very best.

In these 28 years I have seen sponsors come and go, but I think that Waddell & Reed has been a great sponsor of the event and I understand that they signed on for another 5 years. That is wonderful for the event, they are very committed to the KC Marathon and put a lot of energy into the promotion of this race. They do a great job of promoting the event to their employees and customers, this has been very good for all concerned. They also have supplied a huge number of the many volunteers, that are needed for such a large running event.

As with any job or position, when you leave, you usually do not miss the work but the people whom you met along the way. That is what makes the journey worth the trip. I have met some pretty dynamic people in these 28 years. That part I will definitely miss.

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

Karen

2011 MARA Grand Prix



**Grand Prix Director
Steve Daley**

2011 MARA GRAND PRIX



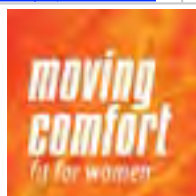
2011 MARA GRAND PRIX Standings

Updated 1/30/2011

Points current through Children's TLC Groundhog Run - 10K

[MARA dues must be current by 11/1/11 to receive 2011 year end awards](#)

[Contact Steve Daley for questions, suggestions, corrections.](#)



**5K run/walk
1 Mile and 1/2 Mile Fun Run**

Together as

May 21

9:00 a.m.

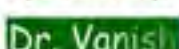


RUN

**Parkville River Trail - English Landing Park,
Parkville MO**

www.together-as-one.org

Sponsored By:



Male	20-24			Female	20-24		
	Kory	Cool	10		Stephanie	Lavin	10
	Andrew	Wayman	10		Jessica	Limbocker	10
	Grant	Catloth	8		Jeni	Cui	8
	Grant	Holmes	8		Anne	Wheeler	8
	Keaton	Davis	6		Liz	Fowler	6
	Ryan	Hahn	6		Monica	Soper	6
Male	25-29			Female	25-29		
	Brett	Rinehart	18		Kelly	Cool	14
	Dale	Dexter	10		Kelly	Carlton	10
	Matthew	O'Reilly	8		Niki	Hilgenberg	8
	David	Cox	6		Jaclyn	Long	8
	Aaron	Gasper	6		Lindsay	Perkins	6
					Sheena	Koehn	6
Male	30-34			Female	30-34		
	Kenny	Miller	10		Kelli	Hock	10
	Mark	Allen	10		Rebecca	Arensdorf	10
	John	Hauger	8		Emily	Kazmaier	8
	Scott	McVey	8		Amanda	Meinhardt	8
	Greg	Bomhoff	6		Kiki	Hager	6
	John	Banker	6		Rebekah	Robinson	6
Male	35-39			Female	35-39		
	David	Bryant	10		Heidi	Bryant-Engler	10
	Randy	Wassinger	10		Melissa	Todd	10
	Ricardo	Alvarez	8		Michelle	Andrew	8
	Mike	Diederich	8		Tina	McDonald	8
	Chris	Torres	8		Stephanie	Cundith	6
					Angelia	Ewing	6
Male	40-44			Female	40-44		
	Christian	Reed	10		Gill	Highnam	10
	Joe	Heikes	10		Lezlee	Jones	10
	Adam	Guzman	8		Jennifer	Thompson	8
	Ken	Moran	8		Andrea	McGehee	8
	Mike	Wells	6		Stephanie	Nessa	6
	Bo	Jones	6		Ann	Ojile	6
Male	45-49			Female	45-49		
	Kent	Lang	10		Mary Anne	Durall	14
	Tim	Hellhake	10		Traci	Koon	10
	Robert	Schloegel	8		Kim	Willse	10
	Kendall	Hughes	8		Karen	Hyde	8
	Sandy	Cohen	6		Jennifer	McCord	6
	Terry	Criss	6				
Male	50-54			Female	50-54		
	Tim	Francis	10		Julie	Steilen	10
	Keith	Long	10		Elaine	Chavez	10
	Pat	Merrigan	8		Catherine	Hissink	8
	Tony	Estes	8		Lyn	Morris	8
	Rob	Harber	6		Mary	Viveros	6
	Peter	Kietsch	6		Susan	Birtell	6
Male	55-59			Female	55-59		
	Don	Fitzgerald	10		Marla	Rhoden	10
	Brad	Rhoden	10		Debra	Wood	10
	Roger	Hahn	8		Carlotta	Hemphill	8
	Greg	Hall	8		Sandi	Weston	8
	Keith	Dowell	6		Sharon	Costello	8
	Ken	Beach	6		Nancy	Mueller	6
Male	60-64			Female	60-64		
	Jeff	Behrens	16		Donna	Romans	16
	Tom	Snook	10		Dee	Boeck	10
	Roger	Heinle	8		Diane	Otte	8
	Bruce	Gilbert	8		Christine	Bremser	8
	Greg	Hartman	6		Leslie	Eden	6
Male	65-69			Female	65-69		
	Rick	Hogan	10		Mary	Haley	14
	Bill	Gelger	10		Suzie	Turner	10
	Larry	Kietzman	8		Jean	Garber	8
	Richard	Carlson	8		Susan	Robinette	6
	Rich	Metz	6				
	Zack	Hangauer	6				
Male	70-74			Female	70-74		
	Carl	Vasant	18		None		
	Eugene	Wren	10				
	Frank	Weinhold	10				
	Wally	Brawner	6				
	Don	Roth	4				
Male	75-79			Female	75-79		
	Lou	Joline	18		None		
	Don	Miller	10				
Male	80-84			Female	80-84		
	None				None		
Male	85+			Female	85+		
	Ed	Burnham	10		None		

Mid-America Running Association


2011 Schedule of Local and Regional Races




- ☐ Listings are based on information available at the time of publication and are subject to change.
- ☐ Please check with the race contact to confirm the information and for any questions.
- ☐ For additions or changes, e-mail Jay at jkraupp@everestkc.net

* indicates a MARA Grand Prix event. If multiple distances, the Grand Prix event is underlined>.

