

# Master Pieces

Magazine of Mid-America Running Association

August / September 2011

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



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## MARA in the Kansas City Community



The Annual Groundhog Run that benefits Children's TLC.



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The Annual MARA Chili Run is a fun event to close out each year.



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- Ad on the main page and schedule page of the website.
- Recognition at the Annual MARA Chili Run

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- Recognition at the Annual MARA Chili Run

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- Recognition at the Annual MARA Chili Run

Mid-America Running Association (MARA) has been a leader for running the Kansas City area since 1973. Known for its skills in race administration, MARA also publishes the award winning magazine **Master Pieces** six times per year and maintains a website [www.mararunning.org](http://www.mararunning.org) that has thousands of visitors each day. Runners and walkers scan the schedule of events and review results from the hundreds of area races held each year in the area.

MARA also supports charitable organizations through race administration and our Annual Chili Run held each December.

We are a 501-C3 charitable organization through the Road Runners Club of America.



# Master Pieces

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

AUGUST / SEPTEMBER  
2011

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

*Cover Photo:*

*Finish Line @ Hospital Hill 2011*

*Spectacular Win by Joshphat Boit*

*Photo: Russ Niemi*



## STAY FOCUSED!

By Renee Kidwell



I am going to share with you a rather small mishap I encountered the other day on my run. You probably have never had something like this happen before, so it's fine to laugh at and with me on this!

It was one of those very hot, humid runs and I couldn't see through the sunglasses for the sweat on them. So I removed my glasses, grabbed my little cloth rag and started to wipe them off. About the same time, my right foot catches the lip of the sidewalk edge and I'm making a rather ungraceful dive on to the pavement. Somewhat startled, first reaction is to look around to see if anyone saw me make that clumsy nose dive. Good, no one's around. Now I gingerly pick myself up and check to see if anything is broken and how bad the road rash is bleeding. Next, I retrieve the glasses that were flung about 10 feet in front of me and proceed to see if I can slowly start running again. Never mind the stinging from the scraped knee, elbow, shoulder.... you understand don't you? There's still 3 miles to go before I'm home again. Which, by the way, was plenty of time to have my little self talk or more like a scolding to self. "Boy, that was stupid, why don't you stay focused on what and where you're going"? Hmmm. Stay focused indeed!

We all lose our focus sometimes. Depending on what and where we are, it can be dangerous. Most of the time though, it just takes us on a detour distracting us a bit from reaching our goals and destinations that we have planned. It's OK, just don't stay on the ground too long. Wipe the sweat off, pick yourself up, start walking or running again. Stay focused by looking ahead, keeping your eyes and mind on your goal (or the sidewalk ahead). You will make it to the finish line. Bumps & bruises are sometimes just part of the journey.

Hoping you keep that Happy and Healthy Focus!

## New MARA Members and Sustaining Memberships are listed on page 6

### • Master Pieces Staff

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1



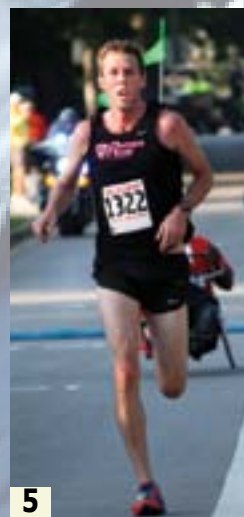
2



3



4



5



6



7

**The 2011 Lenexa Freedom Run** celebrated Independence Day for the 33rd year with approximately 1,500 finishers. Photos are as follows: 1. Beautiful Day/ Beautiful Start; 2. Laura Eakin - 10K women's winner in 39:32; 3. Christine Nelson - 5K women's winner in 17:45; 4. Dale Dexter - 5K winner in 15:24; 5. Josh Wright - 10K winner in 32:59; 6. Ed Burnham & Terry Mann; 7. Mark Ingold & wife from Fisher, IL; 8. Olathe Runner's club members: Bruce Baldwin, Betty Deischer, Charles Forrestal, Ron Maxwell; 9. KC Express members, - Amy Medina, Saskia Jacobse & Terry Mann



8



9





Start of the 1 mile run.



Angie Steinbrugge's dog Ranger is ready for her close up



Gary Lezak, Robin Rowland HSGKC, Debbie Erikson KFKF, T.J. McEntire Q104 on stage.



Strollin' is always fun on the Plaza



Joan Williams and Linda DePriest have double the fun with their 4 dogs.



Jill Tuper and daughter Journey enjoy running together.

**24th annual  
DOG-N-JOG**  
Sunday, June 12, 2011  
Country Club Plaza  
7 am to 10:30 am



"Lady Gaga" and her dog with meat dress



Scotty Bumble Bee.



Drake and Patty Vidrine never miss a Dog-N-Jog.



This dog gets classic carry from the Banfield group



Classic mustard hot dog



Tim Stramm and his beautiful red dressed Bailey Great Dane



Julia Urban finds it easier to run with her dog tied to her waist.



Female winner in 2 mile Run Amy Schmitz and Winston head for the finish line.



1 Mile Run Females, 1st Lisa Imgrund, 2nd Julia Roshier, 3rd Stephanie Mings.



1 Mile Run Males, 1st John Quinly, 2nd Jim McCormick, 3rd John Roshier.

Photos provided by: [thomasphotographic.com](http://thomasphotographic.com)



## Running Shorts

August 2011

Edited by

Julie Worthington

### HOW TO GAIN FROM YOUR PAIN

Post-workout euphoria can leave you feeling pumped to conquer the world – until the next morning, when you can barely walk to the bathroom or lift an arm to brush your teeth. Such are the painful rewards of delayed onset muscle soreness, a result of microscopic tears to muscle fiber that occur when you run faster, lunge deeper or lift more than usual. The damage ignites an inflammatory response as the muscle repairs itself, causing pain that peaks 24 to 48 hours after the activity and dissipates in five to seven days. Contrary to popular belief, next-day soreness is not caused by a buildup of lactic acid, abnormal byproduct of muscle metabolism responsible for the burn you feel during exercise. Delayed onset muscle soreness is most common after a new activity or exercise involving “eccentric muscle contractions,” which is when the muscle lengthen as it contracts, such as when you lower the weight in bicep curls or run downhill. Next-day soreness is usually a good thing. The tear-and-repair process forces the muscle to adapt, so that the next time you do the same exercise there’s less damage, less soreness and less recovery time – basically, you’re stronger. If you don’t get muscle damage, you don’t get muscle growth. If you want to grow and gain strength, you have to get sore. So, how do you handle this soreness?

1. *Dial back exertion.* When muscles are sore, they leak proteins from their cells into the bloodstream and can’t generate their cells into the bloodstream and can’t generate their usual force. So you have to put far less pressure on sore muscles, or you risk injuring them and delaying recovery. No one knows for sure how much damage is necessary to get the muscle to adapt. Some soreness is probably optimal. Too much soreness can be counterproductive because the longer it takes for the muscles to rebuild, the longer you have to wait to resume your workouts.

Extreme soreness can be dangerous.

2. *Stay hydrated.* It’s important to stay hydrated while you’re sore to flush the kidneys and prevent protein buildup in the blood. Watch your urine to make sure it’s a light yellow.

3. *Work up, cool down.* There’s little you can do to prevent delayed muscle soreness. Cooling down helps remove lactic acid that gives you that muscle burn during exercise, and stretching can help prevent a pulled muscle, but neither stretching nor cooling down will do anything to prevent next-day soreness. Your best bet to mitigate soreness is to gradually build up to strenuous exercise with lighter versions of the activity over several days prior.

4. *Temporary relief.* There’s also little you can do to speed recovery from soreness. Massage, ice, stretching, a warm bath or taking anti-inflammatories can make your muscles feel better temporarily, but they won’t make them heal faster. High dosages of antioxidants like vitamins E, C and beta-carotene might also help.

5. *Diet.* Eating foods with protein and sugar within an hour of hard exercise speeds muscle recovery because the spike in insulin drives protein into the cells.

6. *Be smart.* In some cases, what you think is soreness could be injury. See a doctor if: \*You have acute, sharp pain as opposed to the dull burn of soreness. \*The pain is only on one side of your body (soreness is usually symmetrical). \*The pain gets worse during light exercise. \*The pain hasn’t dissipated in seven days.

(Chicago Tribune, June 2011)

### EAT YOUR WATER

Here’s some juicy news: Drinking water isn’t the only way to stay hydrated. According to the Institute of Medicine, 20 percent of your water intake comes from food. In addition to filling your water bottle, add these foods to your diet for hydration, nutrients, and a tasty change of pace. H2O + ELECTROLYTES: cantaloupe, peaches, strawberries. These fruits are mostly water and rich in potassium, an electrolyte lost through sweat. H2O + VITAMIN C: watermelon, kiwi, citrus. Vitamin C helps maintain cartilage and joint flexibility, and these fruits provide at least a third of your daily need per serving. It also plays a role in protecting your skin. H2O + CANCER DEFENSE: tomatoes, broccoli. Tomatoes are rich in lycopene; studies link this antioxidant to a reduced risk of lung, stomach, prostate, breast, colon, and cervical cancer. While it may not seem juicy, broccoli is 90 percent water and contains compounds called isothiocyanates, which block a defective gene that causes cells to become cancerous. H2O + RECOVERY: pineapple, cherries. Both fruits may help you recover and rehydrate post-run. Studies show the enzyme bromelain, found in pineapple, may reduce inflammation and speed muscle repair. Tart cherries contain anthocyanins and melatonin, which reduce inflammation. H2O + IMMUNITY: yogurt, kefir. Studies show that eating probiotic-rich foods can protect you from catching respiratory-tract infections that might otherwise thwart your run. Yogurt usually delivers between one and five strains of probiotics (healthy bacteria); kefir, a yogurtlike drink, can contain up to a dozen. One cup of each also contains 10 to 12 grams of protein, an immune-system building block. H2O + DIGESTION: one protein as two eggs, and half your daily fiber needs. Fiber keeps your digestive system moving, helps lower cholesterol, and controls appetite. Beans are the perfect runner’s food. They’re a balanced combo of carbs and protein, which allows for a slower release of blood sugar for optimal performance.

(Runner’s World, July 2011)



### BEST STRENGTH MOVES FOR RUNNERS

Repeat after us: “A strong butt equals a happy runner”. Strengthen your glutes and you’ll not only move faster but also cut your chances of injury. Do these butt firmers to boost your assets. Weighted squat: \*Stand with feet hip-width apart, holding a 5- to 10- pound dumb-bell in each hand. \*Lower into a squat, bending knees 90 degrees – knees behind toes- and hinging toward slightly from hips. \*Slowly return to start position. Do 3 sets of 8 to 12 reps. Single-Leg Dead Lift: \*Stand with feet together, holding a 5- to 10- pound dumbbell in each hand, palms facing fronts of thighs. \*Raise right leg behind you slightly. \*With back flat, hinge forward from hips and lift right leg behind you until body is parallel to floor from head to right heel. \*Return to standing. \*Do 8 to 12 reps. Switch sides; repeat. Do 3 sets. Step Up: \*Stand with feet hip-width apart, facing a step or a bench and holding a 5- to 10- pound dumbbell in each hand, arms by sides. \*Step with left foot onto bench, then bring bent right knee up to hip level. \*Step down with right leg, then left leg to return to start. Switch sides and repeat to complete 1 rep.

\*Do 3 sets of 8 to 12 reps.

