



MASTER Pieces

Magazine of Mid-America Running Association January-February 2017

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Magazine of Mid-America Running Association

www.mararunning.org

JANUARY
FEBRUARY
2017

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Cover Photo: Pamela Smith
from St. Joe, MO nearing finish at
Lawrence, KS Half-Marathon

Photo by:
Gene Wee

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Make it a Lifestyle Not a Resolution

By: Renee Kidwell



As the current year winds down toward its last day and the New Year nears to greet us, I am never surprised at the vast number of folks who list, "Getting in shape" as their #1 resolution. In fact, this past week, I heard two of my co-workers talking about signing up with a membership at Planet Fitness. Both sharing that they have gained a 'lot' of weight this past year. I have nothing against fitness centers, gyms, cross-fit clubs, etc. Sadly though, all too often over 50% of those New Year's resolutions and new memberships don't last through the end of January. Then, there are other folks who seem to think, and let me know rather bluntly that, I am so lucky, I can eat anything I want because I run. I just shake my head, usually without comment, because I've tried to help people see and understand that eating healthy and regular exercise is not a resolution, it's a lifestyle. Perhaps you have had familiar conversations and stories of friends, family members, co-workers that use the *New Year, New Me*, to jump start a program for a quick fix, instant change. For so many of our long time MARA Members like yourself, you understand and have embraced what a "Healthy Lifestyle" means along with the wonderful, positive benefits received. All we can continue to do, is share our testimony and a bit of inspiration with those that are interested. Hopefully, they will embrace the true desire to make long lasting choices to eat wisely, to be active and keep daily goals to maintain a healthy lifestyle for many years to come....

*Wishing you a very happy, healthy
New Year of Running!*

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

January - February 2017

Most of you are aware, of the story about the young Redding, California mom, Sherri Papini, who was abducted while jogging near her home on November 2nd. We like to think that we have the right to exercise anytime or anywhere we wish, but this is not the situation in our world today.

This young woman was doing so many things wrong. For many years, I attended the RRCA convention, one of the workshops was always on runner safety and awareness. It has been proven over and over that you are more vulnerable when wearing earbuds or headsets, etc. I do not care what the advertisers use to promote their devices, **YOUR HEARING IS IMPAIRED WHILE WEARING THESE DEVICES.**

If you want to wear them, while running on a treadmill in your home or workout facility that is fine.

I cannot tell you how many times, I have been out running and as I am approaching another runner,

I will say "on your right (or left)" and the person does not hear, due to the fact that they are wearing earbuds, they are startled when I get next to them. I always think, "good thing I was not a mugger"!

The other things this young woman was doing wrong were: she was running alone in a rural area, always ran the same route and always ran at the same time each day. I realize that sometimes people do have to run at the same time, due to schedules, but should alter their route and try to find running partners whenever possible.

If you do run alone, you should leave a note stating the time you left for your run and the route you are planning on running, or call someone and tell them. Hopefully you will always get to throw that note away when you get back home.

I hope that each of you have a Healthy, Safe and Happy New Year.

Karen

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MEDICINE, SPORT SCIENCE, & NUTRITION

Ralph R Hall M.D. FACP, FACSM

Professor of Medicine Emeritus, University of Missouri at Kansas City

SLEEP APNEA, CPAP, AND HEART DISEASE; In a large, multicenter, randomized trial, continuous positive airway pressure did not reduce the incident cardiovascular events compared with usual care, but did reduce snoring, daytime sleepiness and improved health related quality of life and mood.

COMMENTARY: newspaper coverage of this study was extremely negative, pointing out only the failure of the treatment to prevent cardiovascular events. Barbara Phillips M.D., Professor of sleep Medicine at the University of Kentucky, in an excellent review of the study in Internal Medicine Alert, (#21, Nov 15, 2016) notes the short duration of the study and the importance of the sleep benefits which prevents accidents and depression. She also notes the poor adherence in that the CPAP was used less than 4 hours a night. If a 70 year old is put in a study and dies in the first few weeks-is it because of the treatment or the 70 years of previous lifestyle. Don't give up the CPAP, and try to use it all night!

YOU CAN PREVENT STROKES: In the July issue of the medical journal The Lancet, researchers found in a study of 27,000 subjects that most strokes could be prevented by controlling 10 risk factors. These factors are responsible for 90% of all strokes.

By controlling blood pressure the study estimated you could reduce the strokes from this cause by 48%. The risk factors and their estimated effect on reducing strokes are as follows; physical inactivity 36%, poor diet 23%, obesity 19%, smoking 12%, heart causes (such as atrial fibrillation) 9%, diabetes 4%, alcohol use 4%, stress 6%, blood fats 27%. The combined reductions were 90% in all age groups and genders.

Since high blood pressure is associated with the greatest risk reduction potential, it is worth noting that patients who have more than one alcoholic drink a day or who take nonsteroidal tablets daily will have difficulty in reducing their blood pressure. These two practices interfere with the effects of high blood pressure medications and increase their chances for a stroke.

ANOTHER CAUSE OF STROKES: A study presented at last week's American Heart Association meeting, by Danish researchers indicated large doses of proton pumped inhibitors (PPI's) ie. Prolasec, Nexiem, Protonix, Provaced, increased the chances for a stroke by 30%. There were 244,679 patients studied and 9489 had strokes.

