

Master Pieces

Magazine of Mid-America Running Association
January–March 2013
www.mararunning.org



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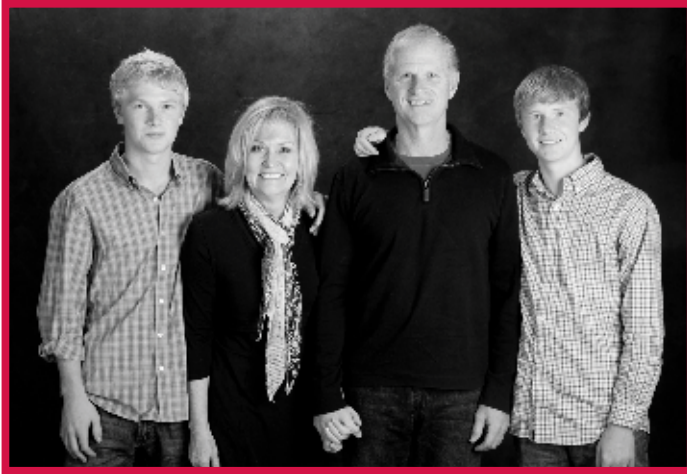
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"Life is short...running makes it seem longer."

- Baron Hansen



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John Farrington, Australian marathoner



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Where will your trails lead you?

Master Pieces

JANUARY-MARCH 2013

Magazine of Mid-America Running Association

www.mararunning.org

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

Cover Photo: Sanders Saunter hosted by the Lawrence Trail Hawks

Photo by: Gene Wee - runlawrence.org



CELEBRATING MILESTONES CELEBRATING LIFE

By Renee Kidwell



You may have already created your list of resolutions for the New Year. You may have outlined a new training program that truly raises the bar for your fitness level goals. You may have already sent in an application for a few running or triathlon events this year. Good for you!! Or, perhaps you are still thinking about it all and can't quite get your mind or commitment level to that point yet. Either way, whatever your preference or status, you will find great inspiration and motivation within the pages of our latest issue of Master Pieces!

We strive to showcase some of the fun and exciting running events and people from the past few months while sharing helpful, healthful information to feed your athletic heart, mind and soul.

One such story comes from Sandi Weston one of MARA's very dedicated and talented Board and Association members. Her personal milestone celebrations and accomplishments begin with a goal she set for herself 20 years ago. As she found the finish line for one milestone, Sandi continued to collaborate on the next goal while gathering and holding the love of friends and family along with her on each journey. Read her story on page 19. Sandi has definitely inspired me! How about you? I encourage you to create and celebrate your own personal milestone while celebrating life this year. I am certain that many of you already have a few similar victories to share with our readers as well. Please let me know your story so we can ALL celebrate those wonderful milestones of life with you!

New MARA Members and Sustaining Memberships are listed on page 6

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Happy 40th Birthday to MARA

By Russ Niemi



In March of 2013, MARA will complete 40 years of supporting runners in the eastern Kansas and western Missouri areas.

In March of 1973, a dozen runners and track and field athletes over the age of 40 established what was called the “Missouri Valley Masters Track and Field Association” (MVMT&FA). After Dr. Kenneth Cooper M.D. published his book *Aerobics* in the late 1960’s, people became aware of the benefits of aerobic exercise and took up running and other athletic sports. Dr. Cooper’s famous 12 minute 1.5 mile run became the standard of physical fitness. Dr. George Sheehan became the “medical guru” to runners for support and motivation for their newly discovered exercise and *Runner’s World* magazine was the bible of the sport.

MVMT&FA used the word “Masters” in its title since the founding group wanted to focus on men and women over the age of 40. However, with many new runners of younger ages, the association accepted “sub-masters” into the organization. After several name changes, the current name of Mid-America Running Association best described the focus of the organization over the last two decades.

The original group included mostly track and field athletes along with some long distance runners. Track meets were held both outdoors and indoors including venues such as Allen Field House in Lawrence and the Maybee Center at William Jewell College. As the number of runners out-numbered the track and field people, the association set up various runs in the Kansas City area. Bill Taft worked for the Kansas City, Missouri Parks and Recreation Department and held regular track runs at Southwest High School in Kansas City, Missouri. The runs (up to 2 miles) brought together many people who have stayed friends for decades and also led to some marriages.

The association began communication for the members with a monthly newsletter titled “Newsletter #1, etc”. Jim Burnley was the initial editor of the newsletter but work travel demands required he get some assistance. I agreed to help Jim, and soon I became editor, secretary, treasurer, etc. I felt the newsletter needed a formal name so I offered a free one year subscription to the person who came up with the best name. Several names were submitted but I chose *Master Pieces* since our early focus was on masters runners. Oh yes, I was the winner!



In our second year of existence (1974), Jim Burnley was approached by Dr. Ralph Hall M.D. to establish a Kansas City race called “The Hospital Hill Run”. The race was the idea of Dr. E. Grey Dimond who was the head of the UMKC School of Medicine. Dr. Dimond was presenting a symposium focused on exercise and thought it would be great to offer a running event to coincide with the forum. The first race was run in early May of 1974 and included a 6.4 mile run and a one mile race. Crown Center in Kansas City had just opened and served as the venue for both events. Crown Center has been a supporting sponsor of the event for all 39 years. Over 100 people participated in the first event and in 2012 the race had grown to over 7,000 runners. The entry fee to the Hospital Hill Run was only \$1 for the first few years.

Jim Burnley served as race director for the first year of Hospital Hill and I took over in 1975. Rich Ayers became race director in 1982 and remained until 2006 when MARA no longer directed the race. The Hospital Hill Half-Marathon served as the UST&FA national championship half-marathon twice and was the host for the Road Runners Club of America National Convention in 1991.

With the growth of running in the US throughout the 1970's, runners were looking for more and more racing opportunities. Since MARA had experience with Hospital Hill, sponsors came to us to direct their races. A trained group including Rich Ayers, Bill Glauz, Betsy Titterington, Mary Edwards, Howard Nies, Carl Sniffen, Mike Fisher, Carl Owczarzak, Karen Raymer, Jo Doherty, Jerry Morrison and others worked to make the new races a success. MARA even held several race director training sessions at Johnson County Community College and Midwest Research Institute to bring more leaders into the running scene.

MARA directed several other major races including the Macy's Marathon and 10K and the Avon Run for Women. Macy's began in 1978 with a 10K the first year and Kansas City's first marathon in 1979. The race ended after 1984 when Macy's Midwest closed in the Kansas City area. There were over 10,000 runners in the final year of Macy's.

The Avon Run for Women was developed by Kathrine Switzer, the first woman to run the Boston Marathon, and MARA administered the race from 1978 until 1984 when the series was discontinued. Thanks to Elizabeth Phillips who worked for Avon, the race was re-established several years later and continued for a few more years.

The membership of MARA reached a high point in the mid-1990's with up to 1400 signed up. MARA became a support organization to other local running clubs such as the Kansas City Track Club, Olathe Running Club, Blue Springs Runners and others. MARA members volunteered their skills to other running clubs as the number of races became too many for one organization of volunteers to manage.

Members of MARA held national positions with the Road Runners Club of America and Carl Sniffen (former president of MARA) served two terms as President of the RRCA.

The running scene in Kansas City in 2012 is one of the best in the USA. Hundreds of racing opportunities occur each year and often 3 or 4 races are held on the same weekend. With the growth of running in the area and the increasing ages of the MARA group (I have moved to North Carolina to be closer to our daughters and grandson), several "for profit" running companies have become the leaders in administering Kansas City area races.

In my opinion, the 40 years of MARA expertise, communications (Master Pieces) and support of other running groups has made Kansas City one of the best places in the U.S. to live and run!





RUNNING ON “E”

It's an indisputable fact that to run far and fast, you need to start out fully fueled. But during their prep for the Toronto Waterfront Marathon in the fall, elite Canadian runners Reid Coolsaet and Eric Gillis adopted an unconventional approach: They performed some of their runs on empty tanks. It's the nutritional equivalent of training with a weighted vest; running on fumes forces your body to work harder and teaches it to burn carbs more efficiently when you race with ample reserves. Carbohydrates are your body's most readily available fuel source, but only a limited amount can be stored – enough to last for about 90 minutes of intense exercise – mostly in the muscles and liver. Researchers have found that training in a carb-depleted state helps the muscles adapt to burning more fat, and boosts your body's capacity for stored carbohydrate by as much as 50 percent. Whether all this translates to faster race times is unclear, but for Coolsaet and Gillis, the evidence was compelling enough to give it a try. After working with a physiologist, they ran personal bests of 2:10:55 and 2:11:27 in Toronto, and qualified for the Olympic Marathon.

