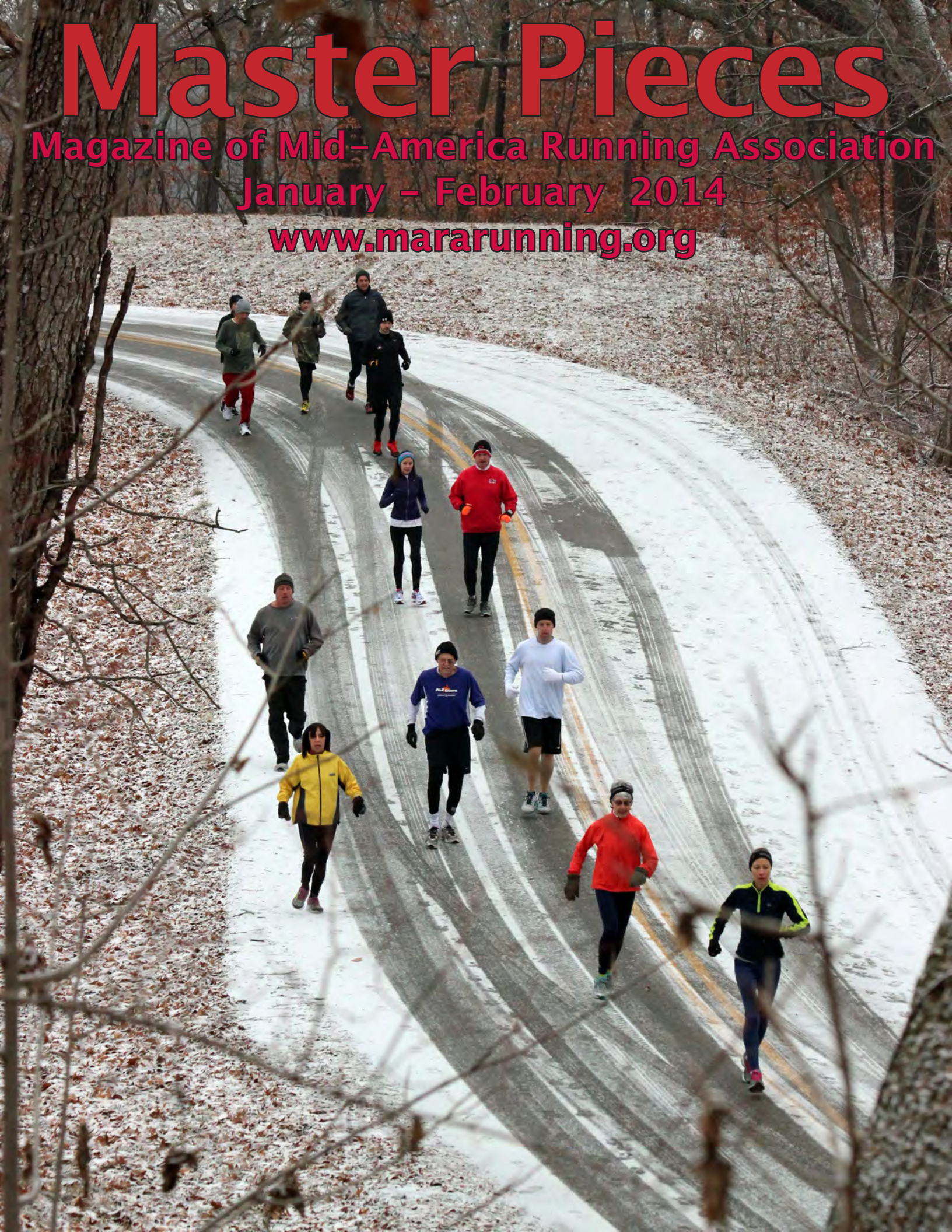


Master Pieces

Magazine of Mid-America Running Association

January – February 2014

www.mararunning.org



Master Pieces

JANUARY - FEBRUARY
2014

Magazine of Mid-America Running Association

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

*Cover Photo: 1st Downhill -
2013 MARA Chili Run @
Wyandotte County Lake Park*

*Photo Courtesy of:
Gene Wee runlawrence.com*



IT'S ALL DOWNHILL FROM HERE!

By: Renee Kidwell



How many times have you heard those words from a well-meaning spectator towards the end of a race? For me, it's more than I can count or even remember. What I do remember, it was often NOT the truth. There were often a few more hills before the finish line came into view. In my early years of running it used to make me a bit angry, because I believed them and once the next hill appeared I approached it with a negative attitude. Oh how our weeks, months or years, sometimes reflect that same scenario. The goals are set, preparation is well planned, hills and obstacles are noted and we think, OK, it's all downhill from here. Usually not the case though, and then the negativity starts to creep in.

I like the perspective regarding hills that runner Joe Catalano provided: "Many people shy away from hills. They make it easy on themselves, but that limits their improvement. The more you repeat something, the stronger you get."

I am so grateful for the incredible insight and wisdom to deal with the hills and valleys of life that running has taught me over the years. All those miles have provided strength and endurance far beyond the physical aspect. I have learned to welcome training in heat, bitter wind chills, pouring rain and beautiful warm sunny days. You deal with it, make it a fun challenge and are proud and happy when the run is completed. As we begin this New Year of 2014, my hope and wish for you is that you are able to gain strength from the hills, control on the descent and peace and happiness during those flat stretches!

May 2014 be a safe, inspiring and energizing year for you!

New MARA Members and Sustaining Memberships are listed on page 4

• Master Pieces Staff

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**The 39th Annual MARA
Chili Run and Awards
Ceremony
December 14, 2013
Wyandotte County Lake**



John Ball



**Kathleen Purduski
Dennis Morgan**



Ann Nelson



Rich Ayers



Herb Brown



All Alone on the Hill



1st Chili Run Finisher



Dee* Sandi *Karen*Kathleen



No time to play today.....



Herb Brown, John Ball, Mike Hake, Rob Harber, Gayle Van Durm, Mark Westfall, Lou Joline, Jeremy Garrett

**Top MARA Grand Prix
Male Winners for 2013**



Ann Nelson, Dee Boeck, Kathleen Johnson, Karen Hyde, Susan Robinette & Ashley Shores.

**Top MARA Grand Prix
Female Winners for 2013**

Photos By: Gene Wee/runlawrence.com

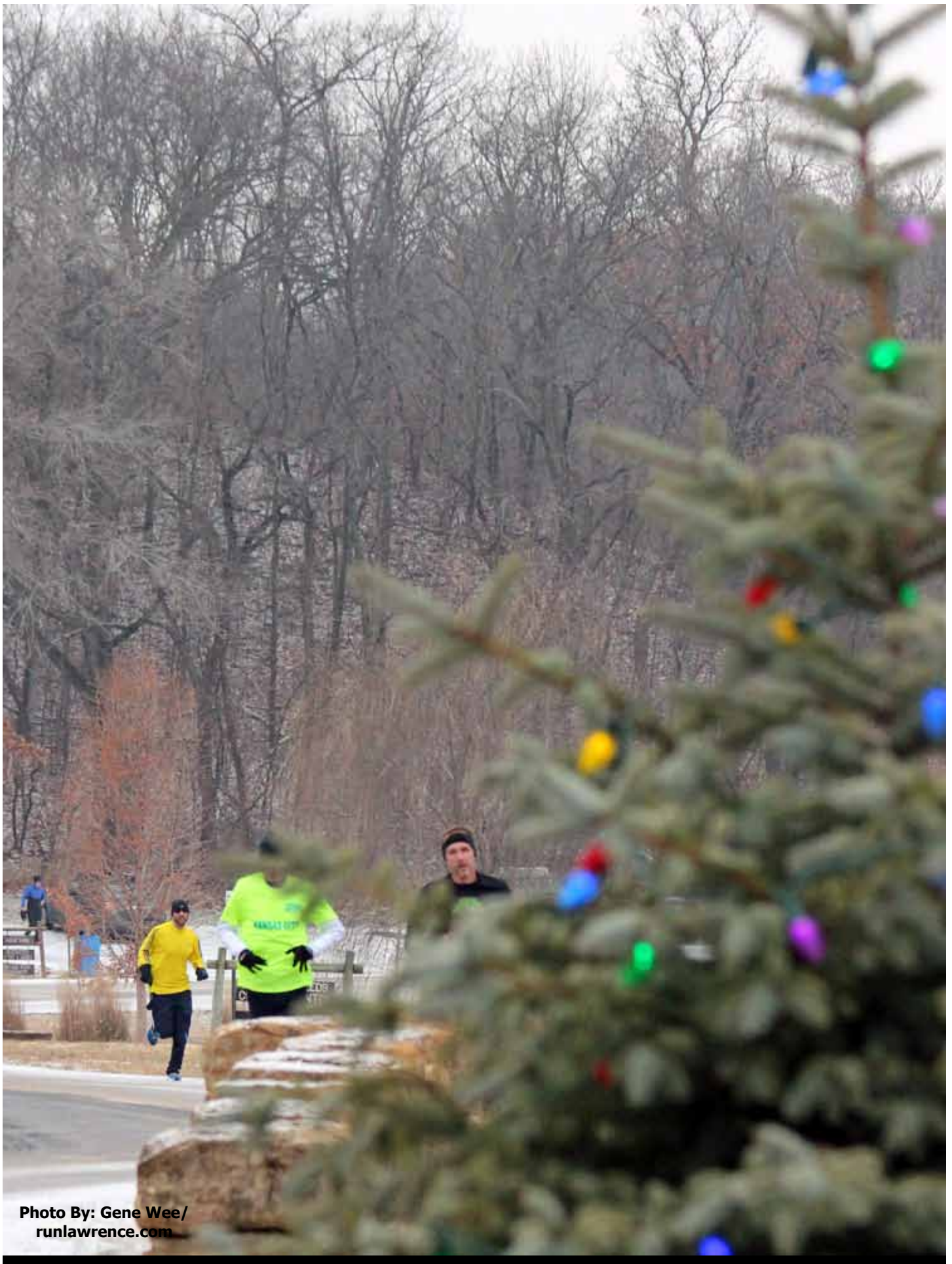


Photo By: Gene Wee/
runlawrence.com



This fall (September) was the 42nd anniversary of when I first started to run. When you have been running that long, you sometimes forget what it was like when you first started to run.

