

MASTER PIECES



**Magazine of Mid-America
Running Association
January-February 2021**

Master Pieces

Magazine of Mid-America Running Association
www.mararunning.org

JANUARY-FEBRUARY
2021

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Cover Photo:

By: **Michael Chaffee**
Leaders heading to the finish
@ the Great Santa Run 5K

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



Renee Kidwell
Editor



Start off on the Right Foot

As I was out on an early morning run with my dog Shadow the other day, I began thinking about the New Year approaching wondering if it will be one filled with good health and Healing for our country and.... the rest of the world. Will it take us on a positive, happy journey finally in 2021? I glanced down at the road I was on and thought – as in running or similar activities, it's very important to not only only Start off on the Right Foot but, bringing and maintaining that positive attitude all along the way is very crucial as well.

My Hope & Prayer for all is, that we experience less & less Covid Cases and more & more Health, Success & Happiness for folks all around the world in 2021!

Stay Safe & Enjoy all your journeys in this New Year!

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• Master Pieces is published six times per year by Mid-America Running Association. Applications for membership are available at www.mararunning.org. For advertising information and deadlines, contact: Renee Kidwell at runnay19@yahoo.com.



Karen's Column

By Karen Raymer
President of MARA
January/February 2021

Are you one who picks up coins you see on the ground, while you are running or walking? I am one of those people. Later in the year (2021), I will be celebrating 50 years of when I started to run. I have jars and jars of coins that I have never counted. I plan to count them on the that 50th anniversary, I will let you know the total sum of my findings.

There have been times when I would not find any coins, not even a penny. The last few years, have been some of these times. It seems to me that most people do not carry cash or coins anymore. That being said, I recently found my biggest "windfall" of all time. I found a \$20.00 dollar bill! It was laying along the curb of a busy intersection.

Several years ago, a friend who knows that I have these jars full of "running coins", that lives in Arizona, sent me an article. It was about a man who also found money when he ran. He has ONLY been running for 30 years! However, he decided to take his wife on a cruise with the money he had found. He obviously must run in more affluent areas than I do. I hope to be able to take Keith out for a nice dinner with my findings!!!

Wishing you happy and healthy running and/or walking.

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

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Ralph R. Hall, MD- Overland Park, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, 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



Greg Hartman is a long-time local doctor who retired a couple years ago.

Dr. Hartman is also a long-time runner who ranked near the top of his division for several decades in the Grand Prix in Kansas City. He has always had an interest in running technique and has enjoyed combining his interests in both medicine and running.

PLANTAR FASCIITIS

Surely every runner knows all about this. It is the most common overuse injury. But if they do, why do so many people continue to suffer from it? I think its because so much is known about it that it becomes confusing. Here is a way to simplify it.

First: MAKE THE DIAGNOSIS.

If you have a sharp pain in the bottom of your heel when you put weight on it; its probably Plantar Fasciitis (PF). That is confirmed if the pain is the worst when you first get up in the morning & is lessened by enough of a simple exercise (more on that later).

Second: UNDERSTAND WHAT'S WRONG

Your arch has been strained by too much REPETITIVE IMPACT (RI). Until you get better, you need to baby your arch. Don't go barefooted. Use an over-the-counter arch support. Avoid weight bearing on hard surfaces.

Third: LEARN THE EXERCISE

Actually there are a lot of exercises. You need to pick some & do them a lot. I suggest, again, that you simplify this. Just do TOE CRUNCHES (TCs). Sit comfortably in a straight backed chair with your bare feet flat on the floor. Squeeze your toes down & back towards your heel as hard as you can. When it starts to cramp, ease off on the squeeze but hold it for 10 seconds. Then spread your toes up & back for a few seconds. Then repeat the 10 second squeeze followed by the stretch 10 times. That's one set. It may take a few times before you're sure you're doing it right. You need to do a set 3 times a day. To be sure you're motivated, the next morning, on first getting out of bed, put weight on your foot. Feel the pain. Then do a set of 10 TCs & step down on your foot again. The pain should be significantly better if only for a short time at first.