From the data we are given at this time, there were 9489 strokes and the risk was 30% greater in patients taking the largest doses of PPIs, than patients not taking PPIs. The total number of strokes was roughly 3.9 patients out of 100 patients. That number is 30% greater than for those not taking PPIs. In other words approximately 3 patients would have had a stroke if they had not been taking PPIs. Therefore, instead of 3 patients out of 100 having a stroke if they did not take PPIs, approximately 4 additional patient out of 100 would have a stroke if they took large doses of PPIs. There was no increase in strokes in patients taking H2 blockers (Pepcid & Zantac)

or in those taking PPIs for short periods of time.

COMMENTARY: A 30% increase seems like a huge difference until one notes that it is 30% of the existing incidence not 30 more patients out of 100. However, there are other reasons for limiting your use of PPIs. The decrease in acid that is a result of the medication, results in a number of nutritional factors that are not absorbed in the intestines. For instance, the decrease absorption of calcium results in an increase in hip fractures.

LONG TERM MARATHON RUNNING ASSOCIATED WITH LESS PLAQUE FORMATION: A study by W.O Roberts et al., in a November issue of Medicine, Sports and Exercise Science- found that women who had run multiple marathons had less calcium and plaque formation in their blood vessels, than controls of the same age. They noted however, that the runners also had fewer risk factors, such as smoking than the group they were compared to.

COMMENTARY.

HERE'S THE BEEF ! And It is HEALTHY and will probably lower your cholesterol. (from the Washington State University Magazine); The pre dominate fat in the richly marbled Wagyu beef meat is unsaturated. That is because of the breed and the feed given to the unique breed of Japanese cattle. In addition, Thomas Dodd, the chief chef of Seattle's upscale Liam's restaurant says customers are raving about the flavor.

The development in the United States of the Wagyu breed was started in the late 1980s at Washington State University (WSU) in order to compete with the Japanese wagyu beef. The wagyu brand of beef is the dominant brand in Japan and is noted for its superior flavor, tenderness and marbling. Consumers pay a premium in Japan for this beef. (up to \$150 per pound). Japan was not very interested in importing ordinary US beef. As a result, the researchers at WSU began crossing a wagyu bull named Alvin, with Angus heifers. Using Alvin and several generations of his offspring they developed cattle that are 15/16 wagyu which in genetic terms can be considered pure blood.

In 1992 ranchers eager to start building their own specialty herds paid WSU \$50,000 or more per head. The market for this new beef is growing as are the number of ranchers developing wagyu herds. At the present time only 2% of US beef carries the USDA's top grade and wagyu accounts for 98% of it. So now you know where the good beef is!

STATINS, SHOULD YOU TAKE THEM OR NOT? Statins are more controversial than you may think. There is no data that indicates statins lower mortality or heart attacks for patients 75 or older. So if you are taking statins and are 74 years old, should you stop taking them when you turn 75? If you are 40 years old and have a elevated cholesterol and you have no other risk factors and have little risk of dying in the next ten years, should you take statins? Since statins are one of the most prescribed medications and the side effects have been poorly studied, we will devote much of the next issue to this subject.

The 13th Annual runLawrence Thanksgiving Day 5K had close to 1200 runners enjoying a nice fall day including, Olympian Amy Cragg, who represented the US at the Rio Olympics this year finishing 9th. Amy ran in high school at Leavenworth, KS and runners could see signs of "hometown of Amy Hastings" commemorating her successes. Alistair Cragg likewise was an Olympian in 2008 and 2012. They both donated their shoe prizes for being winners in the race. One pair of shoes went to a lucky participant in a drawing and the other to the Douglas County CASA shoe fund which provides shoes for local youths who can't afford shoes.



Start of the Thanksgiving 5K



Ed Hawkins * Mary Chapman
Dee's Quilt in background



Amy Cragg



All together at Woodlawn



Alistair Cragg



Announcer Charlie/Hannah Upton(far rt)
with the Boone-Family (left)



Reese Family



A Happy Family Thanksgiving for All



Fun for All!!!



Timers: Bailly, Steve

Photos by Gary Henry (a key leader with Lawrence Trailhawks).

Spell Your Name Now.. Work Out!

A: 50 jumping jacks
 B: 20 Crunches
 C: 30 squats
 D: 15 Push ups
 E: 1 minute wall sit
 F: 10 Burpees
 G: 20 sec. Arm Circles
 H: 20 squats
 I: 30 jumping jacks
 J: 15 crunches
 K: 10 push ups
 L: 2 minute wall sit
 M: 20 Burpees
 N: 40 jumping jacks
 O: 25 Burpees
 P: 15 sec. Arm Circles
 Q: 30 crunches
 R: 15 Push Ups
 S: 30 Burpees
 T: 15 squats
 U: 30 sec. Arm Circles
 V: 3 minute Wall sit
 W: 20 Burpees
 X: 60 jumping jacks
 Y: 10 crunches
 Z: 20 push ups

R
E
P
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A
T
2x

DON'T FORGET ABOUT

DRINKING WATER

at the correct time
maximizes its effectiveness
on the human body

2 U.S. ACADEMY OF MEDICINE AFTER WAKING UP
helps activate internal organs

1 U.S. ACADEMY OF MEDICINE 30 MINS BEFORE A MEAL
helps digestion

1 U.S. ACADEMY OF MEDICINE BEFORE TAKING A BATH
helps lower blood pressure

1 U.S. ACADEMY OF MEDICINE BEFORE GOING TO BED
avoid stroke & heart attack



Live life, Love life
- Yunny Versace



Kansas Half Marathon and 5K in Lawrence, KS
Held on November 6th had a record crowd of over
1700 registrations.



