

Master Pieces

Magazine of Mid-America
Running Association
January - February 2015
www.mararunning.org



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January/February 2015

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

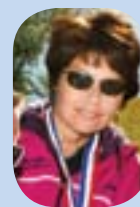
Cover Photo: On Course at the Pilgrim Pacer- Marathon, Half Marathon, 10K, 5K Shawnee Mission Park

Photo by:
Michael Chaffee



A WORD FOR THE NEW YEAR

By: Renee Kidwell



As you welcomed in this New Year of 2015, did you have a few resolutions defined or skipping around in your mind already? I used to try writing and committing to resolutions myself each year. However, they never seemed to make it as far as Spring. A few years ago, I decided to create solid goals or changes I wanted to develop during the new year. Not a resolution, but more of a desire and focus on positive changes or outcomes I hoped to realize. It was at that time, a friend asked me, what **word** would be my inspiration for the new year. That seemed quite hard initially, to come up with a single word for an entire year. I've been doing this for the past 4 years now and look forward to the choice and the focus. My sister and brother are now picking a yearly "word" as well. We share with each other and send little gifts or reminders of our focus word to one another throughout the year. Words, such as 'Believe', 'Simplify', 'Energize' are a few that I have chosen and were prominently placed in various spots at work, home, and the car as frequent reminders to stay true and on track. I am always amazed at year end, how those words positively impacted my life that past year. Do you have a specific word of desire for yourself in 2015? As a fellow runner and athlete you might want to check out page 21 for a few suggestions or inspirations!

Wishing you all a Very Happy, Healthy and Successful New Year Ahead!

New MARA Members and Sustaining Memberships are listed on page 2

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This past Saturday, was the 39th annual Chili Run. This is the run/walk that MARA has been sponsoring for our members as a thank-you for your support. It is also the venue for awarding the MARA Grand Prix awards and prizes. I am sorry to announce that 2015 will be the last year for the Grand Prix program.

The board of directors for MARA, have talked this over and analyzed the situation, we found that the program was only being utilized by the 50+ age groups. There are many age groups that were not represented at all.

The MARA Board feels that since the interest has been waning over the last few years, it was time to discontinue the program. The people who have been keeping the results and contacting the races, have worked very hard. Mike Lundgren and Jane Tompkins were the two who started the program, and did a great job for many years. Steve Daley was involved for several years. Sandi Weston, became the director of the program several years ago. Mike Lundgren still kept track of the points. Dina Myers helped Sandi for a couple of years. I want to thank all of you so much for doing this for our Grand Prix program and representing MARA so well.

In the 39 years of the Chili Run, I believe I have only missed about 5 years, not consecutively. Before I was president of MARA, I actually used to get to participate in the run part.

It is a very challenging course, as those of you who run it, know. However, the difficulty of the course, is rewarded by the delicious chili, that you guiltlessly consume afterwards!

As I was assisting Sandi in presenting the Grand Prix Awards, I was looking around the room and seeing faces that I have known for decades. I have run races with many of these people and worked races with them as well. We are very fortunate to have these people in the running community. I feel very lucky to have been associated with the so many of these many faceted people. Runners come from all walks of life and many different economic levels, but that one common denominator that "levels the playing field" is running. I was in a race one time, with a friend next me that I know is very wealthy, and another who was a struggling financially, single mom. I looked down and they both were wearing the same brand and make of running shoe!

*I wish for you a very
Happy and Healthy New Year.*

Karen



New MARA Members

<i>Kathryn Brake</i>	<i>Overland Park, KS</i>
<i>Maeluen Gruman</i>	<i>Lenexa, KS</i>
<i>Rachel Hoger</i>	<i>Johnston, IA</i>

Sustaining MARA Members

<i>Anna & John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, KS</i>
<i>Diane Bahr</i>	<i>Leavenworth, KS</i>
<i>Dee Boeck & Gene Wee</i>	<i>Lawrence, KS</i>
<i>Dave Boone</i>	<i>Overland Park, KS</i>
<i>Mary Boyce & Mary Desch</i>	<i>Wichita, KS</i>
<i>Herbert & Janet Brown</i>	<i>Independence, MO</i>
<i>Susan Clayton</i>	<i>Loch Lloyd, MO</i>
<i>JBill & Judy Dalton</i>	<i>Kansas City, MO</i>
<i>Mike & Jo Faulconer</i>	<i>Kansas City, MO</i>
<i>Charles & Mary Haley</i>	<i>Kansas City, MO</i>
<i>Alan & Robin Higley</i>	<i>Omaha, NE</i>
<i>Wayne Hobelman</i>	<i>Kansas City, KS</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Home Team Inspection</i>	<i>Leawood, KS</i>
<i>Terry & Keith Mann</i>	<i>Fairway, KS</i>
<i>Kent & Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Harry Moeller</i>	<i>Hiawatha, KS</i>
<i>Ann Nelson</i>	<i>Fairway, KS</i>
<i>Russ & Rosalie Niemi</i>	<i>Wake Forest, NC</i>
<i>Howard Nies</i>	<i>Kansas City, KS</i>
<i>Brett & Gay Purcell</i>	<i>Independence, MO</i>
<i>Karen & Keith Raymer</i>	<i>Raymore, MO</i>
<i>Barb Rinne & Family</i>	<i>Lee's Summit, MO</i>
<i>Gretchen & Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Garth & Nancy Smith</i>	<i>Overland Park, KS</i>
<i>Richard Stainbrook & Family</i>	<i>Pomona, KS</i>
<i>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Sandra & John Weston</i>	<i>Kansas City, MO</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene & Marsha Wren</i>	<i>Shawnee Mission, KS</i>



2014 Big 12 Cross Country Championship

RIM ROCK FARM
LAWRENCE, KANSAS - NOVEMBER 1

The 2014 Big 12 Cross Country Championship was held on Saturday, Nov. 1, 2014 in Lawrence, Kansas at the Rim Rock Farm. Kansas University hosted the event for the second time.