Finally: RECOVERY

If you're doing 3 sets of really good TCs every day (and limiting the RI), you should be significantly better in 5 days. If not, you need to see a doctor familiar with the problem. If you are better in 5 days, stick with the program. It should only take 6 weeks to be recovered to the point of having minimal pain on first arising. Then you cautiously return to RI while keeping the muscles of your arch strong. Meaning you have to keep doing your TCs with cautious increases in your running.

PF tends to recur so be ready to go back to square one above.

By:GregHartman

Levee 12K -- Lawrence, KS -- 11-8-20

Gray skies, strong winds, and a pancake flat course greeted the 32 runners signed up for the Levee 12K. According to estimated times, entrants began individually at set intervals for social distancing purposes.



Race Director, Gene Wee



On Their Way!



The levee holds back the river but not the runners

Update/photos by: Michael Chaffee

Levee 12K -- Lawrence, KS -- 11-8-20



Waiting to start



Stretching out!



the final finisher



Gene Wee, Race Director, and his wife, Dee Boeck



4714 Dee Boeck stalks
her prey



The race staff

Update & Photos by: Michael Chaffee

Levee 12K -- Lawrence, KS -- 11-8-20



The wind whips
the Finish line Flag

Update & Photos by: Michael Chaffee

Run for the Rescue -- Rainbow Meadows Ranch -- Junction City, KS -- 11-14-20



Continued on pg's 9-11

Update & Photos by: Michael Chaffee

**Run for the Rescue -- Rainbow Meadows Ranch -- Junction City,
KS -- 11-14-20**



Update & Photos by: Michael Chaffee

**Run for the Rescue -- Rainbow Meadows Ranch -- Junction City,
KS -- 11-14-20**



Packet pickup



Shadow play as we Wait



Race Director, Karen Everhart

Update & Photos by: Michael Chaffee

**Run for the Rescue -- Rainbow Meadows Ranch -- Junction City, KS
-- 11-14-20**



Comin' out for chow



Is it ham and eggs again?



This is not a Wig!

Update & Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Super Foods For A Super Year

It probably goes without saying that we have all been through a very tough year and are all looking forward to a much better and brighter 2021. Continuing to take excellent care of ourselves with good nutrition, hydration, physical activity, stress control, and proper rest, will definitely continue to be of great importance in the New Year. While there has been lots of talk about “super foods”, there is something to be said for increasing one’s intake of generally colorful and nutrient dense vegetables, fruits, grains, and healthy fats. Super foods can provide beneficial antioxidants, fiber and essential fatty acids to help keep your immune system in excellent shape. To reap benefits for your health, reach for these foods on a regular basis. Examples include: Oranges (high in fiber, Vitamins B & C), Avocado (full of healthy fats, plus vitamins and minerals), Tomatoes (contain the antioxidant lycopene, which may help reduce the risks of heart disease & cancer), Blueberries (high in Vit. C & K), Red or Yellow Bell Peppers (loaded with Vitamin C). Also consider: fresh ginger root, kale greens, spinach, broccoli, sweet potatoes, red onions, green cabbage, radishes, Brussels sprouts, clementines, and yellow flesh peaches, almonds and whole grain oats.

Here are a couple recipes to get you started.

Super Green Smoothie

2 cups fresh spinach leaves or kale

1 banana

$\frac{1}{4}$ cup frozen mango

$\frac{1}{4}$ cup frozen peaches

$\frac{1}{2}$ cup Greek vanilla yogurt

Place all ingredients in a blender and blend to desired consistency. Add water or milk for thinner consistency if needed.



Rainbow Salad

2 large yellow bell peppers, seeded and sliced

4 large tomatoes, sliced

2 large cucumbers, thinly sliced

3 Tablespoons lemon juice

$\frac{1}{4}$ cup chopped fresh basil, plus more for garnish

1 Tablespoon olive oil

2 teaspoons Dijon mustard

$\frac{1}{4}$ teaspoon salt

$\frac{1}{8}$ teaspoon ground pepper

$\frac{1}{2}$ cup feta cheese, crumbled

$\frac{1}{2}$ cup red onion, sliced (optional)



**Joe Duncan a long time MARA member from Columbia, MO shared
The information below which recently appeared in the Columbia Track
Club Newsletter. Carl Owczarzak has been part of the KC Running
Community forever !**

