

MASTER PIECES



**Magazine of Mid-America
Running Association
January-February 2020**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

JANUARY - FEBRUARY
2020

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Cover Photo:

Happy Runners & Turkeys ready to
Start the
Thanksgiving 5K/10K
by: Michael Chaffee

Note: Please send all articles, photos,
ad inquiries to Renee Kidwell at
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Renee Kidwell
Editor



**Are you thinking... I can't believe it's almost
2020 already?**

**I sure have been. Yes, ready or not we are
about to begin a new year, new memories,
new friends, new races, new milestones
Whether you are happy or sad that 2019
has come to a close, it is intriguing to look
at 2020 as a brand new book that you will
write, with many chapters, many stories,
many miles and many smiles.**

**Wishing you a Very Wonderful,
Happy, Healthy
New Year!!!!**

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information and deadlines, contact: Renee Kidwell at runnay19@yahoo.com.



Karen's Column

By Karen Raymer
President of MARA
January-February 2020

We attended several get togethers this Christmas season. A couple of these events were with our long-time runner and bicycling friends. A topic that came up, was the lack of socialization of races these days. I do not participate in very many races these days, but several of our friends still do.

One of the things they said, was that most participants wear some sort of personal listening device. Therefore, not many are talking to the other runners around them. I have volunteered at a couple of races recently as a course monitor, I noticed that it is very "quiet" on the course. The only noise that can be heard are the spectators! I have never been a pace runner, but years ago, even the fast runners would converse some. Matter of fact, one of my mottos was "if I can't talk while running, I'm running too fast"!

Running and racing used to be a social event for most runners.

Most races do not have an awards ceremony. When you finish, you are given a slip of paper that has your statistics. If you placed, you go to a table and they hand you an award. Some of the larger races do have an awards ceremony, but more and more are not having them. The awards ceremonies used to be, such a social event. You could catch up with what your runner friends, that you did not see often, were doing.

Some changes are good, but I am not so sure about these changes in the running industry. There are a couple of other things that I feel are disappearing from the socialization, but I doubt that things will go back to the "good ole' days"!

Wishing you happy and healthy running and/or walking. Happy New Year!

Karen



MARA Sustaining Members

Anna & John Allen - Leawood, KS
Lexa Alley- Merriam, KS
Diane Bahr-Leavenworth, KS
Dave Boone-Overland Park, KS
Mary Boyce & Mary Desch - Wichita, KS
John Cookinham - Kansas City, MO
Joe Duncan - Lee's Summit, MO
Bill Glauz - Leawood, KS
Rick Hogan - Leawood, KS
Howard Nies - Overland Park, KS
Karen & Keith Raymer - Raymore, MO
Gretchen & Stevan Ryan - Olathe, KS
Catherine Saxon Family - Lawrence, KS
Kermit Trout - Overland, Park, KS
LeRoy Unruh - Overland Park, KS
Sandie Weston - Kansas City, MO
Eugene & Marsha Wren - Shawnee Mission, KS



Ward Parkway Thanksgiving Day Run 5K/10K



A Kansas City Tradition!
An easy going family event
along scenic Ward Parkway on
Thanksgiving Day!
10K, 5K run/walk +
Tiny Turkey Trot for the kids.



5k start



Continued pg 5-7

Photos & Update By: Michael Chaffee



A Very enthusiastic 10K Spectator!



Ward Parkway Thanksgiving Day Run 5K/10K

Photos & Update By: Michael Chaffee



1st male in 5k



1st female in 10K



2nd in 5K



1st in the 10k



Tim Wigger makes predictions on the 5k race outcome

Update & Photos by: Michael Chaffee



Ward Parkway Thanksgiving Day Run 5K/10K

Update & Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

A Recipe for Healthy Living in 2020

Most every year, many people make resolutions to “be healthier”. Months later, with slow or no progress, lots of folks fall away from their commitments. As people who run or exercise regularly, and embrace a healthy lifestyle, most of us have already seen the numerous benefits of ongoing activity and proper nutrition. We know it takes dedication and work, but these are well worth the effort. To help keep us on track, here are 20 health tip “ingredients” for the New Year. These simple ideas can be beneficial to help with keeping focused or may, indeed, add that little something extra to let you reach that next desired level with fitness. Often it is small changes we can make that add up to large health benefits!