(Fitness, July 2011)



## LOCAL HEROES

A glimpse of top club coaches reveals passionate individuals who keep us motivated and race-fit. Here is their top advice. Jenny Spangler (Jenny Spangler Racing, Lake Forest, Illinois): Put away the watch for most of your training. Consistency is a key component to improvement. To obtain this consistency, train through perceived effort. One day a 7:00 mile may seem easy but the very next day it feels hard. If you are a slave to your watch, you tend to push your body too hard when it may not be ready for a certain pace on that day. On the other hand, the watch may be holding you back because you are ready for a faster pace, but if you have a fixed time already in your head you tend to stick to that time. John and Susan Gallagher (Gallagher Fitness Resources, Salem, Oregon): Drop the "Go Hard or Go Home" mentality completely from your daily training. Keep your goals in perspective. Faster times are the direct result of keeping your body and your mind loose by challenging yourself appropriately in training and being recovered for your next race. Improvement in running requires patience and consistently running without injuries, nothing more. Mike Reif (Genesee Valley Harriers, Rochester, New York): The runners who progress the most are those with clearly stated goals and who are dedicated to carrying out a well thought-out training plan. They utilize a variety of training intensities in challenging workouts and run with others of similar abilities. They run with teammates or friends, which fosters camaraderie and positive energy that carries over into racing, resulting in improved performances. Race strategies are incorporated into workouts, which makes the hard work fun and a dress rehearsal for racing, no matter where you are in the pack. Dave Coyne (Twin Cities Running Club, St. Paul, Minnesota): You don't have to run 100 miles a week or do killer workouts to improve, but you do have to be consistent with your training. Many runners train for a big race such as a marathon, and then do very little running until they decide to train for the next big race. To improve from year to year, though, you have to run with a purpose even when you're not training for a race. Put in some substantial base mileage and do enough speed work to maintain a high level of fitness. Build on your strengths and work on your weaknesses. The runners who improve the most

are those who maintain that consistency.  
(Running Times, July/August, 2011)



## CAN RUNNING CAUSE CANCER?

While most research says it's unlikely, runners still need to be cautious and prepared. During the running boom of the 1970's, few runners worried about cancer. We concentrated on beating back heart disease, the major health issue of the time. But then, in the late '80's, Ken Cooper, M.D., the so-called "father of aerobics," began telling runners that logging more the 15 to 20 miles a week could potentially heighten the risk of cancer. Dr. Cooper and others believed that vigorous exercise like distance running produced an abundance of "free radicals" that were linked to degenerative diseases. Cooper suggested runners consume extra antioxidants to neutralize the free radicals in their systems. Three decades later, the antioxidant theory hasn't withstood the scrutiny of time. For one thing, cell biologists have found that exercising muscles produce more than enough "endogenous" (inside the body) antioxidants to protect themselves from free radicals. More important a growing number of studies show runners and other exercisers enjoy modestly lower cancer rates. Cancer experts say the one direct connection between running and the disease may involve skin cancer. Recent studies by Austrian researchers found that marathoners had a 71 percent higher incidence of abnormal-looking skin moles and lesions on their shoulders than nonrunners. Based on these findings, the researchers advised runners to train "with low sun exposure, wear adequate clothing, and regularly use water-resistant sunscreens."

(Runners World, July 2011)

## KEEP IT COOL

Beat the heat with cold, health-boosting foods. **TO RUN LONGER... SNOW COANES AND SLUSHIES.** A 2011 study found that having a slushie flavored with sugar syrup prerun can help you run 20 percent longer than drinking cold water with the same amount of syrup. The slushie cools you down better than cold water, preventing overheating. Chill out: Top shaved ice with real fruit syrups. Or blend up frozen berries, juice, and honey. Pour over shaved ice. **TO COMBAT INFLAMMATION...COLD SOUPS.** Refreshing, chilled soups made from colorful vegetables offer a wide range of antioxidants that help combat inflammation that causes soreness. Soups made from fresh summer fruits make for a healthy dessert that packs carbs and fiber. Chill out: Make gazpacho: Puree one pound yellow tomatoes and half a cucumber. Add a cup of kefu; garnish with basil. **TO BOOST IMMUNE HEALTH...FROZEN YOGURT.** A wave of frozen yogurt shops has introduced the creamy dessert with a tart kick. Compared to grocery-store versions, this fro-yo contains more live cultures that promote gastrointestinal health and boost immune system strength. Chill out: To frozen vanilla yogurt with fresh fruit and chopped nuts for added antioxidants and healthy fats. **TO INCREASE CIRCULATION...POPSICLES.** Popsicles can be healthy – just check the ingredient list. Store bought brand made from real fruit and with no added sugar supply vitamin C and potassium; both are vital for healthy circulation. Chill out: Make your own pops: Blend up your favorite summer fruit; pour into popsicle molds and freeze. **SPEED RECOVERY...FRUIT SMOOTHIES.** Creamy and cool, fruit smoothies provide everything you need to recover postwork-out, including carbs and protein. Plus, a recent study found that fruit extracts can help lower measures of oxidative stress following a strength-training session. Chill out: Whether store-bought or homemade, make sure your smoothie has about 15 grams of muscle-building protein. **CUT BACK ON FAT...GELATO.** Gelato actually has less butterfat than ice cream. A half cup contains 150 calories and four grams of fat (versus 200 or more calories and eight grams of fat for ice cream), making for a healthier indulgence. Chill out: Look for gelato made with real fruit, and stick to a half cup. (Runner's World, August 2011)



## AMERICAN'S OLDEST RACES

1. Delaware YMCA Turkey Trot 8K, Buffalo, NY, 115 races
2. Boston marathon, 26.2 miles, Boston, MA 1897, 115 races
3. Thanksgiving Day 10K, Cincinnati, OH, 1908, 101 races
4. Run for the Diamonds, 8 miles, Berwick, PA, 1908, 101 races
5. The Dipsea, 7.1 miles, Mill Valley, CA 1905, 101 races
6. Bay to Breakers, 12K, San Francisco, CA, 1912, 100 races.

(Running Times, July/August 2011)



## AND REMEMBER

Eighty percent of success is related to attitude rather than competence...The quality of a person's life is in direct proportion to their commitment to excellence, regardless of their chosen field of endeavor...It is the rough road that leads to the heights of greatness.



## STAY HEALTHY AND KEEP RUNNING!!

# Karen's Column

By Karen Raymer  
President of MARA

August 2011



As I write this article, it has been exactly one month ago today, on June 15th, that a very good friend to me and to Kansas City passed away. Kevin Gray was the greatest ambassador of both professional and amateur sports in the Kansas City area.

As the president of the Great Kansas City Sports Commission and Foundation, he had, what he would tell you, was "the dream job" for him. Kevin was also a wonderful husband to Katy and a devoted father to their four daughters.

Keith and I had known Kevin for over 20 years. We worked with Kevin on the Thanksgiving Day 5K and the Kansas City Marathon. Both events had been started by other entities but were struggling. For those of you who remember, Jack Boyer and Bob Hickman (both has passed away), they approached Kevin to discuss getting the Sports Commission involved with running events in Kansas City. Kevin then talked to his Board of Directors, they thought it would behoove the Sports Commission to get more involved with running events. Kevin had contacts with potential sponsors and sources for volunteers. These are two areas that are always essential for putting together a running event.

I am still very saddened by his death but then I will remember a funny story involving Kevin and it will bring a smile. I will share one of these stories with you. It was the night before the Thanksgiving Day 5K. In those days we had packet pick-up at Ward Parkway Shopping Center on the day before, but then we had to move everything to the parking garage of the Sprint building. At that time it was at 81st & Ward Parkway. It had been sleeting most of the afternoon that Wednesday. The roads were very slick, Kevin was driving a large cargo type truck with all of the "stuff" for the race. He was in front of us and hit some ice and the truck started spinning around. He made at least 2 complete spins before he got the truck stopped on the grass. We stopped, Keith got out of our vehicle and went to see if Kevin was alright. Kevin was sitting there with his hands still gripping the steering wheel. Keith asked him if he was okay, Kevin laughed and said "did you see me roll over"? Keith told him, "you did not roll over, you just were spinning in circles". Kevin kept insisting that he had rolled over. Keith finally got him convinced that he did not roll over, when we opened the truck and everything was still in its place. We got a lot of laughs from that story for years and years.

I had a meeting a couple weeks after his death at the Sports Commission. It was very difficult to go in there knowing that I would not see him. As he became more and more involved and grew busy with all of his events, etc. he was never too busy to take the time to say "hello" to me whenever I was at the Sports Commission. I truly believe that everyone touches your life for a reason. Sometimes we may never know what that reason is, but I do know, I am glad that Kevin Gray touched my life.

He was a friend and I will miss him.

*Karen*

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

## Welcome New MARA Members:

Sharon Anderson  
Bob Easton  
Henry Grubb  
Ken Lewis  
Paul Miller

Kansas City, MO  
Kansas City, MO  
Odessa, MO  
Lee's Summit, MO  
Lawrence, KS

## Sustaining MARA Members:

Anna & John Allen  
Lexa Alley  
Rich & Marlene Ayers  
Diane Bahr  
Dave Boone  
Mary Boyce  
Herbert Brown  
Rainey Cadenhead  
John Cookinham  
Mary Desch  
Eddie Feuille  
Bill Glauz  
Mary Charles Haley  
Alan & Robin Higley  
Rick Hogan  
Carla Jenkins  
Donna LaLonde  
Terry & Keith Mann  
Ed McCay  
Ann & Stan Nelson  
Russ Niemi  
Howard Nies  
Karen & Keith Raymer  
Barb Rinne & Family  
Donald Roth  
Gretchen & Stevan Ryan  
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  
Wichita, KS  
Independence, MO  
Kansas City, MO  
Kansas City, MO  
Wichita, KS  
Wichita, KS  
Leawood, KS  
Kansas City, MO  
Omaha, NE  
Leawood, KS  
Odessa, MO  
Topeka, KS  
Fairway, KS  
Leawood, KS  
Westwood Hills, KS  
Olathe, KS  
Kansas City, KS  
Raymore, MO  
Lee's Summit, MO  
Prairie Village, KS  
Olathe, 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





## Mid-America Running Association 2011 Schedule of Local and Regional Races



- Listings are based on information available at the time of publication and are sub to change.
- Please check race websites for more information.
- Go to [www.mararunning.org](http://www.mararunning.org) for the entire year schedule.
- **MARA GP** indicated a MARA Grand Prix event. If multiple distances are run that day, the Grand Prix distance is underlined.
- For changes or additions, send an email to Jay at [jkraupp@everestkc.net](mailto:jkraupp@everestkc.net).