Sunflower Girls heading to the start line.



Thank you Pacers!!



6th Street Tunnel



Charles Protasio "Snake Eyes" (Lawrence KS)
was 2nd in the M65-69 half marathon.



High Above - Entrance to Pinckney School Ped.Tunnel

Photos By: Gene Wee runLawrence



Kansas River Levee Bridge Criss-Cross



Dee Boeck & Ann Carlin Ozegovic(2nd 5kF70)



Pamela Smith (St. Joseph,MO)



Scott McVey(Lawrence KS) 2nd overall/1/2 Marathon
@ 11 mile mark Robinson Park

Photos By: Gene Wee runLawrence

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

The Yum Factor

As the focus on the New Year often turns to new ambitions, people sometimes tend to make far-reaching goals in regards to eating or weight that may be difficult to obtain. In my opinion, a total revamp of our eating style is often not necessary. Perhaps, some tweaks here or there or a greater focus on good, basic foods with plenty of taste may be more in line. Even if we overindulged towards year end, concentrating now on just properly nourishing our bodies for the best output, as well as truly enjoying simple meals and snacks, will most likely lead to better outcomes. Thus, I recently thought of the “yum factor” in foods.

One of many fond remembrances of my childhood was a restaurant we went to several times as a family, called the “Yum-Yum Tree.” Since we didn’t eat out often, any meal at a restaurant seemed to be a unique treat to me, but I remember as a young child being enamored with this free-standing restaurant that had different windows with a selection of meals from various cuisines, including German, Italian, Chinese, American, etc. Of course, as I look back now, this was most definitely a precursor of sorts to the food courts we now see in most malls. Yet, as a young child in the 60’s, this restaurant was quite a treat.

While I don’t believe the “Yum-Yum Tree” restaurant still exists in my home town, the “yum” factor can be alive and well daily as we eat to nourish and improve our bodies, stamina and run times. Yes, we need to eat to recover and stay healthy, but it sure helps if it tastes good! We can train our taste buds to truly enjoy real flavors of food with less salt, sugar, additives and preservatives. To nourish our bodies is to “provide with the food or other substances necessary for growth, health, and good condition.” With this in mind, consider starting the New Year not with a “diet”, but with a focus on a basic, healthy way of eating, day in and day out (with occasional , splurges, of course!) Eating at home is often the best answer to controlling the ingredients and exactly what we eat. Some basic recipes like those below can help provide a few ideas for keeping the “yum” factor in your meals.

Rosemary Roasted Potatoes

(Simple & yummy, flavorful tender new potatoes)

1-1/2 lb small red new potatoes, quartered

2 Tbsp. olive oil - ½ tsp salt

1/8 tsp ground black pepper

2-3 Tbsp. minced fresh rosemary leaves

Combine all ingredients in a bowl or zippered large bag.

Toss to thoroughly coat potatoes.

Roast on a baking sheet for 45 minutes – 1 hour or until tender in a 400 degree oven.



Pan Sautéed Fish with Colorful Mango Salsa

4-6 oz mild white fish fillets (grouper, haddock, cod, catfish or Pollock) (1 fillet per serving)

3 Tbsp. olive oil

1 tsp lemon pepper - 1 tsp seasoned salt

Few drops pepper sauce (if desired)

Combine oil and seasonings and rub onto fish.

Marinate 30 minutes.

Pan sauté fish fillets in olive oil. Cook for 4-8 minutes on each side or until white and flaky.

Serve with Mango Salsa on top.



Colorful Mango Salsa

2 large or 4 small ripe mangoes, chopped

2 tbsp grated orange zest/rind

1 cup mixed chopped bell peppers (red, green and yellow)

½ chopped red onion

2 Tbsp fresh chopped cilantro

2 tsp grated fresh ginger

Juice of 4 lemons

Mix all ingredients and let stand for several hours.

If you get tired,
Learn to rest,
Not quit.





Edward L. Burnham of Loch Lloyd, Kansas City, Mo., passed away peacefully at the Northcare Hospice and Palliative Care Unit on November 17, 2016. He was born Aug. 29, 1919, in North Windham, Conn., son of John and Emma (Griggs) Burnham. He is predeceased by brothers, Charles Tallman and Stowell L. Burnham. He is survived by brothers, John (Helen) and Herbert (Anna) Burnham of North Windham, Conn., and also by many nieces and nephews. Edward attended the Windham school system and graduated from Windham High School. He attended Trinity College in Hartford, Conn., and graduated in 1940. He worked at the Willimantic Lumber and Coal Co. until he took employment with the Veterans of Foreign Wars. In 1946 Edward joined VFW Post 1724 Willimantic. In 1961 he was named Quartermaster of the Department of Connecticut. In 1967 he moved to Kansas City joining the VFW National Headquarters Staff. He served two years as National Membership Director and 10 years as Director of Youth Activities and the Voice of Democracy Program. He was appointed Assistant Adjutant General in 1979 until his retirement.

EDWARD L. BURNHAM (1919 - 2016)

Edward enlisted in the Army Air Corps in October of 1942. After pilot training he was in a B-17 Flying Fortress Co-Pilot in the 8th Air Force for 35 missions in the European Theatre.