1. Plan for a healthy year – each day is an opportunity to be healthier. Try setting “smart” wellness goals. These would be goals that are Specific, Measureable & Meaningful, Ambitious, Realistic, Time-based.
2. Eat Breakfast – start your morning with a healthy breakfast that includes lean protein, whole grains, fruits and vegetables.
3. Make the most of every meal – everything we eat and drink impacts our health. Focus on vegetables and fruits by filling half the plate with them at every meal. Fruits and veggies add color, flavor, texture, plus vitamins, minerals and fiber to your meals.
4. Practice moderation – watching portion sizes and thinking twice before taking seconds are the key. Eat until you are comfortable and not stuffed.
5. Aim to stress less – keep stress under control in healthy ways, such as getting enough sleep, spending time with loved ones, staying organized, and consider a form of relaxation every day. That may include meditation, yoga, prayer, exercise, reading a book, or spending time with friends.
6. Fix healthy snacks – these can sustain your energy level throughout the day. Choose an item from two or more balanced food groups, such as grains, vegetables, protein, fruit, or dairy. Adding protein or healthy fat at each snack helps with satiety.
7. Keep Moving – regular physical activity has so many health benefits. Fit in what you can, when you can.
8. Get to know food labels – reading the nutrition facts panel on a food item can help one shop, eat and drink smarter.
9. Go With H2O – quench your thirst with water. Buy a reusable water bottle, ask for water when dining out, add a burst of flavor with a lemon or lime squeeze. Upping our intake of water keeps the body functioning <http://clipartmag.com/images/eat-healthy-clipart-11.png> at its best by helping boost the immune system and flushing out toxins, etc.
10. Limit and aim to avoid sugary beverages, such as soda, sweet tea, and juice drinks. A typical 20 oz soda or sweet tea generally has 14 teaspoons of sugar in it. Once again, let the nutrition facts label help as a guide.
11. Exercise your mind – consider learning something new; perhaps a sport, language or an instrument. Enjoy a little quiet time with reading, puzzles or word games.
12. Get Cooking – preparing food at home can be healthy, rewarding and cost-effective. Prepping ahead of time and planning realistic meals helps.
13. Aim for regular family meal time – plan to eat as a family at least a few times each week. Set a regular meal time. Turn off the T.V. and other screens and electronic devices to encourage meal-time talk. Get the kids involved in meal planning and preparation and use this time to teach them about nutrition.
14. Dine out without ditching your goals. The key is to plan ahead, ask questions and choose foods carefully. Look for healthier options, such as foods that are grilled, baked, broiled or steamed.

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A Recipe for Healthy Living in 2020

15. Banish brown bag boredom – whether it is for work or school, add interest to lunch by changing it up and adding foods from each food group. Try a salad with protein from home, a whole-wheat pita with veggies and hummus, or make your own picnic with cheese, crackers, lean meat, raw veggies and a fruit.

16. Explore new foods and flavors – add more nutrition and eating pleasure by expanding your range of food choices. When shopping, make a point of selecting a fruit, vegetable or whole grain that is “new” to you or your family.

17. Eat seafood twice a week. Fish and shellfish contain a range of nutrients including lean protein and some have healthy omega-3 fatty acids.

18. Follow food safety guidelines to help reduce your chances of getting sick. This includes regular hand washing, separating raw protein foods from ready-to-eat foods, cooking foods to the appropriate temperature and refrigerating food quickly. Keep the hot “hot” and the cold “cold.”

19. Get your rest - most adults need between 7-9 hours each night to be rested and energized for the next day. Poor sleep habits can affect one’s mental and physical health. Some ideas to help include: turn off all screens, limit caffeine in the afternoon, and make the bedroom a sleep-friendly place.

20. Spread Positivity – remember that being positive makes a difference in your life and in the lives of others. Smile! This simple expression can mean a lot to the person on the receiving end of it. Show gratitude – take time each day to reflect on the good things in your life and be grateful for what you have. Spend time volunteering – it’s almost a sure way to make a person feel good and to help out others in the community.