Updated: March 19, 2011

Date	Name & Distance	Race Location	Start	Race Contact
Apr 2	Royal TRACS 5K & Royal Kids Fun Run (1 mi.)	Northeast Community Center 680 Knox Lane Manhattan, KS	8:30 AM	Glenda Newkirk 785.776.9260 info@royaltracs5k.com http://www.royaltracs5k.com/
Apr 2	Rock the Parkway ½ marathon, 10K, 5K	Burns & McDonnell 9400 Ward Parkway KCMO	7:30 AM	KC Running Company troy@rocktheparkway.com www.rocktheparkway.com
Apr 2	Shakespeare's MaxTrax Duathlon	Columbia, MO	8:30 AM	http://races.ultramaxtri.com/2011/maxtrax-duathlon/
Apr 2	April Fools Run 5K/8K	Cameron Regional YMCA 402 E. Evergreen Cameron, MO	9:00 AM	Mary Jo Eiberger 816.632.3811 ymca_mjeiberger@yahoo.com
Apr 2	Heritage Christian School 5K Run/Walk	Topeka, KS	9:00 AM	Garrett Keen 785.249.3145 http://www.hcstopeka.org/
Apr 2	Friends of the Lee's Summit Symphony 5K Run/Walk	Unity Village Lee's Summit, MO	9:00 AM	Race Website: http://www.lssymphony.org/RaceInfo.html
April 3	Brew to Brew 43.5 Miles Relay & Solo New for 2010: 27 mile 6 leg special	From: Boulevard Brewery Kansas City, MO To: Freestate Brewery Lawrence, KS	1 st wave 6:00 AM	Lou Joline 816.228.3842 www.kctrack.org www.brewtobrew.com
Apr 9 * 	Run for Life 10 mile solo, 10 mi relay, 2 mi fun run	Lee Arena (runner's expo and packet pickup). Moore Bowl (race start & finish). Washburn University 1700 SW College Topeka, KS	8:30 AM	Dave Provorse Washburn Running Club 785.670.1565 785-249-8875 dave.provorse@washburn.edu www.runforlife.us
Apr 9	Eisenhower Marathon, ½ marathon, 10K and 5K	Eisenhower Presidential Center Abilene, KS	7:00 AM	http://www.eisenhowermarathon.com/
Apr 9	Havin' A Crappie Day 5K Run & 1 mi. fun run	Stockton State Park Marina 18610 E. 2000 th Road Dadeville, MO	9:00 AM	Joy Weis 417.664.3355 joyful_077@hotmail.com http://www.stocktonstateparkmarina.com/11.html
Apr 9	American Lung Assn Stair Climb	Intrust Arena Wichita, KS	9:00 AM	Diane Tinker 316.558.3090
Apr 9	Spring Fling, Flat and Fast 5K	RayPec High School Peculiar, MO	8:00 AM	Jamin Swift RohoCC@yahoo.com www.RayPecCC.com www.active.com www.enter2run.com
Apr 9	Eagle Egg 5K Run/Walk	Summit Christian Academy 1450 SW Jefferson Lee's Summit, MO	8:00 AM	
Apr 9	Blazin' Bluejay 5K Run/Walk & 1 mi. fun run	Maryville Community Center Maryville, MO	9:00 AM	Jeremy Covey 660.937.3125 jeremycovey@hotmail.com http://www.ihigh.com/northeastnodaway/
Apr 9	Dash for Diabetes 5K	Liberty Memorial Park KCMO	8:00 AM	Colby Simmons 816.377.8532 csimmons@kcumb.edu www.enter2run.com pdhanson@gmail.com http://www.headforthecure.org/
Apr 9	Head for the Cure 5K Run/Walk	Flat Branch Park Columbia, MO	8:00 AM	
Apr 9	Myasthenia Gravis Walk, Run, & Roll 5K & 1 mi	Heritage Park Olathe, KS	9:00 AM	Allison Foss fossallison@yahoo.com www.enter2run.com

Apr 10	God's Country Duathlon 2 Mile Trail Run / 11 Mile Mountain Bike	Lawrence River Trails Lawrence, KS	11:00 AM	Gerard Arantowicz 785.691.7099 www.fattireduathlon.com
Apr 10	Go! St. Louis Marathon, 1/2 Marathon, Marathon Relay	Downtown St. Louis, MO	7:00 AM	www.gostlouis.org/marathon.html
Apr 10	Broadway Bridge Run for Special Olympics 5K/10K/ Family Fun Run	KC City Market Kansas City, MO	9:00 AM	Daniel Gates 816.803.0153 bridgerun@kcpd.org http://somo.org/broadwaybridgerun
Apr 16	Olathe Marathon ½ marathon 5K	Garmin World Headquarters 1200 E. 151 st St. Olathe, KS	7:00 AM	913.764.1050 www.olathemarathon.com
Apr 16	Link for Life Zoo Run 5K open, plus youth races for ages 4-13	Sedgwick County Zoo Wichita, KS	7:45 AM	Bev Baalman 316.660.7600
Apr 16	Parkinson's Steps to the Cure 5K	71 st & Mission Road Prairie Village, KS	8:00 AM	Parkinson Foundation of the Heartland 913.341.8828 www.parkinsonheartland.org
Apr 16	Braden's Race for Life & Miracle Mile	TBA	TBA	Ben Holmes 816.810.0440 http://bradensrun.com
Apr 16	5K Run/Walk for MDA	Brittany Hill Middle School 2701 NW 1st St. Blue Springs, MO	9:00 AM	Kelly Fowler 913.461.8725 kfowler@bssd.net www.5kformda.webs.com
Apr 16	Rabbit Race 5/10K	Warrensburg Community Center 445 East Gay St. Warrensburg, MO	9:00 AM	Andy King 660.747.7178 Andy.king@warrensburg-mo.com
Apr 16	GO Project Family 5K 5K Run, 2 mile walk, Kids Fun Run	English Landing Park Parkville, MO	9:00 AM	Kali Nelson 816.536.8333 kali@goproject.org http://theglobalorphanproject.org/engage/events/go-5k/
Apr 17	Spring Migration Triathlon 400 M swim 20 K bike 5K run	Emporia State University Emporia, KS	9:00 AM	Mark Stanbrough 620.341.5399 mstanbro@emporia.edu www.active.com
Apr 17	Kansas Half Marathon, 5/10K	Haskell Indian Nations (155 Indian Avenue) in Lawrence, KS	7:30 AM	785.841.5760 x 209 www.kansashalfmarathon.com
Apr 17	 The Trolley Run 4 mile run/walk	75 th and Wornall Kansas City, MO	7:45 AM	Susan Belger Angulo, CCVI 816.841.2284 x 2017 www.trolleyrun.org
Apr 23	Free State Trail Runs 100K Solo, 40 mi., Trail Marathon and half marathon	Clinton Lake State Park Lawrence, KS	7:00 AM 8:00 AM	Ben Holmes & 816.810.0440 badbends@yahoo.com http://www.psychowyc.com/id1.html
Apr 23	Running the Rails For a Reason 5K Run/Walk	Railroad Museum 628 Main Osawatomie, KS	9:00 AM	Susan Barrett 913.755.3025 www.tri-ko.com susanbarrett@hotmail.com
Apr 23	Easter Sun Run 10K/2mi.	Sedgwick County Park Wichita, KS	9:00 AM	Jim Presnell 316.304.2761 www.eastersunrun.com
Apr 23	Pancreatic Cancer Action Network Purple Stride 5K Run/Walk	Gezer Park Leawood, KS	8:00 AM	Charlotte Garrett 816.797.8713 http://www.pancan.org/purplestride/
Apr 29	Special Olympics Pay it Forward Midnight 5K	11400 Tomahawk Creek Parkway Leawood, KS	11:59 PM	http://www.active.com/running/leawood-ks/special-olympic-pay-it-forward-midnight-5k-and-fun-run-2011
Apr 30	Emma Creek Women's Classic 5K Walk/Jog/Run	Hesston High School Hesston, KS	9:30 AM	Hesston Recreation 620.327.7128 www.hrce.org
Apr 30	Strides for Life 5K	7 th Street Casino 777 N. 7 th Street KC, KS	8:00 AM	Brandi Severson bseverson@wyandotecasinos.com
Apr 30	Race for the Summit 5K	10 SW Main Lee's Summit, MO	8:00 AM	www.every1church.com/5K Rachel Andrisevic 816.524.4966
Apr 30	Lub Dub 5/10K Run/Walk	Bothwell Regional Health Center 601 E. 14 th St. Sedalia, MO	8:00 AM	Melia Douglas 660.826.6263 http://brhc.org/brhc_foundation.html www.active.com