Earlier this month, I was at the holiday party for the Kansas City Express. I met a woman who had just joined their walking group. She seemed to be very intimidated by those that were runners, especially those that are marathoners. I tried to explain to her, that it does not matter if you run or walk, as long as you just move!

I do remember when I completed my first 10K run, (in the 70's, most races were 10K's), I thought I could never be able to complete a marathon. As a matter of fact, it was 21 years before I did complete my first marathon. I have completed two marathons, the second was 17 years after the first one. I may not ever do another marathon, but I try to remember, when talking to a new runner or walker, how daunting a task, that may seem to them. I believe those "veteran" runners like me, need to be especially cognizant of new runners and how they may feel intimidated by experienced runners. We need to be sure and compliment them on what they have accomplished, and encourage them to keep trying to do their personal best.

One thing that I am thankful for, is the wonderful clothing we have now, which was not available 42 years ago! We did not have polar fleece or "smart wool". No one had ever heard of "wicking" in the 70's! I find that the base layers that I wear for winter running transition into base layers for being outside for other activities in winter as well. I hope that Santa brings some new base layers, that find their way under the Christmas tree for me this year!

Wishing you and yours a wonderful Holiday Season.

Karen

Welcome New MARA Members:

John Ball
William McClave

Lee's Summitt, MO
Spring Hill, KS

Sustaining MARA Members

Anna & John Allen
Lexa Alley
Rich & Marlene Ayers
Diane Bahr
Dee Boeck & Gene Wee
Dave Boone
CB & Rainy Cadenhead
Bill & Judy Dalton
Mary Boyce & Mary Desch
Herbert & Janet Brown
Rainey Cadenhead
John Cookinham
Bill & Judy Dalton
Charles & Mary Haley
Alan & Robin Higley
Rick Hogan
Donna LaLonde
Ann Lento
Terry & Keith Mann
Ed McCay
Kent & Carolyn Mitchell
Haryy Moeller
Ann & Stan Nelson
Russ & Rosalie Niemi
Howard Nies
Terri Porter
Brett & Gay Purcell
Karen & Keith Raymer
Barb Rinne & Family
Gretchen & Stevan Ryan
Garth & Nancy Smith
Richard Stainbrook & Family
Marla Thompson
Kermit Trout
Sandra & John Weston
Tim Wigger
Eugene & Marsha Wren
Thomas Photographic
UltraMax Sports

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

2013 MARA GRAND PRIX FINAL STANDINGS

MARA memberships confirmed (x) as of 12/8/2013

Contact: Mike Lundgren (mikerunkc@gmail.com) for questions

Male 20-24				Femal 20-24			
x	Mike	Hake	40				
Male 25-29				Femal 25-29			
x	Lee	Dixon	42				
Male 30-34				Femal 30-34			
x	Adam	Moos	70	x	Amy	Schmitz	38
x	Tim	Hodges	34				
Male 35-39				Femal 35-39			
x	Jeremy	Garrett	36	x	Ashley	Shores	50
Male 40-44				Femal 40-44			
x	Ken	Moran	70	x	Michelle	Andrew	50
Male 45-49				Femal 45-49			
x	Mark	Westfall	72	x	Cindy	Cameron	50
x	Mark	Fuchs	39				
Male 50-54				Femal 50-54			
x	Pat	Merrigan	60	x	Karen	Hyde	98
x	Kevin	Miller	40	x	Barb	Rinne	30
Male 55-59				Femal 55-59			
x	Rob	Harber	98	x	Kathleen	Johnson	68
x	Jimmy	Stanziola	91	x	Anna	Allen	62
x	Don	Fitzgerald	28	x	Jane	Tompkins	54
				x	Marla	Rhoden	28
Male 60-64				Femal 60-64			
x	Gayle	Van Durme	90	x	Dee	Boeck	100
x	John	Ball	85	x	Sandra	Weston	29
x	Jeff	Behrens	46				
x	Brad	Rhoden	38				
x	Bruce	Gilbert	38				
Male 65-69				Femal 65-69			
x	Greg	Hartman	88	x	Susan	Robinette	90
x	Tim	Wigger	70	x	Donna	Romans	62
x	Rick	Hogan	34	x	Mary	Haley	40
x	Kermit	Trout	28	x	Celeste	Leonardi	26
x	Ralph	Mires	26				
Male 70-74				Femal 70-74			
x	Garth	Smith	100	x	Suzie	Turner	100
x	Eugene	Wren	89				
x	Don	Roth	26				
Male 75-79				Femal 75-79			
x	Herb	Brown	87	x	Ann	Nelson	100
x	Carl	Vansant	64	x	Carolyn	Mitchell	80
x	Robert	Kirkman	44				
x	Alan	Poisner	28				
x	Deloyne	Huffman	21				
Male 80-84				Femal 80-84			
x	Lou	Joline	100				
Male 85+				Female 85+			
x	Ed	Burnham	40	x	Mary	Otte	20

**2014 MARA
Grand Prix Directors:
Mike Lundgren
Sandi Weston**



2014 MARA GRAND PRIX Schedule

1-18	Topeka to Auburn 1/2 Marathon
1-26	Groundhog 10K
2-08	Sweetheart Shuffle 5K
3-15	Mrs. Robinson Romp 5K Trail
4-05	Run for Life 10 Miler
4-12	Rock the Parkway 1/2 Marathon
4-27	Trolley Run 4 Miler
5-03	KS Heart and Sole 10K
5-26	Amy Thompson 8K
6-7	Hospital Hill Half-Marathon
6-29	Double Road Race 5K & 10K
7-04	Lenexa Freedom Run 10K
7-12	Eudora Horse Thief 5K
8-02	KC Cross Country Challenge 5K
8-09	Farmstead Challenge 5K
9-01	Leawood Labor Day 5K
9-07	Broadway Bridge Half
9-14	Plaza 10K
10-18	Kansas City Marathon
11-02	Cliffhanger 8K
11-08	UltraMax 15K



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2014

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

1. Anyone who runs in any MARA Grand Prix race at any point in the season and who places in the top 5 in their age group is automatically a part of the circuit. Standings are updated and published in Masterpieces magazine and on the MARA website: (www.mararunning.org) as the season progresses.
2. Active MARA membership must be in place by Dec 1 to receive final recognition and awards at Chili Run – no exceptions. (membership forms are available online at www.mararunning.org and at local specialty running stores).
3. Points are based on performance in 5-year age groups from 20-24 thru 80+.
4. Scoring is 5 deep in each 5 year age group except as noted in item 5.
 - * 10 points for 1st place
 - * 8 points for 2nd place
 - * 6 points for 3rd place
 - * 4 points for 4th place
 - * 2 points for 5th place
5. Trolley Run will be single points, 10 deep (10, 9, 8, 7...)
6. Your 10 best race scores will count, with 100 points the maximum score possible, encouraging quality racing over quantity of races.
7. Circuit races range from 5 km to half marathon. Road races are run on USATF certified courses.
8. Chip time will be used to determine place finish and award grand prix points.
9. In any race with more than one distance (such as both a 5K and 10K) there will be only one designated MARA GP race.
10. When moving into a new age group during the GP season, points can be scored in both age groups. The age group where the most points are scored is the age group where all points will be added and counted at year's end.
11. In case of a tie, the winner will be determined by: 1) head-to-head competition; 2) the 11th best race. If a tie is not broken by these tiebreakers, the tie remains.
12. To qualify for year's end recognition and awards you must score points in at least 3 MARA GP races.
13. Each Mara GP race will contribute 7 free entries. Each 2nd place finisher will receive one free race. The remaining free entries will be divided evenly among 1st place age group finishers.
14. The Top Five point finishers in each age group will also receive awards additional to that listed above. Thanks to MARA, our Sponsors and Grand Prix Circuit Races who contributed over \$27,000.00 in prizes over the last four seasons. These are distributed at the Chili Run each year in December. Everyone is invited to participate in the circuit and attend the Chili Run festivities.

Proper T-Shirt Etiquette



In the running and triathlete community the wearing of race T-Shirts has become a sign of accomplishment and fashion. Choosing just the right T-Shirt for that special occasion can be a daunting and difficult task. The following guidelines have been compiled (in fun), to help the responsible T-shirt wearer avoid potential embarrassment and/or elevate their perceived status in their athletic community.

This list was formed from using various tri and runners' submissions, and then acquired, edited, exfoliated, and added to by me. You can send any suggestions of yours to me. If they are semi-coherent and not too offensive, I might add them. But then again, I might not.

Note: This is meant to be a tongue-in-cheek review of the sometimes superstitious regard runners and triathletes have for their finisher shirts. My personal view: I don't care if you wear your shirts wrapped around your head in an ever-expanding turban...so please, no nasty-grams back to me on back-channel e-mail. Have fun.

T-Shirt Etiquette Guidelines:

1. A shirt cannot be worn unless the wearer has participated in the event. There is an exception, though: "significant others" and volunteers are exempt.
2. Any race tee, less than a marathon distance, shouldn't be worn to an ultramarathon event. This goes double for the wearing of sprint-tri shirts to Ironman and Half-Ironman events. It simply doesn't represent a high enough "cool factor" and sends a red flag regarding your rookiness. It's like taking a knife to a gunfight. It's probably best just to wear a generic name-brand athletic shirt, and go hide in a corner until race time.
3. When you are returning to a race in which you have previously finished, then wear the shirt from the first year you completed the race. Don't short-change yourself by wearing the shirt from the year before. It doesn't adequately display the feat of accomplishment or the consummate veteran status that you are due.

4. Never wear a race event shirt for the (same) race you are about to do. Only rookies do this. It displays a total lack of integrity and might put the bad-heebee-jeebee-mojo on you for the race. Wearing a T-shirt of the race, while currently running said race, is discouraged. It's like being at work and constantly announcing "I'm at work". Besides, you won't have the correct post-race shirt then...unless you like to wear sweaty, pitted-out clothes on a regular basis. If you do, then go back to the swamp, Gomer.