****Drain the tank.** One way to fully empty stored carbohydrate from your muscles is to do a hard workout in the morning followed by an afternoon run, without refilling your carb stores between workouts. That's challenging and an unpleasant approach. A more accessible tactic is to run before breakfast, after an overnight fast of 10 or more hours. That approach is much less extreme but still spurs the desired changes in your body.

****Stay out there.** While it's a good starting point, doing a 30-minute jog before breakfast won't accomplish anything. It takes about an hour of fasted running to initiate fat burning. Aim to build up over a month to at least an hour.

****Restock your store.** Once you've finished a fasted run, refuel immediately to hasten recovery and build strength. Aim for 15 to 25 grams of protein and 60 to 100 grams of carbohydrate, depending on your size and the intensity of your run. Monitor your recovery carefully before increasing the length of these workouts, and run easy the day after.

****Train low, race high.** Fasted training isn't something to use all the time – you can't run as fast on empty, so it's harder to develop speed. During your marathon buildup, gradually incorporate fasted runs into your schedule; do your longest and hardest “on E” runs during the heaviest training block, then scale them back as your approach the event. On race day, your carb stores should be stocked: they still won't last 26.2 miles, but they should last longer than usual.

(Runner's World, September 2012)



HIGH-OCTANE FUELS –

***Prerun:** Coffee or tea – Several studies show caffeine can boost endurance. Coconut water – The clear liquid found in coconuts is packed with the electrolyte potassium.

***Midrun:** Electrolyte tablets – They dissolve quickly in water and are a low-calorie way to replenish electrolytes: the sodium in them stimulates thirst to promote drinking. Sports drinks – Carbs provide midrun energy, while sodium helps replace electrolytes lost through sweat.

***Postrun:** Veggie juice – Good source of sodium to help replace electrolytes. Store-bought recovery drinks – Convenient source of both carbs and protein to replenish fuel and stimulate muscle repair. Chocolate milk – Inexpensive and has the ideal carbs-to-protein ratio for muscle recovery. Fruit juice – high-calorie, so drink moderately. Tart cherry juice has melatonin, which research has found may reduce inflammation when consumed regularly. Smoothies – Fruit-and-yogurt blends provide anti-oxidants and protein.

(Runner's World, October 2012)

***DON'T GAIN
THE FESTIVE 15!***

Is it possible to celebrate the season without packing on pounds? You bet! Know the stay-slim rules.

1. Weigh yourself twice a week. That's often enough to make sure you stay on track, but not so often that you take all the fun out of holiday noshing. Step on the scale first thing in the morning when your stomach is empty.

2. Start your day with a bang. Exercising in the morning can help ensure better behavior all day long, according to a study published in the journal *Medicine and Science in Sports and Exercise*. Researchers found that when women worked out in the a.m. they not only moved more the rest of the day, but they also responded less to pictures of tempting food compared with the days they didn't do a morning workout.

3. Be picky, picky, picky. Pursue the buffet before you load your plate to avoid foods you don't really want.

4. Just say no...everywhere! Willpower is like a muscle: work it and you get stronger. What's key is to practice keeping yourself in check in non-food situations, too. Whether you're driving in rush hour traffic or dealing with a temperamental kid, there are challenges that require self-control.

5. Avoid banking calories. Cutting back all day so you can indulge at an event that night only sets you up for...a huge pig-out session.

6. **Concentrate your workouts.** If you can't find time for your favorite yoga class and the treadmill, squeeze in a 15 minute power-walk or jump roping session to help maintain your fitness and sanity.

7. Don't swear off dessert, but practice the three-bite rule to keep you sweet tooth in check. 8. Avoid morning after food. Have the night of your life, then send guests home with the leftovers. Out of sight, out of mind...

(Health, December 2012)

AND REMEMBER –

LAUGHTER... Strengthens the immune system. Burns calories. Relieves stress. Reduces blood pressure. Reduces pain. Laughter increases endorphins, the body's natural painkillers. Improves lung capacity and oxygen levels. Provides a good massage for internal organs. Like yawning, is contagious. May help prevent heart disease.

AND MAKES FOR A GREAT HOLIDAY SEASON!

Happy Holidays -

STAY HEALTHY AND KEEP RUNNING!!



A Life-Changing Event... The Malibu Triathlon Lifeguarding Story

****Editor's note:**

**My daughter, Lyndsi Worthington,
shared this story after a weekend she will
never forget.**

It's a story worth sharing with you...**

*please see pages 14-15 for the
Malibu Triathlon Lifeguarding Story*



Karen's Column

By Karen Raymer
President of MARA

January 2013



Welcome New MARA Members:

Jill Coffey
Jeremy Garrett
Paul Daoust & Dan Roehler

Kearney, MO
Kansas City, MO
Kansas City, KS

Sustaining MARA Members

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

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

Today, December 8th, was the annual Mid-America Running Association, 'Chili Run' and awards ceremony. The weather was very good for this event today. Being that it is held in the month of December, the weather is something that can be very unpredictable! We have had freezing rain and snow, and we have had 70 degree days!

This event is free to our members and we also present the awards to the Grand Prix winners for the year. It became increasingly apparent, while the awards were being distributed, that the younger age groups are not participating in the program. There were many age groups, among the 20 and 30 agers, that there were none awarded. If you know of some runners in these age groups who are participating in the runs that are part of the Grand Prix, and place in their age group, they should become a part of the program.

The requirement is, they must be a MARA member. If they place first in their age group in the Grand Prix races, they win free entries in to 5 races for the next year. One free entry in to a race, would reimburse them for their membership dues.

Sandi Weston, the Grand Prix coordinator and her assistant, Dina Myers, did a fantastic job of getting the results finalized. Sandi obtained great prizes for the winners, UltraMax Sports sponsored the prizes again this year. We hope that you will shop their store in Prairie Village and thank them for the nice clothing and gift certificates.

You can view some photos from the Chili run also in this issue. We hope that you will be a part of this event next year, remember the run and chili are free for MARA members. We also have random door prizes for MARA members only.

I hope you have a lovely holiday season and a healthy and happy New Year.

Karen

2012 MARA GRAND PRIX

Final Standings

CONGRATULATIONS TO OUR 2012 WINNERS
LISTED BELOW !!

Male 20-24

Mike Hake 56

Female 20-24

Male 25-29

Tim Hodges 42

Female 25-29

Male 30-34

Adam Moos 26

Female 30-34

Katie Messer 56

Male 35-39

Jeremy Garrett 38
Mike Diederich 16

Female 35-39

Ashley Shores 50

Male 40-44

Male 45-49

Mark Westfall 26
Gerardo Marquez 22

Female 40-44

Michelle Andrew 98

Female 45-49

Cindy Cameron 80
Jill Coffey 23

Male 50-54

Rob Harber 68
Bret Ohlhausen 28
Chris Nichols 25
Greg Scheltz 12

Female 50-54

Karen Hyde 90

Male 55-59

Jimmy Stanziola 92
Don Fitzgerald 67
Henry Grubb 36
Michael Robins 18
Brad Rhoden 19

Female 55-59

Kathleen Johnson 98
Jane Tompkins 93
Anna Allen 72
Joanne Baxendale 25

Male 60-64

Gayle VanDurne 90
Bruce Gilbert 85
Jeff Behrens 58
Don Turner 50
Tim Wigger 34

Female 60-64

Dee Boeck 100
Sandi Weston 50
Donna Romans 49
Nancy Mueller 46

Male 65-69

Rick Hogan 48
Jeff Waters 38

Female 65-69

Susan Robinette 96
Suzie Turner 85
Mary Haley 64
Dorothy Esher 56
Karon Way-Turner 40



ULTRAMAX SPORTS

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Male 70-74

Garth Smith 98
Eugene Wren 90
Don Roth 66
Frank Weinhold 22

Female 70-74

Janice Young-Miller 30

Male 75-79

Lou Joline 84
Deloyne Huffman 48
Alan Poisner 38

Female 75-79

Ann Nelson 80
Carolyn Mitchell 48

Male 80-84

Cliff Hunter 38

Female 80-84

Male 85+

Ed Burnham 50

Female 85+

Mary Otte 39



2013 MARA GRAND PRIX Schedule

1-19	Topeka to Auburn Half -Marathon
1-29	Groundhog 10K
3-02	Mrs. Robinsons Romp 5K Trail
4-06	Run for Life 10 Miler
4-13	Rock the Parkway Half -Marathon
4-29	Trolley Run 4 Miler
5-05	Heart and Sole 10K
5-12	Truman 5K
5-18	Merriam Turkey Creek 5K
5-27	Amy Thompson 8K
6-1	Hospital Hill Half -Marathon
7-14	Eudora Horsethief 5K
7-27	KC Cross Country 5K
8-10	Farmstead 5K
8-25	Heartland Track & Field 3K
9-02	Labor Day 5K
9-15	Plaza 10K
10-20	Kansas City Marathon
11-04	Cliffhanger 8K
11-10	UltraMax Cerner 15K

Race Point Totals

3K Track -1
5K - 5
5K CC - 1
5k Trail -1
4 Miles -1
8K - 2
10K - 3
15K -1
10 Miles -1
Half Marathon - 3
Marathon -1

**2013 MARA
Grand Prix Directors:
Dina Meyers
Sandi Weston**

Mid-America Running Association Schedule of Kansas City Local and Regional Races

Email additions or changes to Jay at jkraupp@everestkc.net.

