

MASTER PIECES



**Magazine of Mid-America
Running Association
November December 2021**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

NOVEMBER-DECEMBER
2021

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Cover Photo:

By: Michael Chaffee
 SmartPacing Team @ The
 Plaza 10K and Ol' Sol
 09-12-21



Renee Kidwell
 Editor



Thankful for MARA

As we get ready to celebrate the 2021 Thanksgiving & Christmas Holidays I am beyond words to express how grateful & blessed I feel. I know I won't have the space to fully share how much I have appreciated & valued being a voice & part of MARA for so many years, allowing me to work with & showcase the amazing talent, care & devotion of the MARA Staff, including our great photographers' writers' & members' contributions every issue. It has been an honor & a privilege to help provide the joy of this running community with all of you! I am Very *Thankful* for the *wonderful* opportunity. May all your miles be safe, healthy & full of Joy!

Sincerely, Renee

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



Karen's Column

By Karen Raymer
President of MARA
November/December 2021

It saddens me to have to think that this will be my last article for Master Pieces. The magazine has been around since 1973. The club was first called "Mid America Masters". After few years, it was decided that the name suggested that the club and magazine was for "senior" runners! In the 70's masters runners were 40 and over! Times have definitely changed in these 48 years! If you look at the results from races these days, some of the fastest times are for those well over 40!

I became president of the club in 1994 and have held that office ever since. In these 27 years, I have seen many changes in the running industry. Most have been for the better, but in some areas, I feel that we have lost some of the more "personal" touches.

Some of the friendships that Keith and I made over these 40+ years, have been some of best people we could have ever known. Sadly, we have lost some of these friends, but they live on in our hearts forever.

My wish for all of you, is to keep on running and/or walking and cherish the friendship you make through those miles and times.

The website will remain up and running thanks to Stevan Ryan. So continue sending your race calendars and results to him at Stevan.Ryan@gmail.com.

I will sign off for the last time by saying: **ELVIS HAS LEFT THE BUILDING**

Karen

MARA Sustaining Members

Anna & John Allen - Leawood, KS

Lexa Alley- Merriam, KS

Diane Bahr-Leavenworth, KS

Dave Boone-Overland Park, KS

Mary Boyce & Mary Desch - Wichita, KS

John Cookinham - Kansas City, MO

Joe Duncan - Lee's Summit, MO

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, KS

Karen & Keith Raymer - Raymore, MO

Gretchen & Stevan Ryan - Olathe, KS

Catherine Saxon Family - Lawrence, KS

Kermit Trout - Overland, Park, KS

LeRoy Unruh - Overland Park, KS

Sandie Weston - Kansas City, MO

Eugene & Marsha Wren - Shawnee Mission, KS



Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



Just in case



Three eyes have it



The young ladies seem to be the only ones sure of which way to go



Heading for Mom's arms!

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



first, second, third The KidsRun

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



5K Winner



first lap of 10K



It is all about family fun!

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



Cheerleaders on the Course

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



Running with Friends



A family Affair

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



Happy Finishers



5K Winner



Cheerleaders on the course



Happy Cider Runner

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



IT'S All Good!

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



**Wildcats Ready to hand out water to
Thefinishers**



Pace Car

Update & Photos by: Michael Chaffee

Louisburg Cider Mill Run -- 5K, 10K, Kids run -- 10-2-21



Excitement Among The Spectators

Update & Photos by: Michael Chaffee

Plaza 10K and Ol' Sol

09-12-21

Probably still smaller than at its peak, the Plaza 10K and Ol' Sol once again brought a modicum of normality. Let's keep it headed that way, Kansas City!



Update & Photos by: Michael Chaffee

**Plaza 10K and Ol' Sol
09-12-21**



**Children and runners:
free as a bird**



Plaza Light



today's leaders

Update & Photos by: Michael Chaffee

**Plaza 10K and Ol' Sol
09-12-21**



Running wasn't the only activity on Saturday Morning

Update & Photos by: Michael Chaffee

**Plaza 10K and Ol' Sol
09-12-21**



The lead group at 2 miles; #539 the eventual winner

**Plaza 10K and Ol' Sol
09-12-21**



The color guard gets set as the sun rises



Community Faces KC

Update & Photos by: Michael Chaffee

**Plaza 10K and Ol' Sol
09-12-21**



"Heading" To the Start



**Doing a dance while
Waiting for Dad's race
to begin**

Update & Photos by: Michael Chaffee

**Plaza 10K and Ol' Sol
09-12-21**



The Shirt Says it All



It's All Good!