All nine members of his B-17 crew have predeceased him. After World War II he remained in the Reserve Program until his retirement in 1974 with the rank of Colonel from the United States Air Force. He was awarded the Distinguished Flying Cross, The Air Medal with Four Oak Leaf Clusters and Four Battle Stars for participation in the European Air Offensive. After his retirement from the VFW, Edward began running.

He competed in many 5K and 10k runs. He trained for a marathon and went on to complete 143. He completed marathons in each State of the Union and also in many foreign countries.

Edward was a four-term member of the Windham Board of Education, serving as Chairman seven years, and a long-time Treasurer of the North Windham Volunteer Fire Department. Most recently he was presented the French Legion of Honor for his World War II service. Visitation will be 4-5 p.m. Sunday, Nov. 20, followed by the funeral service at 5 p.m. at McGilley State Line Chapel. In lieu of flowers, memorial contributions may be made to the Military Officers' Association of America, Heart of America Chapter, Family Support Program, 22804 W. 73rd St., Shawnee, KS 66227. Condolences may be left at mcgilleystatelinechapel.com Arr.: McGilley State Line Chapel, 12301 State Line Road, Kansas City, MO 64145 (816) 942-6180. McGilley State Line Chapel, Dignity Memorial.

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from Nov. 19 to Nov. 20, 2016

FINISH LINE ... FACTS * FEATURES * FUN

News about Running, including commentary and archival articles published in *The New York Times*.

Savings, Longevity and the Year in Fitness

By Gretchen Reynolds



Two numbers are, to me, particularly emblematic of what science had to tell us about fitness this year.

The first is 42 percent and represents the extent by which people's risk for premature death rises if they are out of shape, according to a study published in July. That number almost equals the risk of early death associated with heavy smoking. The second figure is \$2,500 and is the amount of money that each of us most likely could save annually on medical costs related to heart disease if we walked for 30 minutes most days, according to a wonderfully pragmatic study released in September.

In other words, exercise science this year taught us that being inactive could potentially cost us years from our lives and many thousands of dollars from our wallets.

There were other lessons in this year's exercise research, of course. Some of the most compelling involved advances in our understanding of how exercise may change our bodies invisibly but pervasively.

A February study, for instance, involved mice with a high risk of developing melanoma. If those animals ran moderately on wheels, their immune systems changed in ways that enabled them to combat the cancer. They produced more of a type of immune cell known to fight malignancies than did sedentary animals and were much less likely to develop invasive disease.

Exercise, in other research this year, also was shown to prompt muscles to release substances that wind up changing the structure and function of the brain. For a study I wrote about in July, scientists at the National Institutes of Health isolated a protein created abundantly in muscles during exercise. They then applied the protein to neurons in Petri dishes and found that the cells started producing other substances that can help generate additional neurons. Working the body's muscles, in effect, changed brain cells in ways that increase neuron numbers.

Fat cells likewise were transformed by exercise, another study found. In it, researchers from the University of Florida injected a hormone produced during and after exercise into normal human fat cells. These cells consisted of white fat, which is metabolically lazy, burning few calories. But after exposure to the exercise-related hormone, some of the fat cells began to display molecular markers indicating that they were becoming brown. Brown fat is metabolically active; it burns calories.

So exercise, according to this finding, may contribute to metabolic health by producing a hormone that can brown human fat.

Similarly, exercise turns out to potentially alter the composition of gut microbes in ways that could aid in weight control over the life span, according to another interesting animal study, which I wrote about in May. In that experiment, young rats predisposed to obesity were allowed to eat all they wanted while also either running or remaining mostly still throughout their adolescence. Others of the rats followed a low-calorie diet but didn't exercise. By adulthood, the inactive, all-you-can-eat animals were rotund. But the runners and those on a diet were relatively thin. Only the runners, however, had developed populations of gut microbes that are associated with lifelong leanness. They appeared better poised than the other rats to subvert their genetic predisposition to become heavy.

Not all of the news about exercise this year was reassuring, of course. A worrisome study published in August reported that young people who had sustained at least one concussion were much more likely than those who had never had a head injury to underperform in school and, as adults, experience lingering mental and physical problems.

Another cautionary study this year found that stopping exercise, even for just 10 days, changed how much blood flowed to volunteers' brains. In that experiment, longtime masters runners underwent brain scans and then abruptly stopped working out for a week and a half. A subsequent scan showed that they were now pumping less blood to their brains, and in particular, to portions of the brain involved in memory and learning.

The slightly discomfiting message is that if we wish to realize all of the benefits of exercise, we probably have to continue exercising throughout our lives.

On the other hand, the benefits of being active do seem to be nearly incalculable, as other 2016 studies underscored. The various studies showed that exercise of almost any amount may substantially lower risks for depression, muscle wasting, at least 13 types of cancer and colds.

Even fidgeting is beneficial, a study from July showed, lessening the otherwise detrimental effects of long bouts of sitting on blood flow to the legs.

But as the near year approaches, I'll return to the research concerning the decidedly calculable advantages of being active, including the 42 percent increased risk of dying too young if you are unfit and the \$2,500 in annual savings **potentially enjoyed by those who get out and walk. I have plans for those years and those dollars. I hope you will join me in walking, fidgeting and otherwise moving and working out in 2017.**

Happy holidays.