KINGS BRIDGE



TOP FIVE MEN



ISU 2014 CHAMPS



GRACE MORGAN



UP CEMETERY HILL

Photos By: runlawrence photos-Gene Wee

RUN LAWRENCE THANKSGIVING DAY 5K



Leaders at the start



Fun Run For Everyone !



Randall Sharp & Grant George



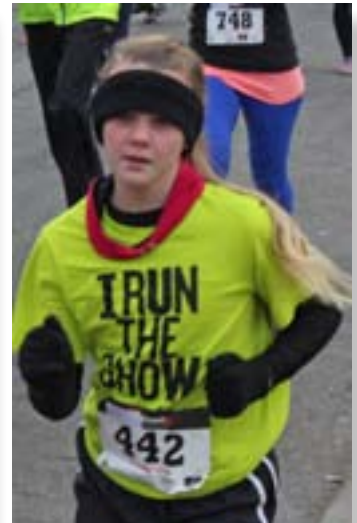
Kyle Snyder -
1st Male Overall



Maddie Glass-
1st Female Overall



Lucie Hardy 1st F10



Alysa Ladson



Kyle Morgison & Maresa Cuevas



Richard Wichman 1st M65

5K Run/Walk Results

Rank	Athlete	Bib	Time
1	Kyle Snyder	1163	16:31
2	Nathan Senner	1206	17:05
3	Jordan Boyce	59	17:09
4	Mark Whittemore	940	17:16
5	Nicolas Shump	932	17:18

Photos By: runlawrence photos-Gene Wee



*Saturday, November 15, 2014
Shawnee Mission Park
Shawnee/Lenexa, Kansas*



Photos Provided By: Michael Chaffee

TOP FINISHER RESULTS FOR 2014
 Marathon - 1st Male: Justin Helbing 2:50:48
 Marathon - 1st Female: Jaclyn Long 3:16:26
 1/2 Marathon - 1st Male: JJ Grinvalds 1:23:15
 1/2 Marathon - 1st Female: Dana Payonk 1:29:16
 10K - 1st Male: Justin Wenner 39:01
 10K - 1st Female: Jessica Romero 46:02
 5K - 1st Male: Jeff Laferla 22:08
 5K - 1st Female: Alisa Barker 23:39



Dear Grand Prix Participants,

As many of you have noticed the last few years, participation, and therefore competition, in the Grand Prix has declined. Most divisions have two or less winners and one division had none. Only one division had all five places filled. For that reason, the MARA Board of Directors has decided that 2015 will be the final year for the Grand Prix Series.

It is a decision made after much discussion and sure to be met with sadness by those who have competed in the Grand Prix races for most of our running lives.

The Schedule has been shortened to fourteen races to facilitate scoring. The rules remain mostly the same, however, the prizes may change depending on whether or not races will be willing to donate race entries for 2016 when there will not be a 2016 Grand Prix.

Thank you all for your participation in the Grand Prix. The (mostly friendly) competition has forged many friendships that will remain with us far into the future. Let us make the most of this last year to enjoy the competition and comraderie that we have had through the Grand Prix for so many years.



2015 Grand Prix Schedule (dates subject to change)

January 17	Topeka to Auburn Half
January 25	Groundhog 10K
February 7	Sweetheart Shuffle 5K
April 11	Rock the Parkway Half
April 26	Trolley Run 4 miler
May 25	Amy Thompson 8K
June 6	Hospital Hill Half
July 4	Lenexa Freedom 10K
July 11	Eudora Horse Thief 5K
August 8	Farmstead Challenge 5K
September 7	Leawood Labor Day 5K
September 13	Plaza 10K
October 17	KC Half Marathon
November 1	Cliffhanger 8K

Race Point Totals:

5K = 4
4 Miles = 1
8K = 2
10K = 3
Half Marathon = 4



2015

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

- 1) Anyone running a MARA Grand Prix race at any point in the season and placing in the top five in their age group is a part of the circuit. Standings are updated and published online 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, 2015 to receive final recognition and awards at the Chili Run – no exceptions. (Membership is available online at the website.)
- 3) Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4) Scoring is five deep in each age group in all races as follows:
 - a. 10 points for 1st place
 - b. 8 points for 2nd place
 - c. 6 points for 3rd place
 - d. 4 points for 4th place
 - e. 2 points for 5th place
- 5) Best ten race scores will count, with 100 points the maximum score possible encouraging quality over quantity of races.
- 6) Circuit races range from 5K to Half Marathon. Road races are on USATF- certified courses.
- 7) Chip time will be used to determine place finish and award grand prix points.
- 8) In any race with more than one distance (such as both a 5K and 10K there will be only one designated MARA Grand Prix race.
- 9) When moving from one age group to another during the year, points can be scored in both age groups and will be added together and counted in the age group where the most points have been scored.
- 10) In the case of a tie, the winner will be determined by 1) head-to-head competition or 2) the 11th best race. If a tie still exists, the tie will remain.
- 11) Points must be scored in at least 3 MARA Grand Prix races to be eligible for Prizes.
- 12) Prizes will be awarded to the top five point- finishers at the MARA Chili Run the second Saturday in December. Everyone is invited to participate in the circuit and attend the Chili Run Festivities.
- 13) Thanks to MARA, Our Sponsors and Grand Prix Circuit Races who have contributed over \$27,000 in prizes over the last four seasons.