Date	Day	Name & Distance	Race Location	Time	Race Contact
8/5/11	Fri	Psycho Night 10K Trail Run	Wyandotte County Lake, KC, KS	8:00 PM	Ben Holmes, 816.810.0440, <a href="mailto:badbendr@yahoo.com">badbendr@yahoo.com</a> , <a href="http://www.psychowyo.com/id50html">http://www.psychowyo.com/id50html</a>
8/5/11	Fri	Moonlight 5K Run & Fun Walk, sponsored by Grace Evangelical Church	Mapleleaf Pkwy, St. Joseph, MO	9:00 PM	Jeanette Marriott, <a href="mailto:jeanette@graceontheweb.org">jeanette@graceontheweb.org</a> , 816.279.2090
8/6/11	Sat	Shawnee Mission Park Hot Trot 5K / 10K Run	Shawnee Mission Park, Theatre in the Park, Shawnee, KS	8:00 AM	Jordan Clayton, 816.344.6026, <a href="mailto:Jordan@run-areyouin.com">Jordan@run-areyouin.com</a> , <a href="http://www.run-areyouin.com/">http://www.run-areyouin.com/</a>
8/6/11	Sat	Fastest Kid in Town Run	Johnson County Comm. College, Overland Park, KS	6:30 PM	Track races, ranging from 50 meters for 2 and under, with distance increasing by age, up to to 3200 meters for the 16-17's. See event website for exact events: <a href="http://www.fastestkidintown.com">www.fastestkidintown.com</a> Brad Ziegler, KC Running Company 816-529-5860
8/6/11	Sat	Summer Sizzler 5K	Johnson County Comm. College, Overland Park, KS	9:00 PM	Run on JCCC campus road and finish on the Track. Brad Ziegler, KC Running Company 816-529-5860. Registration site is <a href="http://www.summersizzler5K.com">www.summersizzler5K.com</a>
8/6/11	Sat	Brew 2 Shoe 10K	Manhattan Running Company Manhattan, KS	7:30 AM	Ben Sigle, <a href="mailto:bensigle@manhattanrunningco.com">bensigle@manhattanrunningco.com</a> , 785-320-6363, <a href="http://www.manhattanrunningco.com">www.manhattanrunningco.com</a> , you can also register at <a href="http://www.active.com">www.active.com</a>
8/6/11	Sat	Ruckus – Obstacle course with 4 miles of running.	Grain Valley, MO	Call	<a href="http://www.RunRuckus.com">www.RunRuckus.com</a> ., John Merry, 207.229.4557
8/13/11	Sat	Overland Park Farmstead Stampede 5K Run / Walk <b>MARA GP</b> ,	Deanna Rose Children's Farmstead, 135th & Switzer, Overland Park, KS	7:30 AM	Troy Fitzgerald, 816.204.1780, <a href="http://www.kcrunningcompany.com">www.kcrunningcompany.com</a>
8/13/11	Sat	Run For Your Momma – HalfMarathon, 2 person relay, and, 5K. .	Marion, KS	6:30 AM Half, 8:00 AM 5K	<a href="http://www.marionks.net/runforyourmomma.php">http://www.marionks.net/runforyourmomma.php</a> , Email: <a href="mailto:mopsofmarion@gmail.com">mopsofmarion@gmail.com</a>
8/13/11	Sat	MARA Group Training Run (Every other Saturday)	Meet in Parking Lot South of the Dam in Shawnee Mission Park, Shawnee, KS	6:30 AM	Non-competitive Training Run on beautiful Mill Creek Streamway. – various distances. No fee, but there is a waiver to sign, and, Bring a running shirt to trade. Questions, send email to Leroy Unruh at <a href="mailto:8240rose@everestkc.net">8240rose@everestkc.net</a> , Members and non-members are welcome.
8/14/11	Sun	Komen Kansas City Race for the Cure 5K Run/Walk, 1 mile fun walk	Union Station, 30 West Pershing Rd., Kansas City, MO	7:30 AM	Race for the Cure Hotline: 816.842.4444
8/20/11	Sat	A Chance for Children, 5K Run/Walk, 10K Run, and Kid's Fun Run	Corporate Woods, Overland Park, KS	8:00 AM	Beth Roller, <a href="mailto:Roller_beth@yahoo.com">Roller_beth@yahoo.com</a> , <a href="http://www.achanceforchildren.com/">http://www.achanceforchildren.com/</a> , <a href="http://www.enter2run.com">www.enter2run.com</a>
8/20/11	Sat	Rivalry Run: Kansas vs Missouri 5K Run/Walk	Kansas City Power & Light District	8:00 AM	Wade Thomas, 816.564.0700, <a href="mailto:toledonum1@sbcglobal.net">toledonum1@sbcglobal.net</a> , <a href="http://www.therivalryrun.org/">http://www.therivalryrun.org/</a>
8/20/11	Sat	SJL 5K Viking Voyage ... Racing for a Reason	St John LaLande Parish/ School, 801 NW R.D. Mize Rd, Blue Springs, MO	7:30 AM	<a href="http://www.active.com/page/event_details.htm?event_id=1949967">http://www.active.com/page/event_details.htm?event_id=1949967</a> , Trish Totta, <a href="mailto:trish.totta@yahoo.com">trish.totta@yahoo.com</a>
8/20/11	Sat	Nightfall 4 Miler, and, 1 mile.	Warrensburg, MO	6:30 PM	Race Director: Tommy Neal <a href="mailto:nightfall4miler@gmail.com">nightfall4miler@gmail.com</a> , Website: <a href="http://www.nightfall4miler.com">www.nightfall4miler.com</a>
8/20/11	Sat	Touched by Cancer 5K Run/ Walk	Touched by Cancer Offices, College and Roe, Leawood, KS	7:30 AM	Lindsay Roden, <a href="mailto:lindsaytbcf@live.com">lindsaytbcf@live.com</a> , <a href="http://www.sportkc.org">www.sportkc.org</a>
8/21/11	Sun	Jackson County Triathlon & Duathlon	Longview Lake, Lee's Summit, MO	7:15 AM	<a href="http://www.jacksoncountytirathlon.com">www.jacksoncountytirathlon.com</a>
8/27/11	Sat	33 <sup>rd</sup> annual Tiblow Trot	Kelly Murphy Park, 2nd & Elm, Bonner Springs, KS	7:00 AM	Bonner Springs Rotary Club, Bruce Coleman, 913.422.3040 (day), <a href="mailto:bruce@colemanequip.com">bruce@colemanequip.com</a> , register at <a href="http://www.sportkc.org">www.sportkc.org</a>
8/27/11	Sat	Mud and Muck 5K	Unity Village, 1901 NW Blue Pkwy, Lee's Summit, MO	9:00 AM	Ben Holmes, 816-810-0440, <a href="mailto:badbendr@yahoo.com">badbendr@yahoo.com</a> , <a href="http://mudandmuck.org">http://mudandmuck.org</a>
8/27/11	Sat	Race to the Rescue 5K Run / 1 mi Walk (with or without pet)	The Elms Resort & Spa, 401 Regent St., Excelsior Springs, MO	8:30 AM	Marilyn Hughes, 816.630.0696, <a href="http://www.dogretreatkc.com">www.dogretreatkc.com</a>
8/27/11	Sat	Ransom Memorial Hospital 5K Run / Walk	Ottawa, KS	8:00 AM	Pete Yownley, <a href="mailto:petet@ransom.org">petet@ransom.org</a>
8/27/11	Sat	small town BIG CAUSE 5k run/walk	Baldwin City Golf Course, 1500 South St, Baldwin City, KS	8:00 AM	Melissa Hess, (785)505-3317, <a href="mailto:Melissa.hess@lmh.org">Melissa.hess@lmh.org</a> , Lawrence Memorial Endowment Association
8/27/11	Sat	Speedy PD 5K / 10K Race for Parkinson's Disease and 1/2 mile Kids Fun Run/Walk	Tuttle Creek State Park, Manhattan, KS	8:00 AM	Corri Frigon, - <a href="http://www.meadowlarkparkinsonfund.org">www.meadowlarkparkinsonfund.org</a> , e-mail: <a href="mailto:RunSpeedyPD@gmail.com">RunSpeedyPD@gmail.com</a>

8/27/11	Sat	Heartland Open/Masters Outdoor T&F Meet ( <b>the 3000 meters is MARA GP event</b> )	Overland Park, KS	TBA	Gilbert S. Castillo, gscast@kc.rr.com , Info and register at <a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a> , ON LINE PRE-ENTRY ONLY - No Event Day Registration
8/27 & 8/28	Sat	The North Face Endurance Challenge-Midwest Road Regional: 50k, Marathon, Half Marathon, Marathon Relay, 10k, 5k	Frank A. Theis Park, KC, MO (just South of the Nelson-Atkins Museum of Art)	6:00 AM Sat, and 7:00 AM Sun	Contact: Kate VanHee, 214-451-1910, <a href="mailto:endurancechallenge@hawkeyeww.com">endurancechallenge@hawkeyeww.com</a> , Website: <a href="http://www2.thenorthface.com/endurancechallenge/races/2011/mo/index.html">http://www2.thenorthface.com/endurancechallenge/races/2011/mo/index.html</a>
8/27/11	Sat	MARA Group Training Run (Every other Saturday)	Meet in Parking Lot South of the Dam in Shawnee Mission Park, Shawnee, KS	6:30 AM	Same info as Aug 16 listing
8/28/11	Sun	Royals Charities 5K	Kauffman Stadium, KC, MO	8:00 AM	<a href="http://www.kcroyals.com/run">www.kcroyals.com/run</a>
8/28/11	Sun	Midwest Meltdown Olympic Distance Triathlon & Duathlon	Lake Miola, Paola, KS	7:30 &	<a href="http://www.midwestmeltdowntriathlon.com">www.midwestmeltdowntriathlon.com</a>
8/28/11	Sun	Head for the Cure 5K Run / Walk	Corporate Woods, Overland Park, KS	8:00 AM	<a href="http://www.headforthecure.org">www.headforthecure.org</a>
<b>SEPTEMBER 2011</b> This race schedule is a service of Mid-America Running Association. Support MARA and join today!					
9/3/11	Sat	North Shore Trail Run 8.5 mi	Overlook Park (Army Corps of Engineers area) Clinton Lake, Lawrence, KS	9:00 AM	Ben Holmes, 816.810.0440, <a href="mailto:badbendrs@yahoo.com">badbendrs@yahoo.com</a> , <a href="http://www.psychowyc.com/id61.html">http://www.psychowyc.com/id61.html</a>
9/3/11	Sat	Run for Youth 5K / 10K	The Crossing Youth Center, DeSoto, KS	8:00 AM	Allison Chambers, 913.583.3411, <a href="http://www.desotoyouthministries.org/">http://www.desotoyouthministries.org/</a>
9/3/11	Sat	Dream Big 5K	New Market Square, Wichita, KS	8:30 AM	Brian Haberly, 316.214.4493
9/3/11	Sat	Chilhowee Fair 5k	Chilhowee, MO (an hour southwest of KC on HWY 2)	7:30 AM	Beth Weigand, <a href="mailto:chilhowee5k@yahoo.com">chilhowee5k@yahoo.com</a> , registration <a href="http://www.active.com">www.active.com</a>
9/3/11	Sat	i-ROK Foundation 5k run / pancake breakfast	Excelsior Springs High School, 612 Lynn Road, Excelsior Springs, MO	8:00 AM	Krista Quinn, (816) 591-7454, <a href="http://www.i-rokfoundation.org">www.i-rokfoundation.org</a>
9/5/11	Mon	Heart of America Marathon	Hampton Inn, Stadium Rd. & College Ave., Columbia, MO	6:00 AM	SASE to: Joe Duncan, 2605 Chapel Wood Terrace, Columbia, MO 65203, 573.445.2684, <a href="http://www.active.com">www.active.com</a> , <b>See Ad in Master Pieces – June/July 2011 issue, on page 19.</b>
9/5/11	Mon	Leawood Labor Day Run 5K <b>MARA GP</b>	Leawood City Park, Lee Blvd. (south dead end) Leawood, KS	7:30 AM	Brock Shafer, 913.339.6700 ext.152, <a href="mailto:brocks@leawood.org">brocks@leawood.org</a> , <a href="http://www.leawood.org">www.leawood.org</a>
9/7/11	Wed	Wednesday Night Rerun	Loose Park, KC, MO	6:15 PM	Maggie McCoy, 816.333.RACE or 913.262.1873
9/10/11	Sat	Splash-N-Dash Triathlon 500 m swim, 14 mi bike, 4 mi run	Bldg 7465 Custer Hill Pool, Fort Riley, KS	7:30 AM	785.239.3764, <a href="http://www.rileymwr.com">www.rileymwr.com</a>
9/10/11	Sat	Wakarusa Off Road Challenge, Approx 30 miles of mountain biking, paddling, trail running	Lawrence, KS	8:00 AM	Jason Elsenraat, <a href="mailto:jason@bonkhardracing.com">jason@bonkhardracing.com</a> , 816-582-3102 , <a href="http://www.BONKHARDRACING.COM">www.BONKHARDRACING.COM</a>
9/10/11	Sat	Hawk 100 Mile Trail Run	Overlook Park, Lawrence, KS	6:00 AM	Gary Henry, 785.766.0293 , <a href="mailto:unews@ultrastory.com">unews@ultrastory.com</a> , <a href="http://www.Lawrencetrailhawks.com">http://www.Lawrencetrailhawks.com</a>
9/10/11	Sat	Helen Gold 5K / <b>10K</b> Parkinson's Disease Research at KUMC <b>MARA GP</b>	The Fountains Shopping Center, 119th & Glenwood, Overland Park, KS	8:00 AM	Dee Sand, <a href="http://www.helengold5K.com">www.helengold5K.com</a> , <a href="http://www.enter2run.com">www.enter2run.com</a>
9/10/11	Sat	Olathe Medical Center Women's Triathlon	Kill Creek Park 11670 Homestead Lane, Olathe, KS	7:30 AM	<a href="http://jcprd.com/special_events/omc_triathlon.cfm">http://jcprd.com/special_events/omc_triathlon.cfm</a>
9/10/11	Sat	Weston Pancreatic Cancer 5/10 K Walk/Run	Weston, MO	8:00 AM	816.640.2909, <a href="mailto:dockinslow@gmail.com">dockinslow@gmail.com</a>
9/10/11	Sat	RUN4OU 5K	Ottawa University, Ottawa, KS	8:00 AM	Kirk Wren, 800.755.5200, <a href="mailto:kirk.wren@ottawa.edu">kirk.wren@ottawa.edu</a>
9/10/11	Sat	Roots N Blues NBBQ Half Marathon & 10K	Columbia, MO	7:30 AM	Info at <a href="http://www.rootsnbluesnbbq.com">http://www.rootsnbluesnbbq.com</a> , Patrick Hanson , 573.268.1409, <a href="http://www.readysetresults.net">www.readysetresults.net</a>
9/10/11	Sat	Hopkins Skip and Run 5K	Rockhurst University Kinerk Commons (Quad), 1100 Rockhurst Rd., KC, MO	10:00 AM	Register online at: <a href="http://www.sportkc.org">www.sportkc.org</a> , Website: <a href="http://www.hopkins5k.yolasite.com">www.hopkins5k.yolasite.com</a> , Contact <a href="mailto:HagemanP@hawks.rockhurst.edu">HagemanP@hawks.rockhurst.edu</a>
9/10/11	Sat	G-Man 5K	Berkley Riverfront Park, KC, MO	8:00 AM	<a href="mailto:gmanrun@yahoo.com">gmanrun@yahoo.com</a> , 816-512-8200
9/11/11	Sun	Patriot's Run 9 hour, 11 minute relay or solo, or marathon	Great Mall of the Great Plains, 20700 W 151st St., Olathe, KS	noon to 9:11 PM	Tony Drew, 913.339.6767, <a href="http://www.patriotsrun.us">www.patriotsrun.us</a>
9/11/11	Sun	Dream Run 5K and 15K	Southcreek Office Park, 132nd & Metcalf, Overland Park, KS	7:30 AM	<a href="http://www.dreamrun5k.com">www.dreamrun5k.com</a>



