

MASTER PIECES



**Magazine of Mid-America Running Association
January-February 2018**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

JANUARY -
FEBRUARY 2018

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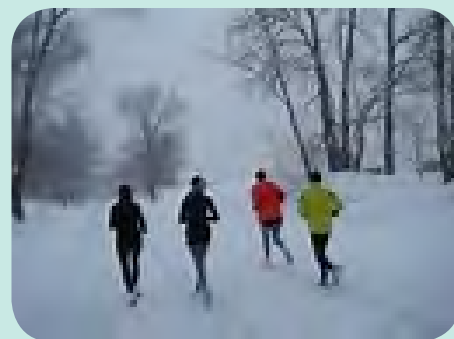
**Cover Photo: Running is for FUN &
FAMILY at the Westport Santa Dash
Dec 2, 2017**

Photo by: Michael Chaffee

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



Renee Kidwell
Editor



Enjoy The Journey

A few days ago, as I was watching the sports news, 2 college coaches meeting in an upcoming Bowl Game were asked about their focus and team preparation in the weeks and days leading up to the big game. They were exact opposite in thought and focus. One stated, all the pre-game hype, interviews, dinners, etc. was worthless and the only thing that really mattered was walking away with a win on the upcoming game day. The other coach wanted his players to enjoy the moment, soak in the atmosphere and relish in the preparation and festivities around this game. Continue to prepare, but have confidence in the hard work and preparation they had done to achieve their spot on the field. That made me reflect on how I, at times, have put more emphasis in the final finish line of a race, run or project, and have not enjoyed the journey of each mile or minute completed leading to that end of my run or finish line. I walk/jog with my dog daily and noticed how, he as well, is not intent on completing our route as quick as possible, however, he is eager to smell and check out various bushes or objects, taking it all in as we wander down the trail. Makes me want to be even more deliberate in 'Enjoying The Journey' each new day offers in this new year ahead.

*Wishing You a Very Wonderful,
Healthy & Happy New Year!!*

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

January - February 2018

In my 46 years of running, I have seen many changes take place in the running industry. Yes, it is an industry, from the production of putting on running events to the clothing that the runners wear. I am pleased at the nice wicking fabrics that are available to athletes today. I remember the days that all we had was cotton in the summer and wool in the winter. Neither one was good at keeping you dry!

I am also equally amazed at the different layers that fellow runners wear while running. Case in point: on Thursdays I do a long run (10 miles) with several other ladies. Terry Mann and I have been doing this weekly long run for well over 20 years. We have had several other ladies join us over the years. For various reasons they have not continued to participate. The last couple of years, Bonita Ford and Jan Dunham have joined us. When we meet for our weekly run together, I take a mental note of the varied attire that each of us is wearing.

Sometimes, it looks like each one of us is from a different climate!

I am much better at running in the summer and keeping cool, than I am, at keeping warm in the winter.

Sometimes in the winter I feel like the little brother, Randy, in the movie *The Christmas Story*, when he is in the snowsuit and can't put his arms down!

I will have layers on and see people running in shorts and no jackets when it is 30 degrees. I am just thankful for the wonderful fabrics that are available to us, in the clothing industry today. I don't know how it could be improved upon, but I imagine there are technicians working diligently on even better wicking and warming fabrics at this very moment. I guess we just have to "stay tuned" for newer and better as this running industry keeps advancing.

I hope you have a wonderful Holiday Season.

I am also wishing you happy and healthy running and/or walking.

Karen

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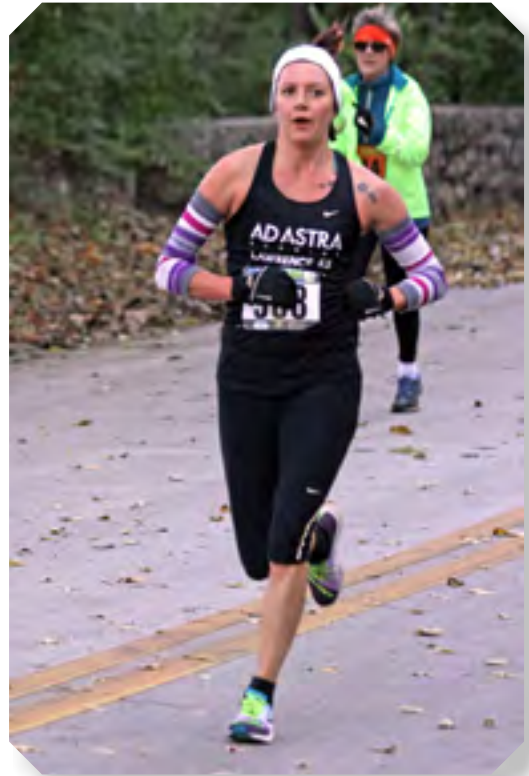
*Leawood, KS
Merriam, KS
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Leawood, KS
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Olathe, KS
Overland Park, KS
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Overland Park, KS
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Shawnee Mission, KS*



Oct 27th Cliff Hanger 5K & 8K, KCMO:



Brian Green (345) and Benjamin Chan (321) both of Lee's Summit on Cliff Drive heading towards the finish. They were 1st and second overall in the 5K.