Confirmed 2013 Races have the date in **Blue**. Annual events that I hope are held in early 2013 have the **date in Red**

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

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

Updated December 14, 2012. The website schedule at www.mararunning.org is updated weekly.

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
JANUARY 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
1/1/2013	Mon-Tues	12:00 AM Midnight on Monday night.	Run the First 5K	Ramada Inn, 601 N Universal, Kansas City, MO	www.runkansascity.com	runkansascity@aol.com
1/1/2013	Tues	10:00 AM	New Years' Fun Run, 0-12 miles	Athletic Club of Overland Park, 10440 Marty, Overland Park, KS	www.kctrack.org	Paved bike path, out and back.
1/1/2013	Tues		LifeTime Commitment Day 5K Walk/Run	Life Time Fitness, Renner Road, Lenexa, KS	CommitmentDay.com	
Jan 3 to Mar 7 weekly	Thurs	6:40 PM	Big Spin Sessions: Ninety minute "swimbikerun" program designed specifically for triathletes, runners, and cyclists each	JCC Fitness and Sports Center	To register visit www.TRiKC.org	Thursday from January 3 to March 7, 2013, at the JCC Fitness and Sports Center starting at 6:40pm. Contact TRiKC@kc.rr.com
1/5/2013	Fri	7:00 PM	Coleen's Frozen Fat Ass 3.1 - 31 miles (5K Trail Loop, ran as many laps as you want)	Prairie Center, Olathe, KS	http://www.Lawrencetrailhaws.com	
1/19/2013	Sat	11:00 AM	31st Topeka to Auburn Half Marathon MARA GP	Fairlawn Plaza Mall, Topeka, KS	www.sunflowerstriders.org	Brad Rhoden, Sunflower Striders, 785-224-5193 Classic point to point race, including a bus ride before the race, Boston style, finish to start line, if you want it.
1/19/2013	Sat	8:30 AM	Battle of the Bean 5K	Foo's Fabulous Frozen Custard at Ranch Mart Shopping Center at 95th and Mission Road, Leawood, KS.	www.battleofthebean5k.com	JoAnn Bushko at Joann@kcrunningcompany.com .
1/19/2013	Sat	10:00 AM	Turner Annual Frostbite 5K	Pierson Park, Upper Shelter, 55th Street, Kansas City, KS		David Vaughn, 913.288.3389, vaughnd@turnerusd202.org
1/21/2013	Mon	9:00 AM	Dream 5K, and Kids Run, followed by Freedom March	18th & Vine, Kansas City, MO	http://www.active.com/event_detail.cfm?event_id=2065725	Run Kansas City, (816) 517-1285, www.runkansascity.com
1/27/2013	Sun	5K at 9AM and 10K at 10AM	31st Children's TLC Groundhog Run 5K & 10K MARA GP (10K)	Hunt Midwest Subtropolis, 8300 NE Underground Dr., Kansas City, MO	www.childrenstlc.org	Editors note: The 2012 edition sold out by Jan 11, and the tendency when a race sells out is that the next year it sells out Sooner. Even though there are increased numbers of entrants this year, to 4000, you should consider registering well before the race date.
1/26/2012	Sat	10:00 AM	Polar Bear Strut 5K Run/Walk benefitting Special Olympics Kansas	Shawnee Mission Park, Shawnee, KS	http://www.kssso.org/plunge	http://www.kssso.org/kansascity
1/27/2013	Sun	9:00 AM	Psychodelic 5K Trail Run, Ice Edition	Wyandotte County Lake Park, Shelter #2, Kansas City, KS	http://www.psychowycow.com/id68.html	Rocky and Hilly Trails
FEBRUARY 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
2/3/2013	Sun	9:00 AM	Buffalo Run 8K, 5K & 1K Trail Run	Parkville Nature Sanctuary, Parkville, MO	http://www.active.com/event_detail.cfm?event_id=2065318	http://www.runkansascity.com/
2/9/2013	Sat	8:45 AM	Chocolate Rush Half Marathon & 5K	Prairie Life Center, 1035 Barkley, Overland Park, KS	http://www.patriotsrun.org/	Course is on the trails. One lucky runner's number will drawn for a free diamond necklace! Contact 913-339-6767 or tonydrew@everestkc.net
2/9/2013	Sat	9:00 AM	Run4Love5k	CiCo Park, Manhattan, KS	www.run4love5k.weebly.com	Kory Cool, 785-410-1468, korycool@gmail.com A 5k run/walk to benefit the Manhattan Cross Country Club

2/9/2013	Sat	8:00 AM	Run Toto Run Trail Runs 50K / 20 mi. / 10mi.	Wyandotte County Lake Park, Shelter #2, Kansas City, KS	http://www.psychowyc.com/id7.html	Ben Holmes, 816.810.0440, badbendr@yahoo.com
2/17/2013	Sun	9:00 A.M	Love2Run 4 Mile Run	Charles Wheeler Downtown Airport, Kansas City, MO	www.love2runkc.com	
Mid Feb?			Love2Run 4 Mile Run/Walk	Columbia, MO	www.love2runmu.com	
Mid Feb?			Love2Run 4 Mile Run	Free State High School, Lawrence, KS	www.love2runku.com	

MARCH 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!

3/2/2013	Sat	8:30 AM	Mrs Robinson's Romp 5K, 10K, Trail Run MARA GP (5K)	Wyandotte County Lake Park, Shelter #14, Kansas City, KS	http://www.psychowyc.com/id99.html	Rocky and Hilly Trails
3/2/2013	Sat	8:30 AM	14th Annual Truffle Shuffle 5K & Little Truffle Shuffle	Johnson County Community College, Overland Park, KS	www.runkansascity.com	www.j3p.org
3/3/2013	Sun		11th Little Rock Marathon, Half Marathon, 10K	Little Rock, AR	www.littlerockmarathon.com	Race will fill early. Press release says mid December. Check their website or facebook for the latest news on that.
3/16/2013	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School, Peculiar, MO	http://www.raypec.k12.mo.us/index.aspx?NID=560	Jamin Swift, RohoCC@yahoo.com, \$40 Half Marathon with finisher's medals!
3/16/2013	Sat	tba	Big 12 5K Fun Run and Family Stroll	Kansas City, MO	http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=844	Show your school spirit by running in your school colors! First 100 registrants will receive a unique stocking cap!
3/23/2013	Sat		Patriot 5K	Peculiar Elementary, Peculiar, MO	www.runkansascity.com	leaheve@yahoo.com
Early March?			Pi-Day River Rotation Half, 13.5 mile Trail Run	Riverfront Park, trail head parking lot just off 8th & Oak in north Lawrence, KS	http://lawrencetrailhawks.com/races/2012/mar/04/pi-day-river-rotation-half-second-annual/	
Mid March?			24rd Annual Shamrock Shuffle 5K Run	Kaw River Levee at Johnny's, in Lawrence, KS	http://lawrencetrailhawks.com/races/2012/mar/04/pi-day-river-rotation-half-second-annual/	
Mid March?			34th Annual Westport St. Patrick's Day Run 4 Miles	Corner of Westport Rd. & Pennsylvania Ave., Kansas City, MO	http://kctrack.org/st-pats-4-miler/	
Mid March?			Shamrox 15K and 5K	Springfield, MO	http://ultramaxtri.com/myshamrox/	
Mid March?			Dash for Diabetes 5K	Liberty Memorial Park, Kansas City, MO	http://www.dashfordiabetes.com/	
Mid March?			St. Pat's Day Road Races 2 mi. Fun Run/Walk 10 K	Aggieville, 11th & Moro, Manhattan, KS	http://universityextras.com/letsrun.com/?page_id=10	
Late March?			Diva Dash Women's 5K Run/Walk	Park Place, 117th and Nall, Leawood, KS	www.divadashkc.com	
Late March?			Patriot 5K	Peculiar Elementary, Peculiar, MO	http://www.runkansascity.com/	
Late March?			Drumm Run 5K / 10K	Unity Village Trails, 1901 NW Blue Parkway, Unity Village, KC, MO	www.drummfarm.org	
Late March?			Circle the Square 5K Run and Walk	Historic Independence Square 607 W Lexington, Independence, MO	http://www.active.com/runninq/independence-mo/circle-the-square-presented-by-young-friends-of-csl-2011	
Late March?			Dam Run 12K and 5K	Clinton Lake, Adult Softball Complex, Lawrence, KS		
Late March?			11th Annual April Fools Run 5K/8K	Cameron Regional YMCA, 402 E. Evergreen, Cameron, MO	http://www.cameronymca.org/newsite/special_events/special_events.htm	
Late March?			Sedalia Half Marathon, and 5K	Skyline Elementary, 2505 W. 32nd St., Sedalia, MO		

APRIL 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!