Running as the Thinking Person's Sport

By Gretchen Reynolds



Running seems to require a greater amount of high-level thinking than most of us might imagine. The sport seems to change how the brain works in surprising ways, according to a new report.

The study, published this month in *Frontiers in Human Neuroscience*, found that the brains of competitive distance runners had different connections in areas known to aid in sophisticated cognition than the brains of healthy but sedentary people. The discovery suggests that there is more to running than mindlessly placing one foot in front of another.

Scientists have known for some time that mastering certain activities demands considerable thought and consequently can alter the workings of the brain. Playing a musical instrument, for instance, requires refining a variety of fine motor skills, while also engaging memory, attention, forward planning and many other executive functions of the brain. So it's not surprising that past brain-scanning studies have found that expert musicians tend to have greater coordination between areas of the brain associated with different kinds of thinking, as well as sensory processing and motor control, than do people who have never picked up a bassoon or other instrument.

Similarly, in neurological studies of athletes whose sports stress hand-eye coordination, strategizing and mental attention, such as badminton players and gymnasts, the athletes generally displayed greater interplay between parts of the brain devoted to cognition and mental focus than did the nonathletes.

But running is not usually considered to be cerebral. Most of us learned to run as toddlers, perhaps falteringly at first but progressively with more confidence, and afterward mostly stopped thinking about how to run, at least consciously. So we would probably not, as a rule, expect running to activate parts of the brain that control advanced cognition.

But researchers at the University of Arizona suspected that running might in fact be intellectually demanding and could affect thinking patterns in people who run, even when they are not running.

To test that idea, the scientists recruited 11 competitive, collegiate male runners and another 11 young men who said that they had not exercised in the past year. The researchers used questionnaires and mathematical formulas to quantify the men's physical activity levels and estimate their aerobic fitness. (They said they focused on men primarily because they were concerned about controlling for the effects of the menstrual cycle on the bodies and brains of young women.)

Then they had each volunteer lie quietly for six minutes in an M.R.I. scanner while the machine measured levels of activity in their brains.

The researchers were particularly interested in any coordinated activity between different parts of the brain, as indicated by areas of the brain that were simultaneously lighting up in similar ways. Such synchronized activation is thought to indicate that parts of the brain have developed functional connections, even if they are physically separated from one another.

It turned out that the runners' brains displayed a number of different connections than did the brains of the sedentary young men, and those connections involved areas of the brain needed for higher-level thought.

In particular, the scientists noted more connectivity in the runners than in the inactive men between parts of the brain that aid in working memory, multitasking, attention, decision-making, and the processing of visual and other sensory information.

In essence, the runners seemed to have brains in which certain cognitive skills, including multitasking and concentration, were more finely honed than among the inactive men. Earlier studies in older adults have found that similar connections are associated with improved memory and cognition as people age.

"To me, this suggests that running may not be such a simple activity after all," says Gene E. Alexander, a professor of psychology, neurology and physical sciences at the University of Arizona. He co-led the study in conjunction with David Raichlen, a professor of anthropology at the university.

Instead, running seems to be a kind of mobile math puzzle. "It requires complex navigational skills," Dr. Alexander says, "plus an ability to plan, monitor and respond to the environment, juggle memories of past runs and current conditions, and also continue with all of the sequential motor activities of running, which are, themselves, very complicated."

Given running's mental demands, he was not surprised, he says, that the runners' brains indicated differing thinking patterns than in the sedentary young men.

Of course, this type of study cannot prove that running actually caused the differences in the men's thinking, only that runners had certain patterns of thought.

Likewise, it is unclear whether running, alone, has such effects, or if other endurance sports, including cycling and swimming, would be associated with similar brain connections, or whether people who are not college-aged and male would respond in the same ways. The scientists also did not test their volunteers' cognition, so they could not say whether the differing thinking patterns among the runners were linked with being smarter.

NUTRITION, EXERCISE SCIENCE, & MEDICINE

Ralph R. Hall M.D. FACSM, FACP.
Professor of Medicine Emeritus,
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A MESSAGE FROM THE SURGEON GENERAL:

To all of the physicians in the U. S.

"I am asking for your help to solve an urgent health care crisis facing America: the opioid epidemic. Everywhere I travel I see communities devastated by opioid overdoses.....

It is important to recognize that we arrived at this place on a path paved with good intentions. Nearly two decades ago, we were encouraged to be more aggressive about treating pain, often without enough training and support to do so safely. This coincided with heavy marketing of opioids to doctors. Many of us were even taught –incorrectly –that opioids are not addictive when prescribed for legitimate pain.

The results have been devastating. Since 1999, opioid overdose deaths have quadrupled and opioid prescriptions have increased markedly – almost enough for every adult in America to have a bottle of pills. Yet the amount of pain reported by Americans has not changed. Now, nearly two million people in America have a prescription opioid use disorder, contributing to increased heroin use and the spread of HIV and hepatitis C.

I know solving this problem will not be easy. We often struggle to balance reducing our patients' pain with increasing their risk of opioid addiction. First, we will educate ourselves to treat pain safely and effectively.Second, we will screen our patients for opioid use disorder and provide or connect them with evidence-based treatment..... Third, we can shape how the rest of the country sees addiction by talking about and treating it as a chronic illness, not a moral failing....."