Jennifer Kongs (Lawrence, 1st F - 8K)



Ryan Liston (Lawrence, 1st M - 8K)



Kerry Kohrs (Lee's Summit, MO)



Gabrielle Penaflor
(1st overall female 5K,
Kansas City MO)

Photos By: Gene Wee - RunLawrence.com

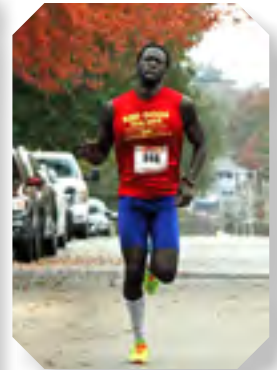
Nov 5th Kansas Half Marathon (Lawrence KS)



John Brown overlooks the Dead End to Powerhouse Road.



Start of the 2017 Kansas Half Marathon at Watdson Park.



Ebo Browne won the M25-29 category. He usually is seen in his Red Dogs Dog Days shirt at local Lawrence runs.



The 1:45 pacer adjusts his specs



Mandy Zimmerman (Junction City KS) by City Hall



"She doesn't run enough." - Antonio Solomon (475) and Kelli Solomon (669), both of Baldwin City, KS. Molly Meier (Topeka) finished the race with the Solomons and their pacer.



Wait 20 seconds

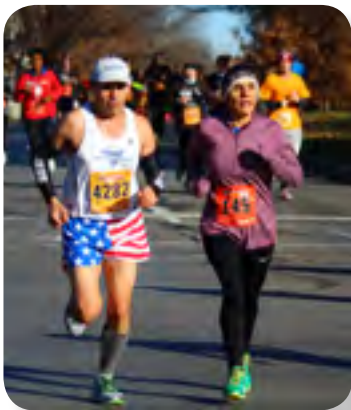


Photos By: Gene Wee - RunLawrence.com

Ward Parkway Thanksgiving Day 5K/10K



10K Start



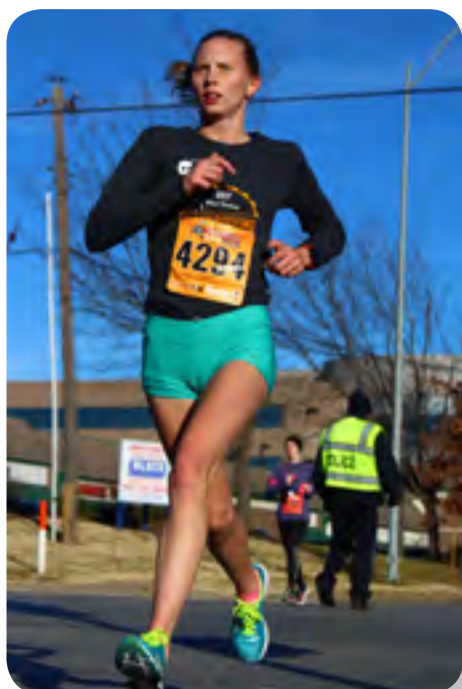
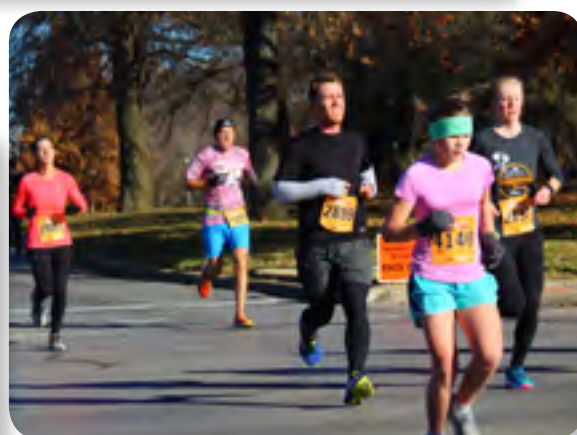
First in 5k

Photos by: Michael Chaffee

Ward Parkway Thanksgiving Day 5K/10K 11-23-17



5K Start



first female 5k



First in 10K

Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Peanuts & Peanut Butter – A Satisfying Snack or Meal Choice for All Ages

We have certainly learned that snacking is not limited to children only and actually can be a good way to eat healthy and in moderation throughout the day. Likewise, the love of peanuts and peanut butter is not limited to one particular age group. Kids (and many adults) may crave a peanut butter and jelly sandwich or toast, while adults may grab a handful of peanuts or dip into a spicy peanut sauce. Peanuts and peanut butter are ageless when it comes to nutrients, satisfaction, and health. Peanuts and peanut butter are not only affordable, but generally readily available, tasty and delicious. They are also nutrient dense, thereby, a good choice to help improve diet quality and keep one feeling fuller longer, while providing energy.