June 20, 1970 MVA AU One-Hour Run: 16 runners on a sloppy Hickman Track after a one-inch rain: 1. Carl Owczarzak 11 miles, 35 yards, average 5:25 per mile (MVA AU record at the time, 47 yards more than his '69 mark), 5. Paul Ide, a walker at Columbia College on a race-walker scholarship, 9-736, 6. Don Granberg 9-439, 7. Whitney Hicks 9-305

The Columbia Hour Run competition was part of the 1970 National Senior AAU One Hour Run Championship. 188 runners officially participated in this postal event ("virtual" was not a thing in 1970) 35 of whom each ran more than 11 miles with Pat McMahon, Boston AA, leading all of them with 12! miles, 341 yards, an American record. McMahon's 12 mile times were: 4:39, 4:53, 4:57, 4:57, 4:55, 5:05, 4:48, 4:58, 4:59, 5:04, 4:59, 4:51. Owczarzak, running unattached, placed 34th in the postal, Vos 100, Ellingwood 106, Powlas 107, Ide 121, Granberg 132, and Hicks 137.

July 11, 1970 12-Mile Run Cosmo Park ;out and back: 1. Lee Cain, Eastern New Mexico State, Whiteman AFB 1:15:01, 2. David Santry, Ft. Riley 1:16:20, 3. Don Granberg 1:24:03, 4. Joe Duncan 1:35:10, 5. Dick Sallee 1:43:26, 6. Paul Ide, in his race-walking debut in Columbia, walked 1:48:50, 7. Darrell Palmer w 1:54:53 8. Joel Dickinson 1:55:48 88 degrees, humid

July 22, 1970 MVA AU 15K Run: Owczarzak shows up again to win another MVA AU Championship, getting another record, by over two minutes, a fine 51:09, about that same 5:25 pace, on Hickman track's red shale surface, dry this time.. The old record was held by one Bruce Zanrsla. We made a comment at the time that it seemed one had to have two zs in the surname to hold that record. O had run three alternate miles in a relay that morning in Kansas City, doing those miles at the same 5:25 average.

Second was Lee Cain, Whiteman AFB at 55:05, followed by Dennis Blauvelt 55:20, Earl Miller 56:01, Richard Miller 56:02 and Elzy Miller 56:05, all runners from School of the Ozarks, Point Lookout, MO. S.O.T.O sent many runners to CTC events in the early 70's. Others: Roman Sage 61:15, Don Granberg 61:33, Joe Duncan 65:27, Joel Dickinson 71:28 Dickinson's name appears many times since CTC's beginning in 1968. With a Ph.D, he left Columbia the summer of '70 for a position at Ft. Hays State College, Hays, KS, then drifted to the University of Michigan at Marquette,

August 15, 1970: MVA AU 30 K Championship on a road course: Carl Owczarzak got a MVA AU version of a Triple Crown by winning his third Championship in 56 days winning the 30K at 2:02:34 in 91 degree heat and terrible humidity. Bob Hunerdosse, Fairfield, IA was second at 2:16:09, 3. C. E. Baldwin, Sedalia 2:18:20, 4. Don Granberg 2:22:56, 5. Roman Sage 2:34:11, then two more Sedalia boys, Charley Moore, 2:54:32 and Pat Curry 3:05:30, the first time we had runners from Sedalia. There were many more to come, including one Steve Fisher who was all of age 13 in August of 1970, but his CTC debut was not until five years later.

Great Santa Run 5K -- 11-6-20 -- South Creek Office Park -- O.P., KS



Helping Dad get ready



Ready To Run



Santa Celebrants hit the road
in waves of 50 runners.

Update & Photos by: Michael Chaffee

Great Santa Run 5K -- 11-6-20 -- South Creek Office Park -- O.P., KS



Pre-race boost



Oh NO!! Santa is Down



Yeah! Santa is well again!!

Update & Photos by: Michael Chaffee

Great Santa Run 5K -- 11-6-20 -- South Creek Office Park -- O.P., KS



leaders with less than a mile to go



Running gives you Life !

Update & Photos by: Michael Chaffee

Great Santa Run 5K -- 11-6-20 -- South Creek Office Park -- O.P., KS



Heading Home!