50K Male Winner
Bryan Kelpé
4:31:06

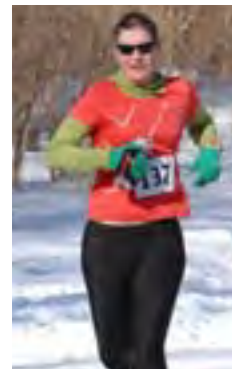
RUN TOTO RUN

02-12-2011

WYANDOTTE COUNTY PARK

PHOTOS BY:

SeeKCRun-Dick Ross & Frank Mance



50K Female Winner
Jordan Wirfs-Brock
5:41:45



2011 was the 7th year for Run Toto Run aka: (Psycho Wyco)
It's a loop course consisting of 10.35-mile loops. There are 3 distances to choose from: 10 & 20-mile, and a 3-loop 50 Kilometer. There were entrants from 28 states and 4 different countries. 2011, due to the heavy snowfall & popularity of the event scheduled two trolley buses to deliver folks to the event from 2 satellite parking areas. In total - 618 pre-registered for this year's run. 50K had 146 starters w/92 finishers - many moving to the 20-mile or 10-mile distance. The 20-Mile had 125 finishers and the 10-Mile had 326 finishers. For those folks who think Kansas is flat - well you better think again. The race has four thousand feet of elevation change (per loop) and definitely boasts some interesting technical stretches.

Run **Toto** Run wouldn't be what it is without the dogs who participate. Two would start, but only one would finish. Larry Long & faithful K-9 companion Tina finished in 5:57:40 on her first 50K. Well deserved hugs and medal to Tina.

From: Race Director Ben Holmes and co-RD Sophia Wharton



20 Mile Male Winner
Brian Wandzilak
3:03:50



20 Mile Female Winner
Suzie Scheer
3:48:23



Bianca Williams sure was happy to see that Finish Line!



10 Mile Male Winner
Rick Mayo
1:23:38



10 Mile Female Winner
Lettie Ebbs
1:33:36



Nutrition and Running

By Sally Berry Brown
MA RD CSSD ISSN

Is My Drink a REAL Sport Drink?

by Sally Berry MA RD CSSD ISSN

There are numerous beverages on the market claiming to be performance enhancing for the athlete. As you dive into the warmer months, more training, more races and sweating, it's time to increase the fluid. So what is your favorite drink?

Is it really a sport drink? Are "Energy" drinks good for you?

Let's define "energy" drinks as those with caffeine or another form of stimulant. The industry for energy drinks has increased in the last decade to a booming 5.7 billion dollar industry. More than 500 drinks were launched in 2006. Some popular brands include Red Bull, Amp., Monster, Full Throttle. These drinks are made to give you a blast of caffeine or other stimulant s including herbal extracts like gurana, ginko bilboa ginseng. They also add a touch of B vitamins,, amino acids, carnitine, and sugars. They can contain around 80 to 145 mg caffeine per 8 ounces.

Even though caffeine can enhance endurance, it's good only up to a point. Side effect can be diarrhea, nausea, dizziness, increased blood pressure and cardiac problems. These drinks also commonly contain twice the sugar as sports drink and limited sodium, potassium and other electrolytes. These drinks do not replace a sport drink.

My thoughts: Don't use. They contain too much caffeine, sugar and unknowns and are not considered sport drinks. The amount of caffeine may be enough to be banned by WADA (Anti doping organization), NCAA, and Olympics.

Is coconut water a good sport drink?

Coconut water was probably the original sport drink. Coconut water has been used in other countries for decades to assist with hydration after strenuous work. For the runner, the right coconut water can be very helpful to provide the sugar, water, sodium and potassium into a depleted athlete. Coconut water nutritional value will vary by brand. Nutritional content can range from 50-80 kcal for 8 ounces and range from 10-15 grams carbohydrate. This is well within the required range of 5-8% carbohydrate. Coconut water is lower in sodium and higher in potassium than needed by many endurance athletes in hot weather. Some athletes may need to increase their intake of sodium through food or salt tablet.

Watch for products that are "coconut drinks" instead of natural coconut water. The drinks may be loaded with sugars, syrups and flavors that will exceed the carbohydrate/sugar content for the endurance athlete causing gastrointestinal problems. Coconut water could spoil if not refrigerated or kept too long without using. It may be harder to transport.

Benefits: Good level of carb and rich in potassium

Problem: May be too low in sodium for the endurance athlete and spoil easily

What About Diet Sport Drinks such as Propel, G2, and Vitamin Water?

Low sugar and sugar substitute sport drinks were marketed for the calorie conscious athlete and recreational fitness person. Due to their low calorie, low carbohydrate, and low sodium content, these beverages would not be appropriate for training or running longer than 1 hour. Consider them diet soft drinks and NOT sport drinks.

How do I chose the right sport drink?

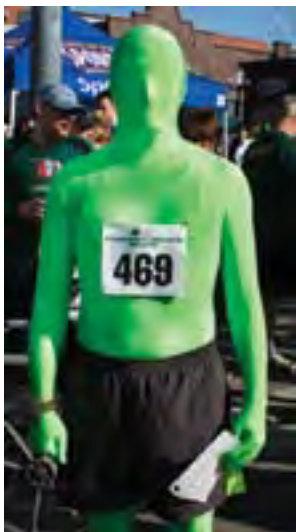
What a tough question! There are too many brands to follow and the list is growing daily. They include, GU Brew, Cytomax, Gatorade, Gatorade Endurance, EFS, Powerade, Power Bar Endurance, Accelerade ... and the list continues. Here a short list of what to look for in your personal choice.

- 1) Carbohydrate is best absorbed at 5-8% concentration. If the concentration is too high it can lead to gastrointestinal upset. If the concentration is too low you may not receive adequate carbohydrate.
- 2) Most drinks have a combination of sugar types to help stimulate fluid absorption, add taste and possibly benefit to digestion. You may find that you personally tolerate one combination better than another.
- 3) A sodium level of a MINIMUM of 110 milligrams for 8 ounces help absorption, increases thirst and drinking, and maintaining body fluids. The sodium in sport drinks prevents hyponatremia (dangerously low sodium) also known as water intoxication. Increasing sodium to at least 200 mg sodium per 8 ounce is recommended for the endurance athlete.

By experimenting with different products during your training, you will be able to find your best choices before competition time.