Dr. Ralph Hall Provides a very thorough, interesting Review of
RUNNING TO THE EDGE

RUNNING to the Edge; This book, as David Epstein, author of *The Sports Gene*, tells it, Is the untold history of how a determined coach and his motley crew of underdogs practically defibrillated U.S. distance running. It is at once a beautiful meditation on effort and a tale as captivating and as suspenseful as a great race.”

To those of us who ran before there was Brooks, New Balance, and Addidas, it is nostalgic. To those of you who want to run better there is a ton of information scattered throughout this tale. As Amby Burfoot notes, “This is the first time the tale about a rag tag, improbably named Jamul Toads running club made up of misfits who in the National cross-country championship in 1976 has been told” **But there is more!**

The story begins with Bob Larsen running everywhere he goes while living on a farm in rural Minnesota. Ultimately his father is injured and can no longer manage farm work and as a result the family moves to San Diego. Bob becomes a standout runner on his high school track team.

He suffers shin splints and other running injuries because of his intense training style and he explores running longer and doing fewer sprints. His main event at this time was the mile where he excelled. After high school, he enrolled at San Diego State where he begins to change his running training. He emphasizes running at a greater intensity during his long runs. I believe that it is no coincidence that he was studying kinesiology under one of the top exercise physiologists in the U.S., Fredrick W Kasch PhD. This likely is where Larsen learned how to increase endurance by running to the edge.

Running to the edge is running as near as possible to your lactate threshold. The body uses lactate as a fuel (a source of energy), up to a point where the blood lactate level abruptly increased, the breathing rate increases and talking becomes difficult. By running at this level one gradually increases the speed one can run before reaching the lactate threshold. Bob Larsen would eventually teach his runners to run as near this threshold as possible. This was in contrast to Arthur Lydiard, the Kiwi running guru, who advocated long slow distance training. Larsen wanted quality more than quantity.

Bob Larsen went from high school coach, where he dominated California high school cross-country running, to track and field coach at UCLA, where he won National championships and produced national champions and Olympians. However, his idea that he could train runners to beat East Africans was considered loony.