3rd place finisher



Update & Photos by: Michael Chaffee

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 quickly.

Races that have dates highlighted with yellow are tentative.

Updated: 29 December 2020

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
January 2020					
Jan 1	Fri	12:01 AM	Run in the New Year	El Dorado Civic Center El Dorado, KS	Run in the New Year
Jan 1	Fri	9:00 AM	Hangover Half Marathon & 5K	Wichita Boathouse Wichita, KS	Hangover Half Marathon & 5K
Jan 1	Fri	9:00 AM	Hangover Half Marathon & 10K	13700 Antioch Ave. Overland Park, KS	Hangover Half Marathon & 10K
Jan 1	Fri	10:00 AM	1st Day 10K, 5K & 1 Mile Run/Walk	Anneberg Park Manhattan, KS	1st Day 10K, 5K & 1 Mile Run/Walk
Jan 1	Fri	11:00 AM	Chilly 5K & Kids' Frozen Fun Run	212 W. 8th St. Joplin, MO	Chilly 5K & Kids' Frozen Fun Run
Jan 2	Sat	11:00 AM	WinterRock 25K/12K	Elk City Lake Independence, MO	WinterRock 25K/12K
Jan 9	Sat	10:00 AM	Run the Neuf! - Virtual	Mojo's Coffee Shop Newton, KS	Run the Neuf
Jan 9	Sat	10:00 AM	New Beginning 5K 10K	Springfield Catholic School Springfield, MO	New Beginning 5K 10K
Jan 16	Sat	8:00 AM	Finley River Frosty Feet	Ozark, MO	Finley River Frosty Feet
Jan 16	Sat	9:00 AM	Topeka to Auburn Half Marathon	Auburn Community Center Auburn, KS	Topeka to Auburn Half Marathon
Jan 16	Sat	9:00 AM	CEO Frosty 5K	Abilene Armory Abilene, KS	CEO Frosty 5K
Jan 23	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	11128 Holmes Road Kansas City, MO	Battle of the Bean 5K Run/Walk
Jan 23	Sat	9:00 AM	R.O.C. 7K Trail Run	Cosmo Park Columbia, MO	R.O.C. 7K Trail Run
Jan 23	Sat	9:00 AM	ROC7K Trail Run	Cosmo Park Columbia, MO	ROC7K Trail Run
Jan 24	Sun	8:00 AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis Kansas City, MO	Ground Hog Run
Jan 30	Sat	12:00 PM	Polar Plunge Kansas City	Longview Lake Kansas City, MO	Polar Plunge Kansas City
Jan 30	Sat	9:00 AM	Jack Frost 5K & 2.5M Walk	O'Reilly Catholic Student Center Springfield, MO	Jack Frost 5K & 2.5M Walk

9:00 AM			
10:00 AM	The Punisher Trail Race	Randolph, KS	The Punisher Trail Race
10:00 AM	5K Strut	Riggs Park Haysville, KS	5K Strut
1:00 PM	Polar Plunge St. Joseph	Lake Contrary St. Joseph, MO	Polar Plunge St. Joseph
2:00 PM	Polar Plunge Lake of the Ozarks	Lake of the Ozarks, MO	Polar Plunge Lake of the Ozarks
7:00 AM	Dust Bowl Series Marathon - Day 1	Dalhart, TX	Dust Bowl Series Marathon
6:00 AM	Dust Bowl Series Marathon - Day 2	Clayton, NM	Dust Bowl Series Marathon
7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
8:00 AM	Whobilation 5K	Tri-County of the Ozarks Osage Beach, MO	Whobilation 5K
8:00 AM	Cookie Run 5K	Bluhawk Shopping Center Overland Park, KS	Cookie Run 5K
8:00 AM	Alfadog 40 Mile + 25K	Pretty Prairie, KS	Alfadog 40 Mile + 25K
8:00 AM	Special Olympics 5K for Freedom	100 Rothwell Park Rd. Moberly, MO	5K for Freedom
9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Olathe, KS	Storybook Run
9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's Lawrence, KS	Shamrock Shuffle
9:00 AM	VC to DC Fun Run/Walk	Sedgwick County Park Wichita, KS	VC to DC Fun Run/Walk
9:00 AM	Run with the Wind 25K & Relay	TBD Joplin, MO	Run with the Wind 25K & Relay
9:00 AM	VSO 22 A Day 5K	Strong Hall Springfield, MO	VSO 22 A Day 5K
12:00 PM	Hutchinson Plunge	Hutchinson Mall Hutchinson, KS	Hutchinson Plunge
1:00 PM	Polar Plunge Springfield	Ski Shack Cable Park Springfield, MO	Polar Plunge Springfield
7:00 AM	Dust Bowl Series Marathon - Day 3	Guymon, OK	Dust Bowl Series Marathon
8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
8:00 AM	Mizzou Engineering Week 5K & 10K	W1024 Laferre Hall Columbia, MO	Mizzou Engineering Week 5K & 10K
7:00 AM	Dust Bowl Series Marathon - Day 3	Ulysses, KS	Dust Bowl Series Marathon
7:00 AM	Dust Bowl Series Marathon - Day 5	Lamar, CO	Dust Bowl Series Marathon