Update & Photos by: Michael Chaffee

Plaza 10K and Ol' Sol
09-12-21



"We've got the Beef!"



Smart Pacing Team

Update & Photos by: Michael Chaffee

Hi All,

This is a new thing & its complicated. So bear with me or at any point tell me that you want off this list.

"dr pepper ' is the name of a group of old runners that get together once a month to "chew the fat".

A few months ago I started writing "articles about health & exercise". I needed a sounding board to get feedback on the articles so I sent them to dr pepper. The feedback made the articles authentic to the degree that they were.

From time to time I added people to the list that I thought might be interested in
The articles.

#1 Plantar Fasciitis

#2 Minimalist Running

#3 Coronary Artery Calcium
Scan

#4 Iron Deficiency

#5 Health Maintenance

#6 Exercising in the Heat

#7 Musculoskeletal injuries

#8 Tools for Musculoskeletal
Injuries.

#9 Aquaexercise

Continued on page 22

Many of you have not seen all these articles. I would be delighted to send you any or all of them. I would also like to respond to any questions about any of them that you might have. They are not technical. I tried to make them pertinent for anyone interested in health or exercise regardless of their background.

I would also appreciate any comments you might have about this format: such as that it is not HIPPA compliant. Whatever that means. Please don't tell me that I should be doing a Blog. I'm just not up to that.

The feedback I've gotten indicated that some people on this list would like me to write about more issues. I plan to do that. I would like to hear from any of you that might have an issue that you would like my thoughts on.

I also got the impression that there were more people that might want to be on this list so I plan to add more people. If any of you have someone you think would like to be on the list, I'm trying to expand it.

I'm looking forward to hearing from you at greghartman47@gmail.com.

Hartman's Recovery

Actually, it was a complete rupture of the quadriceps tendon requiring emergency surgery. I had the same thing on the other leg 5 years previously.

I am still writing my articles. Anyone that wants to receive them can contact me at greghartman47@gmail.com.

Greg

Strutt with Your Mutt -- 5K run (w/o dog), 5K run (w/dog), 3K walk (w/dog) -- 10-3-21 -- Barkers, woofers, arfers, and yippers gathered in Brookside for a run. And those were the human beings.



Barkers, woofers, arfers, and yippers gathered in Brookside for a run. *And those were the human beings.*



**Already turned into
A pumpkin**

Update & Photos by: Michael Chaffee

Strutt with Your Mutt -- 5K run (w/o dog), 5K run (w/dog), 3K walk (w/dog) -- 10-3-21 --



5K (w/out dog) Start



5K Start (w/dog)



Do dogs come to look like their masters, or is it vice versa?

Update & Photos by: Michael Chaffee

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

This race schedule is a service of Mid-America Running Association. Support MARA and join today!

Send additions, changes, & corrections to Stevan.Ryan@Outlook.com

New race submissions should include the information shown below.