Our love of peanut butter actually has a long history. In 1884, a Canadian by the name of Marcellus Gilmore Edson, is stated to be the first to patent peanut butter. It has remained a staple in North American homes for most of the 134 years since.

Despite peanuts and peanut butter once being thought of as a fattening food, these products actually have mostly healthy fats (monounsaturated and polyunsaturated), which add to satiety value, thus keeping us fuller longer. For example, a small serving of peanut butter will stay with us much longer than a 200-calorie serving of pretzels, which supplies only carbohydrate energy. Additionally, peanuts and peanut butter are nutrient rich and provide protein, fiber, and magnesium (important for healthy nervous system, energy production, body temp regulation, strong bones & teeth. Peanuts actually contain more protein (8 grams in 2 Tablespoons) than many other nuts.

The uses of peanuts and peanut butter seem almost endless. They pair well with everything from bread, celery, fruits, chocolate & jelly to entrees, salads and desserts. For many, one of the best uses remains the good old peanut butter and jelly, banana, or honey sandwich. I know of runners who eat these regularly, as a tasty and easily tolerated source of energy and protein. Cutting a peanut butter and honey sandwich into small squares to nibble on during a long run is a tried and true energy solution for some of my favorite runners. I have found that snacking on peanuts (dry roasted, regular or honey roasted) during a long bike ride helps keep my energy up while supplying some good protein.

Ideas to use versatile peanuts and peanut butter products certainly abound, from family favorites to creative ideas on Pinterest. Manufacturer websites are also usually a treasure trove of great and sometimes new ideas. Here are some yummy recipes from the Skippy Peanut Butter website:

Peanut Butter Recipes (from Skippy website)

Peanut Butter Snack Mix (Makes 10 cups)

1 cup creamy peanut butter
2 Tablespoons honey
5-6 cups toasted corn cereal squares or crispy rice cereal
3-4 cups pretzels, sesame sticks or cheese crackers
½ cup dry-roasted unsalted peanuts and/or sunflower seeds, if desired ½ cup raisins or dried fruit mix
½ cup chocolate chips Heat oven to 325 degrees F. Line baking sheet with aluminum foil.
In small microwave safe bowl, microwave peanut butter and honey 45 seconds or until peanut butter melted, stir.
In large bowl, combine cereal, pretzels and peanuts. Pour melted peanut butter mixture over cereal mixture; toss to coat. Spread cereal mixture evenly over baking sheet.
Bake snack mix, stirring once, 10 minutes. Cool completely on wire rack. Stir in raisins and chocolate chips. Store in airtight container or plastic food storage bags.

Asian Peanut Broccoli Slaw

2 Tablespoons chunky peanut butter
2 Tablespoons mayonnaise
1 Tablespoon cider vinegar
½ teaspoon grated peeled gingerroot
½ teaspoon sugar
1 (12-ounce) package broccoli slaw
1 medium tomato, chopped
2 Tablespoons chopped fresh cilantro
In large bowl, combine peanut butter, mayonnaise, vinegar, gingerroot and sugar. Add remaining ingredients; toss well.
Serve chilled or at room temperature. (4 servings)

Peanut Butter Breakfast Muffins

1-1/2 cups flour
1 cup bran flakes cereal with raisins, broken up
½ cup sugar 1 Tablespoon baking powder
½ teaspoon cinnamon 1/4 teaspoon salt
½ cup dried cherries or apricots, chopped
1-1/4 cups milk
¾ cup creamy peanut butter
1 large egg 1 teaspoon vanilla extract

Heat oven to 375 degrees
Grease 24 miniature muffin cups
In medium bowl, combine dry ingredients, stir in cherries or apricots.
In large bowl beat together remaining ingredients with mixer until smooth. Fold in dry ingredients until combined.
Spoon batter evenly in to pan.
Bake 15 minutes or until toothpick inserted in centers comes out clean.

The Food Resolutions You Should Be Making Broad “be more healthy” goals set you up for failure. Swap them out for ones that are specific and achievable, and reap the running rewards all year long.

By Cindy Kuzma DECEMBER 29, 2017



It's the time of the year when big, sweeping resolutions loom large: lose weight, eat “clean,” curtail the booze. While those are all worthy ambitions, your odds of achieving them skyrocket if you shoot for one or two small, specific food-related objectives that support the loftier nutrition goals, says Anne Mauney, R.D., marathoner and coauthor of *Nutrition for Runners*.