Sally Berry
Bodyfuel, Inc.
www.ebodyfuel.com



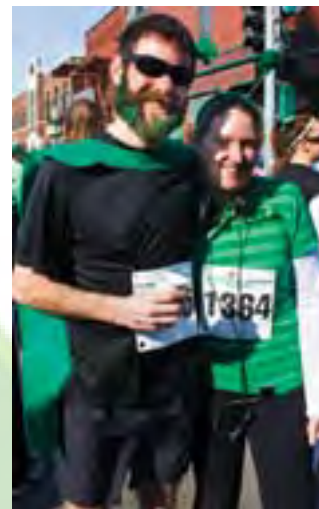


Daniel Caton
(we think.....?)



**WITH OVER 3,000 PARTICIPANTS,
IT WAS A SPECTACULAR DAY
FOR THE ANNUAL WESTPORT
ST. PATRICK'S DAY
4 MILE RUN/WALK
HELD ON MARCH 12TH**

Photos: Russ Niemi



Carrie & Christopher
Jacquin



Pretty in Pink

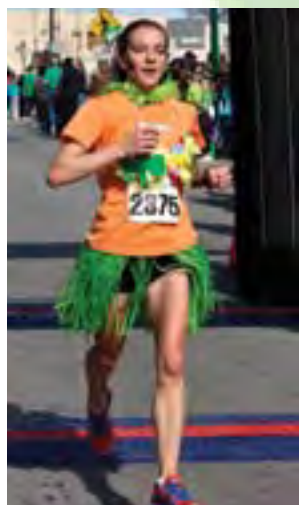


Diana Dewsbury, Jamie Turner, Ashley Pustin



So Cute!!

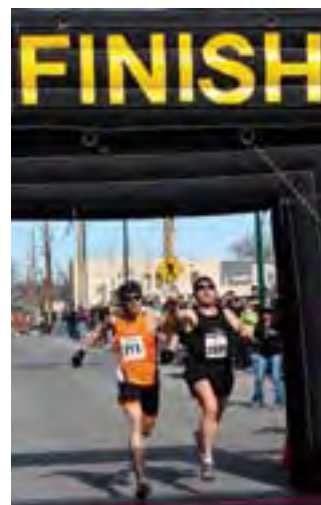
Kimberly Reed



So much FUN for Everyone!



Dale Dexter won
the race in 20:09





Heather McWhirter



GOING GREEN AT THE START



Green Garbage Guy and Friends



**David Schmidt
Luke Goodrich**



Lou Joline gettin' everyone lined up!



**Tom Haynes
Laurie Roiserts**



**Nicole Kirby
Terri Schneweis**



My Owner made me wear this!



Looking Good BJ

Centerfold Newsletter of the Kansas City Express



KC EXPRESS.org



President's Message By Kelly Pfannenstiel President of the Kansas City Express

Welcome Joy!



KC EXPRESS.org

At our March KC Express meeting, we had the opportunity to meet Joy. Joy is the woman in our new logo representing all of the women of the Express – past, present, and future.

During the process to become an independent non-profit/501(c)(3) organization, we realized it was time to update our logo to capture the true heart of the women in our club. This is only the third logo in the club's almost 30-year history.

We will be celebrating our 30th anniversary in 2012.

We quickly learned how difficult it is to verbally convey all that Express stands for when working with an outside agency. After many revisions, Terry Mann, Publicity Chair, reached out to fellow member Subashini Nadarajah for assistance in bridging the communication gap. Suba is a Creative Art Director at Hallmark with years of brand design experience. Thankfully Suba stepped forward offering her expertise and perspective as an active member, to take on the design of our new logo. She partnered together with Michael Ong, a Multi Media Studio Manager at Hallmark, as a special project outside of their full-time work.

Thus Joy was brought to life through this labor of love!

The inspiration for Joy came from the strength of the Express members (both emotionally and physically) as well as our motion (whether walking, running, or engaging in other exercise). In addition, Suba and Michael took into consideration the emotional connection we each have to each other, our families and our communities: happiness, health, fun, passion, and love. Just like Joy, none of us are perfect, yet we embrace who we are as women and celebrate each other's victories. The victories may range from walking each day for a month to qualifying for Boston; from experiencing the birth of a child to enduring the death of a marriage; from working through plantar fasciitis to surviving breast cancer.

The women of the Express provide the support and love for each other through many miles together on the roads and trails of Kansas City, which leads to the heart behind Joy. Yes, we exercise to take care of our heart and health. However the heart is greater than the physical organ; it stands for everything we hold in our heart - encompassing our emotional, spiritual, and physical health. In our logo, the heart is green. Green is fresh, young, everlasting, and associated with Spring (which I'm more than ready for!) But just like the real women of the Express, the color is flexible. When the need arrives, we can adapt and adjust. For breast cancer awareness, the heart may change to pink; for heart health month, the heart may be red; for sending your son off to K-State, the heart may change to purple (oops, sorry KU and MU fans I got carried away!)

You'll be seeing Joy on our: Mother's Day 5K brochures, billboard, banners, new website, and clothing this spring. Joy is a real woman, and she's a healthy woman. I hope you've enjoyed meeting her.

Join me in leading a "Joyful" life!

Message from the Race Director

The Mothers Day 5K is sure to be a charming race again this year! The finisher's charms have arrived and we have volunteers busily putting them together for all our finishers. This year, finishers will have their choice of coordinating cord to hang their charm from around their neck. As always, the charms look perfect with the women's cut t-shirts we have. We are also lining up some exciting food sponsors for our entrants and their families.

Our mascot Daisy has been busy too, appearing at the Express' Annual February Wednesday Night Run, wearing her own red dress for women's heart health. She also was featured in the Express' winning centipede at the St. Patrick's Day Run (and met Sluggerrr in the process)! Look for her elsewhere around town leading up to the MD5K. You can find more information about the race both on Facebook (Mother's Day 5K Run/Walk for Women) and on our website (www.mothersdayrun.com).

A Run that's Tutu Fun!

The Express will be celebrating the opening of the Kauffman Center for the Performing Arts in September with the Tutu Fun Run. For those of you who enjoyed the Martha Run last year, you know the Express can put on a seriously FUN fun run! So get ready to slip on your tutu (and maybe a tiara) and meet us outside the Kauffman Center for the Performing Arts for a fun little run September 18 at 9:00 a.m.

KC Express Long Run Group

I am proud to announce that we now have some additional certified coaches! Amy Medina, Kelly Pfannenstiel, Cathy Casto, and Saskia Jacobse all earned their coaching certificates, and are raring to go! Our group meets every Saturday at 7:00 a.m. The meeting location changes monthly. Please join us for a run, some good coffee, and conversation afterward. The schedule for the coming months is:

March – Panera, 75th and Antioch, Overland Park
April – Dunn Brothers, 93rd and Metcalf, Overland Park
May – Panera at Crown Center – training on the Hospital Hill course

For more information, contact the Long Run Coordinator at saskia7@kc.rr.com. In addition, we are on Facebook – KC Express Long Run Group. Become a friend or fan, get more information, and check out the pictures of our group.

See you on the streets!