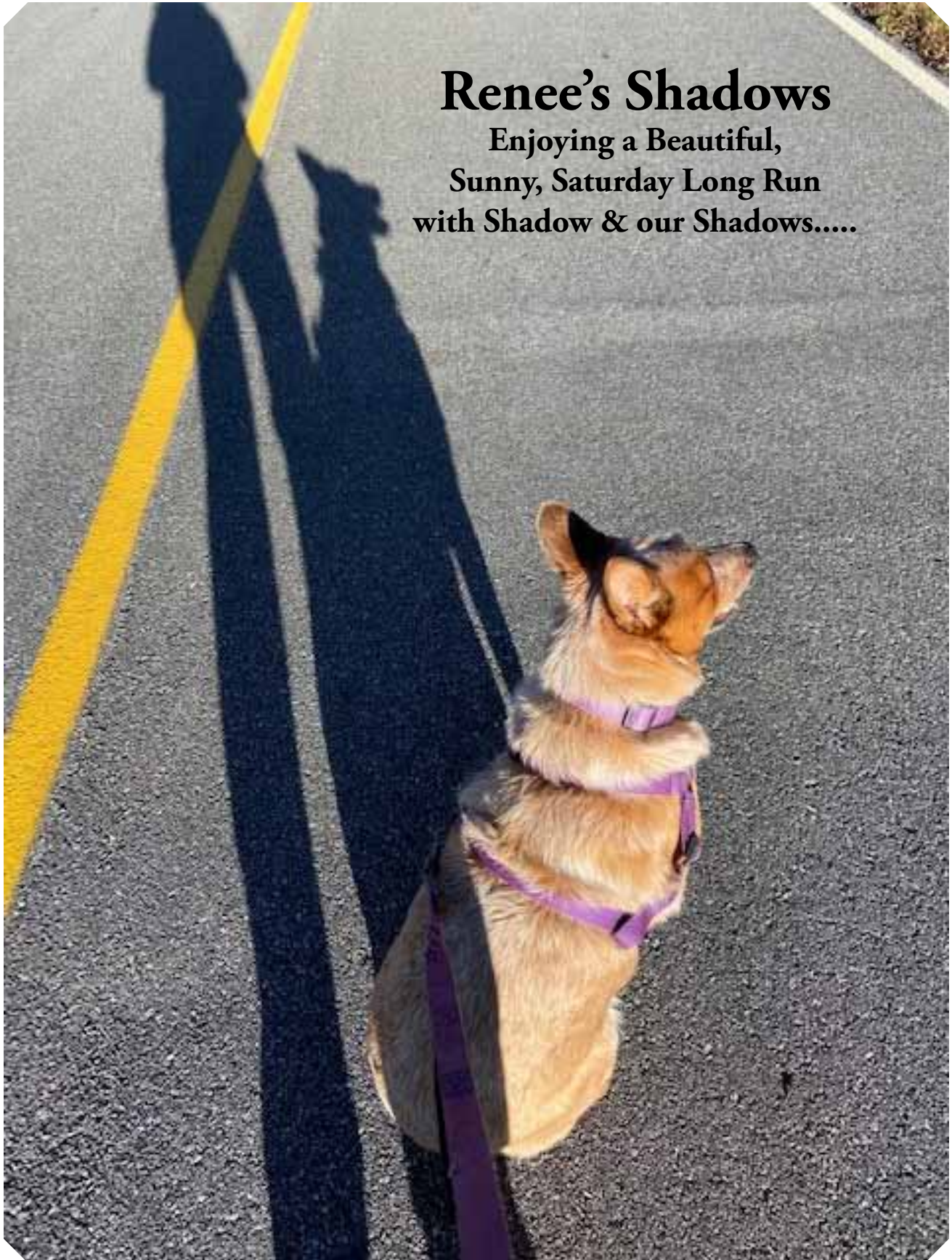
But Larsen and his partner Jo Vigil, who advocated high altitude training, shocked the Olympics, with a bronze medal for Deena Kastor and a first place for Meb Keflezighi in the marathon.

As the introduction to the book states, “Above all, this story speaks elegantly to the visceral love nearly every runner has for doing the thing everyone else thinks is a little nuts”

A great book about a great coach at a time when some questionable coaches are under fire. It would make a grand movie!

Renee's Shadows

**Enjoying a Beautiful,
Sunny, Saturday Long Run
with Shadow & our Shadows.....**



Mid-America Running Association

Schedule of Kansas City Local and Regional Races

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

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

New race submissions should include the information shown below.

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

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

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
January 2020					
Jan 1	Wed	9:00 AM	Hangover Half Marathon & 5K	Wichita Boathouse Wichita, KS	Hangover Half Marathon & 5K
Jan 1	Wed	9:00 AM	New Year's Day Run 1M, 5K 10K	Ad Astra Lawrence, KS	New Year's Day Run
Jan 1	Wed	9:00 AM	Hangover Half Marathon & 5K	KC Running Company Leawood, KS	Hangover Half Marathon & 5K
Jan 1	Wed	10:00 AM	Commitment Day 5K Run/Walk	Life Time Fitness Overland Park, KS	Commitment Day 5K
Jan 1	Wed	11:00 AM	Chilly 5K & Kids' Frozen Fun Run	212 W. 8th St. Joplin, MO	Chilly 5K & Kids' Frozen Fun Run
Jan 1	Wed	12:30 PM	Rockhaven Park Orienteering Event	Rockhaven at Clinton Lake Lawrence, KS	Rockhaven Park Orienteering Event
Jan 4	Sat	10:00 AM	Fresh Start 5K & 10K	CNH Reman Parking Lot Springfield, MO	Fresh Start 5K & 10K
Jan 4	Sat	11:00 AM	WinterRock	Elk City Lake Independence, MO	WinterRock
Jan 5	Sun	8:00 AM	Resolution Rush North KC 10K, 5K, Kids Run	Running Well Store Kansas City, MO	Resolution Run 5K
Jan 11	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	Ranchmart Shopping Center Leawood, KS	Battle of the Bean
Jan 11	Sat	10:00 AM	Run the Neuf!	Mojo's Coffee Shop Newton, KS	Run the Neuf
Jan 18	Sat	8:00 AM	Finley River Frosty Feet	Ozark, MO	Finley River Frosty Feet
Jan 18	Sat	11:00 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	Topeka to Auburn Half Marathon