4/6/2013	Sat	7:00 AM	Brew to Brew SOLO ONLY, 44.4 miles.	From: Boulevard Brewery, Kansas City, MO To: Freestate Brewery, Lawrence, KS	www.brewtobrew.com	Lou Joline, 816.228.3842.
4/6/2013	Sat	8:00 AM	Jadon's Hope Bug Run 5K	to follow	to follow	Amy Vrbn 913-523-4739 dascvrbn@sbcglobal.net This run is to support Jadon's Hope Foundation and children with SMA.

4/6/2013	Sat	8:30 AM (?)	18th Annual Run for Life 10 mile solo, 10 mi relay, 2 mi fun run, MARA GP	Lee Arena (runner's expo and packet pickup). Moore Bowl (race start & finish). Washburn University, 1700 SW College, Topeka, KS	www.runforlife.us	Dave Provorse, Washburn Running Club, 785.670.1565, 785-249-8875, dave.provorse@washburn.edu
4/6/2013	Sat	9:00 AM	Eagle Egg 5K Run/Walk	Summit Christian Academy, 1500 SW Jefferson, Lee's Summit, MO	http://www.eagleegg5k.com/	contact Sarah Coats at 816.525.1480 Proceeds benefit Summit Christian Academy
4/7/2013	Sun	vrs, starting at 6:00 AM	Brew to Brew RELAY, 44.4 miles	From: Boulevard Brewery, Kansas City, MO To: Freestate Brewery, Lawrence, KS	www.brewtobrew.com	Lou Joline, 816.228.3842
4/7/2013	Sun	7:00 AM	Springfield Urban-Warrior Challenge, 12.4K (with Obstacles)	Plaster Sports Complex, Missouri State University, Springfield, MO	Website/Registration: www.embracehesuc.com	Contact: Amy Rosendahl, arosendahl@deepgroup.com , 417.885.4507
April 6 and 7, 2013	Sat & Sun	Vrs	Go! St. Louis Marathon, 1/2 Marathon, Marathon Relay	Downtown St. Louis, MO	http://www.gostlouis.org/marathon-weekend/about.html	There are events on both days. See website
4/13/2013	Sat	7:30 AM	Rock the Parkway Half Marathon, 5K MARA GP (Half Marathon)	Ward Parkway, KC, MO	www.rocktheparkway.com	KC Running Company, troy@rocktheparkway.com Reg is open, and note the HalfM filled about a month early in 2012, so expect it to sell out in 2013 as well..
4/15/2013	Mon		117th BAA Boston Marathon	Hopkinton, MA	www.baa.org	
4/20/2013	Sat	8:30 AM	Running the Rails for a Reason 5K	Osawatomie Railroad Museum, 628 Main St., Osawatomie, KS 66064	http://www.active.com/event_detail.cfm?event_id=2070441	Nate Seidl, director, Miami County YMCA, nateseidl@kansascityymca.org , This is a benefit for the Miami County YMCA Scholarship Fund. The run kicks off our annual "Railroad Days" celebrating railroad history in Osawatomie
4/20/2013	Sat	7:00 AM	Garmin Marathon in the Land of Oz, and Half Marathon, and 5K	Olathe, KS	www.olathe.org/cvb/sports/Marathon/information_registration.html	
4/20/2013	Sat		Run for Mercy 5K Run/Walk, 10K Run, Kids Fun Run	Mill Valley HS, 5900 Monticello Road, Shawnee, KS	http://oceansofmercy.com/events/run-for-mercy.html	
4/28/2013	Sun	7:45 AM	The 25th Annual Trolley Run 4 mile run/walk MARA GP	75th and Wornall, Kansas City, MO	www.trolleyrun.org	Benefits Childrens Center for the Visually Impaired. Wave start. A true classic, and really IS downhill!
Early April?			Eisenhower Marathon, Half marathon, 10K and 5K	Eisenhower Presidential Center, Abilene, KS	http://www.eisenhowermarathon.com/	
Early April?	Sat	8:00 AM	Easter Egg 5K and Lil' Bunny Fun Run	Lionsgate Marketplace at 143rd and Metcalf, Overland Park, KS	www.easteregg5k.com	
Early April?	Sat	9:00 AM	Lee's Summit Symphony 5K	Unity Village, Lee's Summit, MO	Enter2Run.com - Lee's Summit Symphony	
Early April?	Sat	TBA	Starfish Stride 5K Walk/Run	TBD	Royal Family KIDS Camp	
Early April?	Sat	8:30 AM	Maxtrax Duathlon	Derby Ridge Elementary School - Columbia, MO	http://ultramaxtri.com/maxtrax/	
Late April?	Wed s thru Sat		85th Annual Kansas Relays	Memorial Stadium, Lawrence, KS, and, two events Downtown Lawrence: Weds 6 to 7pm Mens Shotput, Thurs 6 to 7pm Womens Long Jump.	http://www.kuathletics.com/sports/c-relay/	
Late April?	Sat	7am, 8am	6th annual Free State Trail Run, 100K, 40-Mile, Trail Marathon & 1/2-Marathon	Clinton State Park, Lawrence, KS	6th annual Free State Trail Run, 100K, 40-Mile, Trail Marathon & 1/2-Marathon	
Late April?	Sat	8:00 AM	Independence Park Trot 5K and Kids Run	Waterfall Park (next to Bass Pro) Independence, MO	www.independenceparktrot.com	
Late April?	Sat	8:00 AM	"Together As One" 5K race, and 1 Mi. and 1/2 Mi. FunRuns	English Landing Park, Parkville, MO	http://www.active.com/running/parkville-mo/together-as-one-run-2012	
Late April?	Sat	8:00 AM	Speedy Spoofoound 5K, and Kid's Fun Run	Eugene Field Elementary School, 418 East Second St., Maryville, MO	http://www.efes.maryville.k12.mo.us/speedy-spoofound-5k.html	

Late April?	Sat	8:30 AM	Running the Rails for a Reason 5K	Osawatimie Railroad Museum, 628 Main St., Osawatimie, KS 66064	http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=657	
Late April?	Sat	9:00 AM	Myasthenia Gravis Walk, Run, & Roll 5K & 1 mi	Heritage Park, 16050 Pflumm, Olathe, KS	www.enter2run.com	
Late April?	Sat	9:30 AM	Royal TRACS 5K & Royal Kids Fun Run (1 mi.)	Northeast Community Center, 680 Knox Lane, Manhattan, KS	www.royaltracs5K.com	
Late April?	Sat	TBA	5K Run/Walk for MDA	Brittany Hill Middle School, 2701 NW 1st St., Blue Springs, MO	5k 4 MDA Blue Springs, Missouri 64015 Saturday, April 21, 2012	
Late April?	Sat	TBA	Pancreatic Cancer Action Network Purple Stride 5K Run/Walk	Southcreek Office Complex, 7200 W. 132nd Street, Overland Park, KS	http://www.pancan.org/purples/tride/	
Late April?	Sun	7:30AM	Kansas Half Marathon, 5K	Haskell Indian Nations University, 155 Indian Avenue, Lawrence, KS	http://www.kansashalfmarathon.com/	