9/11/11	Sun	The Dalton Burner Foundation 5k run/walk and 1 mile family fun run	Blue Springs South High School, 1200 SE Adams Dairy Parkway, Blue Springs, MO	9:00 AM 5k 10: AM fun run	<a href="http://thedaltonburnerfoundation.webs.com">thedaltonburnerfoundation.webs.com</a> , <a href="mailto:thedaltonburnerfoundation@yahoo.com">thedaltonburnerfoundation@yahoo.com</a> , Katie McMullen, 816-286-7181
9/11/11	Sun	Meritrust Credit Union Tiger Trot at Tanganyika 15K and 5k	Tanganyika Wildlife Park in Goddard, KS. (just west of Wichita)	8:00 AM	Race fee includes admission into Tanganyika. Event is run on the Roads, not trails., <a href="http://www.twpark.com/tigertrot.php">www.twpark.com/tigertrot.php</a>
9/11/11	Sun	Great Prostate 5K Run, & 1 Mi FunRun	10701 Nall, Overland Park, KS	8:00 AM	<a href="mailto:mburnett@kcurology.com">mburnett@kcurology.com</a> , <a href="http://www.GreatProstateCancerChallenge.com">www.GreatProstateCancerChallenge.com</a>
9/17/11	Sat	Kansas City Zoo Run for the Black- Footed Cat 4 Mi. Run and 1 mi. run/walk	Kansas City Zoo, Swope Park, KC, MO	8:30 AM	Lisa Drake, Event Midwest, 913.485.3254, <a href="http://www.kansascityzoorun.org">www.kansascityzoorun.org</a> , <a href="mailto:info@eventmidwest.com">info@eventmidwest.com</a>
9/17/11	Sat	7th Annual St. Francis Steeple Chase 5K Run/Walk	St. Frances De Sales Catholic Church, 900 Ida St., Lansing, KS	8:00 AM	Mary-Theresa Madill, 913.727.3742, <a href="mailto:capital_campaign@prodigy.net">capital_campaign@prodigy.net</a>
9/17/11	Sat	Paulina Cooper Dot-To-Dot 10K Run & 5K Run/Walk	Corporate Woods, College & Antioch, Overland Park, KS	8:00 AM	Melissa Church, 913.897.1100, <a href="mailto:mcpt23@yahoo.com">mcpt23@yahoo.com</a> , <a href="http://www.dottodotrun.org/">http://www.dottodotrun.org/</a>
9/17/11	Sat	RiverFest Levee Run 10K, 5K, 2M Walk, Kids Run	E.H.Young Park, east of Argosy Casino, Riverside, MO	7:30 AM	Mike Odell, 913.208.7309, BJtheDJ, 816.353.3149, <a href="http://www.active.com">www.active.com</a>
9/17/11	Sat	Jesse James 5K Walk / Run & 10K Run	1st Baptist Church, Grove Street, Kearney, MO	8:00 AM	Bill James, 816.320.3642
9/17/11	Sat	Raymore Howl at the Moon 5K Run/Walk	Eagle Glen Intermediate School, 100 N. Foxridge Dr., Raymore, MO	6:30 PM	Raymore Parks and Recreation, 816.322.2791, <a href="http://www.raymore.com">www.raymore.com</a>
9/18/11	Sun	JayDoc 5k Run/Walk	KUMC Hospital (39th & Rainbow), KC, KS	8:00 A.M.	John Tann, <a href="mailto:jaydoc5k@gmail.com">jaydoc5k@gmail.com</a> , 816-226-RACE (7223), <a href="http://www.jaydoc5k.tumblr.com">www.jaydoc5k.tumblr.com</a>
9/18/11	Sun	She Rocks! Women's Half Marathon, 5K & Kids Run	Fox Hill North Park, Indian Creek Parkway & Roe, Overland Park, KS	7:30 AM	Contact: <a href="mailto:runkansascity@aol.com">runkansascity@aol.com</a> , <a href="http://www.runkansascity.com">www.runkansascity.com</a>
9/18/11	Sun	Plaza 10K Run/Walk and 2 Mile Fun Run/Walk	Country Club Plaza, Kansas City, MO	7:30 AM	<a href="mailto:Troy@kcrunningcompany.com">Troy@kcrunningcompany.com</a> , <a href="http://www.plaza10K.com">www.plaza10K.com</a>
9/24/11	Sat	Warrensburg Half Marathon	Murdock Banner Financial Group, 206 S Holden, Warrensburg, MO	8:00 AM	Dana Straka, <a href="http://www.murdockbanner.com">www.murdockbanner.com</a> , 660.747.3522, <a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=597">http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=597</a>
9/24/11	Sat	Berryman Adventure 12 or 36 hour adventure race	Steelville, MO	TBA	Jason Elsenraat, <a href="mailto:jason@bonkhardracing.com">jason@bonkhardracing.com</a> , 816-582-3102, <a href="http://www.BONKHARDRACING.COM">www.BONKHARDRACING.COM</a>
9/24/11	Sat	Shoreline Shuffle 5K Trail Run	Clinton Lake State Park, Lawrence, KS	9:00 AM	Karen Collier, 785.766.0293, <a href="mailto:krcollier320@gmail.com">krcollier320@gmail.com</a> , <a href="http://www.Lawrencetrailhawks.com">http://www.Lawrencetrailhawks.com</a>
9/24/11	Sat	Sacred Steps 5K	Church of the Resurrection, 135th and Roe, Overland Park, KS	8:00 AM	<a href="http://www.cor.org/sacredsteps">www.cor.org/sacredsteps</a>
9/24/11	Sat	Run. For the Kids.5/10K Run/Walk	Liberty Community Center, 1600 S Withers Rd., Liberty, MO	7:30 AM	Laurie Sutton, 816.736.7120, <a href="http://www.lsdof.org">www.lsdof.org</a>
9/24/11	Sat	Manhattan Cross Country Festival and School Fitness Challenge Open 5K followed by kids fun runs (1/4 mi to 2 mi.)	Warner Park, Manhattan, KS	7:45 AM	Pat Melgares , <a href="mailto:melgares@LetsGoRun.com">melgares@LetsGoRun.com</a> , <a href="http://www.LetsGoRun.com">http://www.LetsGoRun.com</a>
9/24/11	Sat	Cooper's Cause 5K	Lawrence, KS	8:00 AM	Kristi Keefer, <a href="http://www.cooperscause.org">www.cooperscause.org</a>
9/24/11	Sat	Race for Recovery 5K Run/Walk	Theatre in the Park, Shawnee Mission Park, Shawnee, KS	8:00 AM	<a href="http://www.friendsofrecovery.com/">http://www.friendsofrecovery.com/</a> , 913.722.0367, <a href="http://www.enter2run.com">www.enter2run.com</a>
9/24/11	Sat	Kansas City 15K, plus 5K and 1 Mi Kids Run	Livestrong Sporting Park, Kansas City, KS	Time tba	<a href="http://www.kc15k.com">www.kc15k.com</a>
9/24/11	Sat	Prairie 5K Run	Prairie Village, KS	8:00 AM	Tessie Wissel, <a href="mailto:tlwissel@yahoo.com">tlwissel@yahoo.com</a> , 913-638-7753
9/24/11	Sat	Indian Creek Trail Run- Fibro 5K Fun Run / Walk	Athletic Club of Overland Park, 10440 Marty, Overland Park, KS	8:45 AM	Emily Petersen, Athletic Club of Overland Park, 913-383-3222, 217-825-7239, <a href="http://www.fibrocoalition.org/pages/fibro-run.php">http://www.fibrocoalition.org/pages/fibro-run.php</a>
9/24/11	Sat	Journey to the CORE, LLC Women's Event: 1 mile Walk n Talk, 2 mile run/ walk/ jog	Superior High School 601 W 8 <sup>th</sup> , Superior, NE	8:00 AM	Sherryl L. Zoltenko, 402-879-5310, <a href="mailto:Sherryl.Zoltenko@JourneyToTheCore.com">Sherryl.Zoltenko@JourneyToTheCore.com</a> , <a href="http://www.journeytothecore.com">www.journeytothecore.com</a>
9/25/11	Sun	Free to Breathe 5K Run/Walk	Zepi's Pizza, 133rd & Stateline, Leawood, KS	8:30 AM	Michael Hartwig, 816 679 7914, <a href="mailto:juliasarmy@gmail.com">juliasarmy@gmail.com</a> , registration - <a href="http://participate.freetobreathe.org/kansascity2011">http://participate.freetobreathe.org/kansascity2011</a>
9/25/11	Sun	Smithville 5K/10K Dam Run, 5K Walk	Smithville Lake Dam, Litton Way and DD Hwy, Smithville, MO	8:00 AM	Frank Luckenbill, 816.405.2898, <a href="http://www.smithvilledamrun.com/">http://www.smithvilledamrun.com/</a> , <a href="mailto:flukenbill@kc.rr.com">flukenbill@kc.rr.com</a>
9/25/11	Sun	Buffalo Bill 5K Run	Riverfront Community Park, Leavenworth, KS	9:00 AM	Roger Harrison, 913.680.9817, <a href="mailto:rth1949@yahoo.com">rth1949@yahoo.com</a> , <a href="http://www.lanternrougekansas.com">http://www.lanternrougekansas.com</a> , <a href="http://www.enter2run.com">www.enter2run.com</a>



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## ***Don Little is getting ready to run THE LEADVILLE TRAIL 100 MILE RUN***

By Jerry Morrison

One of our premier triathletes, Don Little, with 200 marathons completed including seven Ironman distances, is going to brave the 100 miler in Leadville, Colorado in August. Why? "I want to do something different." Don says. Different - Indeed! The Leadville Trail 100 is notable for weeding out the less hardy and untrained. This year's race is expected to attract upwards of 600 runners. Leadville is also the venue for the Tarahumara runners of Mexico. They competed in 1993 and 1994, and won it outright in 1993. The race, also known as 'The Race Across The Sky,' starts near Leadville, CO on dirt trails through the Rocky Mountains.

First run was in 1983, the runners climb and descend 15,600 feet with elevations ranging between 9,200-12,620 feet. The course is an out and back dogleg. The centerpiece of the course is the climb up Hope Pass at 12,620 feet which is encountered on both the outbound trek and the return. Mountain weather conditions prevail with both heat and cold. The course records are held by Matt Carpenter; 15:42:00 and Ann Trason; 18:06:24.