5. Never wear a shirt from a run that you did not finish. To wear a race shirt is to say "I finished it". Exceptions: see guideline #1.

6. A DNF'er may wear a race shirt if... the letters DNF are boldly written on the shirt in question (using a fat Sharpie or a Marks-A-Lot).

7. During a race, the wearing of shirt from a previously completed year is acceptable. Wear the oldest T-shirt you have from that race (see guideline #3). This is probably a good practice because you now have no excuse to drop out since you've done it before.

8. If possible, runners should buy significant others T-shirts which can be worn without regard to running the race. (see guide #1). Keep in mind, they support your "running Jones" more than you think. They also have ways of punishing you that you can't even imagine. Or maybe you can.

9. Volunteers have full T-shirt rights and all privileges pertaining thereto. So there. Remember, you can always volunteer for a race and get a shirt. I encourage this as your civic duty to be a member of the running community. Races don't happen without volunteers, folks.

10. No souvenir shirts: therefore, friends or anyone else not associated with the race may not wear a race shirt. If your mom thinks that your Boston shirt is lovely, tell her to QUALIFY for Boston herself, & send in her application early for next year, so she can earn her own shirt. A downside to this: she still has plenty of time to write you out of her will between her training runs for the big race. Note that your mom CAN wear your finisher's shirt under one of these 4 conditions- 1) you still live with your mother; 2) she funded your trip to the race; 3) she recently bailed you out of the slammer; or 4) All of the above. There is an exception to this guideline: (refer to # 1...If you are a "non-traditional family," and your mom actually is your Significant Other).



11. Always wear the race shirt of your last race at the current race's pre-race briefing. The more recent the race, the better. This is a good conversation starter. However, avoid the tendency to explain how that it was a training run for this, and this is just a training run for the next, etc. It just sounds like your rationalizing mediocre performances. Sometimes it's best to live in the here and now.

12. Your t-shirt should be kept clean, but dried blood stains are okay, especially if it is a trail race or a particularly tough event. If you're an ultrarunner, you can even leave in mud and grass stains, (and porcupine quills). Not washing-out the skunk scent is pushing the macho thing a bit too far, though.

13. Never wear a T-shirt that vastly out-classes the event you're running. It's like taking a gun to a knife fight. Or like unleashing an atomic bomb among aboriginal natives. You get the idea.

14. Also: never wear a blatantly prestigious T-shirt downtown or at the mall among non-running ilk. People will just think you have a big head, which you do. You'll also get stupid questions, like, "how long was that marathon?" If it's a shirt to a 50 or 100-miler, they'll think it's a shirt for a cycling event or just think you're totally nuts, which (of course), you probably are.

15. Never, ever, borrow a race finisher's shirt from another runner to wear to an event that you didn't run. If you do, remember that in Dante's *Inferno*, he wrote about a special Hell for characters such as you; right between Tax Collectors and Lawyers.

16. The Bad Ben Guideline: All children or grandchildren of mine can wear hand-me-down race finisher's shirts for races that I've run in. When they are asked, "did you run in that 100-mile trail race?" They can proudly respond, "no, but my daddy (or grandad) did." If your progeny has put-up with you being an ultrarunner, they have said rights too. If you have completed an Ironman, your kids also have the same rights. They've put up with a lot of crap (or outright neglect) over the years, and deserve to wear them.

17. The Bryner Guideline: Never wear a shirt that has more sponsors listed on it than people that ran in the event. (Are you listening, race directors?) A shirt with too many sponsorship logos on it is just plain ugly. If you're a race director, and have scored that many sponsors, how about sharing the wealth? Just give me a call at 555-6565, and ask for "Bad Ben." By the way, you can let ANYONE wear this ugly shirt; non-finishers and distant relatives, alike. If you respect your friends, kids, spouse or mother, though, you won't let any of them wear it. It would serve well as bedding in your kid's gerbil cage.

18. Never wear a shirt that has any sponsors on it that you don't agree with. For instance, if you're a Vegan, you shouldn't wear a shirt that proudly advertises "Omaha Steaks" on it. If you wear this shirt, the "Karma Gremlins" will catch-up with you. I swear that's why I fell and broke my nose in my last 50-mile trail run, or why I had plantar fasciitis for most of '99. I never should have ran in the 1998 "Fantastic 4-Miler." Why would they enlist a sponsor from an North Korean land-mine manufacturer, anyway?

19. The Spencer Guideline: If an event is cancelled at the last minute, but the event shirts were already given out, you can't wear the shirt unless you actually ran the race on that day. This means you will have to run your own unsupported event, through snow storms, hurricanes, or whatever lame excuse the Race Organizers came up with for cancelling said event. If you still want to wear the shirt, you have to mark it with a sharpie, "I didn't run this lousy event, and I'm all the better for it, thank you," across the front of it.

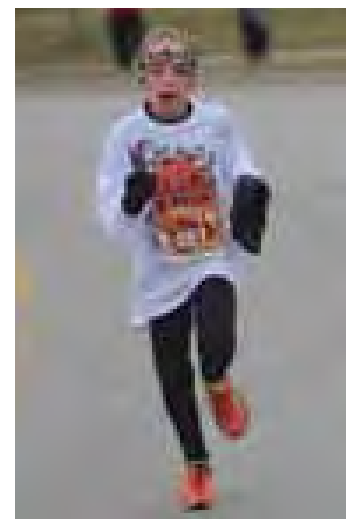
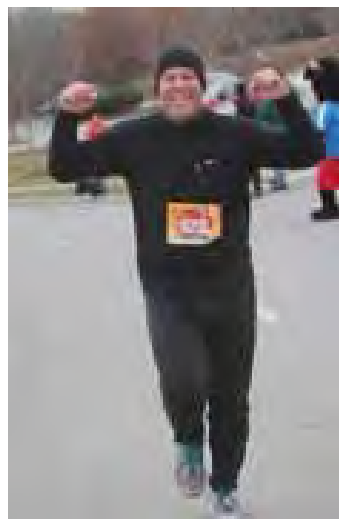
20. This next one is a big one, and has something to do with the need for more good taste and aesthetics in this sometimes ugly world. Never wear a shirt that is so old, thin, and threadbare that you can see the color of your nipples or chest hair through it. This seems to be just a "guy thing," especially and old-codger-runner-guy thing. Here's the test guys: if you're too scared to machine-wash your 1978 Tab Ten-Miler shirt for fear of it wafting down the drain as meer subatomic particles, then it's probably too transparent to wear in public. If you can (still) remember your great performance at that particular day and you want to save it for posterity, PLEASE have it framed so that you can keep it on the wall of your den or your "I love me" room, and (at least) out of public view. Better yet, have it sewn into a quilt. You can then sit on your couch and read back-copies of *Runner's World*, cuddled up with your "runner's binky," with a glass of warm milk.



21. By the way, if you don't know what terms like DNF, volunteer, or Significant Other are, then you shouldn't wear any race shirt until you know what they mean, and you shouldn't have any meaningful relationships, either. You should probably become a hermit and/or New Age "Tantric" runner, sitting at home in the lotus position performing virtual marathons in your mind, while sniffing used GU packets, incense, and patchouli.

T-shirts must be used sensitively. Worn responsibly, they can help expand one's consciousness and immerse you in a great conversation with your running brethren. Worn stupidly, they can cause fright, horror, vacant stares, sprained ankles, and general social unrest. Don't be a "T-shirt Terrorist." Follow proper T-shirt etiquette to do your part for world peace.

*Happy trails,
Bad Ben*



Turkey Trails
5K & 10K Waterfall
Park / Bass Pro
November 23, 2013

Photos by: SeeKCrun.com



Cliff Hanger 8K Kansas City, MO November 3, 2013



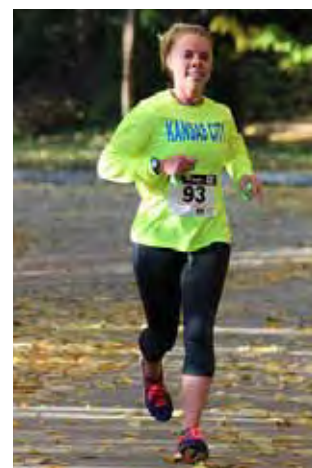
The race is along Cliff Drive, aptly named; and a great place to run.



Beautiful Fall colors this year.



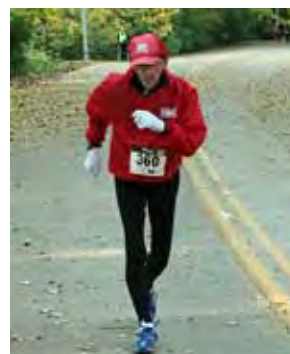
Lee Dixon (KCMO), 2nd in M25-29 in the 8K



Jana Teague - 1stF 8K



Karen Hyde and group



Alan Poisner, race walker



Brian Daldorph (Lawrence KS) & Jamie Langdon (Kansas City MO)



Randy Wasinger (Overland Park KS, 99), Izzy Parra (Leavenworth KS, 67), Michael Alexander (Kansas City MO, 468) and Will Kogel (Kansas City MO, 19).

Photos By: Gene Wee/runlawrence.com

OK, You're a Runner. Get Over It
Running a marathon is hard enough without also
patting yourself on the back every step of the way.

By Chad Stafko

There is one kind of bumper sticker I see almost daily here in my small Midwestern town: a small oval printed with "26.2" or "13.1." In case you're lucky enough not to know what these numbers represent, let me explain: They indicate that the driver or someone in the car has run a marathon (26.2 miles) or a half-marathon (13.1 miles).

There is only one reason running aficionados display the stickers. They want the rest of us to know about their long-distance feats. So let me be the first to offer my hearty congratulations. I'd even offer to give them a pat on the back—once they're done doing it themselves.

What's with this infatuation with running and the near-mandatory ritual of preening about it?

Almost every day I see people running: in the city, through subdivisions or out on country roads. They're everywhere and at all times, from dawn until dark, their reflective gear flickering along the road.