COMMENTARY: this initiative is an important step by the Surgeon General, Vivek H. Murthy. It was accompanied by an insert containing valuable, tested, guidelines to help carry out the three objectives listed above. There is much to do.

ANOTHER PUBLIC HEALTH PROBLEM:

The CDC reports that there was a record increase in sexually transmitted disease in 2015. The rates of chlamydia, gonorrhea and syphilis have all increased significantly.

HEALTH EFFECTS OF ELECTRONIC CIGARETTES:

A summary from The New England Journal of Medicine, October 6, 2016 by C. Dinakar & G. T. O'Connor. Electronic nicotine delivery systems are devices that produce an aerosol by heating a liquid that contains a solvent (vegetable glycerin, glycol or a mixture of these,) one or more flavorings, and nicotine, although nicotine may be omitted.

The evaporation of the liquid at the heating element is followed by a rapid cooling to form an aerosol. E-cigarette aerosol is directly inhaled (or "vaped") by the user through a mouthpiece. The device includes a battery, a reservoir that contains the liquid- and a vaporizing chamber with heating element.

The inhalation of the aerosol from a nicotine containing e-cigarette leads to a peak serum nicotine concentration within 5 minutes. In 2014 there were an estimated 466 brands and 7764 unique flavors of these products, some containing tobacco products; the authors point out that this heterogeneity complicates research on the potential health effects. A U.S. population survey indicated that adults with mental health conditions such as anxiety disorders or depression were more likely to use e-cigarettes than adults without those conditions. Reliable data on the efficacy of e-cigarettes as a smoking cessation aid are limited.

The authors conclude; it is clear that the use of e-cigarettes has biological effects and possibly health related effects. Although some studies suggest that smoking e-cigarettes may be less dangerous than smoking conventional cigarettes, more needs to be learned. As the authors note, the lack of regulations that make e-cigarettes unavailable to children are of great concern.

THE PROMISE OF PERSONALIZED MEDICINE:

A commentary—Almost daily the research reports in the major scientific journal articles end with the promise that the new finding will likely result in their being able to effectively treat the disease--now that they know the genetic make-up of the particular disease that was studied.

For over 50 years we have known the precise and simple genetic mishap that results in sickle cell disease. It is a disease that affects the red blood cells. The metabolism of red blood cells in sickle cell disease results in red blood cells that are extremely sensitive to small changes in oxygen content of the blood. Under certain conditions they change shape which results in cells that will not pass into the small blood vessels and as a result form clots. This results in anemia, severe pain and death. People with sickle cell disease are primarily black people with ancestors from Africa.

Because of the different metabolism of the red blood cell in sickle cell disease, malaria parasites can't enter the cells and reproduce--therefore those with sickle cell disease do not get malaria. As a result, those with sickle cells prospered in areas where there was malaria, while those without the disorder died from malaria.

Back to my point, we have known the genetics for 50 years, but we still have not found a cure, or even a new treatment. So much, for the promises of personalized medicine..

QUESTION: I note one of the Presidential Candidates has received \$250,000, or more, from 3 pharmaceutical organizations for either a one hour lecture or a consultation. I wonder if such a candidate is likely to work hard at reducing the current high cost of drugs?

***WE APPRECIATE QUESTIONS,
COMMENTS, OR REQUESTS!***

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

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

Send additions, changes, & corrections to MARA.Calendar@gmail.com

New race submissions should include the information shown below.

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

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

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
January 2017					
Jan 1	Sun	9:00 AM	Hangover Half Marathon & 5K	Wichita Boathouse Wichita, KS	Hangover Half Marathon/5K Wichita
Jan 1	Sun	9:00 AM	Hangover Half Marathon & 5K	KC Running Company Leawood, KS	Hangover Half Marathon/5K Kansas City
Jan 1	Sun	9:00 AM	New Year's Day Run 1M, 5K 10K	Ad Astra Lawrence, KS	New Year's Day Run
Jan 1	Sun	10:00 AM	Commitment Day 5K Run/Walk	Life Time Fitness Overland Park, KS	Commitment Day 5K
Jan 6	Fri	1:00 PM	Bill Easton Indoor Track Classic	Anschultz Sports Pavilion Lawrence, KS Overland Park, KS	Bill Easton Track Classic
Jan 7	Sat	11:00 AM	WinterRock 25/12K	Elk City Lake Independence, MO	Winter Rock 25/12K
Jan 7	Sat	12:00 PM	Frozen Ass	Clinton Lake State Park Lawrence, KS	Frozen Ass
Jan 8	Sun	10:00 AM	Lifetime Indoor Triathlon	Lifetime Fitness Overland Park, KS	Indoor Triathlon - OP
Jan 8	Sun	10:00 AM	Lifetime Indoor Triathlon	Lifetime Fitness Leawood, KS	Indoor Triathlon - Leawood
Jan 14	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	Foo's Fabulous Frozen Custard Leawood, KS	Battle of the Bean
Jan 14	Sat	9:30 AM	Your Fastest Mile	English Landing Park Parkville, MO	Yor Fastest Mile
Jan 21	Sat	11:00 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	Topeka to Auburn Half Marathon
Jan 22	Sun	9:00 AM	Psychodelic 5K Trail Run (Ice Edition)	Wyandotte County Park Kansas City, KS	Psychodelic 5K Trail Run
Jan 28	Sat	9:00 AM	Freeze for the Fight KC	Kansas City, MO	Freeze for the Fight
Jan 28	Sat	9:00 AM	Polar 5K Strut	Shawnee Mission Park Lake Overland Park, KS	Polar 5K Strut
Jan 28	Sat	9:00 AM	ROC7K Trail Run	Cosmo Park Columbia, MO	ROC7K Trail Run
Jan 29	Sun	8:00 AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis Kansas City, MO	Ground Hog Run
Jan 29	Sun	9:00 AM	Yeti Shiver Me Timbers 5K Obstacle Race	Bonner Springs, KS	Yeti Shiver Me Timbers