IN MEMORY OF A SPECIAL RUNNER AND FRIEND TO THE LAWRENCE AND KC RUNNING COMMUNITY BRENDA REED

The Lawrence and Kansas City running community is mourning the loss of running partner and friend, Brenda Reed, who died unexpectedly of a stroke on January 30, 2011.

Brenda, 50, grew up in Herington, KS and graduated from KU with a degree in education. She worked as a pre-school teacher and later at Sprint/Intellcall in Kansas City and most recently at U.S. Bank in Overland Park, KS.

Brenda ran a countless number of races, with six marathons including Chicago and Grandma's in Duluth, MN.

Brenda also ran the Hospital Hill Half-Marathon for a number of years. Besides running many area races, she was also a willing and tireless volunteer. Brenda was not known for her speed, but instead was known for her warmth, kindness, and sincere concern for others. Her friendliness and positive attitude in every situation made her such a good friend to many people. She will be greatly missed by all who knew her.

Activities, Training and Meetings **Long Run:**

We have a few changes in store in the coming months, including new meeting places, new courses, and a few newly certified coaches to help you develop safe, realistic plans to meet your goals! Our group meets every Saturday at 7:00 a.m. The meeting location changes monthly. Please join us for a run, and some good coffee and conversation afterward. The Schedule for the coming months is:

April Location:

Dunn Brothers, 93rd and Metcalf, Overland Park, KS

May location:

Panera at Crown Center for training on the Hospital Hill Course

For more information, contact the Long Run Coordinator at saskia7@kc.rr.com and we are on Facebook - KC Express Long Run Group - become a friend or fan and get more information and check out the pictures of our group.

See you on the streets!

Walking:

The KC Express Saturday Walking Group meets each Saturday, 7:30 a.m.

April 2-16: TBA

April 23 - May: Roe Park

Monthly Meeting:

Location: St. Joseph Medical Center, Community Center, Building D

1-435 & Stateline Road, KCMO

6:30 p.m.: Social time with light dinner provided

7:00 p.m.: Meeting begins

* Tuesday, April 5 - "Road Runners Club of America and You", Janice Woolery, State Representative

* Tuesday, May 3 - Poster Party. Help create the fantastic "Momism" signs that line the Mother's Day 5K course

* Tuesday, June 7 - Open House. Celebrate your Mother's Day 5K success!

More information

www.kcexpress.org

2011 Officers and Committees

Officers:

Kelly Pfannenstiel, President
Katrina Allen, President-elect
Gwen Rico, Secretary
Melissa Stringer, Treasurer



Committees:

Saskia Jacobse, 2011 MD5K Race Director
Terry Mann, Publicity
Ginger Snawerdt and Kimberlee Clyma, Membership
Heather Hunter and Becky White, Volunteer Coordinators
Saskia Jacobse, Group Run Coordinator
June Moore, Group Walk Coordinator
Cathy Casto, Newsletter
Mary Allison and Cecilia Parle, Hospitality

‘RUN ACROSS KANSAS’ WITH LISA COWAN

IT’S FAR MORE THAN A 400 MILE RELAY

By Jerry Morrison



In the spring of 1998, Lisa Cowan was trying to come up with an activity for her son Paul's 7th grade class to take part in. Something that would challenge them not only physically but mentally, socially and spiritually as well. Since running is one of her passions, why not challenge the boys with a run across Kansas? With a schedule date of Memorial Day weekend, it made sense to work with the KS VFW.

In exchange for housing and meals the kids would raise money for various needs with the KS VFW. The only cost to participate was a commitment to train for 3 months and to raise at least \$150. The boys were put on a training program and their goal was to be prepared to run 400 miles in relay fashion in four days.

On Thursday, May 21 the caravan of 25 kids and 12 adults took off, headed for Tribune KS. What an incredible journey it was to be. Each day they ran in 1 mile relay fashion from Tribune to Ransom to Hoisington to Herington/Jct City. Each evening they were hosted by the veterans at the local VFW posts. They were fed incredible home cooked meals and the men and women shared the stories of their service to our country.

The 'Run Across Kansas' completed it's journey on the capital steps in Topeka where they held a brief ceremony as they presented their first check of over \$6,000 to the KS VFW.

After five years of running on one route and rotating the participants, as each of Lisa's four sons reached the 7th grade, the participants grew and so did the need for a second route. In 2002 a second route was started and began to run on a route from St Francis to Topeka, north of I-70. The following year, 2003, yet a third route began in Harper and ran to Topeka from the south. There were now 80 participants and 30 adults. All three groups would meet up in Topeka and celebrate their journey and share stories of all they had experienced.

'Run Across Kansas' is now a part of history, but the memories will last a life time. The incredible friendships that were built with our VFW friends, the goals that were reached by kids who never thought they could accomplish running 6-12 miles a day and the countless people that were helped by the \$225,000 that was raised over the twelve years of this very special and dedicated running event.

Lisa has had a passion for running since her JR High track days. She has always loved the freedom you feel in running. It gives you such a feeling of strength and confidence. This is what she has always wanted to pass on to the kids she has coached in Jr high track and high school cross country at Kansas City Christian School. Her goal was always to reach out to freshman and kids who may not believe in themselves as runners. Cross country is such a wonderful family to belong to, and the more runners that would come out meant the more kids that would dig deep and discover a confidence in themselves. Whether you were the first or the last runner on her team, what you accomplished mattered. As the icing on the cake, her teams have taken home 5 State titles!

Cowan was not one to just coach and watch her runners, she participated in many local races with her favorite being the triathlon. She began racing and training in 1989 along with her two girlfriends who she has run with almost every day. In 1998 she contracted Lyme disease and was side lined for over a year. Conventional medicine told her she would never recover and to be prepared to live with a pic line for the rest of her life. After taking a chance and visiting an alternative medicine clinic in Reno, she was healed and has resumed full activity. Thankful for a second chance, her friend Bianca Williams and her decided to celebrate in a big way and set Ironman Wisconsin as their goal. In 2008 they reached that goal and Cowan says it's the epitome of preparing, training and reaching a goal. It proves that you can accomplish anything you set your mind on.

Lisa is married to John and they have four boys; Paul, Scott, Johnny and Stephen. She has run the Rome Marathon with her son Scott and has a goal to run one with each of them. Her husband John is a partner at Harvest Graphics.



Sunday, April 18

**Register today at
www.somo.org/broadwaybridgerun**



5K / 10K / Family Run Run benefiting Special Olympics

RACE NOTES

- * Race begins and ends at Market Park (3rd and Main)
- * Grand Prix sanctioned course
- * Kansas City, MO Police protection at key intersections
- * Awards presented in 13 age divisions plus top overall male / female in 5K and 10K

PACKET PICKUP LOCATIONS Thursday, April 7 — 4:00 to 7:00pm — KC Police Academy: 6885 NE Pleasant Valley Rd, KCMO
 Friday, April 8—4:00 to 7:00pm—Garry Gribble's : 119th and Quivira, OPKS
 Saturday, April 9—10:00am to 2:00pm—Steamboat Arabia Museum: 400 Grand Blvd, KCMO

2011 ENTRY FORM (Please print clearly. One entry per form. Photocopies accepted. Signature required. No refunds. Bibs not transferable.)