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5/5/2013	Sat	8:00 AM	Kansas Heart & Sole Classic 5K/10K MARA GP (10K)	Johnson County Courthouse Square, Santa Fe & Cherry, Olathe, KS	www.olatherunningclub.com	Gwen Boone, 913.856.4653
5/11/2013	Sat	7:30AM	Scout Strong Challenge Half marathon and 5K	LIVESTRONG Sporting Park, Kansas City, KS	www.scoutstrongchallenge.com	Contact: Heart of America Council, 816-942-9333 or 1-800-776-1110, fax 816-942-8086, scoutstrongrun@gmail.com
5/11/2013	Sat	8:00 AM	Laura's 5K Walk/Run	Blue River Community College, Independence, MO	http://www.active.com/5k-race/independence-mo/lauras-run-5k-walk-run-2013	www.lbrun.com for details.
5-11-2013 or 5-12-2013		8:00 AM	Truman Run 5K Run/Walk MARA GP	Sunshine Center 607 W. Lexington, Independence, MO	www.trumanrun.org	Scott Beck, 816.645.8480, kocfs6794@comcast.net
5/12/2013	Sun		BikeSource Duathlon/Triathlon presented by Bikesource & Johnson County Parks & Recreation	Heritage Park, 16050 Pflumm Road, Olathe, KS	http://icprd.com/special_events/hp_duathlon.cfm	Chad Tower at (913) 236-1231 or info@icprd.com
5/12/2013	Sun	8:00 AM	KC Express Mother's Day 5K Run/Walk for Women.	Corporate Woods, College & Antioch, Overland Park, KS	www.mothersdayrun.com	
5/18/2013	Sat	8:00 AM	Merriam Turkey Creek Festival 5K, Walk & Youth Sprint MARA GP	Merriam Community Center, 5701 Merriam Drive, Merriam, KS	www.merriam.org/park	Contact: Dave Smothers, daves@merriam.org
5/18/2013	Sat	AM, tbd	Gogirlrun - Women's HalfMarathon and 5K Run/Walk	Kansas City, MO	http://ultramaxtri.com/gogirlrun/	
5/18/2013	Sat	7AM	Kansas City Corporate Challenge Half Marathon (Registered Corporations' employees only)	132nd & Metcalf, Overland Park, KS	More info can be found at www.kccorporatechallenge.com	Phone: 913.831.2222 The Kansas City Corporate Challenge Half Marathon is a private race event. Companies must be registered in the 2013 Games (by February) in order for employees to be eligible to compete.
5/19/2013	Sun	AM, tbd	5150 Kansas Triathlon	Clinton Lake, Lawrence, KS	www.5150kansas.com	Ultramax Events www.ultramaxsports.com
5/25/2013	Sat	AM, tbd	Gogirlrun - Women's HalfMarathon and 5K Run/Walk	Columbia, MO	http://ultramaxtri.com/gogirlrun/	
5/27/2013	Mon	8:00 AM	26th Annual Amy Thompson Run for Brain Injury Classic 8K Run, and 5K Run, and 1 mile Walk. MARA GP (8K)	Loose Park, 5100 Wornall, Kansas City, MO	www.amythompsonrun.org	

JUNE 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!

6/1/2013	Sat	7:00 AM	40th Hospital Hill Run, Half Marathon, 10K / 5K MARA GP (Half Marathon)	Crown Center, Pershing & Grand, Kansas City, MO	www.hospitalhillrun.com	Beth Salinger, Beth@hospitalhillrun.com ,
6/1/2013	Sat	8:30 AM	Journey for Jo 5K Run/Walk & Kids Dash	Washburn University, Topeka, KS	Website: http://www.journeyforjo.com/	Race contact, fun stuff & more: info@journeyforjo.com. family friendly event, certified course, chip timing, fun activities for kids, strollers welcome

JULY 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
7/4/2013	Thu	7:00 AM	35th Annual Lenexa Freedom Run 5K/10K	Old Town Lenexa, Sante Fe & Pflumm, Lenexa, KS	http://www.lenexa.com/parks/festivals_freedom.html	
7/14/2013	Sun	7:00 AM	29th Annual Shawnee Mission Triathlon Presented by Johnson County Park & Recreation District	Shawnee Mission Park, Shawnee, KS	http://jcprd.com/special_events/smp_triathlon.cfm	Chad Tower at (913) 236-1231 or info@jcprd.com
7/14/2013	Sat	7:00 AM	Eudora Horsethief Run, 5K Run, 1 Mi Fun Run MARA GP	W 9 th St & Main St, Eudora, KS	http://eudoracrosscountry.com/	Paul Boone, 785.542.4960, horsethief@run@gmail.com. This 7-14-2012 is the correct date, and the 7-7-2012 listed in the Feb-March Masterpieces is incorrect, as the news came after we went to press on the print version. -Jay
7/20/2013	Sat	7:30 AM	16th Annual Amelia Earhart 8K / 2K Fun Run	Atchison Family YMCA, Atchison, KS	http://www.kansascityymca.org/	Lisa Howard, 913.367.4948, LisaHoward@KansasCityYMCA.org
7/27/2013	Sat	TBA	Kansas City Cross Country Open Championships 5K open cross country run MARA GP	Shawnee Mission Park, Cross Country Course, Renner Road, Shawnee, KS	www.kcxcchampionships.com	
AUGUST 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
8/10/2013	Sat	7:00 AM	Overland Park Farmstead Stampede 5K Run / Walk MARA GP	Deanna Rose Children's Farmstead, 135th & Switzer, Overland Park, KS	http://www.opkansas.org/Events/Farmstead-Stampede	913-940-7270.
8/11/2013	Sun	7:30:00 AM for 5K and 800 AM for 1 mile	Susan G. Komen Kansas City Race for the Cure – 5K Chip timed race, and, 1 mile fun walk/run	Union Station, Pershing and Main Streets, Kansas City, MO	www.komenkansascity.org	Michael Levin 816-245-7358 or 1-877 Go KOMEN.
8/25/2013	Sat	9:00 AM	Heartland Open/Masters Outdoor Track & Field Meet, MARA GP (3000 meters)	JCCC Track Overland Park, KS	www.heartlandathleticsservices.com	Editors note: 3000 Meters (and possibly the entire meet) is PRE registration only. Please review the event website in advance of this event.
SEPTEMBER 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
9/2/2013	Mon	TBA	Leawood Labor Day Run 5K MARA GP	Leawood City Park, Lee Blvd. (south dead end) Leawood, KS	www.leawood.org	Brock Shafer , 913.339.6700 ext.152, brocks@leawood.org
9/8/2013	Sun		S.W.A.T. Jeremy Katzenberger Memorial Triathlon (1200 yd or 400 yard swim, 11 mile bike, 3.1 mile run.)	Weatherby Lake, C Point, 7701 NW Scenic Dr, Weatherby Lake, MO	http://swattri.blogspot.com	Facebook at S.W.A.T. Jeremy Katzenberger Memorial Triathlon. Contact: Augi Grasis at 816-226-7046 swatjktri@gmail.com
9/15/2013	Sun	7:30 AM	Plaza 10K Run/Walk & Two Mile Fun Run/Walk MARA GP (10K)	Country Club Plaza, Kansas City, MO	http://www.plaza10k.com/	
OCTOBER 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
10/19/2013	Sat	7:05 AM	Waddell & Reed Kansas City Marathon, Half Marathon & 5K MARA GP (Marathon)	Kansas City, MO	http://www.waddellandreedkansascitymarathon.org/	
10/26/2013	Sat	8:00 AM	Run The Burg, 1/2 Marathon, 10K & 5K	Johnson County Courthouse at 200 North Holden St in Warrensburg, MO.	www.runtheburg.com	Scenic course includes city and surrounding countryside. Mark Hechler, mlhent@embarqmail.com , 660-747-5444
NOVEMBER 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
11/3/2013	Sun	TBA	Cliffhanger Run 5K run/walk, 8K run, MARA GP (8K)	Cliff Drive & Gladstone Blvd., KC, MO	www.cliffhangerrun.com	
11-9-2013 Tentative date	Sat	8:00 AM	UltraMax Cerner 15K MARA GP 15K), also 7K FunRun-Walk	Community America Ball Park (Home of the Kansas City T-Bones), Kansas City, KS	http://www.kc15k.com/	www.ultramaxsports.com
Please refer to www.mararunning.org for periodic updates to this schedule.						