On Dec. 13, 2014 - The Candy Cane Course 5K & 10K had the privilege of collecting toys for Toys for Tots as well as fundraising for the Starlight Educational Foundation. Toys for Tots is a great charity that collects toys and distributes them to children who would otherwise not have the opportunity to receive a present during Christmas. The Starlight Educational Foundation is a not-for-profit organization associated with Starlight Theater

**Results:
5K Overall**

Andrew Kastendick 18:08
Matt Taylor 18:13
Francis Orallo 18:30
Samuel Stepp 18:44
Grant Homes 19:32

**Results:
10K Overall**

Steven Miller 37:36
Andrew Marshall 39:55
Drew Martin 40:31
Scott Bowling 40:31
Alice Evans 40:43



**RUNNING
WITH LOTS
OF
CANDY CANE
COMFORT
AND JOY !!!**



Photos By: SeeKCrun





By Michael Joyner October 31
Michael Joyner is a professor of anesthesiology at Mayo Clinic. His laboratory studies how humans respond to various forms of physical and mental stress.

The marathon world record time is inching closer to 2 hours. Here's what it will take for a human to pass that threshold.

This past fall Dennis Kimetto set a new world record in the marathon, clocking 2:02:57 at Berlin. He is the first man to run those 26.2 miles in under 2:03 and his time sparked speculation about when the two-hour barrier for the marathon might fall. Just how fast can a human being run in an endurance race like this?

The marathon's start

The marathon is based on the legend of Philippides, a messenger who, the story goes, ran about 25 miles from the battlefield at Marathon to Athens in 490 BC. He announced a great Greek victory over the Persians and then promptly died. No word on his official time.

Cut ahead to 1896 and the inaugural modern Olympic games, held in Greece. The marathon as a race was cooked up as a run from Marathon to Athens. The distance increased by a little over a mile to the current 26.2 miles (42.2 km) at the London Olympics to accommodate a start at Windsor Castle, and that distance was adopted as the standard in the early 1920s.

Things got faster fast!

The progression of the men's record times breaks into three distinct eras. The first lasts from 1908 until the middle 1950s. Over this time the runners started training progressively harder.

By the 1950s, top competitors were running 100 miles or more per week; most were from the developed world. In 1960, Abebe Bikila from Ethiopia won the marathon at the Rome Olympics. His victory was the start of the globalization of the marathon in general and the ultimate East African dominance in distance running we see today.

The record then stagnated until the early 1980s. That's when the professional era really took off and big races with big prize money became well-established.

What does it take to go fast?

Physiology research reveals three basic determinants of who runs fast. **First**, an elite marathoner must be able to consume large amounts of oxygen during maximum exercise, about 20-25 times the resting value. That is twice the capacity of an untrained healthy young male. A runner must have a big, strong heart that can pump blood to the muscles which use the oxygen.

Second, he must be able to sustain about 80 percent of his maximum heart rate – usually about 160 beats per minute – for several hours without a buildup of lactic acid in his muscles. At the same time, he doesn't want to deplete his body's stores of sugar and hit the wall.

Continued on Page 10



Third, he must be mechanically efficient at turning energy into power. Physiologists talk about running economy. A top marathoner must be able to run fast without consuming too much oxygen; this efficiency is due in part to how well a runner uses the muscles and tendons in his legs as biological springs that store energy with each foot strike.

All these same factors apply to the shes as well the hes, but on average elite women can consume only about 90 percent as much oxygen as men at maximum. Women have more body fat and their blood contains less of the oxygen-carrying protein hemoglobin. Essentially they have smaller engines that generate proportionally a bit less horsepower. This explains why the world records for women in distance running are about 10-12 percent slower than men.

At the moment, East African runners seem to always wind up atop the podium. Their physiological numbers aren't the best ever measured in the lab. But to their advantage, they tend to be of smaller stature, have been physically active from childhood, live at high altitude, and train incredibly hard.

How fast is possible?

Back in 1991, I created a model of marathon performance. When I asked what would happen if the same athlete had optimal values for the three key variables associated with distance running success, the estimated time was just under 1:58:00.

I revisited the model in 2011 with my colleagues Alejandro Lucia and Jonatan Ruiz and concluded that if current trends continued, 2 hours would fall sometime between 2025 and the late 2030s. What seemed inconceivable in 1991 is getting closer by the year. Starting in 2007 with Haile Gebrselassie's 2:04:26, the record has been broken five times, and fallen almost 90 seconds, suggesting our projections are on track.

Not so fast?