Don Little has been in full training for this venture. He says it is similar to marathon training. He does long runs and walks at a low key level. Recently he did a 12 hour night walk with buddy Glenn Bohannon. He also has a 16 hour walk coming up in July as well as running 50K mid July as a tune up. He swims three or four times per week. His motto is "Build and rest, build and rest." Little has been relatively injury free. However, feet can get swollen and blisters develop, which is a worry for the 100 mile trek on trails. He recommends the most comfortable shoes one can find. Clothing will be attuned to prevailing weather conditions. He will change shoes three times. As to diet, he favors natural foods. No heavy glucose stuff. He prefers a bagel and peanut butter. He will be on a liquid diet the first fifty miles and light carbs thereafter. Don Little's sag team will be his wife, Becky, and two sons in law. Also assisting will be Roul Florez, Paul Muddle and Danny Abshire. There will be medical facilities along the course. Cutoff time is 30 hours. Checkpoints keep track of times. And, the condition of the runners.



**Don with CAFOR buddies at the Kansas 70.3 Triathlon**

One of Don Little's passions is The Challenged Athletes foundation Operation Rebound. They help disabled military personnel to gain useful lives. Horror stories tell of the condition some vets endure from their activities in Iraq and Afghanistan. Operation Rebound is a great service.

Don, 57, is married to Becky. They have two grown daughters, and four grandchildren with another on the way. All are very supportive of his efforts to maintain a healthy, albeit crazy, lifestyle.

Want to know more about Leadville and the 100? Go to Google and click on Leadville 100. The link to the Challenged Athlete foundation is: [www.caf/operationrebound.org](http://www.caf/operationrebound.org). Don Little can be contacted at: [triallittle50@yahoo.com](mailto:triallittle50@yahoo.com) Don recommends a great video of the race. You can find it at: [www.youtube.com/watch?v=VsioCTDBZso&feature=related](http://www.youtube.com/watch?v=VsioCTDBZso&feature=related)

**Good luck on your new adventure Don.  
Can't wait to share your results in our next  
Master Pieces!**



**Don with his beautiful grandchildren**

# Newsletter of the Kansas City Express



KC EXPRESS.org



## President's Message

By Kelly Pfannenstiel

President of the Kansas City Express

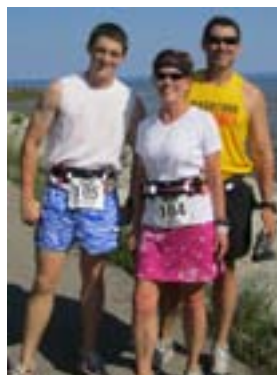
### Stepping Out of Your Comfort Zone

The Pfannenstiel family stepped out of our comfort zone with our "Marathon of Marathons" family vacation this year! In early January we picked Grandma's Marathon as our destination race. After pacing the Lincoln Marathon this spring, I realized that if I added in one more marathon before the end of July, I could qualify as a Marathon Maniac. Thus began the process of becoming certifiably insane! Locating a small marathon in Charlevoix, MI, the weekend following the Grandma's race, we decided to add that into our vacation plans. Not only would this qualify me as a Maniac, it would also qualify our son Brandon, as he would be running two marathons in two weekends. (Mike had qualified last fall, so this feat would just add to his craziness!) As prior to 2010, I had vowed to NEVER run a marathon, this was definitely going to be stepping out of my comfort zone. Grandma's was an incredible experience. With perfect running conditions, we were all able to achieve PRs and Brandon qualified for the Boston Marathon! With a rainy week following the marathon, we had a chance to relax, watch movies, read books, and put together a puzzle. By the following Saturday morning, we were up early and ready for the Charlevoix Marathon. Due to lack of communication and planning, we had a slight scare at the beginning of the race as we couldn't locate each other. Once we all found each other and settled into the rhythm, we were able to relax and begin conversing with the other runners. That is when we met Al Emma. While we were feeling pretty smug about running two marathons in two weekends, Al put us to shame. Charlevoix was Al's 14th marathon this year. He had completed Grandma's the weekend prior, and then gone up to Canada to run another one before Charlevoix. Oh, did I mention that Al is 71 and plans on completing 30 marathons this year?! I would venture to guess that for 99.9% of the population, that would be stepping WAY out of their comfort zones! After running a few miles with Al, we continued on, enjoying the random conversations and views of Lake Michigan. Though miles 16-18 proved to be a little testy, the Pfannenstiel family stuck together and crossed the finish line holding hands and thankful to be done!

Just as we stepped out of our comfort zone with our marathon of marathons, the 80+ women who have joined the KC Express Training Program continue to expand their comfort zone as they work towards their 10K and Half Marathon goals. Many of the women participated in the Lenexa Freedom Run on the 4th of July. While it was hot, we looked cool in our new Express tech shirts! The long runs and walks on Saturday mornings are providing time for conversations and friendship building. Each week is exciting as someone achieves a first in distance or improved time. What previously had seemed impossible is found to be attainable, and there's a sense of anticipation as other possibilities emerge. Though there are differences in ages and abilities, we are all striving towards the goal of health and fitness. Women are connecting to meet up for mid-week runs and walks to keep each other accountable and further develop friendships. It's an exhilarating time to be part of the KC Express! I encourage each of you to take a step outside of your comfort zone this summer. Maybe you've become too comfortable with your same routine and it's time add on a mile to your normal route, show up for a group run, or enter a race (or two) Join me in getting a little crazy and having some fun while out on the roads and trails in Kansas City!



Brandon, Mike & Kelly Celebrating PR's @ Betty's Pie...



Brandon, Kelly & Mike ready to run in the Charlevoix Marathon



Al Emma, Brandon & Mike at Mile 2 in the Charlevoix Marathon





KC Express Walking Group Trainees at  
Lenexa Freedom Run

## Long Run and Training Program Groups

The Express is proud to report that it has begun a training program to pick up where the Mothers Day 5K training leaves off. The Express began its Beginner 10K and Half marathon running and walking programs in May, just after its signature Mother's Day 5K. Over 80 women are involved in the program, and many of those women participated in the Fourth of July Freedom 5K as a measuring post of their progress after a little more than a month of training! Led by coaches Kelly Pfannenstiel, Amy Medina, June Moore and Saskia Jacobse, the women will be running or walking the Helen Gold 10K and the Kansas City Half Marathon as their goal races. The program is being run in conjunction with the Long Run and Saturday Walking groups, introducing the women to other athletes in the Express, who have provided the women camaraderie and mentoring, passing on many tips for endurance running and walking.

In July, the Long Run Group and the Training Program runners will be running from Coffee Girls in Waldo. In August, they will move to Einstein Bros. in Prairie Village, and round out their training for the Helen Gold 10K and Half Marathon at Panera in Westport during September. Please come and cheer on these athletes in their goal races on September 10 and October 15!

### *A Run that's TuTu much fun!*

What better way for a running club to celebrate the opening of the beautiful new Kansas City Performing Arts Center than with a fun run? And what better way to show your support of the performing arts than running in a tutu? The Express is planning a fun run in downtown Kansas City on September 18 at 9:30 a.m. to celebrate the opening weekend of the performing arts center. The run will be approximately 1-2 miles long, untimed. The only entry fee required for this event is to bring your own tutu to run in, and a tiara if you're really feeling like a diva! All tutu-clad men, women, girls and boys are welcome!



KC EXPRESS.ORG

## Activities, Training and Meetings

### **Long Run:**

Join the Long Run Group at 7am each Saturday, followed by chat and coffee! Meet locations for each month are listed below. To be on the Saturday Long Run e-mail, please e-mail [KCExpressLongRun@gmail.com](mailto:KCExpressLongRun@gmail.com)

### **August location:**

Einstein Brothers in Prairie Village

### **Walking Group:**

Meet Saturdays at 7:00 a.m.

Please Contact: June Moore at

[kcexpresswalkers@gmail.com](mailto:kcexpresswalkers@gmail.com) for locations.

### **Upcoming Meetings:**

We meet the first Tuesday of every month @ St. Joseph Medical Center (I-435 & State Line Rd). We begin at 6:30 p.m. for drinks, a light dinner, and time to catch up with friends. From 7:00-8:30 we have a speaker, discussion, or activity of interest to women, and we conclude with a short business meeting. We know you're busy - come when you can. You're always welcome.

**8/2/11** - "Scenic Trails & Parks in Kansas", Julie

Cirlincuina, Organizer of Women's Outdoor Recreation

**9/6/11** - "Self Defense for Active Women", Rita Kalmus, Black Belt for 23 years, Aerobic Instructor and Personal Trainer

**10/4/11** - "Never Give Up", Liz Tatham, Open Heart Surgery Survivor



KCE finishers at the Lenexa Freedom Run,



Annette DeCanio finishes the  
Lenexa Freedom Run.



Kelly Pfannenstiel, Alisa  
Galvin & Amy Medina at the  
Lenexa Freedom Run





**The Runners head up the Oak Street Hill**



### **Hospital Hill 2011 By Russ Niemi**

I left the house at 5:30 a.m. to take photos at the 38th Hospital Hill Run at Crown Center in Kansas City. It was a familiar feeling from many years ago when I was race director and later a member of the race committee.

It was hot and humid. It reminded me of a race day in the late 1970's when the high heat and humidity sent many to the hospital with heat exhaustion and one case of heat stroke (the man survived).

I had taken photographs 5 years ago (the first year after MARA lost the race). It was a quiet Crown Center Square with not much happening. This year was different. The race starting area was alive despite the heat. 7600 runners mingled before the start and drank lots of water to hydrate before taking on the hills of Kansas City.

Everything seemed very well organized and the race started on time. In past years, runners approached the one mile point in front of the Hyatt Regency Hotel allowing spectators to view the pack. This year, the race went up the Oak Street Hill toward Children's Mercy Hospital. Some runners have told me that they like the longer but gentler climb versus the steep Gillham Road hill.

The finish line was somewhat limited this year with construction shutting down most of the east side of Grand Avenue. All runners had to finish on the two lanes on the west side of the street. Derrick Tate finished the hilly 5K in a quality time of 16:08. Alexia Vondracheck was the women's winner in a 22:17 time.

Attention shifted to the 10K finish which found Ben Barrows clocking a 35:51 for the men's victory. The "supposed" women's winner received her bib and chip from a friend, so the second place finisher, Francine Bishop (42:34), was declared the winner.

The heat was beginning to affect the runners finishing the 10K race and the couple dozen of UMKC School of Medicine volunteers escorted several runners to the medical tent. No serious cases of heat exhaustion or heat stroke were reported despite the high heat and humidity.



**Miss Kansas and friends**



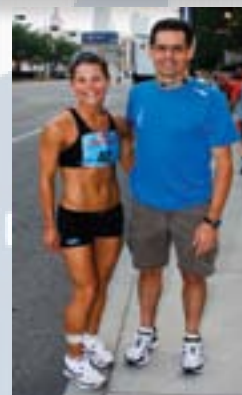
**UMKC School of Medicine Crew**



**Rick Brown**



**Nahi Ortiz & Baby**



**Michelle Suszek with  
Mark Curp**



**Annie Combs &  
Tony Leong**

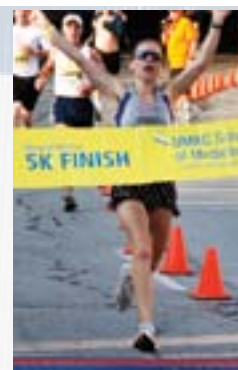


**LOTS of  
Encouragement for  
all the Runners!**





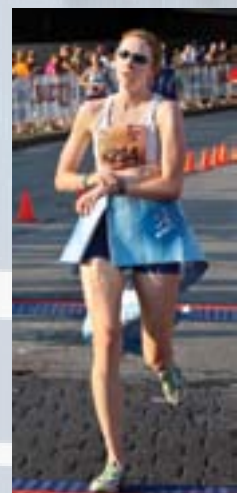
**What A Finish !!**



**5K Female Winner Alexia Vondracek in 22:17**



**Melissa Todd 1/2 Mar Winner in 1:20:38**



**10K: Female Winner Maggie Soallettie in 40:46**



**10K Male Winner Ben Barrows in 35:51**

The half-marathon finish was something else! The race announcer was positioned in the street to call the race and screamed "it is going to be a very close finish". As I aimed my camera, I saw two runners at "break-neck" speed heading to the finish line. They crossed and nobody was sure who won. It took the chip timing to determine whose chip crossed first and it was Josphat Boit edging Steven Muange by a fraction of a second with both runners posting a time of 1:05:39. Without the electronic timing we would still not know who won the race. In the early years of Hospital Hill, we gave out popsicle sticks as each runner came across the finish line. Thank current-day technology for the exact results.