February 2017

Feb 4	Sat	8:00 AM	Chocolate Rush 5K & Half Marathon	Cook Center South Mid-America Nazarene University Olathe, KS	Chocolate Rush
Feb 4	Sat	8:00 AM	Sweetheart Shuffle 5K St. Joseph	St. Joseph, MO	Sweetheart Shuffle
Feb 4	Sat	10:00 AM	Runnin' Against MS 5K	Stephens Lake Park Columbia, MO	Runnin' Against MS 5K
Feb 4	Sat	10:00 AM	5K Strut	Riggs Park Haysville, KS	5K Strut
Feb 4	Sat	11:00 AM	Polar Plunge & Strut	3300 Croco Road Topeka, KS	Polar Plunge & Strut
Feb 5	Sun	9:00 AM	Kickoff 5K Run/Walk	Arrowhead Stadium Kansas City, MO	www.kickoff5k.com
Feb 5	Sun	2:00 PM	25th Annual Super Bowl Sunday 4 Mile	Linwood Park Wichita, KS	Super Bowl Sunday 4 Mile
Feb 11	Sat	8:00 AM	Sweetheart Shuffle 5K & 10K Run	Waterfall Park (Bass Pro) Independence, MO	Sweetheart Shuffle
Feb 11	Sat	9:00 AM	Cupid Run 5K	Norftth Kansas City, MO	Cupid Run 5K
Feb 11	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	Ritz Charles Overland Park, KS	Sweetheart Run
Feb 11	Sun	9:00 AM	Stupid Cupid's 2 Mile Run	Sedgwick County Park Wichita, KS	Stupid Cupid's Run
Feb 12	Sun	8:00 AM	Sweetheart Shuffle 5K Run/Walk	Lawrence, KS	Sweetheart Shuffle
Feb 18	Sat	12:00 PM	Cupid's Undie Run	McFadden's in Power & Light Kansas City, MO	Cupid's Undie Run
Feb 18	Sat	8:00 AM	Mine Run 5K	Hutchinson, KS	Mine Run 5K
Feb 18	Sat	8:00 AM	Prairie Life Fitness Indoor Triathlon	Praidrie Life Overland Park, KS	Prairie Life Indoor Triathlo
Feb 25	Sat	7:30 AM	Clinton Historic Half Marathon	Clinton, MO	Clinton Half Marathon
Feb 25	Sat	8:00 AM	Psycho Wyco Run Toto Run 50K, 20M & 10M	Wyandotte County Park Kansas City, KS	Run Toto Run
Feb 25	Sat	10:00 AM	Mardi Gras 5K	Downtown Kansas City, MO	Mardi Gras 5K
Feb 25	Sun	1:00 PM	Brews, Clues & Running Shoes	Wichita, KS	Brews, Clues & Running Sho
Feb 26	Sun	8:00 AM	Fight for Air Climb 42 Floor/902 Steps	One Kansas City Place 12th & Main Kansas City, MO	www.FightForAirClimb.org

March 2017

Mar 4	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 4	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Indian Creek Parkway Olathe, KS	Storybook Run
Mar 4	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's 401 N. 2nd Street Lawrence, KS	Shamrock Shuffle
Mar 5	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	www.littlerockmarathon.com/marathon
Mar 5	Sun	8:00 AM	68's Inside Triathlon	68's Inside Sports Overland Park, KS	68's Inside Triathlon
Mar 5	Sun	9:00 AM	Great Plains 10K - Kansas City	Kemper Arena Kansas City, MO	www.greatplains10K.com
Mar 11	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	www.wichitastpats5k.com/
Mar 11	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublins Pass Springfield, MO	www.shamroxrun.com
Mar 11	Sat	8:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	www.irishfestfunrun.com/
Mar 11	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Timber Lodge Ranch Amity, AR	Beer 7 Bagel Off-Road Races
Mar 11	Sat	8:00 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 11	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School 20801 School Rd Peculiar, MO	Lucky 13.1
Mar 11	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 11	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport Road & Pennsylvania Ave. Kansas City, MO	Westport St. Pat's Run
Mar 11	Sat	1:00 PM	Red Carpet Fun Run 5K	Washburn Rural High Topeka, KS	Red Carpet Fun Run
Mar 12	Sun	8:00 AM	Sham Rock & Run 5K and 10K	Rock & Run Brewery Liberty, MO	Sham Rock & Run
Mar 12	Sun	8:00 AM	ShamRox Columbia 15K & 5K	Les Bourgeois Rocheport, MO	www.shamroxrun.com
Mar 12	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 12	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 18	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	Leprechaun Lane 5K & 10K
Mar 18	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	www.eurekarotary.org/