Jan 19	Sun	8:00 AM	Lifetime Indoor Tri	Life Time Fitness Lenexa, KS	Lifetime Indoor Tri
Jan 25	Sat	8:00 AM	Rock-On, Lake Perry! Trail Run	Lake Perry Meriden, KS	Rock-On, Lake Perry! Trail Run
Jan 25	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	Sente Games and Refreshments Wichita, KS	Battle of the Bean 5K Run/Walk
Jan 25	Sat	8:30 AM	3.99K Klondike Challenge	United Methodist Church Warrensburg, MO	3.99K Klondike Challenge
Jan 25	Sat	8:30 AM	View Indoor Triathlon	View Community Center Grandview, MO	View Indoor Triathlon
Jan 25	Sat	9:00 AM	R.O.C. 7K Trail Run	Cosmo Park Columbia, MO	R.O.C. 7K Trail Run
Jan 25	Sat	9:00 AM	Jack Frost 5K	O'Reilly Catholic Student Center Springfield, MO	Jack Frost 5K
Jan 25	Sat	12:00 PM	Polar Plunge Kansas City	Longview Lake Kansas City, MO	Polar Plunge Kansas City
Jan 26	Sun	8:00 AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis Kansas City, MO	Ground Hog Run

February 2020

Feb 1	Sat	8:00 AM	Chocolate Rush 5K & Half Marathon	Mid-America Nazarene Univ. Olathe, KS	Chocolate Rush
Feb 2	Sun	9:00 AM	Kickoff 5K Run/Walk	KC Running Company Leawood, KS	Kickoff 5K
Feb 2	Sun	2:00 PM	26th Annual Super Bowl Sunday 4 Mile	Linwood Park Wichita, KS	Super Bowl Sunday 4 Mile
Feb 8	Sat	8:00 AM	Sweetheart Shuffle 5K & 10K Run	Waterfall Park (Bass Pro) Independence, MO	Sweetheart Shuffle
Feb 8	Sat	8:00 AM	Stupid Cupid's 2 Mile	Sedgwick County Park Wichita, KS	Stupid Cupid's 2 Mile
Feb 8	Sat	10:00 AM	5K Strut	Riggs Park Haysville, KS	5K Strut
Feb 8	Sat	11:00 AM	Polar Plunge & Strut	Lake Shawnee Topeka, KS	Polar Plunge & Strut
Feb 8	Sat	5:00 PM	Camp Barnabas Campfire 5K	625 E. Trafficway St. Springfield, MO	Camp Barnabas Campfire 5K
Feb 15	Sat	7:30 AM	Heart of the Ozarks Half Marathon 13.1M, 13.1M Relay & 10K	West Plains, MO	Heart of the Ozarks Half Marathon
Feb 15	Sat	8:00 AM	Mine Run 5K at Strataca	Hutchinson, KS	Mine Run 5K
Feb 8	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	Overland Park, KS	Sweetheart Run