Join
ULTRAMAX
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Where to start: Ultramax Sports
6911 Tomahawk Rd
Prairie Village Shopping Center

When: Saturdays at 6:30 AM

Cost: Free

Details: 10-mile run with water stops every 2 miles

*A Life-Changing Event...
The Malibu Triathlon
Lifeguarding Story*

****Editor's note: My daughter,
Lyndsi Worthington, shared this story after a
weekend she will never forget.
It's a story worth sharing with you....****

The Malibu triathlon was Labor Day weekend. This is a HUGE event with tons of participants and media. It takes place at Zuma beach, where I work during the summers. There are about 30 LA County Lifeguards that are responsible for the thousands of swimmers during the first leg of the race. Ironically, most of the athletes are atrocious swimmers -- a lot of them never having swum in the ocean before, let alone a long distance swim (with a bike and run afterwards). I was assigned to a paddle board to lifeguard in the water once the swimmers made past the surf line. About half way through the race, the lifeguard to my right (Chris) spotted a man floating on his back (thankfully he was wearing a wetsuit that makes you semi-buoyant). Initially this wasn't too weird though -- because many of the competitors would do elementary backstroke when they got tired. However, when Chris got to him on his paddle board, he could tell the man definitely was not breathing. I could see in Chris's face that something definitely was not right. I paddled to him as Chris held his head above water and waved over our jet-ski rescue team. Chris and I ditched our paddle boards and tried to lift the man on to the bed of the jet-ski as best we could to take him to land. He was extremely heavy -- dead weight and soaking-wet are not a good combination. Holding the man (who by now, we had determined was not breathing and didn't have a pulse) onto the jet ski was extremely difficult when we got moving, especially because we were basically on top of him -- his stark white face and glazed over eye-balls staring at us. When we got to the beach, four lifeguards (including Chris and I) carried him on to flat sand. It took a couple of minutes for the paramedics to respond, so it was only the lifeguards working on him. Immediately, our captain gave him two rescue breaths and I started doing compressions. It was exhausting. The other lifeguards cut off his wetsuit and we discovered a big scar down the middle of his chest.

We put an AED on him but he had an unshockable rhythm. At this point, the paramedics had responded and taken over further care -- giving him IV's and placing a breathing apparatus down his throat.

The four lifeguards that were involved were taken right back out in the water to continue lifeguarding for another couple of hours. There was a major debriefing process later in the day where we found out more about what happened with him (we found out his name was Jim). Jim's fiancé found the lifeguards after the swim had commenced, she was looking for a man with a "yellow cap". They explained what had happened as best and as subtly as possible. She remained relatively calm considering the circumstances. The ambulance took the man to UCLA medical center where he was placed on life support. He survived for 4 days before they decided to disconnect him. Jim's fiancé explained to our captain that he had had a quadruple bypass surgery 2 years earlier, but he has been on a path to get healthy again ever since. His daughter (19 years old) and him trained for this triathlon together and were competing together, both their first one.

I wanted to share this with you all because it was a very intense experience in which I learned a ton. This man was trying to make a change in his life for his family. It was unbelievably tragic that he died. I can only imagine the response when his daughter crossed the finish line only to find out what had happened to her Daddy. This made me realize how precious every moment is with the ones you love. And to not take anything, especially our bodies, for granted. The lifeguards had a long talk afterwards about taking care of yourself, for each other and our families. This situation was particularly special because we usually don't get any detail about the person or their family. These kinds of stories are relatively common in the nature of lifeguarding, but you rarely have contact with the family or get their back story. This made the situation heavy on all of our hearts. The fiancé even went so far as to write us all a letter, which I attached below.

This experience has made me realize just how much I love all my family and friends, appreciate you, and care about your health.



To: All The Lifeguards & 1st Responders of the
Malibu Triathlon:

We wanted to write you a short note and
thank you for your rescue efforts and life
saving medical care you provided Jim
Moore. Jim remained in ICU at UCLA Medical
Center until Wednesday the 19th when he
passed. He never regained consciousness
and remained on life support until the
decision was made to disconnect.

We wanted you all to know how much
we appreciated your efforts, professionalism
and compassion. It's a situation that
nobody ever seems to be prepared for
but you all were.

We hope this provides closure for
you all.

This was Jim and Alexis' (19) first
tri together. 2 years prior Jim had
undergone quadruple bypass surgery.
He knew the risks going into the race,
but he was a competitor. He wouldn't
quit. God will provide comfort for his
daughter as time heals this wound.

Thanks again,
Kris (Moore) Behn - ex-wife - ^{crazy} women @
Alexis - daughter & Robin Austin - fiancé ^{beach}



The Los Angeles County lifeguards were recognized for their heroic efforts
by the City of Malibu. 5th from the right is Lyndsi Worthington...the only
lifeguard girl, making Kansas proud!

Running helped get Carter Williams on “SURVIVOR”

Carter Williams from Shawnee, Kansas, always wanted his mom to try out for the CBS hit show Survivor. Ever since he was little he thought his mom, Bianca Williams, should try out for the show. When Carter finished his running career at Biola University in California, he decided to send in a video to try to get on the show. On his video he showed himself running through trails, paddle boarding and doing pull-ups. He got a call from their casting people – they loved it! At the end of his 5 day interview he got to go to CBS studios and walked into a room with the host Jeff Probst. Jeff said “Carter why do you think you would not quit if you got on Survivor?” Carter told him a story about running the Steeple Chase in college. It was his league championship and Carter was leading the race. Near the end of the race he hit the beam wrong and landed on his head on the track. He looked up and the race was leaving him behind. He got up and gave it everything he had and ended up finishing third. After that story, they ended up putting Carter on the show.

To get ready for the season, Carter did many Crossfit workouts. He knew he wanted to be strong in challenges. He ended up winning two challenges and winning other team challenges. Last week, Carter was the 13th person voted off the island. The 24-year-old Crossfit coach, cross country coach, track coach (Blue Valley North) said he watched the last episode alone. He wanted to give Kansas City something to cheer for like one of his Survivor heros Dani Boatwright. Dani is also from Kansas City and won the million dollars on her season. In the end, when he narrowly lost a challenge the remaining 5 contestants decided to vote Carter off because he was too big of a threat.

Carter ended up losing 18 pounds during his 33 days on the island, but the emotional toll was just as heavy. Sometimes they ask contestants back for another shot at the million dollars. Asked if he would ever go back? Carter said “Yes, I would go back for sure!”

Written by Price Williams (Carter’s dad). Price is one of the owners of Harvest Graphics who has been lucky enough to print Master Pieces magazine for about the last 20 years.



Carter Williams and fellow contestant Jeff Kent. Former major league baseball player and 2000 MVP

Carter arriving on the island.



Carter on Survivor



Dani Boatwright (former Survivor winner) Carter Williams and Carter's girlfriend Faith Manning.

Carter Williams the day he returned from Survivor with his mom Bianca Williams and girlfriend Faith Manning



Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Energize At Sunrise - Begin With Breakfast

As we start a New Year, it is natural to consider the positive changes we want to make in our lives, especially in regards to our health and work outs. Even if we don't make resolutions, setting some goals to keep us motivated and training well is often a great strategy. To that extent, I will always maintain that starting each and everyday with a great breakfast is one of the most important things we can do to boost our energy, efficiency and nutritional status.

Studies have shown that children AND adults who eat breakfast are generally healthier, more efficient, are faster at making decisions and are physically more sound. Without breakfast, research has shown that fatigue sets in earlier, irritability is increased, work output is reduced and all reaction time slows down. If breakfast doesn't appeal when you first arise, take something with you to eat on the way to work or school or during your first break. A good nutritious breakfast doesn't need to include typical "breakfast" foods, but a good protein source along with carbs and healthy fat is the way to go.

Here are a couple ideas to get you started.

Both go great with a smoothie.

BRENDA'S BREAKFAST MUFFINS

1/4 cup canola or vegetable oil
1 ripe banana
1/2 cup brown sugar
1 cup all-purpose flour
2 teaspoons baking powder
1 teaspoon baking soda
1/4 teaspoon salt
1 cup lowfat buttermilk
1 egg (or 1/4 cup egg substitute)
1/3 cup oat bran
1/3 cup oatmeal
1/3 cup wheat germ
1 cup blueberries (or chopped pear, peaches, cranberries or whatever favorite fruit you have on hand)



In a mixing bowl, combine banana, brown sugar, flour, baking powder, soda, and salt. Add buttermilk, egg, oatbran, oatmeal and wheat germ. Mix lightly to moisten. Stir in blueberries or other fruit. Fill muffin tins (sprayed with pan coating spray) 3/4 full. Bake at 375 degrees F for 18-20 minutes or until a toothpick inserted in center comes out dry. Share and enjoy!



OATMEAL APPLESAUCE BREAKFAST BARS

1/2 cup butter or margarine
1/2 teaspoon salt
1 cup brown sugar
1 teaspoon baking soda
3 cups oatmeal (uncooked)
3/4 cup nonfat dry milk powder
1 teaspoon cinnamon
1 & 3/4 cups flour (can use part whole wheat)
1/4 cup - 1/2 cup water
1 & 1/2 cups applesauce

Beat together margarine (or butter) and brown sugar until light and fluffy.
Add combined flour, cinnamon, salt, baking soda and dry milk and mix well. Stir in oats.
Add enough water until mixture is moist enough to press together.
Press half of crumb mixture onto bottom of a 13" x 9" baking pan that has been sprayed with pan coating spray.
Spread applesauce on top.
Sprinkle lightly with additional cinnamon, if desired.
Crumble remaining crumb mixture evenly on top. Bake in a preheated oven at 375 degrees F.
about 25 - 30 minutes or until golden brown.
Cool and cut into squares.