Mar 11	Sat	8:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	www.irishfestfunrun.com/
Mar 11	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Timber Lodge Ranch Amity, AR	Beer 7 Bagel Off-Road Races
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Mar 11	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport Road & Pennsylvania Ave. Kansas City, MO	Westport St. Pat's Run
Mar 11	Sat	1:00 PM	Red Carpet Fun Run 5K	Washburn Rural High Topeka, KS	Red Carpet Fun Run
Mar 12	Sun	8:00 AM	Sham Rock & Run 5K and 10K	Rock & Run Brewery Liberty, MO	Sham Rock & Run
Mar 12	Sun	8:00 AM	ShamRox Columbia 15K & 5K	Les Bourgeois Rocheport, MO	www.shamroxrun.com
Mar 12	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 12	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 18	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	Leprechaun Lane 5K & 10K
Mar 18	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	www.eurekarotary.org/
Mar 18	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 19	Sun	2:00 PM	Sweet Escape 10K	Sedgwick County State Park Wichita, KS	Sweet Escape
Mar 24	Fri	7:30 AM	Dust Bowl Series Marathon	Ulysses, KS	Dust Bowl Series Marathon
Mar 25	Sat	6:00 AM	Prairie Trail 100 & 50 Mile Trail Ultra Races	Ottawa, KS	Prairie Trail Ultra Races
Mar 25	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 25	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 25	Sat	6:00 AM	Prairie Spirit Trail 100M, 50M & 50K	Ottawa, KS	Prairie Spirit Trail
Mar 25	Sat	8:00 AM	Easter Egg 5K	South Creek Office Park Overland Park, KS	www.easteregg5k.com
Mar 26	Sun	9:00 AM	Great Plains 10K - Longview	Longview Lake Kansas City, MO	www.greatplains10k.com/

MOTIVATIONAL QUOTES FOR A NEW YEAR OF RUNNING !!

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

- Steve Prefontaine

"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

-Jesse Owens

"The will to win means nothing without the will to prepare."

-Juma Ikangaa, 1989 NYC Marathon winner

"It's important to know that at the end of the day it's not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion."

-Silken Laumann, Canadian Olympian

"In running, it doesn't matter whether you come in first, in the middle of the pack, or last. You can say, 'I have finished.' There is a lot of satisfaction in that."

-Fred Lebow, New York City Marathon co-founder

"Running is the greatest metaphor for life, because you get out of it what you put into it."

-Oprah Winfrey

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

-PattiSue Plumer, U.S. Olympian

"It's a treat being a runner, out in the world by yourself with not a soul to make you bad-tempered or tell you what to do."

-Alan Sillitoe

"Methinks that the moment my legs began to move, my thoughts began to flow."

- Henry David Thoreau

Continued on page 19

If you become restless, speed up. If you become winded, slow down. You climb the mountain in an equilibrium between restlessness and exhaustion."

- Robert Pirsig

"May the road rise up to meet you. May the wind be always at your back."

-Irish Proverb

"We all have dreams. But in order to make dreams come into reality, it takes an awful lot of determination, dedication, self-discipline, and effort."

-Jesse Owens, 4-time Olympic Gold medalist at the 1936 Olympics

"Running is not, as it so often seems, only about what you did in your last race or about how many miles you ran last week. It is, in a much more important way, about community, about appreciating all the miles run by other runners, too."

--Richard O'Brien

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."

-John Bingham, running speaker and writer

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher, Canadian marathon runner

"Ask yourself: 'Can I give more?'. The answer is usually: 'Yes'."

-Paul Tergat, Kenyan professional marathoner

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

-Sir Roger Bannister, first runner to run a sub-4 minute mile

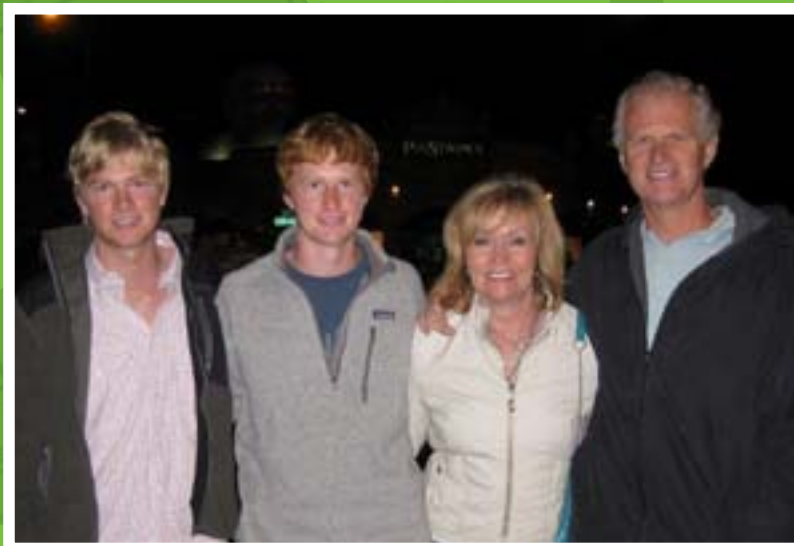
"You also need to look back, not just at the people who are running behind you but especially at those who don't run and never will... those who run but don't race...those who started training for a race but didn't carry through...those who got to the starting line but didn't in the finish line...those who once raced better than you but no longer run at all. You're still here."

Take pride in wherever you finish. Look at all the people you've outlasted."

- Joe Henderson, running writer

“Have you ever felt worse after a run?”

- George Sheehan



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