Fifteen minutes after the men's finish, Melissa Todd crossed the half-marathon finish line in a time of 1:20:38. Mark Curp (former Hospital Hill record holder-1:03:38) suggested to me prior to the race that Melissa could win since she had run very well in past local events. Todd crossed the finish line and collapsed in the arms of race director Beth Salinger. The post race activities were great. Three Little Pigs supplied barbecue and a three person band kept the music going. As usual, the young children ran through the Crown Center Square fountains to keep cool and have fun. The atmosphere was exciting and similar to the past Hospital Hill events when MARA last directed the race.

The Hospital Hill Run has been run for 38 years. I was involved for the first 33. I was disappointed when the race went from MARA to someone else but several years later I am thrilled to see the race we started in 1974 is still strong with a great future.



**Thank you to our Bike Support Team!**



**5K Male Winner: Derrik Tate in 16:08**



**KC Super Hero Murphy Smith**



**Photos Provided by: Russ Niemi**



## Nutrition and Running By Sally Berry MA RD CSSD ISSN

# The Runner's Ideal Snack

I often hear runner's discussing their nutrition. Common phrases are: "I burn off so much energy running that I don't have to worry about what I snack on" .. or I eat whatever I want .... Wishful thinking!!

One of the most common mistakes I see runners make is to eat like they are on a vacation every day of training. Runners need to take care that they get protein, fluids and adequate energy for their training and key vitamins and minerals can't be ignored. The most critical nutrients are calcium, iron, B vitamins, vitamins A & C. It's true that you need food throughout the day. But, if you are training and busy during the day, you need to take care that it is the right food in the right amounts.

### Common pitfalls:

1. **Eating anything you want.** Don't get into this mindset. Being active is not a free ride to eating and drinking "junk" unless you want to pay the price!
2. **Over reliance on nutrition bars, snack bars.** Although these can make great emergency snacks, there are healthier options in fresh real foods.
3. **Thinking that you need food because you are "tired".** Are you thirsty? Do you need sleep? Did you make good choices for your meals and snacks earlier in the day? Are you stressed or tired due to mental fatigue of work?

### Tips to healthy snacking:

1. Plan ahead and structure the snacks into your daily routine to avoid excess eating.
2. Focus on snacks during pre and post training times.
3. Energize by eating your scheduled meals first.

### Here is a list of some great sport snacks:

Snack	Why?
Plain Greek or regular yogurt and fresh fruit	Satisfying, calcium and protein, also loaded with fiber and Vitamins A & C from the fruit
Almonds	Quick and easy (watch the portions!) high in fiber, healthy fats, magnesium
Peanut butter on whole grain bread	Portable, easy to prepare, healthy fats with balance of B vitamins, protein and carbohydrate
Marinated bean salad	Rich in iron, fiber, protein and low in fat. Satisfying without high calories!
Lara Bar	Dried fruit and nut bar convenient and gluten free

Chose wisely. Quality counts!



Sally Berry  
Bodyfuel, Inc.  
[www.ebodyfuel.com](http://www.ebodyfuel.com)



## 2011 MARA GRAND PRIX Standings

Updated 07/14/2011

Points current through Eudora Horsethief 5K

MARA dues must be current by 11/1/11 to receive 2011 year end awards

Contact Dina Myers for questions/comments

Male 20-24			Female 20-24		
Grant	Cattoth	27	Francis	Gipson	10
Mike	Hake	20	Katie	Noland	10
Tim	Testa	20	Amanda	Turner	10
Ryan	Hahn	16	Sarah	Voss	10
Addis	Keneca	16	Connie	Abbott	10
Robert	Schmidt	16	Aly	Woodbury	10
			Stephanie	Lavin	10
			Jessica	Limbocker	10
			Rachel	Shanberg	10
			Morgan	Burns	10
Male 25-29			Female 25-29		
Brett	Rinehart	38	Kelly	Cool	14
TC	Wigger	18	Aimee	Truetken	10
Mathew	Chesang	10	Kristin	Underwood	10
MacDonald	Ondara	10	Connie	Abbott	10
Kenneth	Vega	10	Traci	Flores	10
Dale	Dexter	10	Jane	Kibii	10
			Laura	Gibbs	10
			Kelly	Carlton	10
			Erin	Foley	10
Male 30-34			Female 30-34		
Adam	Moos	28	Lettie	Ebbs	10
Dale	Dexter	20	Rael	Murey	10
Tom	Pickert	13	Kelli	Hock	10
Dane	Johnson	12	Rebecca	Arendsdorf	10
Moses	Waweru	10	Heidi	Fister	10
Denny	Gayton	10	Megan	Earney	10
Kenny	Miller	10			
Mark	Allen	10			
Male 35-39			Female 35-39		
David	Bryant	48	Heidi	Englert	28
Mike	Diederich	32	Ashley	Shores	26
Randy	Wassinger	18	Michelle	Andrew	25
Jay	Golonka	17	Melissa	Todd	20
Ryan	Wolf	11	Valerie	Thompson	19
Jerry	Pullins	10			
Male 40-44			Female 40-44		
Dion	Dixon	32	Gill	Highnam	29
Steve	Christensen	27	Machelle	Collins	18
Ken	Moran	26	Dana	Stram	10
Christian	Reed	20	Catherine	Esquibel	10
Bo	Jones	16	Lezlee	Jones	10
			Telisa	Hoskins	10
			Wendy	Gann	10
			Becky	Wright	10
Male 45-49			Female 45-49		
Donny	Danner	45	Cindy	Cameron	40
Gerardo	Marquez	16	Karen	Hyde	28
Doug	Hotzel	16	Sharon	Stubler	17
Gary	Kindle	10	Jennifer	McCord	15
Kevin	Miller	10	Mary Anne	Durall	14
Brian	Baker	10			
John	Borthwick	10			
Scott	Mickelsen	10			
Kent	Lang	10			
Tim	Hellhake	10			
Male 50-54			Female 50-54		
Greg	Schultz	39	Kathleen	Johnson (Shawnee)	59
Chris	Nichols	28	Jane	Tompkins-Lundgren	32
Keith	Long	20	Julie	Steilen	24
Rob	Harber	20	Edgy	Sack	22
Tony	Estes	16	Cindy	Burnett	10
			Barb	Rinne	10
			Elaine	Chavez	10
Male 55-59			Female 55-59		
Jimmy	Stanziola	56	Anna	Allen	56
Roger	Hahn	42	Debra	Wood	19
Don	Fitzgerald	28	Sandi	Weston	17
Gayle	VanDurme	27	Ellen	Young	16
Yael	Abouhalkah	15	Nancy	Mueller	12
Keith	Dowell	12			
Male 60-64			Female 60-64		
Bruce	Gilbert	56	Dee	Boeck	40
Jeff	Behrens	56	Donna	Romans	40
Tim	Wigger	38	Diane	Otte	24
Greg	Hartman	23	Christine	Bremser	16
John	Howland	10	Anita	Olshanski	14
Tom	Snook	10			
Male 65-69			Female 65-69		
Garth	Smith	20	Susan	Robinette	66
Phil	Kelsey	18	Suzie	Turner	53
Bill	Geiger	16	Mary	Haley	41
Butch	Holland	10	Celeste	Leonardi	12
Bruce	Filippi	10			
Rick	Hogan	10			
Mitchell	Mellott	10			
Male 70-74			Female 70-74		
Wally	Brawner	55	Janice	Young-Miller	28
Eugene	Wren	50	Pat	Brayman	10
Don	Roth	38	Shirley	Murdock	10
Carl	Vansant	32	Beverly	Lewis	9
Frank	Weinhold	28	Gay	Covell	8
			Carolyn	Mitchell	8

Male 75-79			Female 75-79		
Lou	Joline	58	Ann	Nelson	60
Deloyne	Huffman	20	Fritzi	Hazelrigg	22
Alan	Poisner	19	Jean	Buchanan	10
Don	Miller	18	Jean	Ready	9
James	Fulton	10	Gerry	Merritt	8
Male 80-84			Female 80-84		
Paul	Heitzman	40	Mary	Otte	18
Firmin	Snodell	10	Elaine	Kramer	15
Al	Pursell	9	Margaret	Rizzo	10
Cliff	Hunter	8	Bobbie	Thrutcheley	10
Stan	Nelson	6	Beverly	Little	10
Male 85+			Female 85+		
Ed	Burnham	40	Dottie	Gray	10
			Mary	Otte	9



## 2011 MARA GRAND PRIX

**RUNNING**  
GARRY GRIBBLE'S  
**SPORTS**



**2011 MARA**  
**Grand Prix Directors:**  
**Dina Meyers**  
**Sandi Weston**



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SPORTING PARK



# Lou's Cartoons

In Living Color  
By Lou Joline







## WANTS YOU TO JOIN US FOR A TRAINING RUN !!!!

In response to numerous inquiries we received at the Hospital Hill Expo in June, MARA has instituted group training runs to be held every other Saturday morning at 6:30 am..

We meet at the parking lot just south of the dam in Shawnee Mission Park. The schedule for runs in August/September are: August 13th, August 27th, September 10th and September 24th.

You can run as long or as short as you want.

We encourage you to bring a buddy and a t-shirt. The t-shirt will be your "entry fee" and your prize at the end will be that you can take another

t-shirt home with you. If you don't bring a t-shirt, it's not a big deal. The idea is to trade t-shirts at the end of the run. People have so many race t-shirts at home and they save their favorites, so giving up one for a new one is fun.

We ask each runner to sign a waiver before they start and head off towards to the Mill Creek Streamway Trail. The training run will start from the parking lot just south of the dam in Shawnee Mission Park. There are two parking lots south of the dam so either one can be used.

We start around 6:30 a.m. and head down the bike trail to the Mill Creek Streamway path and then head south towards College Blvd. There are restrooms and water stops along the scenic Mill Creek Streamway path.

There is no need to bring water but individuals are welcome to do so. There are restrooms and water fountains along the trail. Energy food should be taken along with you if that is what makes you enjoy the run.

In regards to pace, currently we try to run together as much as possible. If you bring a friend that runs your pace, then it is easier. Generally speaking our pace has been between 10 minute per mile and 11 minutes per mile. The pathway isn't normally crowded and don't be surprised to see deer and other wildlife when on the pathway. If you are a beginner runner, LeRoy Unruh would be glad to run with you (if he can keep up)! Beginners are welcome and they should find out that running with someone else is more fun and goes by faster than running on your own.

Stevan Ryan and Sarah McGinty send out e-mails and Facebook updates the week of the run. MARA is trying to create options for people doing their long runs in preparation for their next big race. You can make some new friends and get a new t-shirt. Who knows you maybe running with someone who competed against Billy Mills in college or running with your high school cross country coach. At least that has happened in just the first two weekend runs.

Hope to see and run with you one of these  
Saturday mornings!