Here are five goals that do just that (and one you should avoid). How to choose? Pick one (or two!) that fits your lifestyle and that you know you're likely to achieve. “That way you're setting yourself up for success by creating a positive feedback cycle,” says trail runner Maria Dalzot, R.D.

Clean Up Your e-Feed

FOMO isn't just for parties. While Instagram can offer inspiration and recipe ideas, scroll too long and you might find yourself weighed down in comparisons and unrealistic expectations, thanks to impossibly perfect meals and their ripped, lean creators. (We're betting most of those don't say #NoFilter.)

Boost Breakfast

Literally running out the door on coffee alone? Rethink that. Overnight, your body depletes the stores of glycogen in your liver, leaving your muscles starving for energy.

Early-morning runners who fuel up first—even on something as simple as a banana, or toast and jam—usually feel and perform better, Violet says.

Be Real About Carbs

Carbohydrates are the go-to fuel source for endurance exercise like running. But even marathoners don't need to gorge on giant plates of pasta nightly, says Anne Rollins, R.D., a sports dietitian for the Core Diet. Instead, make sure each meal contains all three macronutrients: protein, carbs, and fats. You don't have to count grams or calories—just use your plate as a guide, says ultrarunner Stephanie Howe Violet, Ph.D.

On most days, fill about half with colorful fruits and veggies, and one-quarter each with lean protein (chicken, fish, or legumes) and whole grains like brown rice or quinoa. Add a teaspoon to tablespoon of healthy fats found in avocados, oils, and nuts for flavor, nutrient absorption, and crucial bodily functions. If you're trying to lose weight, go a little lighter on grains on your easy days. When you have a hard workout, long run, or race, bump up the carbs to as much as half the plate.

Nail Long-Run Nutrition

Mastering midrun energy needs pays dividends long after you've kicked off your shoes, Violet says. Getting fuel the moment you need it gives you a jump-start on the recovery process, warding off the #runker that makes you eat everything in sight and sometimes causes weight gain.

For runs that are 60 minutes or longer, you want to aim for 30 to 60 grams of carbs per hour. If you've never eaten on your long runs before, start small and see what your stomach can tolerate. Experiment with different bars, chews, and gels, and yes, real foods like bananas, raisins, and dates.

Make Meal Plans

Look at your calendar each week and identify potential challenges to healthy food choices—your kids' soccer practices, a late-night meeting, or the night before a super-early run. Then find time slots when you have time for meal prep (say, chopping veggies, boiling eggs, or cooking an extra batch of brown rice).

Match them up, and you can avoid disaster, or at least an impulsive trip to the drive-through. “This planning takes a little more time upfront, but later on, when you're hangry or tired, you'll be thankful you did it,” Dalzot says.

Nov 11th - Ad Astra Billy Mills Cross Country 10K at Haskell Indian Nations University.



Billy Mills with one of his
many admirers



The Start



Last year the first Billy Mills 10K race was held on the Haskell Indian Nations University cross country course, with the Olympian himself attending. This year Billy Mills and wife Pat were on hand at the finish to award medals. Proceeds raised were to support the Haskell University running programs, including a track & field program temporarily suspended last spring. Mills' Running Strong Foundation donated \$10,000 to kick start the renewal of the program.



Lucy Hardy and Jennifer
Kongs (both of Lawrence)
- were the first 2 female
finishers.



Ellen Young (Lawrence)



Evan Landes & Zach Zarda
both finished in 31:55 (1-
2)

Photos By: Gene Wee - RunLawrence.com

KU Veterans Day 5K, Nov 12, 2017



The 5K course passes most of the war memorials on the KU Campus. This shot is from inside the Campanile looking out to the runners on Memorial Drive. Navy ROTC students stand vigil during the race.



Joshua Miller (RWB runner with his U.S> flag passes the Chi Omega fountain.



Potter's Lake in the background



Jason Vollmecke,



Passing the Vietnam War Memorial



Paul Riley (Lawrence)

Photos By: Gene Wee - RunLawrence.com

Miracle on Kansas Avenue Rescue Run in Topeka, Nov 25, 2017



#422 outsprints Dawson Adams to the finish.



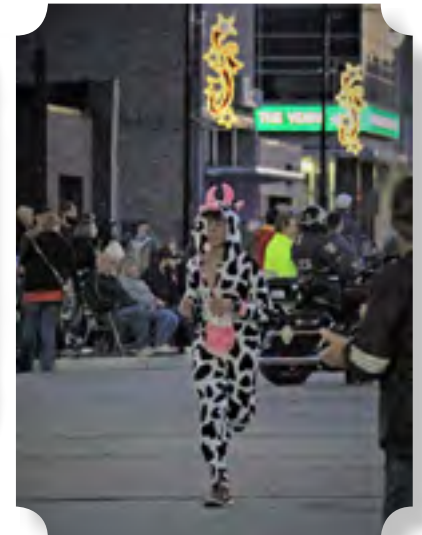
Michelle Andrew, Juvenal Espinosa and Dawson Adams at the Capitol. The two loop course passed under the Capitol steps on the first lap.