I thought I was imagining this spike in running's popularity, but that's not the case. According to the group Running USA, there were some 15.5 million people who finished running events in 2012, compared with approximately 13 million in 2010. These 15.5 million are hoofing it through marathons, half-marathons, 10Ks, 5Ks, fun runs, night runs, charity runs and what can only be labeled as insane ultramarathon runs of 50 miles or more.

When they're not out there sweating through the miles, they can relax with a running magazine. There is *Runners World*, with its 660,000 subscribers, but also *Running Times*, *Trail Runner*, *Runner's Gazette* and several others. Reading. About running.

Or these runners, when they're not running, can go shopping—at a running store. There's one such store less than 15 miles, or better said, just a bit over a half-marathon, from my house. It sells only running equipment and apparel. The store has been in business several years, so apparently it is making money.

This "equipment," of course, is nothing but shoes and clothes. You can buy these same shoes at a sporting-goods store or online, probably for much less.

But the clothes—well, that's a different story. Many of the shirts on the racks have running logos, motivational slogans and images of stick people running

Like the 26.2 and 13.1 bumper stickers, this apparel serves a clear purpose: We can look at them and immediately know that the person wearing it is a runner—perhaps even an accomplished one.

I have several friends who are runners, or at least I did before writing this. Some have completed marathons in Nashville and Washington, D.C. One even ran the Boston Marathon.

A few days ago, one of these running friends said, after describing a recent run: "Why do I keep doing this?" I have no idea.

Why would someone want to get up at 5 a.m. and run 10 miles adorned with fluorescent tape to avoid being struck by someone who has the good sense to use a car for a 10-mile journey?

I have a theory. There is no more visible form of strenuous exercise than running. When runners are dashing down a street in the middle of town or through a subdivision, they know that every driver, every pedestrian, every leaf-raker and every person idly staring out a window can see them.

These days, people want more than ever to be seen. This is the age of taking a photo selfie and posting it on Facebook FB +0.57% with the announcement that you're bored—in the hope that someone will "like" that information. People want attention and crave appreciation. If you're actually doing something like running—covering ground, staying healthy, almost even having fun—what better way to fulfill the look-at-me desire? The lone runner is a one-person parade. Yay.

OK, I know, this isn't the case for all runners. Many of my friends who regularly run have done so for years, decades before there was a thing called social media to put humanity's self-absorption in overdrive. These folks also tend to be infatuated with fitness anyway. If they're not out on the streets showing the sedentary world how it's done, they're at the gym or in a spinning class.

But what about the others? You can spot them, wandering through the mall or killing time at Starbucks, SBUX -0.39% proudly wearing their "[Fill in the blank] 5K Run" T-shirts. They're getting what they want, without losing a drop of sweat.

I saw a great new bumper sticker the other day. It read 0.0. I'll take one of those, please.

Mr. Stafko is a writer living in Freeburg, Ill.



Nutrition and Running By Sally Berry MA RD CSSD CLT

Board Certified Sports Nutrition
Food Sensitivities - Certified LEAP
Lifestyle Changes & Integrative Eating

Detox Time! Reset Ideas For 2014 Seasonal Opportunities Abound

Are you recovering from that last 5K, marathon, or 50K? Treating yourself to a "break" in your training regimen and/or nutrition plan? I can already envision the athletes "slip and sliding" into the winter season and changing their habits toward hibernation and food feasts. Waiting to start on a valuable nutrition and health plan until after the fall season or holidays is very common. Waiting is a lost opportunity. There is simply no time like the present! *Carpe Diem!*

One of my personal goals for this new year is to investigate and educate others on the "root causes" of illness, weight gain, and poor health. For the athlete, this would translate into preventing "missed opportunities" to perform and feel in top physical form. My personal belief is that we are constantly bombarded with too many conflicting messages of products to buy and solutions to our health. This multi-billion dollar industry has micro-managed to over focus us on micronutrients, supplements, gels, bars, and formulas. In my opinion, there has not been enough time on looking at the **WHOLE** system. This system includes our food and where it originates, our training needs, our environment we live in, how much we sleep, stress levels and family system dynamics. Our body's system and external environment all link together. We cannot micro-manage our ecosystem.

So this brings me back to your 2014 detox and how you can start fresh. The true meaning of the term "detox" is not what most think. Technically, a detox is a liver cleanse. It removes toxic heavy metals from the body that has too much of a chemical toxic load. For instance, toxins would increase by living next to a chemical plant and drinking the water. Detox is not a fasting, a product, a laxative, juicing, pills or supplements. For my personal nutrition practice, I prefer to use the term "cleanse". This would be removing much of the built up microbial colonies in your gut, cleaning out your "sludgy" digestion, bloat, and brain fog ... or perhaps even a few of those heavy metals.

The more I listen to clients and help with their solutions, the more that I have been focusing on their digestion. After all, our digestion (Intestines) is the barrier where things come into our body including beneficial nutrients, and the harmful toxins. The more I study and travel, the more I am convinced that our food quality, our environment and where/how our food is grown, makes a dramatic difference in our health and performance.

*So, here is my 2014 challenge to you
and your "cleanse":*

1. Purge!

Get rid of all your leftover holiday treats, old foods, and suspect items from your diet. This includes those protein bars, old sport drinks that are unnecessary this time of year to your training.

2. Cleanse!

Take 7-14 days to eat and drink to clear your digestive system. This does not have to include a fancy purchased product from company "A" or company "B". Purchase the most in-season, local foods available. Include predominately fresh fruits, fresh vegetables seasoned with fresh herbs, onions, garlic. Cruciferous vegetables such as broccoli, cabbage, kale are especially liver cleansing. Drink plenty of water (not juice or "vitamin-type water... but pure clean water)

3. Plan!

Plan for your future. Start with an evaluation of what you are eating, either with an online nutrition tracking program (<http://ebodyfuel.vitabot.com/login/ebodyfuel.html>) or just journal with plain old paper and pencil. The point is to write down and discover your true habits. As you continue to be aware of your eating, you can be more accountable. Have someone in the know look at this tracking on a regular schedule so that you can get a neutral view of your habits (such as your trained specialist nutritionist / dietitian).

4. Keep moving!

It has been known for a long time that running will help with fat utilization. And base training such as many try during the winter months can help improve your fat burning. **BUT** the benefits of running and base training is vastly improved with the right nutrition intake.

5. What about after the "cleanse"?

So what should your diet look like in the base training phase? Besides the focus on healthy and fresh, I challenge you to look further. Yes...your nutrition changes will include balance of fat, protein and carbohydrate with more focus on lean proteins and less focus on processed carbohydrates. Put away your sport supplements, gels, drinks when training level is low intensity and at a slower aerobic pace. In addition, I challenge you to look closer to local foods and farms, micro-biome filled foods derived from a healthy nutrient and mineral rich soil. The result for runners is less gut issues, bloating, cramping and an increase in energy, transformed body composition and improved overall health.

Although I can antidotally say that I have seen these transformations when athletes have made this change, I have no hard facts. But, I have seen the blood work of clients improve on their behalf. And I have seen their mood, energy level, digestion, and athletic performance, and sleep all improve.

So make the New Year Challenge!
Fuel Your Body ... for Life!
www.ebodyfuel.com

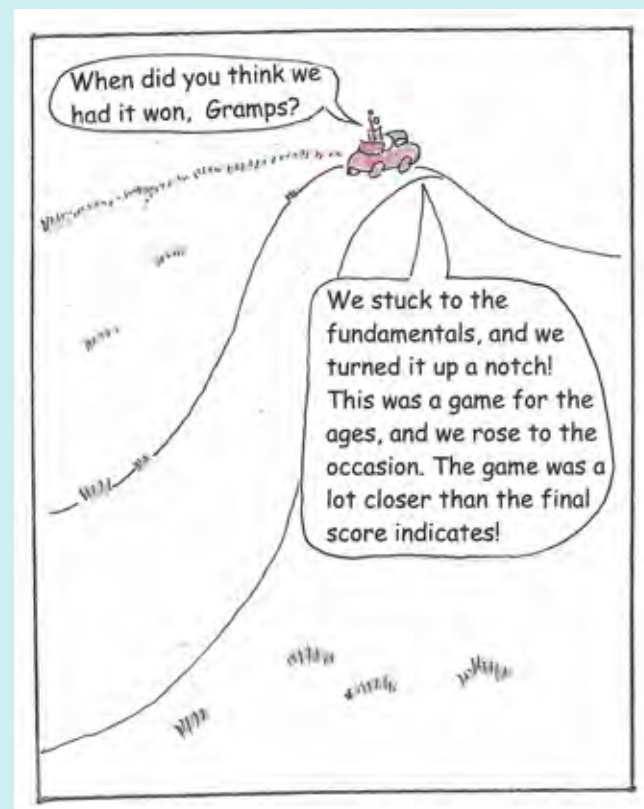




Lou's Cartoons In Living Color

By Lou Joline







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Take Care of Yourself for a Pain Free New Year

As we look toward the New Year with resolutions for self-improvement why not make a resolution to decrease pain and improve your quality of life?

By addressing the source of your body's pain you can start the New Year off on the right foot.

Do you know what to do if you are suffering from an injury, or specifically a sports injury? Well if you have an injury and you have thought, "I will just give it time and wait for it to get better", then you are not alone in this thought process. Unfortunately this thought process can lead to you being away from physical activity longer than you have to and suffering from pain longer than necessary. I see patients all the time who think if they wait just a little longer their injury will get better on its own. Chances are the pain may decrease but the injury to the soft tissue structures will last and affect other structures for a very long time.

For athletes, taking time off can be very tough because you are working against the clock for an upcoming event you want to be involved with. An important thing to do is find a sports doctor that understands your goals and how to help you in your treatment and rehab while you are training so you can stay active and heal quickly. Finding a sports doctor is an important step in keeping you healthy and active.

I have a three-tier philosophy that I base most of my clinical care off of and it is very effective at helping patients stay healthy and active.

The first thing I do is make sure all of the joints in the body are moving the way they are supposed to. This includes all joints from the first toe all the way to the spine.