Many elite runners have marathon bests about 4.6 or 4.7 times their fastest 10k times – a marathon being about 4.2 times longer than a 10k. Using this rule of thumb the current world record for the 10k of 26:17:53 works out to a predicted marathon time somewhere between just under 2:01 and about 2:03:25. Similar values emerge using various race conversion calculators and point tables. This suggests the current marathon world record has room for improvement.

Of course, going from just under 2:03 to just under 2:00 would be an improvement of 2.5 percent and such big jumps in distance running records have not happened since the middle 1960s. When assessed in the lab, elite runners then had just about the same data as elite runners do now. It's not the case that we're seeing runners who are drastically better equipped than their predecessors. But there are a few things that could help these elite runners go just that much faster....

2:02 or bust!

I expect to see a marathon time under 2:02 soon and when we do, that's when the fun will begin. To get there faster and maybe even to 2:01, I suggest three things:

A prize money scheme that would motivate the best runners to all show up at the same race, hit fast intermediate times and work together for as long as possible. For example, separate pools of money could be split by all athletes under specific times at the half marathon, 30k, 35k, and 40k marks. Marathons are not golf and the top professionals can only do 1 or 2 races per year so they have to look for big paydays when they can get them.

Develop a flat 5-8km loop with a fast surface and have an elites-only race.

Run the race on a cool day at dusk. There is anecdotal evidence that people run a bit faster in the afternoon or evening than in the morning.

There's likely an absolute minimum time in which a human being can run a marathon – but we haven't seen it yet!



Nutrition and Running By Sally Berry MA RD CSSD CLT

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

Slowing Down Nutrition

I am writing this in the transitional time of year - the time between that hectic holiday season and the renewal time of the new year. I have the opportunity to reflect back at the past and be grateful for every thing I have, even during a rather stressful fall 2014. But looking forward, I am looking for the "reset" button and the change. Both in my business, sharing about my personal philosophies and my future goals.

One thing that is changing is my running. After years of being in a "holding pattern" I have started to find a new way to "slow down" the process and enjoy each new outdoor adventure. These treks can be in the midwest, or easily transported during my frequent traveling to the east or to the west. I have been looking more at my surroundings and enjoying the sounds, the land, the sun, or a body of water I pass during these frequent runs.

In the same manner, I have reflected on a new way of looking at food and expression of my passion of good food to those around me. I am looking at the impact that I can make on the environment and to others through my knowledge and personal practices. I figure it's time to really share with clients and give back to them some of the passion I have about my philosophy I have with good food and nutrition. This is especially important to athletes who claim to have minimal time to really enjoy food and resorting to powders, gels, supplements and fast alternatives yet can't figure out why they are not gaining the results that they desire. It may all come down to slowing down a bit and really taking a good look at our environment. That includes "where" food is sourced, "how" it is prepared, "our impact" on our family and the environment due to our daily choices... and ultimately our personal health. I have always been concerned about the way we eat and it's impact. Dietary trends come and go ranging from low fat to Paleo. Regardless of diet claims, there are no short cuts! It is just like running - you get out of it what you put in...and the best results and most satisfying outcome takes time and quality ingredients from sustainable resources. But the greatest factor is to SLOW down and enjoy the process.

My example for you comes from our traditionall family gathering last week. Our family met for the holidays in one of my daughter's home. Our dinner was prepared in her kitchen - a place that is about the size of a postage stamp with basic equipment. It did not matter the size, or lack of room, or the void of state of the art technology. We all chipped in and shared in the fun. Her sister made potatoes (real - not the powder type). Her dad contributed with a fresh fruit plate, homemade marinade, and cooked fresh vegetables. The host contributed the slow cooked meat while

I "massaged" and added fresh herbs to a kale/persimmon salad. This entire feast took place in a community of sharing, talking, joy, crying babies, barking dogs and a bit or craziness thrown in for good measure.

So how does this once a year experience relate to the hum-drum fast paced drudgery of daily living? I hope to challenge you in 2015. Good food is to be shared and takes time. More than time, it will take planning. But in order to honor our health and to reap the rewards of good athletic performance, we need to slow down a bit and see how we can change some of our toxic, mind, environment and body habits known as fast eating. There is a difference between a square of a plastic wrapped "wonder" we call bread and that of the fermented, yeasty slower alternative. Even the nutrition of the latter helps how we digest the glutens, proteins, vitamins and minerals leading to better absorption and health not to mention superior taste. The same is true of planting, growing, buying fresh local produce, cooking from the original legumes rather from a can, good sources of meats, eggs, and other staples.

Slowing down can make a difference in our health, our digestion, our body weight which ultimately affects our running. So my challenge to you is to start out by trying to make just one basic food item a week from scratch- bread or beans or locally grown vegetables or even fermenting a yogurt for your own probiotic!

Okay- I see your eyes roll now; Time? No desire to cook? etc. What I have found that it really takes less time than you may expect. And the reward is to share with others in the community and our kitchen. It takes more planning that time. I challenge you to enjoy the process- just like your running and training. Slowing down provides these positives:

- Honors our precious environment
- Utilizes the microbes in our soil and nutrient density of the food- not from a bottle but from our food!
- Increases the taste and enjoyment of eating so we are satisfied with less
- The act of cooking takes more physical energy- think of it as cross-training for your running!
- Gives us time to enjoy our community, local farmers, family and friends.
- Helps keep us healthy
- Protects our environment with less packaging, less overuse of chemicals, etc.