Sophie Wagemaker leads Leon Carlson to the finish. Somehow running in front of a large crowd encourages sprints to the finish.



Kathleen Purduski (Kansas City)



Cowman Graham Gibson (Topeka)

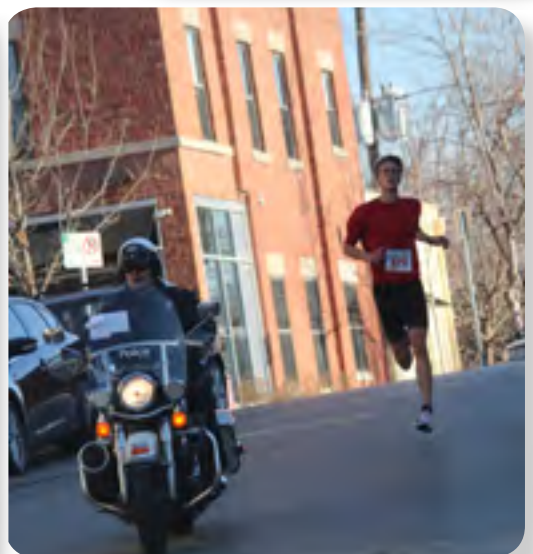


Lacy Carlson & Landon Duncan (both of Topeka) approaching the end of the first lap running Kansas Ave in front of a crowd waiting for the annual holiday parade.



The Claus Family

Photos By: Gene Wee - RunLawrence.com

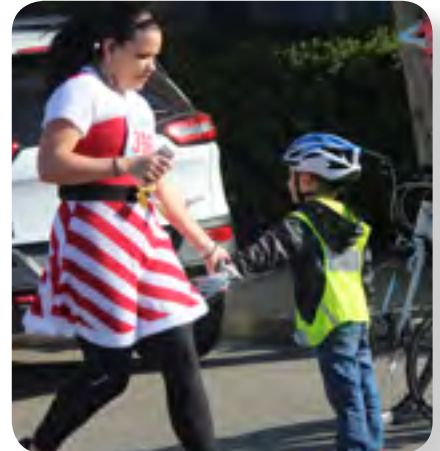
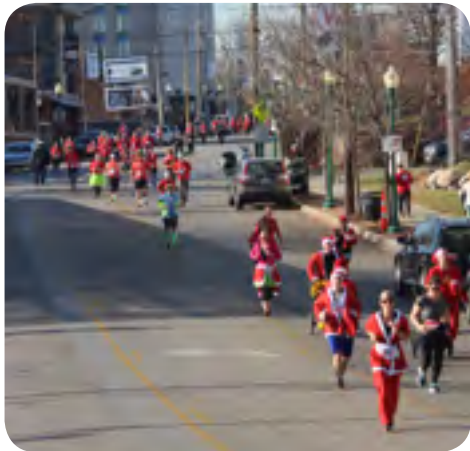


Photos by: Michael Chaffee : Michael Chaffee

Winner of the Santa Dash



Westport Santa Dash -- 12-2-17



Photos by: Michael Chaffee

6 Common Injuries You Should Never Try to Train Through ***Because sometimes, “no pain, no gain” couldn’t be further from the truth.***

By K. Aleisha Feters /Runner’s world

When dedication defines your mindset on workouts (and results), it can be hard to back off your training—even if your body is begging you to.

If you’re pushing through pain, you’re putting yourself at a far greater risk of losing those gains than if you were to ease up on your long runs or put your ego aside and talk to a physical therapist, says Janet Hamilton, C.S.C.S., an exercise physiologist with Running Strong in Atlanta.

“Listen to the feedback your body is giving you. If you have to alter your form to protect a sore spot, you can easily take one overuse injury and turn it into six,” Hamilton says, noting that, as a general rule of thumb, if you find yourself altering your exercise form or popping pills to push through pain, the risk of continuing training is not worth any potential reward

1. Stress Fractures

What they are: Microscopic breaks, these often happen in the feet, pelvis, or in the tibia and fibula, the bones that make up your lower leg, Hamilton says. When they occur in the lower leg, they are often called “shin splints.” Symptoms include pain that worsens when pressing on the area, single-leg hopping, or running.

2. Patellofemoral Pain Syndrome

What it is: Also called “runner’s knee,” patellofemoral pain syndrome is a condition in which the kneecap (a.k.a. patella) rubs on the thighbone (a.k.a. femur). Pain at the front of the knee is a common symptom, and often accompanies activities such as going down stairs, squatting, and after rigorous exercise, says Melanie Strassberg, a physical therapist at Professional Physical Therapy in Mamaroneck, New York.