## UNBROKEN by Laura Hillenbrand, 2010 *A Book Review* (by Bill Glauz)

This is a biography of Louis Zamperini, Olympian and War Hero. Louis was a Californian runner, whose heroes were his older brother, Pete (a star runner at Compton Jr. College) and the well-known miler Glenn Cunningham of KU. In high school Louis ran the 880 and mile, breaking the school records held by Pete. He was unbeaten by other high schoolers, and in 1933 ran the UCLA Southern California college runners two-mile cross-country meet and won by more than ¼ mile. The next year, 1934, he won the Southern California Track and Field Championship mile in 4:21.3, breaking the national high school record by over 2 seconds, a record that then stood for 19 years. This time, run when he was 17, was 3.5 seconds faster than Cunningham's high school mile set when Cunningham was 20. Louie then began to think of the 1936 Olympics in Berlin. He started to train for the 1,500 meters, having become one of the nations' top- 10 milers. He enrolled at USC, and a few months later ran in the Olympics Qualifiers, but realized he was not going to make it against the far more experienced runners. So, with only two weeks to train, he ran a 5,000 meter qualifier. He and Norman Bright both crossed the finish line with the fastest 5,000 meter times in the country in 1936, but Bright was declared the winner. In the final 5,000 qualifier Louie was first declared the winner by the announcer, but then the judges overruled and said that he had tied with Don Lash of Indiana. Both went to Berlin.

In Berlin, Lash led for the first 8 laps, but was then elbowed by the Finn, Salinen, who later clipped Hockert, who stumbled and Salinen fell. The Finn, Lehtinen (Gold medalist in 1932 with a final lap of 69.2), then took the lead and won. Louis kicked from far back and finished in 14:46.8, by far the fastest 5,000 by an American in 1936, but good only for 8th. His final lap was an unheard of 56 seconds, which caused Hitler to ask him to his box for a brief interview.

He again resumed training, this time aiming for the 1940 Olympics in Japan. In June 1938, in Minneapolis, he ran a mile, shooting to break 4:00. He was forewarned that some of the rival schools were gunning for him to keep him from a 4-minute mile. Louie didn't believe this, but after two laps he was boxed in and a runner stomped his foot, impaling a toe on a spike. Then the man ahead kicked back and spiked both his shins. Next, a third man elbowed him and cracked a rib. He continued to run and won handily, but in 4:08.3, not 4:00. It was still the fastest NCAA mile in history and the fifth-fastest outdoor mile ever run, missing the world record by only 1.9 seconds.

Japan withdrew as host of the 1940 Olympics, and Finland was selected to host instead. But, World War II was imminent, Helsinki's Olympic Stadium had been toppled by Soviet bombs, and the Olympics for 1940 were cancelled.

The rest of the book (most of it, in fact) details Zamperini's life after that, his military career, his plane being shot down, his survival at sea for 47 days in a life raft with no supply of food or water, his capture by the Japanese, his imprisonment and torture for 2+ years (he was singled out for extra punishment because of his fame as an athlete), and his postwar difficulties and gradual return, over years, to life as an American citizen.

This book is a #1 New York Times Bestseller and well worth the time to read in its entirety.

# MOTIVATION FOR YOUR MILES

"If one can stick to the training throughout the many long years then will power is no longer a problem. It's raining? That doesn't matter.

I am tired? That's besides the point.

It's simply that I just have to."

- Emil Zatopek

"In England, we don't shower as much as you do in America. It isn't really necessary. You're not really dirty, you know. I just sort of sponge off and dress. Besides, my a.m. workout isn't that fast."

- Ron Hill

"It's elevating and humbling at the same time.

Running along a beach at sunrise with no other footprints in the sand, you realize the vastness of creation, your own insignificant space in the plan, how tiny you really are, your own creaturliness and how much you owe to the supreme body, the God that brought all this beauty and harmony into being."

- Sister Marion Irvine (1984 Olympic Marathon Trials qualifier)

"Racing teaches us to challenge ourselves. It teaches us to push beyond where we thought we could go. It helps us to find out what we are made of. This what we do.

This is what it's all about.."

- PattieSue Plumer

"The difference between my world record and many world class runners is mental fortitude. I ran believing in mind over matter."

- Derek Clayton

"When my alarm clock rang out at 3:30 in the morning for a long training run before work, I would tell myself it's time for mind over mattress."

- Renee Kidwell

"A lot of people run a race to see who's the fastest. I run to see who has the most guts."

- Steve Prefontaine

"We do grow. Despite all that resists the process, we do become better human beings. Not all of us. Not easily. But in significant numbers humans somehow manage to improve themselves and their cultures."

- M.Scott Peck, M.D.

"Workouts are like brushing my teeth; I don't think about them, I just do them. The decision has already been made."

- PattieSue Plumer

"I don't think of running as 'training'.... 'Training' to me is repetition 220s and 440s, tough sessions on the road at near 5-minute per mile pace, etc. If this is what the physiologists and sports specialist doctors have come up with to be a champ, then I must remain a mug runner and enjoy my evening sessions in the hills."

- Jack Foster

"Sometimes I say I run because it makes me feel powerful, accomplished, and confident. Other times, I run because running gives me vision, creativity, and religion. It's also true that I run because it helps me keep my weight down, keeps me regular, prevents headaches, and puts workday frazzles in perspective.

Mostly, though, I run because it makes me feel like a hero."

- Kathrine Switzer

"When you're using yourself hard - and enjoying it - overuse is never very far away."

- John Jerome



Page Worth  
Saving

Thank you, Kansas City runners, for so much encouragement

Free



Photos Calendar

Free 5X7 Photos From  
[www.SeeKCrun.com](http://www.SeeKCrun.com) at these events

Date and Time	Event Name	Registration/Information Web Sites For complete and daily updated registration links, go to <a href="http://www.SeeKCrun.com">www.SeeKCrun.com</a>
August 5, (Friday Night) 8:00 p.m	The 6th Annual <u>Psych Night</u> Trail Run 10K/5K	<a href="http://www.psychowyc.com/id95.html">www.psychowyc.com/id95.html</a> . Wyandotte County Lake, Kansas City, Kansas
Saturday, August 06, 2011 8 AM	<i>Shawnee Mission Park</i> Hot Trot 5K/10K Run	<a href="http://www.run-areyouin.com/">www.run-areyouin.com/</a> Shawnee Mission Park, Shawnee Mission, KS
Saturday 08-06-11 7AM	Red Dog 10K/5K	Haskell Stadium, 155 Indian Ave Lawrence, Ks <a href="http://reddogsdogdays.org">reddogsdogdays.org</a>
Saturday, August 13 8:00AM	Hillsdale Harrier Hustle 10k & 5k Trail Run	<a href="http://www.psychowyc.com/hillsdaleharrierhustle/">www.psychowyc.com/hillsdaleharrierhustle/</a> Benefiting: <u>Miami County Cancer Foundation</u> -- Paola, Ks Race Location: Hillsdale, Ks.
Saturday, August 20, 8 AM	<i>A Chance for</i> <i>Children 5K/10K</i> Corporate Woods	Benefiting our community's youngest members, who live daily with the life-changing effects of cancer or serious illnesses requiring intensive care. <a href="http://achanceforchildren.com/index.html">achanceforchildren.com/index.html</a>
Sunday, August 28-8AM	Head for the Cure 5K Corporate Woods	<a href="http://www.headfortheure.org/">www.headfortheure.org/</a> Head for the Cure 5K events are unique tributes to those fighting brain cancer and those who have lost their battles
Saturday, SEPTEMBER 10	Olathe Medical Center Women's Triathlon at Kill Creek, Park, 11670Homestead Lane, Olathe	We are dedicated to improving the health of our community, including providing state-of-the-art medical care and encouraging healthy lifestyles. <a href="http://jcprd.com/special_events/omc_triathlon.cfm">jcprd.com/special_events/omc_triathlon.cfm</a>
Saturday, September 17, 7 AM	2011 Riverside Riverfest Levee Run	All entry fees will go to benefit Northland Animal Welfare Society.

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](http://www.SeeKCrun.com)

For complete and daily updated registration links, go to [www.SeeKCrun.com](http://www.SeeKCrun.com)

# Hot Weather Running Tips

Provided by the RRC

Running in the heat of summer can be dangerous if proper precautions and preparations are not followed.

The Road Runners Club of America

recommends the following hot weather running tips.

**1. Avoid dehydration!!!** You can lose between 6 and 12 oz. of fluid for every 20 minutes of running. Therefore it is important to pre-hydrate (10-15 oz. of fluid 10 to 15 minutes prior to running) and drink fluids every 20-30 minutes along your running route. To determine if you are hydrating properly, weigh yourself before and after running. You should have drunk one pint of fluid for every pound you're missing. Indications that you are running while dehydrated are a persistent elevated pulse after finishing your run and dark yellow urine. Keep in mind that thirst is not an adequate indicator of dehydration.

**2. Avoid running outside if the heat is above 98.6 degrees,** (body temperature), and the humidity is above 70-80%. While running, the body temperature is regulated by the process of sweat evaporating off of the skin. If the humidity in the air is so high that it prevents the process of evaporation of sweat from the skin, you can quickly overheat and literally cook your insides from an elevated body temperature.

**3. When running, if you become dizzy, nauseated, have the chills, or cease to sweat...** STOP RUNNING, find shade, and drink water or a fluid replacement drink such as Gatorade. If you do not feel better, get help. Heatstroke occurs when the body fails to regulate its own temperature, and the body temperature continues to rise. Symptoms of heatstroke include mental changes (such as confusion, delirium, or unconsciousness) and skin that is red, hot, and dry, even under the armpits. Heatstroke is a life threatening medical emergency, requiring emergency medical treatment.

For more information and symptoms of

heatstroke visit [www.webmd.com/content/article/87/99468.htm](http://www.webmd.com/content/article/87/99468.htm).

**4. Run in the shade whenever possible,** avoid direct sunlight and blacktop. When you are going to be exposed to the intense summer rays of the sun, apply at least 15 spf sunscreen and wear protective eyewear that filters out UVA and UVB rays. Consider wearing a visor that will shade your eyes and skin but will allow heat to transfer of the top of your head.

**5. If you have heart or respiratory problems** or you are on any medications, consult your doctor about running in the heat. In some cases it may be in your best interests to run indoors. If you have a history of heatstroke/illness, run with extreme caution.

**6. Running in the morning** right before or immediately after sunrise is the coolest time of the day. The air quality is also better earlier in the day during the summer months. If you cannot run in the morning the next best option is late evening. Avoid running during the peak heat of the day.

**7. DO wear light colored breathable clothing.** DO NOT wear long sleeves or long pants or sweat suits. Purposefully running in sweat suits on hot days to lose water weight is dangerous!

**8. Plan your route** so you can refill water bottles or find drinking fountains. City parks, local merchants, and restaurants are all good points to incorporate on your route during hot weather running. Be sure to tell someone where you are running how long you think you will gone, and carry identification.

Stay hydrated, cool, and safe this summer!

## PERFORMANCE

Several studies have shown that the optimum temperature for long distance running performance seems to be around 50-55 degrees Fahrenheit. Above and below this range performances degrade as much as 2% for every 5 degrees. Three additional environmental factors can interact to alter performance further. They are relative humidity, air movement, and radiation.

High humidity, because it inhibits evaporation, has the same effect as increasing the ambient temperature. This effect is worse for higher temperatures where it can increase the effective ambient temperature by as much as 10 degrees.

Air movement over the body enhances the ability to lose heat by convection and evaporation. Movement is generated both by the runners speed and by any prevailing wind. These can combine to lower the effective temperature by as much as 8 or 9 degrees while increasing evaporation and fluid loss. Running downwind cancels out this cooling effect.

Direct sunlight adds heat to the body by radiation. The effective temperature increase can be as much as 8 or 9 degrees.

It is easy to see that by combining 80+ degree temperatures with direct sun exposure and high humidity serious performance degradation will occur in long distance races.

## HEAT ILLNESSES

Special caution should be advised when the temperature is above 80°F or when the relative humidity exceeds 50-60%.

Running unwisely under environmental heat stress may lead to a variety of heat illnesses which can be life threatening. These illnesses are caused by three factors: increased core temperature, loss of body fluids, and loss of electrolytes. While running in the heat, monitor your condition for signs of weakness, dizziness, nausea, disorientation, cessation of sweating and piloerection, (the standing up of body hairs). If these signs occur, stop running and start the appropriate treatment. They could be symptoms of any of the major heat illnesses described below.

### Heat Cramps

Salts can be lost in the sweat while running in the heat. If they are not replenished properly, muscle pain and cramps can occur. The body temperature does not become elevated. Prevention can come from heat acclimatization, ingestion of large amounts of water and by increasing the daily salt intake several days before the heat stress. Treatment is rest in a cool environment and replacement of lost salts.