As I venture out for a run tomorrow, I may be simmering a soup, rising a bread, or thinking about a plan. But I will also take time to enjoy the run, breathe the fresh air and be grateful for this New Year.

So slow it down- at least for some of your cooking.
Take time and reap rewards!
Fuel Your Body ... for Life!
www.ebodyfuel.com





Chili Run Start



Jim Stanziola and Friend



Karen Hyde, Kathleen Johnson & Jeremy Garrett waiting to start



Sandi Congratulates Celeste



Last Chili Run Chili Supper



Ann Nelson, Dee Boeck & Sandi Weston

MARA's Annual Chili Run & Grand Prix Series Reached the Final Finish Line on Dec. 13th.

Photos By: runlawrence photos-Gene Wee



Last Grand Prix Awards Ceremony



Dr. Robert Sindorf, D.C., M.S.

**Doctor of Chiropractic,
Cleveland Chiropractic College
Masters in Science, Human Anatomy
and Physiology, NYCC
Bachelors in Science, Kinesiology,
Kansas State University**

What does your shoe say about your running form?

Have you ever examined the bottom of your shoes? If you have not you are missing out on an important part of your training. Your shoes are like a well-written book, they can tell you a lot. So grab your shoes and let's get started figuring out what is going on with them and your biomechanics.



First look at the heel of your shoe. Is the back outer portion of your shoe worn down significantly more than the rest of the heel? This most commonly means you are heel striking when you are running. This is a common running problem and results in your ankles and knees absorbing a lot more force than they were designed too.

Next look at the wear pattern down the forefoot of the shoe.

Is the inside portion of the shoe (medial portion) significantly more worn? If so this could mean you are not in the correct type of shoe. If the inside of the shoe is wearing out this means your foot is rolling inwards when you are running, or pronating.

A good stability shoe can help to control this unwanted motion in your foot.

Is the outside portion of the shoe (lateral portion) significantly more worn? If so this means your foot may be rolling out when you are running, or supinating. Supination is the rarest wear pattern that you will find in all runners.

What I have found more often is that a person may have a forefoot valgus anatomical variance, which causes their foot to shutter during their gait cycle. This type of wear pattern most likely indicates you either need to be in a substantial neutral shoe or have a sports doctor look at your foot to determine if a custom orthotic will benefit you.



Finally look at the overall tread thickness that is left on the shoe. Your running shoes are only designed to last about 300-500 miles and if you are using them for everyday other activities you will get about half the miles out of the shoe. If your tread has worn to a point where the bottom of the shoe is smooth then you are far past the life cycle of the shoe and need to get a new pair. Shoes have gases infused in the foam and every time you run or walk these gases get pushed out. This means the shoe will break down and stop providing proper support and cushioning far before the tread wears off.

Thanks and I hope you enjoyed this issue's training tip.

Dr. Robert Sindorf



Lou's Look at License Plates

By Lou Joline



A young female runner with a 2 hour half-marathon?



The Family that runs together stays together, and this includes dogs and cats.



Watches DVD Running Movies? or Runs the Continental Divide?



This NC lady must be fast because she is all legs



A Runner - Proud of their Posterior?



Do you think they love Chocolate?



MO only allows 6 Letters - Sorry MARY



Bike Riders Constantly Warning those Ahead



Do you think they Love Mountain Biking ?



AZ Runners can say more with 7 letters



Either a large family or crafty card player.



BMW Mini Car Owner



Another one of those MO Mountain Bikers!



Perhaps This is Someone We can beat ?



A dog named Radar who runs Marathons?

'Marathon Man': Bill Rodgers' lifetime love of running

Bill Rodgers' memoir "Marathon Man" tells the story of how he helped take running from a sport favored by a few eccentrics to an activity embraced by millions.

By Moira McLaughlin
The Washington Post

'Marathon Man: My 26.2-Mile Journey from Unknown Grad Student to the Top of the World'
by Bill Rodgers and Matthew Shepatin
Thomas Dunne/St. Martin's Press

Today, with your choice of running clubs, running shoes, running fashions, running drinks, bars and gels, the sport has become not only ubiquitous but even cool and chic. Not so when Bill Rodgers started running around Jamaica Pond in Boston in 1972.

Rodgers' new book, "Marathon Man," chronicles his life from runner to barfly and back to runner, and on to his first Boston Marathon victory in 1975. "I needed to move," he writes. "I was meant to move. Even at my lowest point as an athlete, the magnetic pull was still there."

The book vividly depicts its author as an aimless conscientious objector to the Vietnam War with a "goofy stride" who once ran a half-marathon in a blizzard wearing only sweatpants and his grandfather's wool sweater. Even more interesting is the portrayal of a very different era for runners, when they were likely to get heckled. "You'd hear stuff like, 'Who are you running from?' or 'Where's the fire?'"

Rodgers was not on a quest to change the running world, even though that's what he helped to do. He ran because he had to. "Running wasn't an escape from life," he writes, "rather, it was an embrace of it." He ran without the comforts afforded today's runners: water stations, mile markers and spectators on racecourses, dry-weave shirts and appropriate shoes.