The second thing I do is find the tissues that are not working the way they are supposed to. When a tissue is not working the way it is supposed to it will generally be painful. Pain is the body's way of letting you know that something is not working the way it should. When the soft tissues in the body are not working the way they are designed to, this often leads to scar tissue development inside of the muscle, tendon, or ligament. Using techniques such as active release technique or instrument assisted soft tissue mobilization I can help to break up scar tissue and help the tissue heal quickly and properly.

The third thing I do is find out what muscles are tight and what muscles are weak. From there I place each patient on a unique rehab exercise protocol that includes strengthening and stretching exercises they work on outside of the office. This approach to treating injuries is very successful and helps to insure you are as active as you want to be for as long as you choose to be.

Please remember this information is for learning purposes only and should not be used for self-treatment.

If you are suffering from pain or an injury make sure you see your health care provider as soon as possible.

If you are having a medical emergency, contact emergency health professionals immediately.

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Fellow American College of Sports Medicine***

WHO REALLY BROKE GLEN CUNNINGHAM'S HIGH SCHOOL MILE RECORD?

It wasn't Louie Zamperini (A remarkable man), as stated in Laura Hillenbrand's wonderful book, "Unbroken." I remember differently!

It was 1943 I was attending Wichita Community High school in Leoti, Kansas. I had easily won the regional mile run for a Western Kansas location, which qualified me for the Kansas State finals. However, Robert "Bob," Karns of Overbrook Kansas had just broken Cunningham's record the previous weekend. There was a long article in a Wichita newspaper recounting Bob Karns' feat! My coach felt that I could not beat Karns and received permission for me to run the 880 yard run instead of the mile run.

I was disappointed, but the coach felt the team could win the state meet if I could win the 880 yard run. I ran my first 880 yard run one week later at the Kansas State High School Track Championships in Wichita, Kansas. I had no idea of how to pace myself in an 880 yard run. Since I was one of the fastest runners in my high school in the 220 yard dash, my coach suggested that I should try to stay in second or third place and then try to out sprint the others in the final 100 yards. I did that and luckily won the race.

At that time high school runners could not run more than one race at distances 880 yards or over during the same track meet. My senior year I started running the 880 yards and the 220 yard dash. I ran only three races my senior year but was unbeaten in the 880 yards and I was concentrating on training for the mile run in the regionals with the hopes of breaking Karns's record.

However, my schooling was cut short, as I had volunteered for the Army Air Force, and was called to active duty on May 5, 1944.

I was encouraged to continue running in the service. Many of the college and high school athletes were encouraged to compete while in the armed services. I was in the Army Air Force Cadet training program and had little time to train. However, I was encouraged to run in a track meet in Southern California.

This was the first time I had heard about Louie Zamperini. He was scheduled to run in the meet. The meet was held South of Los Angeles and I speculate that it was in Carson, California. I was soundly beaten by the Rideout twins who were at that time running the mile in just over 4 minutes. I believe my time was 4 minutes and 13 seconds. However, my time may have become better over the years..

I remember that some of the runners and officials were disappointed that Zamperini had failed to appear for the event. However, I had little knowledge of his history or performances and thought little about it until I read the book, "Unbroken." If one Googles State High School Mile Records, Zamperini's record has a question mark next to his record time..

Bob Karns became an outstanding runner at Kansas University and later was Athletic Director at Drake University where he presided over one of the country's annual great track meets. (The Drake Relays). He deserves credit for his record breaking performance.



Bob Karns

One should be able to verify most of this information by going to the Kansas Athletic Activities Association record books. I have not done this.



Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD



LET'S GO BANANAS!

No matter how you slice them, bananas are nutritional winners.

Many athletes routinely find bananas to be a great portable snack and an energy boosting food and for good reason. This tasty fruit comes neatly packaged in its own wrapper so it can be conveniently taken just about anywhere. From their delicate, sweet flavor to their soft, smooth texture every bite is naturally delicious. Of course bananas are easy to fix, just peel and enjoy, but they are also quite versatile. Bananas can be sliced on cereal or into fruit salad, mashed and added to muffins or bread or frozen and added to smoothies. Their unique flavor and creamy texture works well in a variety of recipes. You will find a few recipe ideas included here.

Bananas can boast many dietary benefits. They are relatively low in calories (approximately 100 in a medium banana) and are low in fat and sodium, as well as cholesterol-free. It is important to remember that bananas are a fairly concentrated source of carbohydrates (which are fine for active adults) – one large banana is actually equivalent to 2 fruit servings or approximately 30 grams of carbohydrate. These tasty treats also provide a good source of fiber (close to 2 grams) and are high in Vitamin C, Vitamin B6 and Potassium, as well as being easy to digest for most people.

Many people are not aware of some of the other health benefits that bananas provide. Bananas may be able to lift your spirits because they contain tryptophan, just like turkey. This mood regulating substance contains a level of protein that helps the mind relax, and makes some people feel happier. Because of their calming properties, some pregnant women have found this fruit helpful to combat morning sickness. Bananas have also been found to help reduce irritation in the digestive system as they often help reduce acidity that some foods can leave in the stomach. Before you throw those peels away, one very fascinating use of a banana is to rub the inside of the peel along a mosquito bite to help reduce the itching and swelling that is normally associated with these types of bites. A friend of mine tried this and she actually found it worked!

PEACHY KEEN BANANA SMOOTHIE

(from www.ChiquitaBananas.com)

- 2 whole bananas, peeled, chopped and frozen
- 1 (6-oz) carton nonfat Greek vanilla yogurt
- 1 large peach, peeled and sliced
- 1 dash nutmeg, optional

Place all ingredients in a blender and blend until smooth. Sprinkle with nutmeg, if desired. Serve immediately. This smoothie can also be made using bananas that are not frozen. The result will not be quite as thick or cold, but equally as delicious!



SPICY BANANA SNACK CAKE

- | | |
|-------------------------------|---------------------------|
| 3/4 cup whole wheat flour | 1/4 cup all-purpose flour |
| 1/2 cup sugar | 1 tsp. baking powder |
| 1/2 tsp. baking soda | 1 tsp. cinnamon |
| 1/2 tsp. ground nutmeg | 1/4 tsp. ground cloves |
| 1/4 tsp. salt | 1 cup mashed ripe banana |
| 1/4 cup plain, nonfat yogurt | 1/4 cup canola oil |
| 2 egg whites, slightly beaten | 1 tsp. vanilla |

Preheat oven to 350 degrees. Lightly grease a 9-inch square baking pan. Mix dry ingredients thoroughly. In a separate bowl, mix remaining ingredients and add dry ingredients. Stir until dry ingredients are barely moistened. Pour into baking pan. Bake 20 minutes or until a toothpick inserted in center comes out clean.



BANANA HONEY PECAN MUFFINS

(from www.ChiquitaBananas.com)

- 3 whole, very ripe bananas
- 3/4 cup honey
- 2 eggs, beaten
- 1/3 cup butter, melted
- 1/3 cup lowfat buttermilk
- 1/2 tsp. vanilla
- 1 & 3/4 cups flour
- 1/2 tsp. baking soda
- 1 tsp. baking powder
- 1/2 cup chopped pecans

Preheat oven to 375 degrees. Line muffin tins with paper or foil cups. Mash bananas in a medium bowl. Stir in honey, eggs, butter, buttermilk and vanilla. In a large bowl combine the flour, baking soda and baking powder. Pour the banana and honey mixture into the dry ingredients and stir just to combine. The batter should be lumpy. Stir in pecans. Divide the batter among the prepared muffin cups. Bake at 375 degrees for about 18 minutes. Muffins are done when tops are golden brown and a toothpick inserted in one of the center muffins comes out clean. Can garnish each muffin with a pecan half or additional chopped pecans, if desired.



TRIBUTE TO DR. E. GREY DIMOND



*Cardiologist
E. Grey Dimond,
founder of the
School of Medicine at
University of Missouri-
Kansas City,
died Sunday Nov 3, 2013
at his home at age 94.*

**By Cindy Hoedel
The Kansas City Star
As Posted on Mon. Nov 04, 2013**

Dimond, who also founded the cardiology department at University of Kansas, is remembered for pioneering a new way of teaching medicine. He established a six-year, year-round program that put students in contact with real patients early on, rather than the traditional four-year university education followed by four years of medical school.

"I don't believe that every young woman and young man should go to medical school right out of high school," Dimond once said. "But there are a lot of young people — maybe 30 percent — that don't need to go to a university for four years and root for the basketball team on Friday night and go out drinking on Saturday night ... There are kids who are ready to get on with life. And that's what I shot for."

Felix Sabates, 83, who founded the Eye Department at the UMKC School of Medicine and is still a professor there, knew Dimond for more than 40 years and said Hospital Hill in its current form — the complex of Truman Medical Center, Children's Mercy Hospital, UMKC's schools of medicine and dentistry — would not exist without Dimond.

"Not only was he talented, he was caring and he had vision. He was not a back-slapping kind of guy.

He was very quiet and focused," Sabates said. "He was criticized and had people fighting against him, but he won. More than 3,000 students from all over the world have graduated from the school and are now doctors because of his efforts."

Dimond's career highlights extend beyond Kansas City. In 1971, he was one of the first Americans to visit Communist China, beating President Richard Nixon there by six months. Dimond became friends with native Kansas City journalist Edgar Snow, who chronicled the Chinese Revolution and was the first Western journalist to interview Mao Zedong.

Dimond led frequent educational trips to China and wrote about his firsthand experiences of Chinese medicine in medical journals.

The oldest of Dimond's three daughters, Lark Grey Dimond-Cates, a sculptor in Rancho Santa Fe, Calif., said her father led a rich life with many interests.

"My father gave me a love of gardening and roses and art and Siamese cats and the finer things in life," Dimond-Cates said. "He was concerned that when I was an adult I might not know about the world and not see the important places in the world, and that I wouldn't have experiences and meet people from other countries. So he made sure I went to Japan and the South China Sea and all over the world with him."

In an email, UMKC Chancellor Leo Morton wrote: "E. Grey Dimond was an innovator and a leader, as well as a healer. A man with immense gifts of intellect, imagination and insight, he put those gifts to work to benefit his community, his university, his profession and the world at large."

In 2011, Dimond received major awards from the medical schools on both sides of the state line that he helped shape: the Chancellor's Medal from UMKC and the Honorary Medical Alumnus Award from University of Kansas Medical Center.