<hr/> Printed Name of Participant		
<hr/> Signature of Participant (Parent's Signature if Under 18)		<hr/> DATE
<hr/> NAME		
<hr/> ADDRESS		
<hr/> CITY	<hr/> STATE	<hr/> ZIP
<hr/> PHONE		
<hr/> EMAIL		
<hr/> DATE OF BIRTH	<hr/> AGE ON APRIL 18, 2010	

YOUR SIGNATURE ACKNOWLEDGES THE FOLLOWING:

In consideration of participating in the "LETR Broadway Bridge Run" (Activity) on April 10, 2011, I represent that I am qualified, in good health, and proper physical condition to participate in such Activity. I acknowledge that if I believe event conditions are unsafe, I will immediately discontinue participation in the Activity.

I fully understand that this Activity involves risks of serious bodily injury, including permanent disability, paralysis and death, which may be caused by my own actions, or inactions, those of others participating in the event, the condition in which the event takes place, or the negligence of the "releasees" named below; and that there may be other risks either not known to me or not readily foreseeable at this time; and I fully accept and assume all such risks and all responsibility for losses, costs, and damages I incur as a result of my participation in the Activity.

I hereby release, discharge, and covenant not to sue Special Olympics Missouri, its respective administrators, directors, agents, officers, volunteers, and employees, other participants, any sponsors, advertisers, and if applicable, owners and lessors of premises on which the Activity takes place, (each considered on of the "RELEASEES" herein) from all liability, claims, demands, losses, or damages on my account caused or alleged to be caused in whole or in part by the negligence of the "releasees" or agree that if, despite this release, waiver of liability, and assumption of risk I, or anyone on my behalf, makes a claim against any of the Releasees, I will indemnify, save and hold harmless each of the releases from any loss, liability, damage, or cost which I incur as the result of such claim.

I grant Special Olympics Missouri permission to use my likeness, voice and words in television, radio, film or in any form to promote activities of Special Olympics Missouri.

I have read this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT, and understand that I have given up substantial rights by signing it and have signed it freely and without inducement or assurance of any nature and intend it to be complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid the balance, notwithstanding, shall continue in full force effect.

ENCLOSED ENTRY FEE

_____ \$25 before 4/1/11 _____ \$30 Late/Race Day _____ Additional Donation **TOTAL: \$** _____

MAKE CHECKS PAYABLE TO:
Special Olympics Missouri

CHECK ONE

_____ 5K _____ 10K _____ FUN RUN (3-4 BLOCKS)
Walkers welcome, but limited to 5K

T-SHIRT SIZE

_____ S _____ M _____ L _____ XL _____ 2XL
Must be registered by 4/12 to guarantee shirt

Send completed form and payment to:
Special Olympics Missouri * Attn BBR
9001 W 67th Street * Merriam, KS 66202

FOR MORE INFORMATION: Phone: (913) 789-0332 Email: ballinger@somo.org Website: www.somo.org/broadwaybridgerun

BROADWAY BRIDGE RUN PRESENTED BY:



LITTLE ROCK MARATHON

a medal of mythic proportions



28 YEAR OLD ARMY VET RUNS FULL LITTLE ROCK MARATHON FOR A PURPOSE

Imagine walking 26.2 miles with over 70 pounds on your back the entire way.

That's exactly what 28-year-old Nick Nelson of Conway did today for the ninth annual Little Rock Marathon. Nelson is a six-year veteran of the U.S. Army now serving in the 39th infantry brigade of the Arkansas National Guard, stationed at Camp Robinson in North Little Rock.

Nelson participated in uniform, helmet included, carrying full Battle Dress Uniform (BDU) gear on his back.

He did so for two reasons, one, for the training; and, two, for the opportunity to promote the U.S. Army. When asked about the reaction he received along the course, he said he was "fascinated" and "couldn't believe it."

Nelson completed the race in 8:36:47.

Welcome New MARA Members:

Karen Brown	Kansas City, MO
Tom Boosman	Kansas City, MO
Jorel Butkovich	Independence, MO
Greg Hall	Kansas City, MO
David Lindsey	Liberty, MO
Jayne Little	Warrensburg, MO
Brian McFall	Lawrence, KS
Kevin Miller	Olathe, KS
Sam & Anita Mills	El Dorado, KS
Brett & Gay Purcell	Independence, MO
Nancy Richardson	Olathe, KS
Miki Schroeder	Platte City, MO
Amy Stucky	Overland Park, KS
Steve Walsh	Kansas City, MO

Sustaining MARA Members:

Anna & John Allen	Leawood, KS
Lexa Alley	Merriam, KS
Rich & Marlene Ayers	Kansas City, KS
Diane Bahr	Leavenworth, KS
Mary Boyce	Wichita, KS
John Cookinham	Kansas City, MO
Mary Desch	Wichita, KS
Eddie Feuille	Wichita, KS
Bill Glauz	Leawood, KS

Sustaining MARA Members Cont'd:

Mary Charles Haley	Kansas City, MO
Alan & Robin Higley	Omaha, NE
Rick Hogan	Leawood, KS
Carla Jenkins	Odessa, MO
Terry & Keith Mann	Fairway, KS
Ed McCay	Leawood, KS
Ann & Stan Nelson	Westwood Hills, KS
Chris Nichols	Leawood, KS
Russ Niemi	Olathe, KS
Howard Nies	Kansas City, KS
Karen & Keith Raymer	Olathe, KS
Barb Rlnne & Family	Lee's Summit, MO
Donald Roth	Prairie Village, KS
Gretchen & Stevan Ryan	Olathe, KS
Richard Stainbrook & Family	Pomona, KS
Marla Thompson	Leawood, KS
Don Turner	Shawnee, KS
Sandra & John Weston	Kansas City, MO
Dean Whipple & Family	Kansas City, MO
Tim Wigger	Shawnee, KS
Eugene & Marsha Wren	Shawnee Mission, KS
City of Overland Park, Golf Div.	Overland Park, KS
HomeTeam Inspection	Leawood, KS
Thomas Photographic	Kansas City, MO

Sustaining memberships (\$100) help maintain a high level of excellence with Master Pieces and help defray costs for the website. Thank-you to these generous contributors.

WIN for KC

In celebration of National Girls and Women in Sports Day, WIN for KC hosted their 17th annual awards luncheon on February 4, 2011. This was the largest in the country honoring outstanding women in the Kansas City community for their achievement in sports and fitness.

This year 1,400 attended the luncheon.

WIN for KC (Women's Intersport Network for Kansas City) empowers women and girls by providing participation and leadership in various events in the community. It advocates and promotes the lifetime value of sports and fitness for women. WIN for KC was established in 1994.