Rodgers meticulously weaves an account of his young adult life into chapters devoted to his record-breaking win of the 1975 Boston Marathon — a victory that helped to change the course of his life and to increase the popularity of running as a sport. "I've always believed running can be one of the most powerful ways to promote good will and tolerance throughout the world," he writes. "Maybe it's because no man can stand above another when they run. ... We are all people. We are all just kids chasing butterflies."

William Henry Rodgers Profiles: Bill Rodgers

Four time winner of the Boston and New York City marathons. A member of the 1976 US Olympic Team. Winner of the 1977 Fukuoka Marathon.

Born in Hartford, Connecticut on December 23, 1947, Bill grew up in nearby Newington. He ran cross-country at Newington High School and at Wesleyan University in Middletown, Connecticut. At Wesleyan, Bill was the roommate and teammate of Amby Burfoot the year Amby won the Boston Marathon in 1968. After college Bill left running for two years. He returned to competition in 1973 and never looked back.

His PR for the mile is 4:16.08, set in college. He set an American record for 30Km- 1:31:50, and a World record for 25Km - 1:14:12, on the track in 1979. Bill set American records in the 15Km - 43:39, 20Km - 58:15, and 1 Hour Run -12 miles 1,351yds, all in 1977.

The Olympics

Bill competed in the 1976 Olympic Marathon in Montreal. Hampered by a metatarsal problem in his right foot, he stayed with the lead pack for the first 25k, then dropped off the pace to finish 40th in 2:25:14.

In 1980 the U.S.-led boycott of the Moscow Olympic Games eliminated Bill's chance for Olympic success.



"To be a consistent winner means preparing not just one day, one month or even one year - but for a lifetime."

Bill Rodgers

A Look At Barefoot Running

From Wikipedia, the free encyclopedia

Barefoot running, also called "natural running", is the act of running without footwear. Throughout human history, running barefoot was the natural way to run, and cultures such as the Tarahumara people in Mexico still practice it today. Barefoot running became popular in the latter half of the 20th century, as notable Olympic runners such as Abebe Bikila, Bruce Tulloh, and Zola Budd participated barefoot. Barefoot running really came into prominence when top coaches and therapists started to see that small amounts of running on soft or uneven surfaces, like grass, had a great effect on injury proofing or rehabilitating their runners.[1] Scientific research into the practice of running barefoot has not reached a clear consensus regarding its risks or its benefits. While shoes provide foot protection from cuts, bruises, and the weather, proponents of barefoot running argue that it offers benefits and is healthier for the feet by reducing the risk of chronic injuries (notably repetitive stress injuries) due to the impact of heel striking in padded running shoes.

To provide the benefits of both running barefoot and shod, different varieties of barefoot-inspired footwear are available, including thin-soled and flexible shoes such as traditional moccasins and huaraches, and modern footwear like Vibram FiveFingers, Merrell, Vivobarefoot, Feelmax, and Lems. Running almost barefoot in thin-soled shoes may be termed minimalist running.

History

Throughout most of human history, running was performed while barefoot or in thin-soled shoes such as moccasins. This practice continues today in Kenya and among the Tarahumara people of northern Mexico. Historians believe that the runners of Ancient Greece ran barefoot. According to legend, Pheidippides, the first marathoner, ran from Athens to Sparta in less than 36 hours. After the Battle of Marathon, it is said he ran straight from the battlefield to Athens to inform the Athenians of the Greek victory over Persia.

Pheidippides

Modern barefoot running first rose to prominence in 1960, when Abebe Bikila of Ethiopia won the Olympic marathon in Rome barefoot after discovering that Adidas, the Olympic shoe supplier, had run out of shoes in his size. He was in pain because he had received shoes that were too small, so he decided to simply run barefoot; Bikila had trained running barefoot prior to the Olympics. He would go on to defend his Olympic title four years later in Tokyo while wearing shoes and setting a new world record.

British runner Bruce Tulloh competed in many races during the 1960s while barefoot, and won the gold medal in the 1962 European Games 5,000 metre race.

In the 1970s, Shivnath Singh, one of India's greatest long distance runners, was known for always running barefoot with only tape on his feet.

During the 1980s, a South African runner, Zola Budd, became known for her barefoot running style as well as training and racing barefoot. She won the 1985 and 1986 IAAF World Cross Country Championships and competed in the 1984 Olympic Games in Los Angeles.[8] Kenyan runner Tegla Loroupe began running barefoot 10 km (6.2 mi) to and from school every day at the age of seven. She performed well in contests at school, and in 1988, won a prestigious cross country barefoot race. She went on to compete, both barefoot and shod, in several international competitions, marathons, and half-marathons. She won the Goodwill Games over 10,000 metres, barefoot, and was the first African woman to win the New York City Marathon in 1994, winning again in 1998.

In the early 21st century, barefoot running has gained a small yet significant following on the fringe of the larger running community. Organizers of the 2010 New York City Marathon saw an increase in the number of barefoot runners participating in the event. The practice saw a surge in popularity after the 2009 publication of Christopher McDougall's book, *Born to Run*, promoting the practice. In the United States, the Barefoot Runners Society was founded in November 2009 as a national club for unshod runners. By November 2010, the organization claimed 1,345 members, nearly double the 680 members it had when it was founded.