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

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

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
Oct 2	Sat	7:00 AM	Rock Bridge Revenge	Rock Bridge Park Columbia, MO	Rock Bridge Revenge
Oct 2	Sat	7:00 AM	Forrest Gump Challenge	360 Emerson Road Reeds Spring, MO	Forrest Gump Challenge
Oct 2	Sat	7:30 AM	Salt City 5K/10K	3rd & Main Street Hutchinson, KS	Salt City 5K/10K
Oct 2	Sat	7:30 AM	Downhome Fall Festival 5K	Olpe Jones Lake Olpe, KS	Downhome Fall Festival 5K
Oct 2	Sat	7:30 AM	Salt City Half 5K/10K	3rd & Main Street Hutchinson, KS	Salt City Half 5K/10K
Oct 2	Sat	7:30 AM	Wizard Run - Joplin	511 S. Main St. Joplin, MO	Wizard Run
Oct 2	Sat	8:00 AM	Merriam Drive Live 5K Run	5740 Merriam Dr. Merriam, KS	Merriam Drive Live 5K
Oct 2	Sat	8:00 AM	Oktoberfest HRD 5K	E. Church St. Ozark, MO	Oktoberfest HRD 5K
Oct 2	Sat	8:00 AM	A Step in the Right Direction 5K	Don Bosco Center Kansas City, MO	A Step in the Right Direction 5K
Oct 2	Sat	8:00 AM	Walk 5K Run for Live Community Event	Lake Ozark, MO	Walk5K Run for Live Community Event
Oct 2	Sat	8:00 AM	Coach E Race 5K Run/Walk	1008 County Road Brunswick, MO	Coach E Race 5K Run/Walk
Oct 2	Sat	8:00 AM	Don Bosco Center A Step in the Right Direction 5K	1761 Burlington St. Kansas City, MO	A Step in the Right Direction 5K
Oct 2	Sat	8:00 AM	Happy Feet for Healthy Minds 5K & 1M	Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
Oct 2	Sat	8:00 AM	Table Rock Lake 5K	Kimberling City Elks Lodge Kimberling, MO	Table Rock Lake 5K
Oct 2	Sat	8:00 AM	The Victory Lap	Children's Mercy Park Kansas City, KS	The Victory Lap
Oct 2	Sat	8:00 AM	Leave a Legacy Spirit 5K & Heart Winkin' Half Marathon	Heartland Cancer Center Garden City, KS	Leave a Legacy Spirit 5K
Oct 2	Sat	8:30 AM	Leave a Legacy 5K & 10K Road Races	The Cancer Center Garden City, KS	Leave a Legacy 5K & 10K Road Races
Oct 2	Sat	9:00 AM	Race Against Breast Cancer 5K	Topeka West High School Topeka, KS	Race Against Breast Cancer 5K
Oct 2	Sat	9:00 AM	Stomping Out Cancer 5K	Nighthawk Vineyard Winery Paola, KS	Stomping Out Cancer 5K
Oct 2	Sat	9:00 AM	Run for Paws 5K	15501 Indian Creek Parkway Olathe, KS	Run for Paws 5K
Oct 2	Sat	9:00 AM	Earth Day 5K	Unity of Springfield Springfield, MO	Earth Day 5K
Oct 2	Sat	9:30 AM	Oktoberfest Run for the Poor 5K and Mile Run	Wichita, KS	Oktoberfest Run for the Poor
Oct 2	Sat	4:00 PM	Louisburg Cider Run 5K, 10K, Kid Run, Hard Cider Relay	Louisburg Cider Mill Louisburg, KS	Louisburg Cider Run