Nutrition and Running By Sally Berry

MA RD CSSD ISSN

Commitment time... again Reset Your Attitude

It's that time of year again. The time when we reset our clocks, our goals, and make a fresh start. Are you wanting to be committed to your goals for this coming year? Before jumping in, I suggest that you STOP! Don't make goals yet. Usually resolutions last about three weeks.

I try to reevaluate my personal goals each year. I typically follow through with most goals. But, I have to admit, there are often goals that are not accomplished. That is why the beginning of the year is so wonderful... I get to reset goals and erase the past mistakes. This year plans to be a big one for goals. I have fitness and health goals, leisure goals and business goals. It's amazing to me how nutrition AND how my attitude toward healthy eating and helping clients has changed over the years. I have seen more clients seek awareness in "where our food is coming from" and safety concerns of our food supply. I also see environmental issues come front and center as a hot topic. I truly believe that food will be our next big global issue. I have been seeing more individuals in my practice with complex needs - including athletes! Remember when carb loading was the only nutrient topic considered important? I have seen athletes with increases in food sensitivities, more demand for integrative and functional nutrition, more electrolyte and vitamin problems, and more need for biochemical testing to find root causes of problems, genetic testing for nutrition. I have seen more endurance athletes with specific goals of gluten free, vegan, Paleo, metabolic efficiency, detoxing and more complex weight and eating issues. To this end, I continue to update, research and add information. My goal is still to simplify the ongoing bombardment of conflicting messages that we constantly receive from media and friends. I believe that nutritional needs are individualized - that your needs are not the same as your neighbors. But, the need to stay healthy and reset is priority for everyone! Here are my NEW Year suggestions for you:

New Year Guidelines for Healthy Eating

To prevent relapse into the SAD (standard American diet) eating plan, start your evaluation now. The way you eat and your food "attitude" can be as important as what you eat. Here a guide to help you with the 2013 commitment.

Take time to figure out the "WHY's. Why do you want this? Is it appearance, inner strength, fatigue or decrease pain? Would you like to Increase skills in a sport or favorite activity or increase performance?

What is the problem? Do you struggle over control of what you eat. Is food preventing you from reaching your other health goals. Are there potential food sensitivities. Are you on nutrition information overload? Do you lack focus or commitment? Time for a detox?

What are you willing to invest? Are you willing to invest your time? Invest financially? Are you ready to change? What are the benefits of action? What are your barriers from moving ahead to commitment? What is your sacrifice?

Start Action. Make a plan. Set a time line with deadline dates.

Educate. Know the source of your food. Know what to eat.

Chose whole fresh foods.

Prepare for taste. Food needs to be enjoyed. That means, looks good, seasoned with real sources of fresh herbs, spices.

Eat mindfully and enjoy. Eat at a slow moderate pace until you are "just satisfied" and not overfull. Chew your food consistently and eat slowly! This will help with digestion and increase absorption, preventing gas, bloating and poor digestion.

Do not be distracted by TV, computer, driving, texting, etc. while eating. This will help improve satisfaction of the meal... also aids with digestion!

Do not wash foods down with liquids. Drink water between meals but chew and eat during meals.

Drink water between meals. Hydrate frequently. This is especially important for the endurance athlete. This is NOT over drinking, just mindful practices of drinking.

Digestion is best around noon. It is best to eat your largest meal mid day rather than the evening, which should be a lighter feeding.

Allow about three hours between meals for food to digest. Avoid grazing. When you need a snack, think about healthy food choices rather than sugared drinks are special "protein or sports bars"

There's much more... but this is just the reset. Team up with the best of the best start for 2013! Focused on your personalized nutrition with a wellness and integrative approach. Invest in your root causes of nutrition through testing and the right integrative approach Who is on your "team"?

Fuel Your Body... For Life!

www.ebodyfuel.com





SIX FOR SIXTY !!!

By Sandi Weston



To celebrate turning 40, I decided to run a marathon. I ran Kansas City back in 1993 when it started at Midwest Research Institute and ran through nine cities before finishing back at MRI. When I turned 50, I vowed to qualify for Boston. After two 6-minute misses at both St. George and Chicago, I finally qualified at Las Vegas and was able to run Boston. So what to do at age 60? Why not run 6 marathons?

I started with Rock and Roll Phoenix in January. Karen Raymer and I flew to Phoenix and stayed with part-time Kansas City residents, David and Cindy Quiarte. The weather was great: mid-50's and overcast. It only sprinkled a little at the finish.

In February, my husband John and I drove to Knoxville, TN to visit my parents. We had convinced them to drive to Birmingham AL for me to run the Mercedes Marathon. Wouldn't you think that Birmingham would be moderate temperatures even in February? Not so. Temperatures at the start were predicted to be in the high teens. I lucked out and it was low 20's. Colder than back in KC and the coldest marathon I've ever done. I never dropped my jacket or gloves or headband.

In March, Karen and I drove to Little Rock where we met lots of fellow Kansas Citians. Little Rock was my third marathon in 48 days and I learned that I officially qualified to be a Marathon Maniac! I also learned that I was ready for a little break.

In August, John and I and Kelly and Mike Pfannenstiel drove to Wausau WI to do their inaugural marathon. It was very small and very hot! But Kelly, Mike and I all placed in our age divisions!

In September, John and I drove to Colorado Springs to visit our niece and her husband who are stationed there. They drove with us to Denver for the Rock and Roll Marathon. Although I was apprehensive about the altitude, it did not seem to have an effect.

The extra days in Colorado Springs must have helped. The last marathon was Des Moines. Mary and Bud Haley and Nic and Sarah Sanders made the trip, too.

Mary did the marathon, Nic and Sarah did their second half of the weekend – they did Kansas City the day before! The hills were physically challenging in the first part of the race, but not too different from our training in Kansas City. The flat loops around the park and lake in the last miles of the course were mentally challenging. Although my time was slower than I wanted, I still got another 2nd place age group finish.

It has been a wonderful way to celebrate a milestone birthday especially with all the help and support of all my friends and family with me all the way. I can't even pick a favorite.

There's not one marathon I wouldn't recommend; they all have unique qualities that make them special.



**Sandi and Kelly Pfannenstiel
from mile 1 at Wassau**



**John & Sandi
Weston**



RNR Phoenix Gang! Lorrie Neppi (from St Joe, MO but lives in CO now), Tom Neppi, Cindy Quiarte, Sheila Vadovicky, Sharon Smith, Karen Raymer, Vanessa Fromm, & Mary Bauer back row. Front row: Dave Quiarte and Sandi !

2012 Dude, Where's the Trail?

8AM SUNDAY NOVEMBER 25, 2012

RACE DIRECTOR - LOU JOLINE

AN AMUSING 50K SOLO TRAIL RUN AROUND
2 LAKES IN JACKSON COUNTY

CAN ALSO BE RUN AS A TWO PERSON RELAY.

OPTION: 33K (20.7 MILE) 3-LEG BILL SMITH SAMPLER
(LEGS 1,2,6). ALL DISTANCES APPROXIMATE,
ONE GREAT BIG LOOP, SEE BISON, ELK, TURKEY,
AND..... OTHER STUFF

No course maps or course descriptions are available before
packet pickup. Finish times range from
5 hours to over 10 hours.



LOU JOLINE



Photos by: Seekcrun.com - Dick Ross



Kansas City Track Club presents Brew To Brew



Run from Boulevard Brewery to Free State Brewery

A point-to-point 44.4 mile relay or solo race consisting of 10 legs of about four miles each.
Includes 18 miles of dirt or gravel, the rest is the shoulder of the road, part pavement, part gravel.
Teams may have anywhere from 2 to 10 persons running.
Solo Run on Sat. April 6th and Relay and Solo on Sun. April 7th.



www.brewtobrew.com and follow us on Facebook!

Westport St. Patrick's Day Run

Name: _____

Gender: _____ Age on Race Day: _____

Address: _____

City: _____ St: _____ Zip: _____

Phone #: _____

Email: _____

Shirt Size Adult - S - M - L - XL (circle one)
(no guarantee for shirts after Feb. 22nd)

Entry Fees

Through Feb 22nd

4 Mile Run - \$25
KCTC Member - \$22
Kids Fun Run - \$10

Through March 7th

4 Mile Run - \$30
KCTC Member - \$27
Kids Fun Run - \$10

Packet Pickup & Race Day (March 8 & 9)

4 Mile Run - \$35
KCTC Member - \$32
Extra Shirt \$9 Adult - S - M - L - XL

*Online Registration closes on March 5th at 11:59pm.