Photos By: Gene Wee - RunLawrence.com

Feb 15	Sat	9:00 AM	Runnin' Against MS 5K	Traditions Plaza Columbia, MO	Runnin' Against MS 5K
Feb 15	Sat	9:00 AM	The Sweetheart 5K & 10K	Overland Park, KS	The Sweetheart 5K & 10K
Feb 15	Sat	9:00 AM	Cupid Shuffle - 5K & 10K	Midwest Technical Institute Springfield, MO	Cupid Shuffle
Feb 15	Sat	9:30 AM	Salina Plunge & Strut	GreatLIFE Salina, KS	Salina Plunge & Strut
Feb 15	Sat	10:00 AM	Emporia Plunge & Strut	Moose Lake Emporia, KS	Emporia Plunge & Strut
Feb 15	Sat	10:00 AM	Kansas City Plunge	Shawnee Mission Park Shawnee, KS	Kansas City Plunge
Feb 15	Sat	10:00 AM	Runnin' Against MS 5K	Stephens Lake Park Columbia, MO	Runnin' Against MS 5K
Feb 16	Sun	8:00 AM	Sweetheart Shuffle 5K	Macken Park North Kansa City, MO	Sweetheart Shuffle
Feb 16	Sun	9:00 AM	Strataca Adventure Run 10K	Hutchinson, KS	Adventure Run 10K
Feb 16	Sun	9:00 AM	Wichita Sweetheart Run 5K & 10K	Sedgwick County Park Wichita, KS	Wichita Sweetheart Run
Feb 16	Sun	1:30 PM	Not 4 Wimps - 10K/10 Miler	Derby Recreation Commission Derby, KS	Not 4 Wimps - 10K/10 Miler
Feb 22	Sat	8:00 AM	Mardi Gras Mad Dash KC	TBD	Mardi Gras Mad Dash KC
Feb 22	Sat	8:00 AM	Psycho Wyco Run Toto Run 50K, 20M & 10M	Wyandotte County Park Kansas City, KS	Run Toto Run
Feb 22	Sat	9:00 AM	Manhattan Avenue Mile	Manhattan Ave Manhattan, KS	Manhattan Avenue Mile
Feb 22	Sat	9:00 AM	Walk in Sister's Shoes	Plum Shelter Wichita, KS	Walk in Sister's Shoes
Feb 22	Sat	10:00 AM	Red Dress Run	Ottawa County Health Center Minneapolis, KS	Red Dress Run
Feb 23	Sun	8:00 AM	J Indoor Triathlon	Jewish Community Center Overland Park, KS	J Indoor Triathlon
Feb 29	Sat	8:30 AM	Polar Bear Strut Lake of the Ozarks	Public Beach #2 Osage Beach, MO	Polar Bear Strut
Feb 29	Sat	9:00 AM	Stonegrinder 7K Trail Run	Capen Park Columbia, MO	Stonegrinder 7K Trail Run
Feb 29	Sat	9:00 AM	Cabin Fever Reliever	Rogersville High School Rogersville, MO	Cabin Fever Reliever
Feb 29	Sat	9:00 AM	Leap Year	Rogersville High School Rogersville, MO	Leap Year

Feb 29	Sat	11:00 AM	Garden City Plunge Strut	Garden City Community College Garden, City	Garden City Plunge Strut
March 2020					
Mar 1	Sun	8:00 AM	Fight for Air Climb 42 Floor/902 Steps	One Kansas City Place Kansas City, MO	Fight for Air Climb
Mar 1	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 7	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 7	Sat	8:00 AM	Whobilation 5K	Tri-County of the Ozarks Osage Beach, MO	Whobilation 5K
Mar 7	Sat	8:30 AM	Hero 5K & Half Marathon	Landreth Park Joplin, MO	Hero 5K & Half Marathon
Mar 7	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Olathe, KS	Storybook Run
Mar 7	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's Lawrence, KS	Shamrock Shuffle
Mar 7	Sat	9:00 AM	VC to DC Fun Run/Walk	Sedgwick County Park Wichita, KS	VC to DC Fun Run/Walk
Mar 7	Sat	9:00 AM	Cupid Shuffle	Midwest Technical Institute Springfield, MO	Cupid Shuffle
Mar 8	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 14	Sat	7:00 AM	Shamrock Shake-Up Indoor Triathlon	Gladstone Community Center Gladstone, MO	Shamrock Shake-Up
Mar 14	Sat	7:30 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 14	Sat	8:00 AM	Cookie Run 5K Run/Walk	133rd & State Line Rd. Leawood, KS	Cookie Run 5K Run/Walk
Mar 14	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 14	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublin's Pass Springfield, MO	ShamRox Springfield
Mar 14	Sat	8:00 AM	Running of the Squirrels	Marionville Elementary School Marionville, MO	Running of the Squirrels
Mar 14	Sat	8:00 AM	St, Patrick's Day 15k & 5K	511 S. Main St. Joplin, MO	St, Patrick's Day 15k & 5K
Mar 14	Sat	9:30 AM	Go Green Leprechaun Run 10K & 2 Mile Fun Run	Dyck Arboretum of the Plains Hesston, KS	Leprechaun Run
Mar 14	Sat	9:00 AM	Lucky Leprechaun - 10K & 5K	West Plains, MO	Lucky Leprechaun