One barefoot runner, Rick Roeber, has been running barefoot since 2003, and has run more than 50 marathons, 2 ultra-marathons of 40 miles, and over 17,000 miles (27,000 km) all barefoot. Other prominent barefoot runners include Ken Bob Saxton, known as the "godfather of barefoot running", and Todd Byers, a barefoot marathon runner from Seattle who has run over 100 marathons barefoot. On 8 December 2006, Nico Surings of Antwerp, Belgium, became the fastest person to run 100 meters (330 feet) on ice while barefoot, completing the task in 17.35 seconds. And on 12 December 2010, the Barefoot Runners of India Foundation (BRIF) organized a 21 km (13 mi) barefoot half-marathon at Kharghar near the Indian city of Mumbai. The run had 306 participants.

In 2011, the United States Air Force began development of a program to support barefoot or minimalist running in its ranks. One of the leaders of the program was Lieutenant Colonel Mark Cucuzzella, who won the 2011 United States Air Force Marathon in a time of 2:38:48 while wearing minimalist running shoes.

On the 1st of April 2012, runner Rae Heim embarked on a 3,000-plus mile barefoot run from Boston, Massachusetts where she finished on November 14 in Manhattan Beach, California. She raised money for a Tennessee-based organization, Soles4Souls, who delivered one pair of shoes to needy children for each dollar raised by Heim. And on 23 June 2012, Robert Knowles, of Brisbane, Australia, set two Guinness World Records for both the Fastest 100 km Barefoot and the Longest Distance Run Barefoot in 24 Hours, as part of the Sri Chinmoy Sydney 24 Hour Race. He logged 166,444 km (103,424 mi), or 416 laps on the Blacktown International Sportspark track, barefoot.

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Health and medical implications

Since the latter half of the 20th century, there has been much scientific and medical interest in the benefits and harm involved in barefoot running. The 1970s, in particular, saw a resurgent interest in jogging in western countries and modern running shoes were developed and marketed. Since then, running shoes have often been blamed for the increased incidence of running injuries and many runners have switched to barefoot running for relief from chronic injuries. However, the American Podiatric Medical Association cautions would-be barefoot runners, stating that there is still not enough research on the immediate and long-term benefits of the practice, and that individuals should consult a podiatrist with a strong background in sports medicine to make an informed decision on all aspects of their running and training programs. Additionally, individuals with diabetes or other conditions which affect sensation within the feet are at greater risk of injury and are advised not to run barefoot. One study shows a link to early bone damage in new barefoot runners, though more study is needed to find out exactly why.

Bare feet on asphalt

The structure of the human foot and lower leg is very efficient at absorbing the shock of landing and turning the energy of the fall into forward motion, through the springing action of the foot's natural arch. Scientists studying runners' foot motions have observed striking differences between habitually shod runners and barefoot runners. The foot of habitually shod runners typically lands with an initial heel strike, while the foot of a barefoot runner lands with a more springy step on the middle, or on the ball of the foot. In addition, the strike is shorter in duration and the step rate is higher. When looking at the muscle activity (electromyography), studies have shown a higher pre-activation of the plantar flexor muscles when running barefoot.[citation needed] Indeed, since muscles' role is to prepare the locomotor system for the contact with the ground, muscle activity before the strike depends on the expected impact. Forefoot strike, shorter step duration, higher rate and higher muscle pre-activation are techniques to reduce stress of repetitive high shocks. This avoids a very painful and heavy impact, equivalent to two to three times the body weight. "People who don't wear shoes when they run have an astonishingly different strike", said Daniel E. Lieberman, professor of human evolutionary biology at Harvard University and co-author of a paper appearing in the journal *Nature*. "By landing on the middle or front of the foot, barefoot runners have almost no impact collision, much less than most shod runners generate when they heel-strike."

However, when comparing different populations of habitually barefoot runners, not all of them favor the forefoot strike. A 2012 study by Hatala et al. focusing on 38 runners of the Daasanach tribe in Kenya found that a majority of runners favored a heel strike instead of a forefoot strike. Presently, Hatala and Lieberman are comparing their data, but Lieberman did note that his study, which focused on the Kalenjin people, also found some barefoot runners favoring a heel strike as well. He also said that the Daasanach people were primarily, "tall, lanky goat-herders who don't run nearly as much as the Kalenjin, who own many of the world's distance running records."

The longitudinal (medial) arch of the foot also may undergo

physiological changes upon habitually training barefoot. The longitudinal arch has been observed to decrease in length by an average of 4.7 mm, suggesting activation of foot musculature when barefoot that is usually inactive when shod. These muscles allow the foot to dampen impact and may remove stress from the plantar fascia. In addition to muscle changes, barefoot running also reduces energy use – oxygen consumption was found to be approximately 4% higher in shod versus barefoot runners. Better running economy observed when running barefoot compared to running with shoes can be explained by a better use of the muscle elasticity. In fact, reduction of contact time and higher pre-stretch level can enhance the stretch shortening cycle behavior of the plantar flexor muscles and thus possibly allow a better storage and restitution of elastic energy compared to shod running.

Running in shoes also appears to increase the risk of ankle sprains, plantar fasciitis, as well as other chronic injuries of the lower limb. However, running shoes also provide several advantages, including protection of the runner from puncture wounds, bruising, thermal injuries from extreme weather conditions, and overuse injuries. Transitioning to a barefoot running style also takes time to develop, due to the use of different muscles involved. Doctors in the United States have reported an increase in such injuries as pulled calf muscles, Achilles tendinitis, and metatarsal stress fractures, which they attribute to barefoot runners attempting to transition too fast.