Oct 3	Sun	6:30 AM	Oklahoma City Memorial Marathon Full, Half, Relay, 5K, Kids	Oklahoma City, OK	Oklahoma City Marathon
Oct 3	Sun	7:00 AM	Strut With Your Mutt	Brookside Kansas City, KS	Strut With Your Mutt
Oct 3	Sun	8:00 AM	Run Crazy Horse Half, Marathon & Marathon Relay	Hill City, SD	Run Crazy Horse
Oct 3	Sun	8:00 AM	De Soto Half Marathon	De Soto, KS	De Soto Half Marathon
Oct 3	Sun	9:00 AM	Oktoberfest 5K & Kids Run	411 E. 135th St. Kansas City, MO	Oktoberfest 5K & Kids Run
Oct 3	Sun	9:00 AM	Race for Dignity	Frank A Theis Park Kansas City, MO	Race for Dignity
Oct 3	Sun	4:30 PM	Light The Night 4 LIFE	Liberty, MO	Light The Night 4 LIFE
Oct 8	Fri	10:00 PM	Heartland 125 Miler	Cassoday, KS	Heartland 125 Miler
Oct 9	Sat	6:00 AM	Heartland 100 Miler, 100K, 50 Miler, Marathon	Cassoday, KS	Heartland
Oct 9	Sat	7:00 AM	Little Apple Marathon	Tuttle Creek State Park Manhattan, KS	Little Apple Marathon
Oct 9	Sat	7:30 AM	Coronado Heights Run	Lindsborg, KS	Coronado Heights Run
Oct 9	Sat	8:00 AM	Race for the Future 5K Run/Walk & Kids Dash	Lee's Summit West High School Lee's Summit, MO	Race For The Future
Oct 9	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	Jared Coones 5K
Oct 9	Sat	8:00 AM	Impact the Cure 5K	Impact Sports & Fitness Abilene, KS	Impact the Cure 5K
Oct 9	Sat	8:00 AM	Military Matters VeteRUN 5K	Nation WW1 Museum Kansas City, MO	Military Matters VeteRUN 5K
Oct 9	Sat	8:00 AM	Mine Run 5K at Strataca	Hutchinson, KS	Mine Run 5K
Oct 9	Sat	8:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School Smithville, MO	Julia's Warriors Run For Hope
Oct 9	Sat	8:30 AM	Fit58 Center Foundation 5K	Mid-Con Library Red Bridge Kansas City, MO	Fit58 Ctr Education Foundation 5K
Oct 9	Sat	9:00 AM	Racing for Rett 5K	706 Ash St. Harrisonville, MO	Racing for Rett 5K
Oct 9	Sat	9:00 AM	Glade Top Trail Run	Ada, MO	Glade Top Trail Run
Oct 9	Sat	9:00 AM	Hero Hustle 5K Run/Walk	1502 McArthur Drive Saint Joseph, MO	Hero Hustle 5K Run/Walk
Oct 9	Sat	11:00 AM	Run for Beer	ExBeeriment Brewery Gardner, KS	Run for Beer
Oct 9	Sat	11:00 AM	Brett's Bands 5K Run/Walk	English Landing Park Parkville, MO	Brett's Bands 5K Run/Walk
Oct 9	Sat	5:00 PM	Kyleigh's Gift Run/Walk	Liberty Hospital Liberty, MO	Kyleigh's Gift Run/Walk
Oct 10	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	Prairie Fire Marathon
Oct 10	Sun	8:00 AM	JCCC Lace Up for Learning 5K - Run/Walk	Midwest Trust Center at JCCC Overland Park, KS	JCCC Lace Up for Learning 5K
Oct 10	Sun	8:00 AM	Bill Cross 5K Walk/Run for Back Snacks	Zona Rosa Kansas City, MO	Bill Cross 5K Walk/Run
Oct 10	Sun	8:00 AM	ZERO Prostate Cancer Run/Walk	Children's Mercy Park Kansas City, KS	ZERO Prostate Cancer Run/Walk
Oct 16	Sat	7:00 AM	Gorilla Grind	Pittsburg, KS	Gorilla Grind
Oct 16	Sat	7:15 AM	KC Marathon presented by Garmin Full, Half, 10K & 5K	Crown Center Kansas City, MO	Kansas City Marathon
Oct 16	Sat	7:30 AM	Flatlander Half Marathon	Jack Kirby Square Great Bend, KS	Flatlander Half Marathon
Oct 16	Sat	8:00 AM	Maple Leaf Run	Baldwin City Golf Course Baldwin, KS	Maple Leaf Run
Oct 16	Sat	8:00 AM	D.S. Disability Awareness 2 M Run	JC Riverwalk Trail Junction City, KS	D.S. Disability Awareness 2 M Run

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Oct 16	Sat	8:00 AM	Girard Fall Festival Fun Run	Crawford County Courthouse Girard, KS	Girard Fall Festival Fun Run
Oct 16	Sat	8:30 AM	FLATS Trail Half Marathon	Thousand Hills State Park Marina Kirksville, MO	FLATS Trail Half Marathon
Oct 16	Sat	8:30 AM	Fast and Furiest 5K & K9 Carnival	1451 E. Cherry St. Springfield, MO	Fast and Furiest 5K & K9 Carnival
Oct 16	Sat	9:30 AM	Run for the Sun	Farmers Park	Run for the Sun