Mail Form & Payment To
KCTC
3965 W 83rd St. #234
Prairie Village, KS 66208



Event Waiver:

I know running is a potentially hazardous activity. I will not enter or run in this event unless I am medically able and properly trained. I agree to abide by any race official decision relative to my ability to safely complete the run. I assume all risks associated with running in this race including, but not limited to, falls contact with other participants, the effects of weather, heat, humidity, condition of the road and traffic. All potential risks are known by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application, I, for myself and anyone entitled to act on my behalf, waive and release the Westport St. Patrick's Day Run, all sponsors, their representatives and successor from all claims of liabilities of any kind, including any claims arising out of negligence of aforementioned parties. I grant permission to all of the foregoing to use any photographs, motion pictures, recording, email or any other record of this event for any legitimate purpose.

Register by Scan

Date: _____

Sign: _____

(Parent or Guardian must sign for participants under 18)

18 **WESTPORT** 33
KANSAS CITY RUNNING



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35TH ANNUAL



10 AM
MARCH 9, 2013
WESTPORT ROAD & PENNSYLVANIA AVE
www.stpatricksdays4milerun.com



Lou's Cartoons In Living Color

By Lou Joline

RUNNING WITH GRANDAD, by Henry

"DUDE, WHERE'S THE TRAIL?"

Are we going to run in the woods today Gramps?

Yes, we are training to win the 2013 "Dude, Where's the Trail?" by knowing the course and the quiz questions like the palm of our hand.



Stand still Gramps while I pull out these quills, who would have thought that the Cactus trail has CACTUS? Sliding down that bank was a bad idea.



Most years there is a question about the elk, like what do they eat?

Don't feed the Elk or Bison Grain or bread

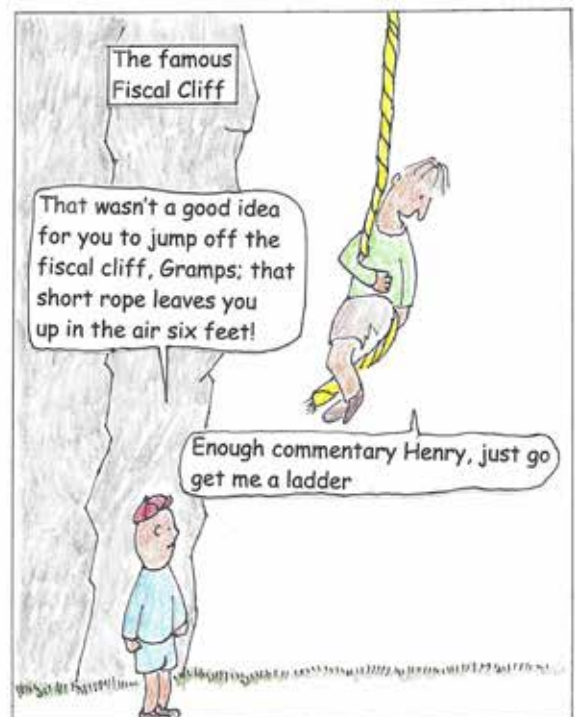
Well, we fed that guy popcorn!



Look Gramps, a graveyard here in the woods. "1856" on this stone, I wonder what they died of back then?



Texting while driving their team of horses, Henry, just like today!



**The 38th Annual
MARA Chili Run
and
Awards Ceremony
Saturday
December 8, 2012
10:00 a.m.
Wyandotte County Lake
Shelter House #1**



The 38th start of a challenging 6.5 miles around Wyandotte County Lake





Participants enjoying some chili and conversation.



2 Guys & a Grill - Dan & Dalton serving up some hot, tasty chili !



- Bring old shoes, trophies, awards and cash donations to be distributed to local charities.
- The Chili Run is designated as a fund raiser for the Jack Boyer Fund.



John Ford is the overall winner with a time of 42:14.



Karen Hyde is the 1st female finisher.



Women 1st place Grand Prix winners : Cindy Cameron, Karen Hyde, Kathleen Johnson, Susan Robinette, Janice Young-Miller, Ann Nelson and Mary Otte.



Men 1st place Grand Prix winners: Mike Hake, Tim Hodges, Jeremy Garrett, Ken Moran, Mark Westfall, Jimmy Stanziola, Gayle VanDume and Lou Joline.

Photos provided by Keith Raymer & Howard Nies



Ralph R. Hall M.D.

***Professor of Medicine Emeritus
University of Missouri at
Kansas City School of Medicine
Fellow American College of Physicians
Fellow American College of Sports Medicine***

THE SHORTAGE OF PHYSICIANS AND THE QUALITY OF CARE

Have you wondered why you can't make an appointment with your physician for weeks? Does he just have more patients or is he working less hours?

According to recent data more than half of all physicians are now employed by the government, hospitals, universities or health care corporations. (JAMA, 2012;12;1261-2). Most of this change in physician practice has occurred in the last 10-15 years. The rate of change has been dramatic the past 5 years.

In the 1990's the majority of physicians were working, at least, 65 to 75 hours a week. They had to work 40 hours per week just to cover their fixed costs. However, when the physicians practice was bought by a hospital in almost every case the physician bargained not to take night calls and worked fewer hours per day.

There are over 400,000 thousand physicians and more than 200,000 are now employed in positions that entail 40-50 hours per week. Let us estimate that 100,000 have become employed in the last 10 years. They are now working about 20 hours less a week. That calculates to 2,000,000 hours per week not available for patient care.

Depending on the number of physician work hours you use to calculate the number of physicians the 2,000,000 hours represents the change in the number of physicians now available for health care calculates to between 25 thousand to 35 thousand less physicians. If we assume they were working 65 hours per week it represents 30,795 physicians.

In addition to these figures, the fact that there are a number of physicians retiring early because of the costly mandated regulations to purchase electronic medical records systems and the frustration with the overly regulated medical care system..

One of the factors leading to early retirement is the change in the expense for managing an office practice. Overhead costs in the 1970s were around 30% of the gross income. By the 1990s it had risen to 70% or more depending on the number of Medicare and Medicaid patients were cared for. Adding to the manpower problems, the number of hours physician residents in training can work has been markedly reduced. As a result, it has required that full time physicians must be hired to care for hospitalized patients.

The Affordable Health Care Act has been criticized because there will be more patients requiring care but that there were no plans to increase the number of physicians. The fact that we have already lost a significant amount of physician manpower has gone unrecognized. The demand for physician time is going to dramatically increase.

There has been much written about the use of regulations to increase quality. However, there is still no satisfactory definition of quality or standards of medical care. One obvious observation, however, is that when demand goes up, costs go up and quality goes down.

PARTING THOUGHT:

Some people take time off to find themselves—but self isn't something one finds—it is something one creates—

Thomas Szasz

MOTIVATION FOR THE MILES

“Don’t be afraid to take a big step if one is indicated. You can’t cross a chasm in two small jumps.”

David Lloyd George

“The number of miles I have run since I was a toddler would have taken me around the world several times, and I still cannot define precisely my joy in running. There is no sacrifice in it. I lead what I regard a normal life. In my case, I thoroughly enjoy running 100-odd miles a week. If I didn’t I wouldn’t do it. Who can define happiness? To some, happiness is a warm puppy or a glass of cold beer. To me, happiness is running in the hills with my mates around me.”

Ron Clark

“Accept the challenges, so that you may feel the exhilaration of victory.”

General George S. Patton

“In general, any form of exercise, if pursued continuously, will help to train us in perseverance. Long-distance running is particularly good training in perseverance.”

Mao Tse-Tung

“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

“It’s a funny thing about life: If you refuse to accept anything but the very best you will very often get it.”

W. Somerset Maugham

“With Coach Vin Lananna, there’s much improvisation during a workout. He’ll always ask, ‘How do you feel?’ and if I’m looking good, then the workout gets harder.”

Bob Kempainen

“Paralyze resistance with persistence.”

Woody Hayes

“There is a great advantage in training under unfavorable conditions. It is better to train under bad conditions, for the difference is then a tremendous relief in a race.”

Emil Zatopek

“I don’t train. I just run my 3-15 miles a day.”

Jack Foster

“He is great who can do what he wishes; he is wise who wishes to do what he can.”

author unknown

Someone once reportedly asked Jack Daniels, coach of Div. III women’s cross country about what kind of training was currently most popular among distance runners. Daniels simply responded: “Overtraining.”



2012 High Noon Saloon's Run Rudolph

**Having Fun
on Rudolph's
Red Nose
Run !**



Photos by: Seekcrun.com - Dick Ross