3. Achilles Tendonitis

What it is: “The Achilles tendon is the strongest and thickest tendon in the body, connecting the calf muscles to the heel bone. It is also frequently injured,” says Elise H. Weiss, M.D., physiatrist and founder of Weiss Wellness in New York City. “Acute injuries can range from mild damage of the tendon to a complete rupture, which requires surgical repair.” The pain is often felt at the heel and back of the ankle (you may notice a bump of scar tissue), which can feel tight or swollen. Discomfort may decrease a bit as the area loosens, making it tempting to continue to work out through the pain.

4. Hip Pain

What it is: “There are many causes of hip pain in endurance athletes, from hip impingement, gluteal tendinitis, iliotibial band syndrome, to tendinitis, tears, and stress fractures in the hip,” Khan says.

5. Hamstring Strains

What they are: Sudden pain or spasms that occur in at the upper leg or butt, hamstring strains occur when the muscle tears, Weiss says. These tears can range from microscopic to a complete detachment. While tears are relatively uncommon, they require swift doctor intervention and surgery—and are accompanied by intense bruising and swelling.

6. Lower Back Pain

What it is: A common complaint in athletes and couch potatoes alike, low back pain can be localized to one spot or radiate into the butt and down the leg, Khan says. It can involve muscular strains, slipped vertebral discs, or nerve impingement.

Photos By: Gene Wee - RunLawrence.com

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 MARA.Calendar@gmail.com

New race submissions should include the information shown below.

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

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

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
January 2018					
Jan 1	Mon	8:00 AM	Help Me Fit Run, Walk & Roll 5K	8640 N. Dixon Ave. Kansas City, MO	Help Me Fit Run
Jan 1	Mon	9:00 AM	Hangover Half Marathon & 5K	Wichita Boathouse Wichita, KS	Hangover Half Marathon/5K Wichita
Jan 1	Mon	9:00 AM	Hangover Half Marathon & 5K	KC Running Company Leawood, KS	Hangover Half Marathon/5K Kansas City
Jan 1	Mon	9:00 AM	New Year's Day Run 1M, 5K 10K	Ad Astra Lawrence, KS	New Year's Day Run
Jan 1	Mon	10:00 AM	Commitment Day 5K Run/Walk	Life Time Fitness Overland Park, KS	Commitment Day 5K
Jan 6	Sat	9:00 AM	Bandbrace KC Holiday High School and Youth Indoor Track Meet	Johnson County Community College Overland Park, KS	Bandbrace KC Holiday
Jan 6	Sat	11:00 AM	WinterRock 25/12K	Elk City Lake Independence, MO	Winter Rock 25/12K
Jan 6	Sat	12:00 PM	Frozen Ass	Clinton Lake State Park Lawrence, KS	Frozen Ass
Jan 13	Sat	10:00 AM	Run the Neuf	Mojo's Coffee Shop Newton, KS	Run the Neuf
Jan 13	Sat	9:30 AM	Your Fastest Mile	English Landing Park Parkville, MO	Your Fastest Mile
Jan 20	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	Foo's Fabulous Frozen Custard Leawood, KS	Battle of the Bean
Jan 20	Sat	11:00 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	Topeka to Auburn Half Marathon
Jan 20	Sat	11:00 AM	Rolling Thunder 5K	Intrust Arena Wichita, KS	Rolling Thunder 5K
Jan 21	Sun	9:00 AM	Psychodelic 5K Trail Run (Winter Edition)	Wyandotte County Park Kansas City, KS	Psychodelic 5K Trail Run
Jan 27	Sat	9:00 AM	Wichita Battle of the Bean 5K & Jelly Bean Dash	Mead's Corner Wichita, KS	Wichita Battle of the Bean
Jan 27	Sat	9:00 AM	Freeze for the Fight KC	Kansas City, MO	Freeze for the Fight
Jan 27	Sat	9:00 AM	Polar 5K Strut	Shawnee Mission Park Lake Overland Park, KS	Polar 5K Strut