Mar 14	Sat	9:00 AM	40th Annual Polar Bear Run	SW Baptist Univ. Student Union Bolivar, MO	Polar Bear Run
Mar 14	Sat	9:00 AM	IrishFest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 14	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 14	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School Peculiar, MO	Lucky 13.1
Mar 14	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 14	Sat	9:00 AM	Shamrock Shuffle 5K	First Baptist Church Marshfield City, MO	Shamrock Shuffle 5K
Mar 14	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 14	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 14	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport & Pennsylvania Kansas City, MO	Westport St. Pat's Run
Mar 14	Sat	11:00 AM	Norty's Shamrock 5K Fun Run	Grand Ave. & 11th Street St. Joseph, MO	Norty's Shamrock 5K Fun Run
Mar 15	Sat	8:00 AM	Leprechaun Lane North KC	1001 Argosy Place Riverside, MO	Leprechaun Lane 5K & 10K
Mar 21	Sat	8:00 AM	Highline Run with Evangel	CHN Reman Springfield, MO	Highline Run with Evangel
Mar 21	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 21	Sat	12:00 PM	.	Land's End Lawrence, KS	1/2 Ass 1/2 Birthday Run
Mar 21	Sat	1:00 PM	run4hope Timber Run	FlutterBye Ranch Leon, KS	run4hope Timber Run
Mar 21	Sat	5:30 PM	Do the Du: Celebrating 3.21 Day	Sedgwick County Park Wichita, KS	Do the Du
Mar 22	Sun	7:30 AM	Chisholm Trail Marathon	Downtown Wichita, KS	Chisholm Trail Marathon
Mar 22	Sun	8:00 AM	ShamRox Columbia 15K & 5K	Longboat Brewing Company Columbia, MO	ShamRox Columbia
Mar 22	Sun	12:30 PM	Ad Astra Running IRISH MILE	Ad Astra Running Lawrence, KS	IRISH MILE
Mar 25	Wed	7:30 AM	Dust Bowl Series Marathon - Day 1	Dalhart, TX	Dust Bowl Series Marathon
Mar 26	Thu	6:30 AM	Dust Bowl Series Marathon - Day 2	Clayton, NM	Dust Bowl Series Marathon

Mar 27	Fri	7:30 AM	Dust Bowl Series Marathon - Day 3	Guymon, OK	Dust Bowl Series Marathon
Mar 27	Fri	6:30 PM	Project Remember Missouri - 5K	First Bible Baptist Church Blue Springs, MO	Project Remember Missouri
Mar 28	Sat	6:00 AM	Prairie Spirit Trail Ultra Races 100 Mile, 50 Mile & 50K	Ottawa, KS	Prairie Trail Ultra Races
Mar 28	Sat	7:00 AM	The Hogeye Marathon	Downtown Springdale, AR	The Hogeye Marathon
Mar 28	Sat	7:00 AM	Go Girl Run Oklahoma City	Myriad Botanical Gardens Oklahoma City, OK	Go Girl Run
Mar 28	Sat	7:00 AM	CUKC Chiropractic Health Center 5K	Overland Park, KS	CUCK Health Center
Mar 28	Sat	7:00 AM	GO! St. Louis Marathon 5K	Downtown St. Louis, MO	GO! St. Louis Marathon 5K
Mar 28	Sat	7:30 AM	Dust Bowl Series Marathon - Day 4	Ulysses, KS	Dust Bowl Series Marathon
Mar 28	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 28	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 28	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Hazel Valley Ranch Fayetteville, AR	Beer & Bagel Off-Road Races
Mar 28	Sat	8:00 AM	Bigfoot's Legend (Last Man Standing)	Camp Galilee El Dorado Springs, MO	Bigfoot's Legend
Mar 28	Sat	8:00 AM	#runforher 5K & 1 Mile	Avila University Kansas City, MO	#runforher 5K & 1 Mile
Mar 28	Sat	8:00 AM	Wildcat Glades Trail Race	201 W. Riviera Dr. Joplin, MO	Wildcat Glades Trail Race
Mar 28	Sat	8:00 AM	Eagle Egg 5K	Summit Christian Academy Lee's Summit, MO	Eagle Egg 5K
Mar 28	Sat	8:00 AM	Queen Bee 1 Mile	Augusta High School Augusta, KS	Queen Bee 1 Mile
Mar 28	Sat	8:00 AM	Project Grad 2020 Fun Run	602 Woodland Minneapolis, KS	Project Grad 2020 Fun Run
Mar 28	Sat	8:00 AM	Jadon's Hope Bug Run 10K, 5K Run/walk, Bitty Bug Run	Rolling Ridge Elementary Olathe, KS	Jadon's Hope Bug Run
Mar 28	Sat	8:00 AM	Neosho Sprint Triathlon	Freeman Family YMCA Neosho, MO	Neosho Sprint Triathlon
Mar 28	Sat	8:30 AM	Dash 4 Down Syndrome	1530 W. Jackson St. Ozark, MO	Dash 4 Down Syndrome
Mar 28	Sat	9:00 AM	Sedalia Half Marathon & 5K Fun Run	Skyline Elementary School Sedalia, MO	Sedalia Half Marathon & 5K Fun Run