Dimond enjoyed relatively good health up until the end of his life by following his own prescription for longevity: "Stay skinny; don't smoke."

Kokopelli's Trail Solo Attempt

Or: Fear and Loathing in Moab - a crew-person's viewpoint and ruminations, by Ben Holmes

Many apologies to the ghost of Hunter S. Thompson. All Hunter S. Thompson "Fear & Loathing in Las Vegas" quotes or paraphrases are in red.

I like a challenge, and I like to see people work hard toward their own special challenges. For the past 11 years, I've been building a trail-running community here in the Midwest. My group, the Trail Nerds now has up to ten group runs per week, and we host 23 races, yearly. It's been my own special challenge that has had its share of a lot of work, but with its share of fun, too.

This story is about a Trail Nerd who took on a personal challenge to run the entire 140-mile length of Kokopelli's Trail; a trail consisting of single-track trail, jeep roads, some pavement, and with a lot of climbs and descents into beautiful desert canyons. At this point in his life, David Wakefield had finished only one 100-mile event, prior to taking on this endeavor. Let's get on with the story:

Denver, Thursday morning. So I rented a Jeep Liberty. "Trail Tested," the decal on the side said. (We'll see about that). Fortunately, I opted for the "I'll-be-go-to-Hell-insurance." The daily cost of such, was the same price as the daily car rental cost, itself. The man assured me that as long as I had the Jeep back to the rental agency in Denver by Monday at 11 a.m., that I could deliver a 2-foot by 2-foot cube of compressed metal, and I would be "good to go" with just a phone call and a signature to the insurance agency. (This idea somehow appealed to me, greatly). And this strategy had served me well at the Cascade Crest 100, a few years back. While I was running, my support crew had destroyed a rear quarter panel and tore the passenger side sheet metal off; and other than the check-in gal uttering multiple expletives, everything was good to go at SeaTac, the day of our return.

I drove the 300 gorgeous miles to Utah. Moab - a tourist town, but also a "great outdoors" jumping-off point. I passed by the appropriately named "Gonzo Inn." Fellow Topeka area runners, David Wakefield and Darin Schneidewind had already arrived in Moab on Tuesday. They had driven out earlier to scope-out some of the potential aid stops for Dave. You see, Mr. Wakefield was going to attempt a 140-mile solo run of Kokopelli's Trail, from Loma, Colorado, to Moab, Utah. Only three other trail-runner's (that we know of) have attempted this feat.

Flash-back six months. Our conversation went something like this, when Dave first started talking about doing Kokopelli. Me: "Sounds like big trouble. You're going to need plenty of legal advice before this thing is over. As your attorney, I advise you to take along a very fast blonde with no top. And you'll need a tough pacer that's just as crazy as you. Classic iPod loaded with 160 GB of special music. Acapulco shirts. Get the hell out of K.C. for at least 84 hours. Blows my weekend." Wakefield: "Why?" Me: "Because naturally, I'm going to have to go with you. And we're going to have to arm ourselves... to the teeth!" So Dave asked me to crew for him on his quest for semi-backwater-fame, and Darin chipped-in as his primary pacer. (The blonde was just a passing fantasy, left-in for literary effect). To round-out our expeditionary force, a Salomon team mate of Dave that lives in Arizona (Eric Bohn) and his sharp-minded (and fit) wife Janie, were to join us after the first night of the adventure.

Dave was already very “race fit” and fast, but he totally started training like a madman for this run. He got fitter than any sane 37-year-old Kansan should ever consider. David Wakefield. **One of God's own prototypes. A high-powered six-foot-two mutant of some kind never even considered for mass production. Too weird to live, and too rare to die.** And way-faster than he should be, for having the frame and underpinnings of a modern-day Sasquatch.

Darin and Dave train a lot together. And both have been on a roll for the past few years. They keep getting faster and stronger...beyond all human reasoning. **There was madness in any direction, at any hour. You could strike sparks anywhere. There was a fantastic universal sense that whatever they were doing was right, that they were winning.** Darin is also one of those "broke the mold" kind of guys. He's very unique and very tough; a masters guy that can pull-out a 3:43 win on a technically-tough 50-Kilometer course.



Dave, at the start of his journey.

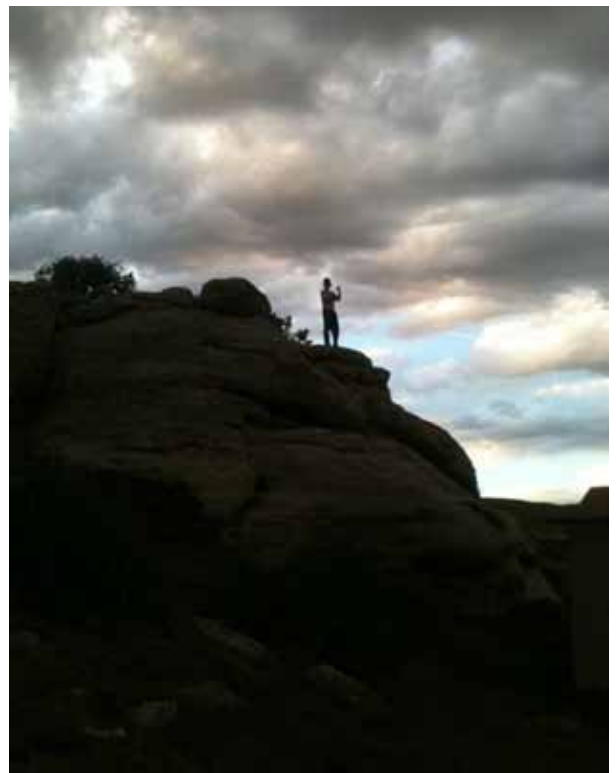
The first forty miles or so, Dave ran completely solo. Darin and I spent our time making sandwiches, updating Dave's progress on Facebook (while we still have cell phone coverage), and just hanging-out. By about 10 p.m., Dave is getting spooked...he's got "the fear," running by himself with half-seen predators' eyes glaring back at him, in the unforgiving L.E.D. light. Darin starts his pacing duties, and takes off with Dave. I have a crazy-ass drive on nut-cake roads, to get to the next meeting point. The boys get into a rhythm. And right after sunrise, Eric and Janie magically show up to help with the crewing and pacing duties.

Eric takes off with Dave, to pace him on a nasty little climb on a completely unsupportable 18-mile section. Janie, Darin and I get into the rented Jeep and drive to the next meeting point. But we can't get as far down the road (as Dave had estimated), to meet with them. This road would be tough enough for a Jeep Rubicon with a lift-kit, let alone for a sissy, rented Jeep Liberty. We got to within 3 miles of where he wanted us to be, but could go no further for fear of shining-up the skid-plates or high-centering or maybe even rolling the poor vehicle. By the time Eric delivered Dave to us, he was really hungry, and had run out of water, for a second time. This would not be the last time that he would run out of water.

We left Darin to pace Dave. Janie and Eric and I took-off to get supplies, and to go get their car that we'd left at another location. The road we were traveling was really rough, but worse yet: with the spectacle of holiday traffic...and with people driving cars and pulling trailers on a "jeep road from hell" that they had no sane business even being on, (using unworthy equipment). Holy crap! I hear the swish-swish noise of rapid air release on the right side of the Jeep, and then the tire deflation alarm goes off. There's no place to pull over to change it! We have to drive another two miles on the road from Hell, through multiple stream-crossings and cliff-huggings, before there was a spot wide enough to pull over. Janie and Eric and I then became a tire-changing machine that would make any NASCAR pit crew proud. What a team!



Darin and Dave scope-out some of Kokopelli's World.



Darin, waiting for signs of Dave.

Dave and Darin had a 12-mile stretch to do. But this section was fully sun-exposed, with a six-mile climb; or more like a “sicks-mile” climb. Dave had elected not to take his water bladder device, and instead took just two hand held bottles. He was very stubborn about that. Sasquatch Logic had taken-over his brain. We had a hard time getting to them, with one wrong turn and the flat tire. When we finally did get to them, we found Dave and Darin in bad spirits. This was the fourth (and last time) that Dave would run out of water on this run. This time, he almost threw-in the towel. Thank goodness, Janie and Eric were still thinking clearly. Janie said: let's rehydrate the crap out of him, and see how he feels in a while. So, in a wind & sand storm in the middle of Nowhere, Utah, we shoved water, electrolytes, and food down his throat for some forty-odd minutes. And this was the coolest moment of the whole epic voyage; Dave says, "let's do this thing," and he starts moving again, at mile 108. This guy just doesn't give up!



Our main pacer Darin, was tired. (By the end of this he will have paced Dave for 80 miles of the run). Eric and Janie had been pacing and crewing for Dave also, but they were hungry; hungry for more than just PB & J sandwiches or some of the other stuff we'd been fixing for Dave on this run. And our water, gas and supplies were running out. So, Darin and I decided to drive the two-hour round trip to Moab, and get what we needed. We left Eric and Janie to take care of Dave. Damn I was tired. And Darin couldn't nap while I drove, for fear of me falling asleep. **My vibrations were getting nasty. But why? Was**

there no communication in this car? Had we deteriorated to the level of dumb beasts? Darin to me: "As your attorney, I advise you to drive at top speed...it'll be a damn miracle if we can get there before you turn into a wild animal." The possibility of physical and mental collapse is now very real. No sympathy for the Devil. Keep that in mind. Buy the ticket, take the ride.

We reach Moab, fill up at a gas station, and go to the grocery store. Some local-yokel says, "you can't park your car here." Me: Why not? Is this not a reasonable place to park? "Reasonable? You're on a sidewalk! This is the sidewalk! He adds, "and what are you looking at?" Darin interjects: "It's okay. Ben's just admiring the shape of your skull."

The grocery store is busier than hell on this Memorial Day weekend. Who are all these people? These faces? Where did they come from? They look like caricatures of used car dealers from Dallas, and sweet Jesus, there are a hell of a lot of them at 7 p.m. on a Saturday evening. All on holiday, and still humping the American dream. Bad waves of paranoia, madness, fear and loathing - intolerable vibrations in this place. Get out. The weasels were closing in. I could smell the ugly brutes. "I hate to say this, but this place is getting to me. I think I'm getting the Fear." Darin and I both forgot why we are there. We left with just four sandwiches and a few jugs of water. Whatever. We were out of it. And out of there. Thank goodness!