Jan 27	Sat	9:00 AM	R.O.C.7K Trail Run	Cosmo Park Columbia, MO	ROC7K Trail Run
Jan 28	Sun	8:00 AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis Kansas City, MO	Ground Hog Run
Jan 28	Sun	9:00 AM	Yeti Shiver Me Timbers 5K Obstacle Race	Bonner Springs, KS	Yeti Shiver Me Timbers
February 2018					
Feb 3	Sat	8:00 AM	Chocolate Rush 5K & Half Marathon	Cook Center South Mid-America Nazarene	Chocolate Rush
Feb 3	Sat	8:00 AM	Sweetheart Shuffle 5K St. Joseph	St. Joseph, MO	Sweetheart Shuffle
Feb 3	Sat	10:00 AM	5K Strut	Riggs Park Haysville, KS	5K Strut
Feb 3	Sat	11:00 AM	Polar Plunge & Strut	Lake Shawnee Topeka, KS	Polar Plunge & Strut
Feb 4	Sun	9:00 AM	Kickoff 5K Run/Walk	Arrowhead Stadium Kansas City, MO	Kickoff 5K
Feb 4	Sun	2:00 PM	26th Annual Super Bowl Sunday 4 Mile	Linwood Park Wichita, KS	Super Bowl Sunday 4 Mile
Feb 10	Sat	8:00 AM	Sweetheart Shuffle 5K & 10K Run	Waterfall Park (Bass Pro) Independence, MO	Sweetheart Shuffle
Feb 10	Sat	7:30 AM	Heart of the Ozarks Half Marathon 13.1M, 13.1M Relay & 10K	West Plains, MO	Heart of the Ozarks Half Marathon
Feb 10	Sat	9:00 AM	Cupid Run 5K	Norftk Kansas City, MO	Cupid Run 5K
Feb 10	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	Ritz Charles Overland Park, KS	Sweetheart Run
Feb 11	Sun	8:00 AM	Sweetheart Shuffle 5K Run/Walk	Lawrence, KS	Sweetheart Shuffle
Feb 11	Sun	9:00 AM	Wichita Sweetheart Run 5K & 10K	Sedgwick County Park Wichita, KS	Wichita Sweetheart Run
Feb 11	Sun	1:30 PM	Not 4 Wimps - 10K/ 10 Miler	Derby Recreation Commission Derby, KS	Not 4 Wimps - 10K/ 10 Miler
Feb 17	Sat	8:00 AM	Mine Run 5K	Hutchinson, KS	Mine Run 5K
Feb 17	Sat	8:00 AM	Prairie Life Fitness Indoor Triathlon	Prairie Life Overland Park, KS	Prairie Life Indoor Triathlon
Feb 17	Sat	10:00 AM	Emporia Plunge & Strut	Moose Lake Emporia, KS	Emporia Plunge & Strut
Feb 17	Sat	10:00 AM	Runnin' Against MS 5K	Stephens Lake Park Columbia, MO	Runnin' Against MS 5K
Feb 18	Sun	8:00 AM	J Indoor Triathlon	Jewish Community Center Overland Park,	J Indoor Triathlon
Feb 24	Sat	7:30 AM	Clinton Historic Half Marathon	Clinton, MO	Clinton Half Marathon

Feb 24	Sat	8:00 AM	Psycho Wyco Run Toto Run 50K, 20M & 10M	Wyandotte County Park Kansas City, KS	Run Toto Run
Feb 24	Sat	8:00 AM	View Indoor Triathlon	View Community Center Grandview, MO	View Indoor Triathlon
Feb 24	Sat	9:00 AM	Manhattan Avenue Mile	Manhattan Ave Manhattan, KS	Manhattan Avenue Mile
Feb 24	Sat	9:00 AM	Walk in Sister's Shoes	Sedgwick County Park Wichita, KS	Walk in Sister's Shoes
Feb 24	Sat	10:00 AM	Mardi Gras 5K	Downtown Kansas City, MO	Mardi Gras 5K
Feb 25	Sun	8:00 AM	Fight for Air Climb 42 Floor/902 Steps	One Kansas City Place 12th & Main Kansas City, MO	Fight for Air Climb
March 2018					
Mar 3	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 3	Sat	8:30 AM	Race to the White House 5K/10K & 1 M Fun Run	Crocker High School Crocker, MO	Race to the White House
Mar 3	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Olathe, KS	Storybook Run
Mar 3	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's Lawrence, KS	Shamrock Shuffle
Mar 3	Sat	1:00 PM	Brews, Clues and Running Shoes	Wichita, KS	Brews, Clues and Running Shoes
Mar 4	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 10	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 10	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Timber Lodge Ranch Amity, AR	Beer & Bagel Off-Road Races
Mar 10	Sat	7:30 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 10	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 10	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School Peculiar, MO	Lucky 13.1
Mar 10	Sat	9:00 AM	Clean Water 5K	919 N. Seneca Wichita, KS	Clean Water 5K
Mar 10	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 10	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport Road & Pennsylvania Ave. Kansas City, MO	Westport St. Pat's Run
Mar 10	Sat	1:00 PM	Red Carpet Fun Run 5K	Washburn Rural High Topeka, KS	Red Carpet Fun Run