9:00 AM	Jack Frost 5K & 2.5M Walk	O'Reilly Catholic Student Center Springfield, MO	Jack Frost 5K & 2.5M Walk
8:00 AM	Stupid Cupid's 2 Mile Run	Sedgwick County Park Wichita, KS	Stupid Cupid's 2 Mile Run
8:00 AM	Nut Race 5K	Research Park Columbia, MO	Nut Race 5K
9:00 AM	Cabin Fever Reliever	Rogersville High School Rogersville, MO	Cabin Fever Reliever
9:00 AM	Kickoff 5K Run/Walk	13400 Briar St. Leawood, KS	Kickoff 5K
2:00 PM	26th Annual Super Bowl Sunday 4 Mile	Linwood Park Wichita, KS	Super Bowl Sunday 4 Mile
7:30 AM	Heart of the Ozarks Half Marathon 13.1M, 13.1M Relay & 10K	West Plains, MO	Heart of the Ozarks Half Marathon
9:00 AM	Sweetheart Run 5K Run/Walk	Overland Park, KS	Sweetheart Run
9:00 AM	Cabin Fever Reliever	Rogersville, MO	Cabin Fever Reliever
10:00 AM	Kansas City Polar Plunge & Strut	Shawnee Mission Park Shawnee, KS	Kansas City Polar Plunge & Strut
10:00 AM	Cupid Shuffle	Springfield Catholic School Springfield, MO	Cupid Shuffle
12:00 PM	Pittsburg Polar Plunge & Strut	Crimson Villas Pittsburg, KS	Pittsburg Polar Plunge & Strut
9:00 AM	Jack Frost 5K & 2.5M Walk	O'Reilly Catholic Student Center Springfield, MO	Jack Frost 5K & 2.5M Walk
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9:00 AM	Sweetheart Run 5K Run/Walk	Overland Park, KS	Sweetheart Run
9:00 AM	Cabin Fever Reliever	Rogersville, MO	Cabin Fever Reliever
10:00 AM	Kansas City Polar Plunge & Strut	Shawnee Mission Park Shawnee, KS	Kansas City Polar Plunge & Strut