We get back to find Janie and Eric taking turns driving while pacing Dave on a road section of the trail. We give Janie and Eric all four of the sandwiches, since they haven't eaten for about 20 hours. I drove ahead to the viewpoint trailhead, to park and try to wait for them and to desperately try to sleep for an hour. I couldn't sleep. The wind noise and the heebie-jeebies have got a hold of me, bad. Panic. It crept up my spine like first rising vibes of a psychotic frenzy. All these horrible realities began to dawn on me. There I was. Alone in Utah, completely twisted on sleep deprivation, driving on sick outback roads, (with thousand-foot drop-offs and no guardrails); and driving on a "temporary" donut tire. And on top of everything else, I was starting to hallucinate, and see weird things out of the corner of my eyes. How would David Horton handle this situation? Stay calm. Stay calm. You better take care of me, Lord. If you don't, you're gonna have me on your hands.

Dave was having his own mind issues. Dave, hallucinating at mile 131: "Darin, do you see all of these spiders, man? I've been seeing them for a while...tarantulas! I think I need to smash them!" Darin: "Those aren't spiders; they're just drops of water from my bottle that have dripped-out, onto the dirt." Dave: "Nope, they're tarantulas; I need to stop and smash them!" Darin: "What? No. It isn't the damn tarantulas! We can't stop here. This is bat country. Get a hold of yourself, man! Just point yourself down the frigging hill and walk! If you stop now, you'll attract the spiders' attention. You know that they go for the eyes, don't you?" Dave didn't argue, and kept shuffling along. Darin, (to himself): no point in mentioning these bats. Poor bastard will see them soon enough!

The rest of their conversation went something like this - Wakefield: "There's a uh, big machine in the sky, some kind of, I dunno, electric snake, coming straight at us." Darin: "Shoot it." Wakefield: "Not yet; I want to study its habits."

Eric and Janie and I kept playing leap-frog on the jeep trail for the last 8 miles. We'd drive to the next mile marker and wait for Darin and Dave, and check to see if either one needed anything. It was at this point that I noticed how beautiful the sky was, without the light-pollution of a large city. You could see the whole arc of the Milky Way galaxy, above. To the East (behind Dave), you could see a crescent moon rising with Venus. I mentioned this to Dave at one point, and all that came out of his mouth was unintelligible gibberish; you know, the first language of choice for a very tired, very sore, full-grown Sasquatch.

Dave finishes officially right before sun-up, with the crescent moon and Venus behind him. Being upright for 35 hours hasn't prepared him for the excruciating pain of trying to bend his Sasquatch body in half, to get into a car seat. We drive him back to the campground and jam him into his tent. He's out within 3 seconds.

Sleep in? Forget it! Three hours of sleep with a tent flapping in a 40-MPH wind, and Darin and I are up and at 'em, and in critical need of a shower. The sandblasting we were getting at the campsite just wasn't cutting the greasy stink off of our bodies. I say: "You drive. You drive. I think there's something wrong with me." We head to the local hostel, for our desperate date with near-cleanliness. Hippy proprietor: "It'll be three bucks each," and (smelling us from behind the counter), "I guarantee you'll really dig it." Darin and I were still out of it. Me: "Let me tell you, he was lying to us! I could see it in his eyes." Darin: "Eyes?"

We get back to the campsite, in a less-greasy and much better mood. Dave is up and about, and downright cheery, but not walking too well, that's for sure. We all pack-up, and say our goodbyes. It was definitely an epic trip to remember, for sure. After what we'd been through, I had no qualms about driving alone 300 miles with a donut tire, (with just three hours sleep). Piece of cake! I stayed in Longmont that night, within a stone's throw of Oscar Blues Brewing. I walked to Oscar's, and had an ODB Barleywine (or two). How appropriate...a Wu Tang reference. Yep: the Trail Nerds' Clan ain't nothin' to mess with!

Post Script:

I was thoroughly impressed by the mental toughness of Dave, throughout the entire adventure. And Darin was unbelievable as a hard-as-a-whore's-heart pacer. We had some bad luck in a few spots, mainly brought on by sleep-deprived poor decision making. And during a few really tough times, Eric and Janie were the "cogs of reason," when our "brain gears" had slipped and ground to dust. Throughout the whole experience, we stayed a cohesive team and we got through it!

Happy trails,

Bad Ben Holmes

Death Valley Puts Brakes on Running, Cycling races

By JOHN ROGERS
AP Press Release

LOS ANGELES (AP) — It's the hottest, hardest, most grueling foot race in the world, says Shannon Farar-Griener, who has run the Badwater 135 ultramarathon through Death Valley five times.

That's exactly why she keeps coming back, she says, and why every ultrarunner has it on their bucket list.

The race takes the bravest of runners 135 miles through the hottest place on Earth in the middle of the summer.

Next year, for the first time in 27 years, runners won't be able to tackle the Badwater 135. Death Valley National Park recently put a moratorium on foot and cycling races through the desert hot spot 200 miles east of Los Angeles while they study ways to make the events safer.

"We're devastated," said Farar-Griener, who is the first woman to conquer the race route back to back. That entails running 135 miles from Badwater Basin in Death Valley to near the top of Mount Whitney, then turning around and running back to the starting line.

"It's like taking Wimbledon away from a tennis player," she said Monday night as word spread among the running community that the race would have to make a detour through a less challenging environment next year.

The safety study should be done by the spring, and running and cycling events could resume as early as next October, Death Valley spokeswoman Cheryl Chipman said Monday. But sponsors could be faced with enforcing stricter safety rules when events resume.

Chris Kostman, whose AdventureCorps sponsors the Badwater 135 and several other endurance competitions in the sprawling desert park, questioned the need for such a review. He said his organization has held 89 such events there since 1990 without a serious incident.

"There have been no deaths, no car crashes, no citations issued, and only a few evacuations by ambulance after literally millions of miles covered on foot or by bike by event participants," he said in an email to supporters.

Chipman said park officials aren't so concerned about runners and cyclists, who they know arrive prepared to survive the area's heat and rugged terrain.

But as such events have grown in popularity, she said, participants, their support crews and spectators have begun to jam the park's narrow two-lane roads, creating a dangerous traffic hazard.



In this July 23, 2007, file photo, Valmir Nunes, of Brazil, runs in Kiehl's Badwater Ultra...



"We don't want to have to wait for an accident to happen to do this safety review," she told The Associated Press on Monday. "We want to be proactive and create the conditions that we think are the safest allowable for these kinds of events."

Death Valley, which attracts about a million visitors a year, is located some 200 miles east of Los Angeles in an area that's sometimes been described as a desert salt pan surrounded by mountains. Temperatures can top 130 degrees in the summer, when the Badwater 135 is held each July.

The race takes its name from its starting point in Badwater Basin, which at 282 feet below sea level is the lowest point in North America. It continues across a barren, unforgiving desert before it takes runners over three mountain ranges, ending near the top of Mount Whitney, the highest peak in the Lower 48 states.

Runners take part by invitation only, and to be considered for admission, one must have completed three or more 100-mile races.

"Although it is considered the world's toughest foot race, we have an 89 percent finishing rate," Kostman said.

Not that finishing is easy.

"I've had blisters on my feet, chafing, throwing up," Farar-Griener recalled with a laugh.

"But I kept going back every year for more and more punishment because I love it. It's known to be the world's toughest race, and that's a bit of a turn-on."

With no Badwater 135 next year, AdventureCorps has scheduled two similar but slightly shorter versions through less grueling environments in California and North Carolina.

"But nothing beats running the original route from the bottom of Death Valley to the end of the road on Mount Whitney," Kostman said.

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

Send additions, changes, corrections, by email to Ben at badbendr@yahoo.com. Put "RACE UPDATE" in the email subject line.

Please include the information as seen in the spreadsheet below...I will not search the web for information for YOUR race.

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

MARA GP indicates a MARA Grand Prix event. If multiple distances are run that day, the Grand Prix distance is (shown in parentheses)

Events are listed in order of Date-Day, and then by Start Time, so that on any given day, the Evening events are listed after the Morning events.

SEARCH TIP: On your Internet Tool Bar, Use EDIT, FIND ON THIS PAGE, then enter a text you want to find, and that text will then be highlighted throughout this list.

USATF schedule including Television schedule: <http://www.usatf.org/calendars>

USATF searchable list of certified courses, with course maps for your review: <http://www.usatf.org/events/courses/search/>

RRCA Road Runners Club of America, searchable national schedule: <http://www.rrca.org/events/find/>

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.

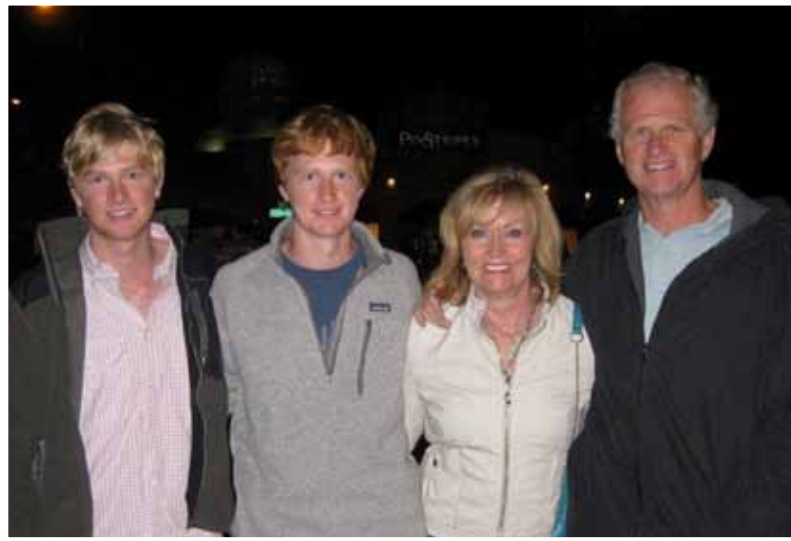
NEW! "Type" of Event. Legend: R = Road Race, T = Trail Race, X = Cross-country Race, 3 = Triathlon, 2 = Duathlon, O = "Other", ie: Warrior Dash or untimed event.