Mar 11	Sun	8:00 AM	Sham Rock & Run 5K and 10K	Rock & Run Brewery Liberty, MO	Sham Rock & Run
Mar 11	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 11	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 16	Fri	12:15 PM	Ad Astra Running IRISH MILE	Ad Astra Running Lawrence, KS	IRISH MILE
Mar 17	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	Leprechaun Lane 5K & 10K
Mar 17	Sat	8:00 AM	Wichita St. Patrick's 5K	Old Town Wichita, KS	Wichita St. Patrick's 5K
Mar 17	Sat	8:00 AM	ShamRox Columbia 15K & 5K	Downtown Columbia, MO	ShamRox Columbia 15K & 5K
Mar 17	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublins Pass Springfield, MO	ShamRox Springfield
Mar 17	Sat	9:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 17	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 17	Sat	9:00 AM	Sedalia 5K Fun Run	Skyline Elementary School Jefferson City,	Sedalia 5K
Mar 17	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 18	Sun	9:00 AM	Great Plains 10K	Kemper Arena Kansas City, MO	Great Plains 10K
Mar 18	Sun	2:00 PM	Sweet Escape 10K	Sedgwick County State Park Wichita, KS	Sweet Escape
Mar 24	Sat	6:00 AM	Prairie Trail 100 & 50 Mile Trail Ultra Races	Ottawa, KS	Prairie Trail Ultra Races
Mar 24	Sat	6:00 AM	Prairie Spirit Trail 100M, 50M & 50K	Ottawa, KS	Prairie Spirit Trail
Mar 24	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 24	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 24	Sat	8:00 AM	3 Years on the Run 5K	Haven's Park Leavenworth, KS	3 Years on the Run 5K
Mar 24	Sat	9:00 AM	Sedalia Half Marathon & 5K Fun Run	Skyline Elementary School Sedalia, MO	Sedalia Half Marathon
Mar 24	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	Victorian Classic 10K/2M

Mar 17	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 17	Sat	9:00 AM	Sedalia 5K Fun Run	Skyline Elementary School Jefferson City,	Sedalia 5K
Mar 17	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 18	Sun	9:00 AM	Great Plains 10K	Kemper Arena Kansas City, MO	Great Plains 10K
Mar 18	Sun	2:00 PM	Sweet Escape 10K	Sedgwick County State Park Wichita, KS	Sweet Escape
Mar 24	Sat	6:00 AM	Prairie Trail 100 & 50 Mile Trail Ultra Races	Ottawa, KS	Prairie Trail Ultra Races
Mar 24	Sat	6:00 AM	Prairie Spirit Trail 100M, 50M & 50K	Ottawa, KS	Prairie Spirit Trail
Mar 24	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
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Mar 24	Sat	8:00 AM	3 Years on the Run 5K	Haven's Park Leavenworth, KS	3 Years on the Run 5K
Mar 24	Sat	9:00 AM	Sedalia Half Marathon & 5K Fun Run	Skyline Elementary School Sedalia, MO	Sedalia Half Marathon
Mar 24	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	Victorian Classic 10K/2M
Mar 24	Sat	9:00 AM	Wild over Wellness 5K	Eudora, KS	Wild over Wellness 5K
Mar 24	Sat	9:30 AM	St. Joseph Outlaw Adventure Run	St. Joseph, MO	St. Joseph Outlaw Adventure Run
Mar 25	Sat	8:00 AM	Wichita Run - 12K & 5K	Downtown Wichita, KS	Wichita Run
Mar 25	Sun	9:00 AM	St. Pat's Irish Fest 5K/10K	St. Patrick's Church Atchison, KS	St. Pat's Irish Fest
Mar 30	Fri	7:30 AM	Dust Bowl Series Marathon	Ulysses, KS	Dust Bowl Series Marathon
Mar 31	Sat	8:00 AM	Easter Egg 5K	South Creek Office Park Overland Park, KS	Easter Egg 5K
Mar 31	Sat	8:00 AM	Easter Escapade 5K/10K	Paradise Park Lee's Summit, MO	Easter Escapade 5K/10K
Mar 31	Sat	8:30 AM	Easter SunRun	Sedgwick County Park Wichita, KS	Easter SunRun
Mar 31	Sat	9:00 AM	5K Healing-Run	Shawnee Mission Park Shawnee, KS	5K Healing-Run

**the
cold
clears
your
head.**



**KUDDOS TO THE RUNNERS
WHO NEVER LET WINTER
SLOW THEM DOWN.**

RUN.



SUNDAY APRIL 8, 2018

Have a blast while you help raise funding to defeat Cystic Fibrosis. Run from The Roasterie in Kansas City to the party in Lawrence on a relay team or on your own!

Benefit Organization: Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of \$10 to help defeat this dreaded disease. In 2016 The Kansas City Track Club was able to donate \$40,000 to the Cystic Fibrosis Foundation. The median life expectancy of someone with CF is 37 years, but we are working to add more years.

Thank you for your generosity.

"Have you ever felt worse after a run?"

- George Sheehan



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