Mary Edwards (award winner)
Ann Graffigan (guest speaker,
Steeplechase Olympic Trials Winner)
Ann Bowman



**Olathe East Girls
Cross Country
State Champions**



**Shawnee Mission
North Girls
Track & Field
State Champions**



**Olathe East Girls
Track & Field
State Champions**



Members of KC Express and Friends



Local sports group, including MARA
President Karen Raymer, VP-Sandi Weston,
Mary Edwards & Susan Ng

Photos By:
thomasphoto@kc.rr.com



Lou's Cartoons

In Living Color
By Lou Joline



START2FINISH

AN EDUCATIONAL PARTNERSHIP

5K Run-Walk • July 23, 2011 • 7 a.m.

Course:

Certified 5K point-to-point. Start at JCCC, head south on Quivira, finish at KU Edwards Campus.

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 20, or at packet pick-up on July 22

\$28 on race day, July 23

Special buddy discount when you register with a friend

Registration

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

JCCC
Johnson County Community College

KU EDWARDS CAMPUS
The University of Kansas



2 Schools – 1 Race • Benefiting Undergraduate Scholarships

MOTIVATION FOR YOUR MILES

"All I want to do is drink beer and train like an animal."

- Rod Dixon

"A lot of people don't realize that about 98 percent of the running I put in is anything but glamorous: 2 percent joyful participation, 98 percent dedication! It's a tough formula. Getting out in the forest in the biting cold and the flattening heat, and putting in kilometer after kilometer."

- Rob De Castella

"Listen to your body. Do not be a blind and deaf tenant."

- Dr. George Sheehan

"Listen to my body? If I was listening to my body right now I would be home in bed eating a danish and reading the funnies."

-Unknown San Antonio Marathon Participant

"If you aren't focused on time, you can talk to people all through the race. I've had great conversations with people from all over the world. All runners are optimists.

Pessimists don't run marathons."

- Larry Macon

(completed 106 marathons and ultras in one year)

"Believe in yourself! Have faith in your abilities! Without a humble but reasonable confidence in your own powers you cannot be successful or happy. But with sound self-confidence you can succeed."

- Norman Vincent Peale

"Believe in yourself, know yourself, deny yourself, and be humble."

- John Treacy

"The will to win means nothing without the will to prepare."

- Juma Ikangaa

"It used to be that I'd eat to run - and the more I ran, the more I needed to eat.

But now I run to eat. I love to eat."

- Tom Fleming

"I wish chiefly to impress on all athletes who may read this book that if they wish to excel at any branch of sport they must train. Train steadily, consistently, and constantly, and always bare in mind that however well they may be doing it is still possible for them to do better."

- Alf Shrubbs

"Runners are a pretty gutsy bunch. We constantly push ourselves to discover limitations, then push past them."

- Bart Yasso

"What bothers people about runners is our almost arrogant acceptance that through and in running we are fulfilling our destiny. We runners tend to regard ourselves as born-again heroes and saints. If runners possess anything to a greater degree than endurance, it is self-esteem."

- Dr. George Sheehan

THE SHAMROCK SHUFFLE MARCH 5, 2011 LAWRENCE, KANSAS

PHOTOS BY GENE WEE



HEADING UNDER THE BRIDGE



KEEPING A QUICK PACE



**THOMAS ZUNIE
LEADS THE PACK**

Thank you, Kansas City runners, for so much encouragement

Page Worth
Saving

Photos



Calendar

Free 5X7 Photos From
www.SeeKCrun.com at these events

Date and Time	Event Name	Registration/Information Web Sites For complete and daily updated registration links, go to www.SeeKCrun.com
April 10, Sunday 9AM	Broadway Bridge 5K/10KRun City Market	www.somo.org/broadwaybridgerun The Broadway Bridge Run helps to provide year-round sports training and athletic competition in 21 Olympic-type sports throughout KC
April 16, Saturday 9AM	Braden's Miracle Mile and 5K Race for Life	www.psychowyc.com/bradenhofen/ Unity Village 1901 Northwest Blue Parkway, Lee's Summit, MO
April 23 Saturday 7-8AM	Free State Trail Runs at Clinton Lake	www.psychowyc.com/id95.html Free State Trail Runs 100-Kilometer Solo, 40-Mile, Trail Marathon, 1/2-Marathon
May 1 Sunday 8AM	LAKC Run for Justice 5K	Theis Park, Kansas City, MO
May 7 Saturday 8AM	Heart & Sole 5K/ 10K	www.olatherunningclub.com Olathe, Ks
May 7 Saturday 8AM	Fort Leavenworth Triathlon	www.leavenworthtriclub.com Fort Leavenworth, Ks
May 14 Saturday 8AM	ANGEL 5K	http://www.maguiregilnerangeldayrun.webs.com/ Lone Elm Park, Olathe KS
May 14 Saturday 8AM	Truman Run 5K	www.Trumanrun.org 607 W. Lexington Ave., Independence, MO 64050
May 14 Saturday 8:00AM	Trail Hawks Hawk 50 Marathon Trail	Gary Henry www.lawrencetrailhawks.com/
May 14 Saturday 8:00AM	Rock-On Lake Perry Tail Run	www.psychowyc.com/lakeperrytrailruns
May 15 Sunday 8:00AM	Five Trails ½ Marathon	http://www.fivetrailshalfmarathon.com
May 15 Sunday 7:30AM	Heritage Park Triathlon	Chad Tower 913.236.1231 www.jcprd.com
May 21 Saturday 8:00AM	Girls on the Run	Nancy English 816.444.0605 Town Center
May 21 Saturday 8:00AM	Girls on the Run	Sabrena Lea www.gotrckmo.org/

Like a falling tree in the forest, if there are no photos of a running event, did it really happen? Dick Ross www.SeeKCrun.com

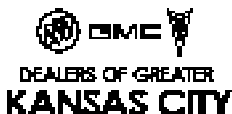
For complete and daily updated registration links, go to www.SeeKCrun.com

Runners begin at 7:45am
Walkers begin at 8:25am

Presented by:



Shook,
Hardy &
Bacon



GRIN EYE CARE



MARA and RRCA sanctioned ★ USATF certified ★ MARA Grand Prix series

REGISTER ONLINE @ www.trolleyrun.org

816.841.CCVI

2011 ENTRY FORM

Please print clearly

One entry per form • Photocopies acceptable • Signature required • No refunds • Bib numbers not transferable

1. SIGNATURE AND INFORMATION

RELEASE AND WAIVER: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all right and claim for damages I may have against CCVI, Friends of CCVI, Mid-America Running Assoc., Sabates Eye Centers, End Result Company, the City of Kansas City, Missouri, the Kansas City Police Department, and all sponsors, race officials, workers, and volunteers, their representatives, successors or assigns from ANY AND ALL claims of liability, whether foreseen or unforeseen, for death, personal injury, or property damage arising out of, or in the course of my participation in this event. I further grant full permission to Mid-America Running Assoc., CCVI and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any reasonable purpose. I will not run or jog with a baby stroller. No animals except those assisting the blind.