Date	Day	Start	Name & Distance	Type	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
JANUARY 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!							
1/1/2014	Wed	10:00 AM	Life Time Commitment Day 5k Run/Walk	R	Life Time Fitness Overland Park, KS	Web	Contact Info: Raul Flores/ racedayeventsinc@gmail.com
1/1/2014	Wed	10:00 AM	New Years' Fun Run, 0-12 miles	R	Athletic Club of Overland Park, 10440 Marty, Overland Park, KS	www.kctrack.org	Paved bike path, out and back, with miles marked.. The distance you go is up to you. There is a clock at the finish, but no scoring or awards.
1/11/2014	Fri	9:00 AM	The Run d'Haiti 2014 50K, 25K, 10K, 5K 2nd Annual	T	Croix-des-Bouquets, Haiti	https://goproject.org/go-adventures/adventures/runs/haiti-trail-run-adventure/	Just a few miles east of Haiti's congested capitol city of Port-au-Prince is the Jumecourt Inn, the location of The Global Orphan Project's headquarters in Haiti. Surrounding the Jumecourt Inn are miles of dirt roads and trails that twist their way through villages and towns of this ruggedly beautiful region. Race Directed by Ben Holmes. Contact: IV Whitman, iv@goproject.org
1/18/2014	Sat	11:00 AM	32nd Topeka to Auburn Half Marathon MARA GP	R	Start: Fairlawn Plaza Mall, Topeka, KS. to finish in Auburn, KS	http://www.sunflowerstriders.org/topeka-to-auburn/about	Brad Rhoden, Sunflower Striders, 785-224-5193 Participants receive free postrace pancake feed (indoors!). Classic point to point race on rural roads. Pre-race bus ride from finish to start line.
1/18/2014	Sat	8:30 AM	Battle of the Bean 5K	R	Foo's Fabulous Frozen Custard at Ranch Mart Shopping Center at 95th and Mission Road, Leawood, KS.	www.battleofthebean5k.com	Brad Ziegler 913-381-2553 brad@kcrunningcompany.com
1/25/2014	Sat	10:00 AM	Polar Bear Strut 5K Run/Walk benefitting Special Olympics Kansas	O	Shawnee Mission Park, Shawnee, KS	http://www.kssso.org/plunge	Special Olympics Kansas 913.236.9290 kso@kssso.org
1/26/2014	Sun	5K at 8AM and 10K at 10AM	32nd Children's TLC Groundhog Run 5K & 10K MARA GP (10K)	R	Hunt Midwest Subtropolis, 8300 NE Underground Dr., Kansas City, MO	www.childrenstlc.org	Stephanie Sheldon ssheldon@childrenstlc.org www.childrenstlc.org
1/26/2014	Sun	9:00 AM	7th Annual Psychodelic 5K Trail Run (Ice Edition)	T	Shelter #2, Wyandotte County Lake Park, Kansas City, Kansas	http://www.psychowyc.com/id68.html	Logo mug for all entrants. Oval "Trail 5K" stickers for finishers. Contact: Ben Holmes, badbendr@yahoo.com , 816-810-0440
FEBRUARY 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!							
2/2/2014	Sun	9:00 AM	The Kickoff 5K Run/Walk	R	Arrowhead Stadium 1 Arrowhead Dr. Kansas City, MO	http://s56826.wix.com/kickoff5k	Steve Blew steve@kcrunningcompany.com (913)381-2553
2/8/2014	Sat	8:00 AM	10th Annual "Psycho Wyc" Run Toto Run 50K, 20-Mile, 10-Mile Trail Runs	T	Wyandotte County Lake Park, Shelter 2 Kansas City, Kansas	http://www.psychowyc.com/id7.html	Distance-specific, Large Spinning Tornado Medals for all distances. Post-race food. A Trailrunning tradition. Limited number of entries, this year! Contact: Ben Holmes, badbendr@yahoo.com , 816-810-0440
2/8/2014	Sat	7:30 AM	Chocolate Rush 5K & Half Marathon	R	Prairie Life Fitness Center 10351 Barkley Overland Park, KS	http://patriotsrun.org/ChocolateRush.html	Registration: http://www.active.com/event_detail.cfm?event_id=2116355 The routes use the paved trails so we can run even if it snows. Registration closes at 500 runners. Contact: Tony Drew 913-339-6767, tonydrew@everestkc.net
2/15/2014	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	R	613 E. Ash Street Columbia, MO	http://www.raceit.com/search/event.aspx?id=24423	JoAnn Bushko 913-381-2553 joann@kcrunningcompany.com
2/16/2014	Sun	9:00 AM	Sweetheart Run 5K Run/Walk	R	9000 W 137th Street Overland Park, KS	www.kcsweetheartrun.com	JoAnn Bushko 913-381-2553 joann@kcrunningcompany.com
2/22/2014 & 2/23/2014	Sat & Sun	See Web	Post Oak Lodge Trail Marathon & Half Marathon Quarter Marathon, 50K, 25K, 10K	T	Tulsa, OK	http://www.postoakrun.com/	Johnny Spriggs 918-853-4774 johnny.spriggs@yahoo.com

FEBRUARY 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!							
2/2/2014	Sun	9:00 AM	The Kickoff 5K Run/Walk	R	Arrowhead Stadium 1 Arrowhead Dr. Kansas City, MO	http://s56826.wix.com/kickoff5k	Steve Blew steve@kcrunningcompany.com (913)381-2553
2/8/2014	Sat	8:00 AM	10th Annual "Psycho Wyco" Run Toto Run 50K, 20-Mile, 10-Mile Trail Runs	T	Wyandotte County Lake Park, Shelter 2 Kansas City, Kansas	http://www.psychowycow.com/ id7.html	Distance-specific, Large Spinning Tornado Medals for all distances. Post-race food. A Trailrunning tradition. Limited number of entries, this year! Contact: Ben Holmes, badbends@yahoo.com, 816-810-0440
2/8/2014	Sat	7:30 AM	Chocolate Rush 5K & Half Marathon	R	Prairie Life Fitness Center 10351 Barkley Overland Park, KS	http://patriotsrun.org/ ChocolateRush.html	Registration: http://www.active.com/event_detail.cfm? event_id=2116355 The routes use the paved trails so we can run even if it snows. Registration closes at 500 runners. Contact: Tony Drew 913-339-6767, tonydrew@everestkc.net
2/15/2014	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	R	613 E. Ash Street Columbia, MO	http://www.raceit.com/search/ event.aspx?id=24423	JoAnn Bushko 913-381-2553 joann@kcrunningcompany.com
2/16/2014	Sun	9:00 AM	Sweetheart Run 5K Run/Walk	R	9000 W 137th Street Overland Park, KS	www.kcsweetheartrun.com	JoAnn Bushko 913-381-2553 joann@kcrunningcompany.com
2/22/2014 & 2/23/2014	Sat & Sun	See Web	Post Oak Lodge Trail Marathon & Half Marathon Quarter Marathon, 50K, 25K, 10K	T	Tulsa, OK	http://www.postoakrun.com/	Johnny Spriggs 918-853-4774 johnny.spriggs@yahoo.com
MARCH 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!							
3/2/2014	Sun	8:00 AM	12th Little Rock Marathon, and Half Marathon	R	Little Rock, AR	www.littlerockmarathon.com	Gina Marchese Pharis 501-918-5321 gmarchese@littlerock.org
3/8/2014	Sat	9:00 AM	24th Annual Shamrock Shuffle 5K Run	R	Lawrence, KS	http:// lawrencestpatricksdayparade.com/	info@lawrencestpatricksdayparade.com
3/15/2014	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K Trail Run	T	Shelter # 14 Wyandotte County Lake Park Kansas City, KS	http://www.psychowycow.com/ id99.html	Inexpensive, challenging, FUN. Ben Holmes badbends@yahoo.com 816-810-0440
3/15/2014	Sat	9:00 AM	Lucky 13.1 Half Marathon and 5K	R	RayPec High School 20801 School Rd Peculiar MO	http://www.raypeccc.com/	Cheapest Entry Fees in KC! Entry Fee includes T-Shirt, Age Group Awards, and Finisher Medals for the Half Marathon \$40 Half Marathon \$20 5K Contact Info: Jamin Swift, rohocc@yahoo.com, 816-318-3739
3/15/2014	Sat	10:00 AM	36th Annual Westport St. Patrick's Day Run 4 Miles	R	Corner of Westport Rd. & Pennsylvania Ave Kansas City, MO	http:// www.stpatricksday4milerun.com/	http://www.stpatricksday4milerun.com/
3/23/2014	Sun	8:00 AM	Dust Bowl Series Marathon - Oklahoma & Half-Marathon	R	Guymon, OK USA	http://mainlymarathons.com/guymon	Clint Burleson 575-382-8869 clint@mainlymarathons.com
3/24/2014	Mon	8:00 AM	Dust Bowl Series Marathon - Kansas & Half-Marathon	R	Ulysses, KS USA	http://mainlymarathons.com/ulysses	Clint Burleson 575-382-8869 clint@mainlymarathons.com
3/29/2014	Sat	6:00 AM	Prairie Spirit Trail 100 Mile & 50 Mile Ultra	T	Ottawa, KS	http://PrairieSpirit100.com	Eric Steele RD@PrairieSpirit100.com 800-755-8012
3/30/2014	Sun	8:00 AM	A2A Arbuckles to Ardmore Race for Mercy & Half Marathon, 5K	R	Ardmore, OK	http://www.a2amarathon.com	Alison Smalley 580-222-6829 alison@a2amarathon.com
3/30/2014	Sun	7:30 AM	Sam's Club Hogeye Marathon & Half Marathon 4-Person Relays, 5K	R	Fayetteville, AR	http://www.hogeyemarathon.com	Tabby Holmes racedirector@hogeyemarathon.com

"Have you ever felt worse after a run?"

- George Sheehan



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