### Heat Exhaustion

Poor circulatory response to heat and reduction of blood volume due to increased sweating can lead to symptoms of general weakness, dizziness and nausea. The skin is usually cool and pale, but the person is probably still sweating. Body temperature is not elevated to dangerous levels (under 106°F). Exercise must be stopped. Treat by rest in a cool environment, ingestion of cool liquids and cooling the body externally with water or ice.

### Heat Stroke

When the body's temperature regulating system fails, excessively high body temperature and heat stroke can result. This is a serious condition which, if untreated, may well lead to death. It requires IMMEDIATE medical attention. The symptoms are dry, warm and red skin, a reduction or loss of sweat and a body core temperature over 106°F.

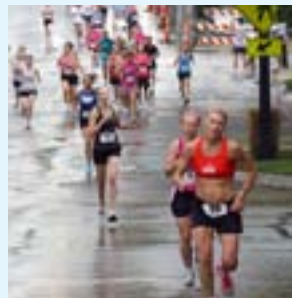
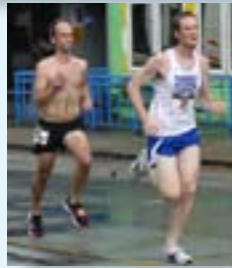
Treatment is to immediately stop exercise, seek medical attention and start cooling the body with ice packs and cold water. The person may or may not be conscious.

Cool liquids may be consumed if the person is conscious.





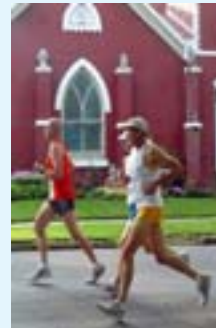
**SCENES FROM THE  
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LAWRENCE, KS  
JULY 3, 2011**



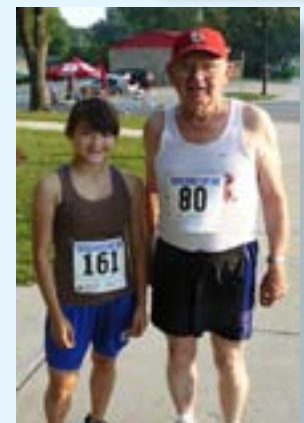
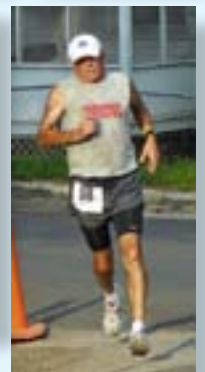
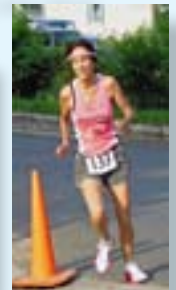
Photos By: runLawrence  
Gene Wee



**SCENES FROM THE  
HORSETHIEF RUN  
EUDORA, KS  
JULY 9, 2011**



Left- Jeff Behrens (Gladstone) and others running in front of the Salem Chapel in Eudora - with two gargoyles watching over them.



Photos By: runLawrence  
Gene Wee





Race Director Carrie Kimber



OVER 2,500 PARTICIPANTS START THE RACE



Derek Gibb & Matt McClelland



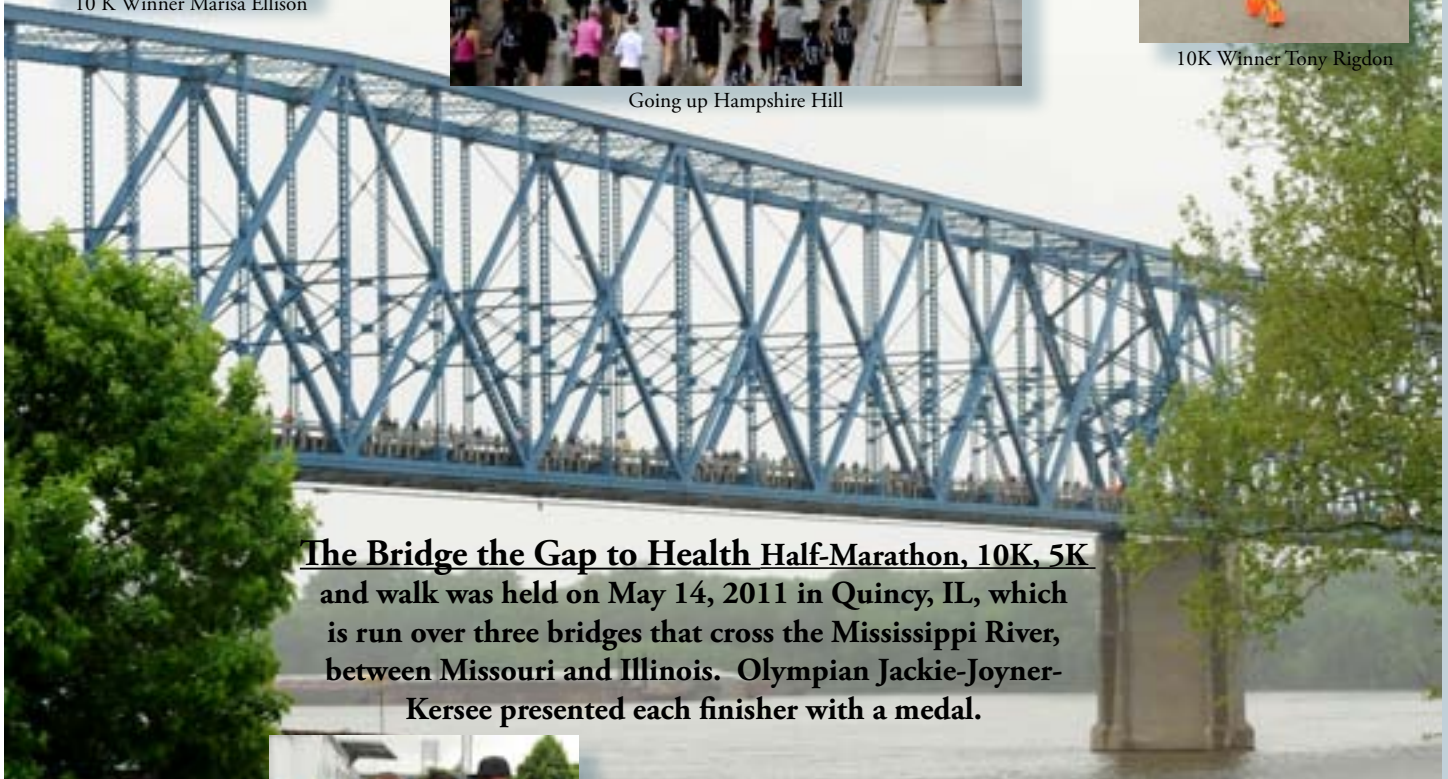
10 K Winner Marisa Ellison



Going up Hampshire Hill



10K Winner Tony Rigdon



**The Bridge the Gap to Health Half-Marathon, 10K, 5K and walk was held on May 14, 2011 in Quincy, IL, which is run over three bridges that cross the Mississippi River, between Missouri and Illinois. Olympian Jackie-Joyner-Kersey presented each finisher with a medal.**



5K Winner Clint Grover



1/2 Marathon Winner Derek Gibb with Jackie-Joyner-Kersey



5K Winner Jennifer Lucie



Race Committee & Volunteers celebrate in front of the Bayview Bridge

Photos provided by:  
thomasphotographic.com



## Kansas City Roads and Bridges

By Dave Schieffer



## Kansas City Star Calls for Bike Lanes Across the City

***"Cycling stuff going on in the Kansas City area"***

In a major editorial in today's Kansas City Star, the newspaper's editorial board praised the city for its recent strides in becoming more bicycle friendly, but also issued a sweeping call for the city to "put paint to pavement by adding bike lanes to key corridors across the city. Below are excerpts from the article:

Kansas City made enormous strides in the last year toward becoming a safe and welcoming place for bicycle transportation. This summer, it's time to seal the deal. It won't take much, beyond a modest amount of money and some political will.

While Kansas City has spun its wheels for decades, recent accomplishments should not be understated. The city has replaced bike-unfriendly drain grates with friendly ones, added to what was a pathetic system of bike lanes and prepared signs to point to low-traffic routes around neighborhoods.

To complete the transformation, Kansas City needs more bike lanes and dedicated on-street bike lanes. Trails take considerable planning and money. This is a long-term project. But the city shouldn't wait any longer to pluck the low-hanging fruit of an alternative transportation system. With only some paint on the streets, Kansas City is ready to create the skeleton of a citywide bike system.

**Mark Your Calendars!**

**The Missouri Bicycle Federation  
Presents**

**BikeMO 2011  
Fall Harvest & Pumpkin Ride**

**Saturday October 15th, 2011**

**Holt's Summit, MO  
9:00 a.m.**

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

Happy Trails!

Dave

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



# 13th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

October 8, 2011  
8:00 a.m.

Black Bob Elementary School  
Olathe, Kansas

For more information, check the website at  
**www.pumpkinrunwalk.org** or call the race information line at  
(913) 909-3406

• Walkers with strollers are welcome •

-----  
*Detach form and return with check. Entry form may be photocopied.*

## 13th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

Last Name	First Name	Birth Date
Address		Age on Race Day
City/State/Zip		Gender    Male    Female
Daytime Phone	Evening Phone	Circle One:    5K Run    5K Walk    5K Wheelchair
E-Mail Address		

MARA Grand Prix Race

### Fee Information

Race day entries cannot be guaranteed a T-Shirt.

Fee includes T-shirt/ (circle one)    Adult sizes    S    M    L    XL    XXL    Children sizes (circle one)    S    M    L

I am enclosing a check for: (check one entry option)

**POSTMARKED PRIOR TO 9/27/11**

☐ \$22 Individual Entry Fee

☐ \$15 per Person Family Fee\*

**POSTMARKED AFTER 9/27/11**

☐ \$27 Individual Entry Fee

☐ \$17 per Person Family Fee\*

\* Family fee applies if three or more family members of a family enter together. Each family member must complete a separate entry form and sign the Release and Waiver. Entry forms for all family members and one check for all entry fees must be submitted together to receive the family price.

I am including a tax-deductible donation of \$ \_\_\_\_\_ to the Jared Coones Memorial Foundation a 501(c)3 non-profit organization. Federal ID #43-1937567.

Make Checks Payable To:  
**Jared Coones Pumpkin Run**  
Mail completed form, signed release and check to:  
Jared Coones Pumpkin Run  
P.O. Box 3314  
Olathe, Kansas 66063-3314

### Release and Waiver (Must Sign to Participate)

I know running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I also know that although police protection provided, there will be traffic on the course route. I assume the risk of running in traffic. I also assume any and all other risks associated with running in this event, including but not limited to falls, contact with other participants, the effects of weather and the condition of the roads, all such risks being known and appreciated by me. I agree to abide by all decisions of the race officials relative to my ability to safely complete this race. I agree not to bring dogs onto the race course. Knowing these facts, and in consideration of your accepting my entry, I hereby, for myself, my heirs, executors, administrators or anyone else who might claim on my behalf, covenant not to sue, and waive, release and discharge Olathe Running Club, Black Bob Elementary School, City of Olathe including the police department, race officials, volunteers and any and all sponsors including their agents, employees, assigns or anyone acting on their behalf, from any and all claims or liability for death, personal injury or property damage of any kind or nature whatsoever arising out of, or in the course of, my participation in this event through that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. I understand the rules of the USAT&F and IAAF regarding drug testing may apply to this event. Information regarding drug testing may be obtained by calling the USOC 1-800-233-0393. This Release and Waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. The undersigned further grants full permission to race sponsors and/or agents authorized by them, to use any photographs, videotapes, motion pictures recording, or any other record of this event for any purpose. Applications for minors will be accepted only with a parent's signature. (If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify all persons and entities listed in this Release and Waiver against any claim brought against them by that minor at any time, arising out of the minor's participation in this event.)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_



***"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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**SEPT. 24**



THE RACE FINISHES INSIDE  
**LIVESTRONG**  
SPORTING PARK