February 2021

Feb 6	Sat	8:00 AM	Stupid Cupid's 2 Mile Run	Sedgwick County Park Wichita, KS	Stupid Cupid's 2 Mile Run
Feb 6	Sat	8:00 AM	Nut Race 5K	Research Park Columbia, MO	Nut Race 5K
Feb 6	Sat	9:00 AM	Cabin Fever Reliever	Rogersville High School Rogersville, MO	Cabin Fever Reliever
Feb 7	Sun	9:00 AM	Kickoff 5K Run/Walk	13400 Briar St. Leawood, KS	Kickoff 5K
Feb 7	Sun	2:00 PM	26th Annual Super Bowl Sunday 4 Mile	Linwood Park Wichita, KS	Super Bowl Sunday 4 Mile
Feb 13	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 13	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	Overland Park, KS	Sweetheart Run
Feb 13	Sat	9:00 AM	Cabin Fever Reliever	Rogersville, MO	Cabin Fever Reliever
Feb 13	Sat	10:00 AM	Kansas City Polar Plunge & Strut	Shawnee Mission Park Shawnee, KS	Kansas City Polar Plunge & Strut
Feb 13	Sat	10:00 AM	Cupid Shuffle	Springfield Catholic School Springfield, MO	Cupid Shuffle
Feb 13	Sat	12:00 PM	Pittsburg Polar Plunge & Strut	Crimson Villas Pittsburg, KS	Pittsburg Polar Plunge & Strut
Feb 13	Sat	1:00 PM	Polar Plunge Chillicothe	Simpson Park Chillicothe, MO	Polar Plunge Chillicothe
Feb 14	Sun	12:00 PM	Not 4 Wimps - 10K/10 Miler	Derby Recreation Commission Derby, KS	Not 4 Wimps - 10K/10 Miler
Feb 20	Sat	8:00 AM	Mine Run 5K at Strataca	Hutchinson, KS	Mine Run 5K
Feb 20	Sat	9:00 AM	Stonegrinder 7K Trail Run	Capen Park Columbia, MO	Stonegrinder 7K Trail Run
Feb 20	Sat	10:30 AM	Salina Plunge & Strut	GreatLIFE Salina, KS	Salina Plunge & Strut
Feb 20	Sat	10:00 AM	Emporia Plunge & Strut	Moose Lake Emporia, KS	Emporia Plunge & Strut
Feb 21	Sun	9:00 AM	Strataca Adventure Run 10K	Hutchinson, KS	Adventure Run 10K
Feb 27	Sat	10:00 AM	The Punisher Trail Race	Randolph, KS	The Punisher Trail Race

Mar 20	Sat	8:00 AM	Bigfoot's Legend Last Man Standing	El Dorado Springs, MO	Bigfoot's Legend Last Man Standing
Mar 20	Sat	8:00 AM	Highline Run with Evangel	CHN Reman Springfield, MO	Highline Run with Evangel
Mar 20	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Hazel Valley Ranch Fayetteville, AR	Beer & Bagel Off-Road Races
Mar 20	Sat	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 20	Sat	9:00 AM	Run2Believe 5K	Maize High School Maize, KS	Run2Believe 5K
Mar 20	Sat	9:00 AM	Superhero Strong Family Fun Run	Bill Burke Park Salina, KS	Superhero Strong Family Fun Run
Mar 20	Sat	9:00 AM	Trot4Tots 5K	Lake Shawnee Shelter House #1 Topeka, KS	Trot4Tots 5K
Mar 20	Sat	9:00 AM	St. Pat's Fun Run 5K/10K	19384 234th Rd. Atchison, KS	St. Pat's Fun Run 5K/10K
Mar 20	Sat	5:30 PM	Do the Du: Celebrating 3.21 Day	Sedgwick County Park Wichita, KS	Do the Du
Mar 21	Sun	7:30 AM	Chisholm Trail Marathon	Downtown Wichita, KS	Chisholm Trail Marathon
Mar 26	Thu	1:00 PM	TACP Association 24 Hours Challenge Fort Riley	Manhattan City Park Manhattan, KS	TACP Association 24 Hours Challenge
Mar 27	Sat	6:00 AM	Prairie Spirit Trail Ultra Races 100 Mile, 50 Mile & 50K	Ottawa, KS	Prairie Trail Ultra Races
Mar 27	Sat	7:00 AM	The Hogeye Marathon	Downtown Springdale, AR	The Hogeye Marathon
Mar 27	Sat	7:00 AM	GO! St. Louis Marathon 5K	Downtown St. Louis, MO	GO! St. Louis Marathon 5K
Mar 27	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 27	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 27	Sat	8:00 AM	Liberty Hospital - Cancelled Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 27	Sat	8:00 AM	Queen Bee 1 Mile	Middle School El Dorado, KS	Queen Bee 1 Mile
Mar 27	Sat	8:00 AM	Easter Escapade 5K	TBD Lee's Summit, MO	Easter Escapade 5K
Mar 27	Sat	8:00 AM	Project Grad 2020 Fun Run	602 Woodland Minneapolis, KS	Project Grad 2020 Fun Run
Mar 27	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