Mar 28	Sat	9:00 AM	St. Pat's Irish Fest 5k/10K Trail Fun Run 2019	St. Patrick's Church Atchison, KS	St. Pat's Irish Fest 5k/10K
Mar 28	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	Victorian Classic 10K/2M
Mar 28	Sat	9:00 AM	Go Big or Go Home Race 5K	Downtown Warrensburg, MO	Go Big or Go Home
Mar 28	Sat	9:00 AM	YMCA 5K Trail Run	570 YMCA Drive Salina, KS	YMCA 5K Trail Run
Mar 28	Sat	9:00 AM	ATSU Wellness 5K Run/2K Walk	Take Root Cafe Kirkville, MO	ATSU Wellness 5K Run/2K Walk
Mar 28	Sat	9:00 AM	Springfield Seize the Day 5K	Jordan Valley Park Springfield, MO	Seize the Day
Mar 28	Sat	9:00 AM	Community Access Center 5K	400 Mickey Mantle Way Independence, KS	Community Access Center 5K
Mar 28	Sat	9:00 AM	Trot4Tots 5K	Lake Shawnee Shelter House #1 Topeka, KS	Trot4Tots 5K
Mar 28	Sat	9:00 AM	It's A Great Day to be an Eagle - 5K	Bartlett Park St. Joseph, MO	It's A Great Day to be an Eagle
Mar 28	Sat	9:00 AM	Run2Believe 5K	Maize High School Maize, KS	Run2Believe 5K
Mar 28	Sat	9:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Unity Village Lee's Summit, MO	Funny Bunny 5K-9
Mar 28	Sat	9:30 AM	St. Joseph Outlaw Adventure Run	St. Joseph, MO	St. Joseph Outlaw Adventure Run
Mar 28	Sat	10:00 AM	Run with the Pack for CASA	401 N. Jennie Barker Rd. Garden City, KS	Run with the Pack for CASA
Mar 29	Sun	8:00 AM	Andover YMCA Indoor Tri	Andover, KS	Andover YMCA Indoor Tri
Mar 29	Sun	12:00 PM	Dog-N-Jog 5K, 10K, 1.5K	KSU Veterinary Health Center Manhattan, KS	Dog-N-Jog
Mar 30	Sat	8:00 PM	Holiday Resort 5K Glowing Dash	Emporia State University Emporia, KS	Holiday Resort 5K Glowing Dash
Mar 29	Sun	6:00 AM	Brew to Brew	The Roasterie Kansas City, MO	Brew to Brew
Mar 29	Sun	7:00 AM	GO! St. Louis Marathon & Half Marathon	Downtown St. Louis, MO	GO! St. Louis Marathon 5K