The running shoe itself has also been examined as a possible cause of many injuries associated with shod running. One 1991 study found that wearers of expensive running shoes that are promoted as having special features, such as added cushioning or pronation correction, were injured significantly more frequently than runners wearing inexpensive shoes. It has also been found that running in conventional running shoes increases stress on the knee joints up to 38%, although it is still unclear if this leads to a higher rate of heel injuries or not. One study suggests that there is no evidence that cushioning or pronation control in shoes reduces injury rates or reduces performance. It was also found that the belief that one's shoes have increased cushioning had no effect on increasing or decreasing ground reaction forces during walking. Modern running shoes can also increase joint torque at the hip, knee, and ankle, and the authors of the study even suggest that running in high heels might be better than modern running shoes. Improperly fitting shoes may also result in injuries such as a subungual hematoma – a collection of blood underneath the toenail. This may also be known as "runner's toe" or "tennis toe".



Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

HAIL KALE "THE QUEEN OF GREENS"

Many folks have certainly already added kale to their diet since it is considered a nutritional powerhouse. Still, a number of us know we should perhaps eat more kale, but may be unsure of how to choose, chop or cook this super food. Kale is known by some to be the "queen of greens" or even the "new beef" since it really packs some serious health benefits in its tasty leaves. This member of the cabbage family is low in calories at about 35 calories per cup (raw), high in fiber and filled with many nutrients, such as Vitamins A, C, K, folate, calcium, magnesium and iron. Per calorie, kale has more iron than beef. Kale is also considered to have potent anti-cancer and cholesterol lowering properties.

While we now find many Americans embracing kale in their menus due to its nutritional gold mine, this vegetable has long been and continues to be used all over the world in various dishes, soups and stews. It is interesting to note that until the end of the Middle Ages, kale was one of the most common green vegetables in all of Europe. Many countries incorporate kale in a number of their traditional dishes and in northern Germany, a whole culture around kale has developed. Many communities in the area even have a yearly kale festival, which includes naming a kale king or queen.

Kale can be a versatile ingredient that can perk up many dishes from soups to stews to salads and can stand alone as a hearty side dish. Varieties to look for include common curly leaf kale that has a hardy texture and a cabbage-like taste. Other varieties, such as the dark, bluish-green Tuscan and Red Russian, have more tender leaves and milder flavor.



Look for kale alongside the other greens in your grocery store and choose bunches with fresh, deeply colored, crisp leaves. Kale, like most other greens, loses lots of volume as it cooks, so it is best to buy at least ¼ pound per person. Kale does hold dirt in its leaves, so it should be washed thoroughly.

It is on the Environmental Working Group's list of the "Dirty Dozen" conventionally grown fruits and vegetables most likely to be contaminated with pesticides, so organic may be a good choice here. To prepare: after washing, trim away and discard the tough center rib. Slice or chop leaves as directed in your recipe. Kale can be cooked by steaming, braising, boiling or microwaving and tender, young Tuscan kale can be added raw to salads.

*Ready to cook kale?
Here are a few recipes to get you started.*

BAKED KALE CHIPS

Toss coarsely chopped kale with a little olive oil, salt and pepper or seasoned salt. Bake at 350 degrees F on a cookie sheet until the edges are brown but not burnt, about 10-15 minutes.



more recipes - continued on page 20

BASIC SAUTEED KALE

1 tablespoon plus 1 teaspoon
extra-virgin olive oil, divided
1-1/2 pounds kale, ribs removed,
coarsely chopped and washed
1/2 cup water
2 cloves garlic, minced ,
1/4 teaspoon salt
1/4 teaspoon crushed red pepper,
2-3 teaspoons red-wine or sherry vinegar

Heat 1 tablespoon oil in a large pot over medium heat. Add kale and cook, tossing with two large spoons until bright green, about 1 minute. Add 1/2 cup water, reduce heat to medium-low, cover and cook, stirring occasionally, until kale is tender, 12-15 minutes. Push kale to one side, add remaining 1 tspn oil to the empty side and cook garlic and crushed red pepper until fragrant, 30 seconds to one minute. Mix with kale. Remove from heat.

Stir in vinegar and salt to taste.

KALE STEW (a Washburn family favorite)

3 tablespoons olive oil
1/2 - 1 pound smoked turkey sausage or ham
1 large onion, diced, 6-8 cloves garlic, 4 large potatoes, diced, 1 large bunch kale, 2 quarts water or chicken stock, salt, black pepper, 2 (16 oz.) cans white beans

Heat oil in a wide, deep soup pot over medium heat. Add sausage or ham, chopping into pieces. Add onion and garlic and cook them together until softened, about 5-10 minutes. Wash and stem kale and slice in slivers. Add potatoes and kale to pot. Add water/chicken stock, increase heat and bring stew to a boil. Reduce heat and simmer 20-25 minutes or until potatoes are very soft. Use a potato masher or fork to roughly mash half the potatoes and thicken the broth. Add beans and heat through.

Season with salt and pepper.

A background image showing a group of runners on a paved road, likely during the Topeka to Auburn Half-Marathon. The runners are in motion, and the road stretches into the distance.

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"Have you ever felt worse after a run?"

- George Sheehan



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