★ ENTRY FORM MUST BE SIGNED TO BE VALID. X

Signature of runner (if over 18) or parent or legal guardian (if entrant is under 18)

FOR OFFICIAL USE ONLY

LAST name _____ FIRST name _____

Street address _____

City _____ State _____ Zip _____

Day phone (_____) _____ Evening phone (_____) _____

E-mail _____

Check one: ☐ Male ☐ Female Date of birth ____/____/____ Age on race day _____

CCVI Family Team Name _____

NEW FOR 2011, form a Fun Team. Get your friends together to support CCVI.

Fun Team Name _____

2. ENTRY FEE INCLUDES RACE DAY T-SHIRT (check one)

Adult—☐ Small ☐ Medium ☐ Large ☐ X-Large ☐ XX-Large (MUST add \$2.00 for XXL)
Youth—☐ XSmall ☐ Small ☐ Medium ☐ Large ☐ X-Large (Adult Small) ☐ XXL (Adult Medium)

3. RUNNER/WALKER WAVE CHOICES (check one)

☐ WHEELCHAIR (No fee) ☐ RED ☐ BLUE ☐ GREEN ☐ YELLOW ☐ ORANGE ☐ WHITE

For fastest start waves, 2010 results will be used for verification.

No wave changes on race day!

EVENT FEES

☐ \$ 30.00 – Until April 4
☐ \$ 34.00 – After April 4
☐ \$ 40.00 – Race Day
☐ I'd like to add a donation for the students of ccvi

TOTAL (Enter total in Section 6 below)

See

www.trolleyrun.org
for descriptions.

4.

OFFICIAL TROLLEY RUN 2011 MERCHANDISE

☐ \$ 20.00 – Men's Tech Shirt (Varsity blue)
☐ S ☐ M ☐ L ☐ XL
☐ \$ 20.00 – Women's Tech shirt (Aster Pink)
☐ XS ☐ S ☐ M ☐ L ☐ XL
☐ \$ 10.00 – Additional Run T-Shirt
☐ S ☐ M ☐ L ☐ XL ☐ XXL (MUST add \$2.00 for XXL)
☐ \$ 18.00 – Long Sleeve T-Shirt
☐ S ☐ M ☐ L ☐ XL ☐ XXL (MUST add \$2.00 for XXL)
☐ \$ 5.00 – Official Commemorative Pin
☐ \$ 5.00 – Limited Edition Commemorative Poster
☐ TOTAL FOR MERCHANDISE (Enter total in Section 6 below)

5. KIDS' TROLLEY RUN (10 AND UNDER)

All receive special Kids' Run T-Shirt, runner's number, goodie bag, participation ribbon.

Child's LAST name _____ First name _____

Street address _____

City _____ State _____ Zip _____

Phone (_____) _____ Age on race day _____

T-Shirt Size—Youth Size XS (2-4) S (6-8) M (10-12) L (14-16) XL (Adult Small) XXL (Adult Medium)

☐ \$ 10.00 – Regular Entry Fee
☐ \$ 15.00 – VIP Entry Fee (Includes "I Ran for CCVI" patch plus special item)
☐ TOTAL FOR KIDS' TROLLEY RUN (Enter total in Section 6 below)

Parent or guardian signature REQUIRED in Section One (1) above

6. ENTRY FORM - FINISH LINE

☐ Event Fees & CCVI Contribution total
☐ + Merchandise total
☐ + Kids' Trolley Run total
☐ = GRAND TOTAL

Check one: MasterCard ☐ VISA ☐ AMEX ☐ Card # _____

Exp. Date _____ SIC # _____ Name on card _____

Signature _____ Statement will read CCVI



Make checks payable to: CCVI

MAIL OR BRING TO: CCVI - TROLLEY RUN

3101 MAIN ST.

KANSAS CITY, MO 64111

Mail-in deadline: April 4, 2011 Walk-in deadline: April 13, 2011

Kansas City Roads and Bridges

By Dave Schieffer



"Cycling stuff going on in the Kansas City area"

Best and Worse of 2010 Bike/Ped in Missouri

Many organizations, groups, public officials, and individuals across Missouri have been working hard to make great things happen for bicyclists and pedestrians.

From *The Hub*, newsletter of the Missouri Bicycle and Pedestrian Federation (MoBikeFed), here are the highlights and lowlights from 2010.



Thumbs Up to:

1. MoDOT adopted new and improved pedestrian policies
2. 14 Complete Streets policies in Missouri – almost tripling the number of policies in one year.
3. Springfield and Lee's Summit receive Bicycle Friendly Community recognition.
4. Huge progress in St. Louis: \$4.7 million sustainable communities planning grant for St. Louis region/Trailnet, funding for Arch bikeway, regional bike/ped master plans, new Livable St. Louis Network, continued expansion of regional trails network, Bike Commuter Station downtown.
5. Bike/ped access open or under construction on three major Missouri river bridges: two in KC and one in Jefferson City.
6. Several cities received significant grants to create bike/ped friendly communities and Complete Streets.
7. Laws prohibiting harassment of bicyclists and pedestrians now law in three Missouri cities.
8. New regional bicycle route in Parkland area and National Trail Angels award for Farmington's in for cyclists.
9. Newly announced national Route 66 bicycle route.



Thumbs Down to:

1. Cancellation of the Tour of Missouri.
2. The continuing deterioration of St. Louis City streets with potholes posing hazards to bicyclists.
3. Existence and creation of poorly designed bike lanes in St. Louis City and County that take riders directly into the door zone of parked cars.
4. Negotiations with MoDOT were unsuccessful in securing pedestrian and bicycle access on three bridges in St. Joseph metro area.
5. Proposal to ban bicyclists on many key routes in St. Charles County (it was defeated).
6. MoDOT allowing the city of Riverside, MO to remove bicycle access from the southbound side of the Fairfax bridge.
7. Pedestrian and cyclist fatalities in St. Joseph, Springfield, Warrensburg, and elsewhere.

Check out www.mobikefed.org for details about how you can help us add more to the thumbs up side!

Whether you are running, walking or riding,
please be safe out there!

Happy Trails!

Dave Schieffer represents MARA on the Missouri Bicycle and Pedestrian Federation (www.mobikefed.org). If you have any comments or suggestions for Dave, please send an email to schiefferus@yahoo.com.



Join Mid-America's Most Experienced Running Association www.mararunning.org

Established in 1973



Benefits of membership in Mid-America Running Association

- Race Administration
- Master Pieces Magazine
- MARA Grand Prix
- Complete Racing Schedule
- Discounts at area running stores
- Facebook Updates

NAME _____

ADDRESS _____

CITY _____ CITY _____ STATE _____ ZIP _____

PHONE _____ SEX: M _____ F _____ EMAIL (OPTIONAL) _____

Waiver: I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Road Runner's Club of America, Mid-America Running Association, Road Runner's Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver.

Signed (Parent or Guardian if under 18) _____

Make Check Payable to: MARA

Mail to: Membership Director--14002 W. 146th St--Olathe, KS 66062

☐ \$30 Regular Membership

☐ \$35 Family Membership (All family members receive discounts).

☐ \$100 Sustaining Membership*

☐ \$25 Senior (60+)/Junior (19 and under)

* Sustaining memberships help MARA maintain the website and Master Pieces.

"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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