# Master Pieces

Magazine of Mid-America Running Association July - August 2014 www.mararunning.org

643

# Master Pieces JULY - AUGUST 2014

#### Magazine of Mid-America Running Association

#### www.mararunning.org

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

> Cover Photo: Start of the 41st Hospital Hill Run Kansas City, MO

> > Photo Provided by: Beth Salinger





GOTTA RUN!



By: Renee Kidwell

A number of years ago, I received a T-shirt for my birthday which has come to be one of my all-time favorites. There are only two simple words "GOTTA RUN" with a small logo (Pair of running shoes) on the front. Those two words however, are quite profound and often the exact course of action I both need and desire to take.

After thirty plus years in the sport, running has definitely become and remains: a source of true enjoyment, major stress release, mental therapy, creative idea time, and my drug of choice. I sure can feel and see the effects of daily pressures, busy schedules, multiple life demands on mind and body when I go too long without a good run or cross-training workout. That's when I tell myself – 'You have got to go for a run today no matter what!' No excuses, don't worry about the weather, don't just TRY.. to fit

it in your schedule if possible. Quite the opposite – make your schedule fit and feel better after you've had a few relaxing miles out on the trail.

Just as we perform daily activities better physically and mentally with good nutrition and dietary habits, I know many perform better physically,

mentally and socially with those good healthy exercise habits. Yep, for me, there are those days that saying I *need* to go for a run just don't cut it. –I politely excuse the 'to do' list and say: Sorry, but first I've "GOTTA RUN!"

Maybe that's exactly what you need to do today - Maybe you just -Gotta Run - Gotta Bike - Gotta Walk Gotta Swim - Gotta Hike Lets go! - See you out there !!

#### New MARA Members and Sustaining Memberships are listed on page 5

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#### KANSAS CITY'S HOSPITAL HILL RUN RETURNS FOR ITS 41ST YEAR WITH AN ALL NEW TRADITION!

Almost 9,000 'conquer the hill' twice in the all new Hospital Hill Re-Run

Kansas City, Missouri (June 7, 2014) – With the move of the UMKC School of Medicine 5K, Hospital Hill Runners found themselves with a new challenge – the Hospital Hill Re-Run, an opportunity to participate in both the 5K race distance in addition to the 10K or half marathon distance. 1,000 participated in the Re-Run on Saturday and a field of almost 9,000 participated in the weekend's festivities overall.

After a short delay and under rainy conditions, Brad Chronister of Rolla, MO won the men's half marathon race with an impressive time of 1:10:59 and United States Army Captain Kelly Calway of Fort Leavenworth, KS won the women's race in 1:23:59.

In the men's division, Justin Garrad of Liberty, MO placed second with 1:11:44 and Aaron Davidson of Lenexa, KS placed third with 1:14:11.

Lindsay McDonald of Parkville, MO placed second with 1:26:31, in third place was Melanie Franke from Lee's Summit, MO in 1:28:53.

The Hospital Hill 10K winners were Benson Cheruyiot from Sun Prarie, WI with a time of 32:28 and Olivia Franklin from Kearney, MO with a time of 41:34.

Winners of the UMKC School of Medicine 5K were brother and sister, Derek Lee from Clinton, MO with a time of 16:12 and Nicole Lee from Clinton, MO, coming in at 18:39. Running always takes a great deal of commitment but this year two runners took that to the next level with a wedding atop Trinity Hill. *Runners Cyndi Smith and Ray Franks* of Blue Springs, MO exchanged nuptials at mile 12.5 of the half marathon before crossing the finish line together.

We hope to see them on their anniversary!



About The Hospital Hill Run

Hospital Hill Run is the oldest road race in Kansas City. First held in 1974 with a field of 99 runners, Hospital Hill Run grew in size and stature in the ensuing years to the point that it was named one of the top races in the country by Runner's World magazine. Competitors included such running legends as Olympic gold medalists Frank Shorter and Billy Mills and running legends Bill Rodgers and Jim Ryun, as well as over 100,000 ordinary Kansas and Missouri citizens running for the challenge, fun and fitness. As a long-standing Kansas City event, the event has kept up with the changing running community by altering the run's distance, adding premium items, and electronic timing. However, the focus has always been on the athlete and their experience as well as promoting healthy lifestyles. The Hospital Hill Run is a non-for-profit organization run by a Board of Directors made up of very special people from within the Kansas City business community and a Race Director. The first run was in 1974 with 99 participants. Hospital Hill Run is proudly sponsored by the following local partners: UMKC School of Medicine, Crown Center, Blue Cross Blue Shield of Kansas City, O'Neill Honda, Quest Diagnostics, Advanced Chiropractic, Image 360, Garry Gribble's Running Sports, Panera, Sports Radio 810, ESPN 1510, WDAF-TV, Life 88.5, The Pitch, Garmin, Gatorade, Hiland Dairy, Southwest Dairy Farmers, Sheraton Crown Center, Shook, Hardy & Bacon, Sporting KC, The Roasterie and Milano.

> Beth Salinger Hospital Hill Race Dirctor



Brad Chronister wins the Men's Half Marathon in 1:10:59



Kelly Calway wins the Women's Half Marathon in 1:23:59



Benson Cheruyiot wins the Men's 10K race in 32:28



Photos provided by Beth Salinger



#### 8 a.m. • October 12, 2014

Johnson County Community College 12345 College Blvd., Overland Park, KS

#### Making strides for scholarships!

Some organizations dream about changing lives. At JCCC, changing lives becomes reality.

Students start at JCCC because of the value it provides, not just in cost per credit hour, but in small faculty-student ratios and extensive student support services. Scholarships help pave the way for this success.

Participate in Lace Up for Learning 5K Run-Walk or make a direct donation. Proceeds from this event support scholarships for JCCC students.

#### Participants receive:

- Chip timing
- T-shirt
- Special team pricing
  Age group awards
  Food and beverages
- Special gift for all finishers
   F



# Join JCCC's president at the event!

Joe Sopcich, JCCC's president, plans to participate in Lace Up for Learning both as a runner and a sponsor. He challenges you to participate, too. For each participant who finishes ahead of President Sopcich in the run, he will donate \$1 for JCCC scholarships.

Register online: www.jccc.edu/laceup5k



#### Barnyard Boogie 10K, 1 & 2 mile

This year's Barnyard Boogie in Blue Rapids on July 13th is going to be dedicated to Roger Seemater. Roger is in his early 40's and he's the one who has logged everyone of the Boogies, up to now. He is also a very active participant in many local road race events and has also logged quite a string of Lincoln Marathons and other close-by ones. He's completed several ultras and is always such a game participant in trail runs in the area. A very unassuming lad but always persistent when it came to his running. In the past year to 18 months, Roger has been diagnosed with ALS and it is really starting to debilitate his body. To date, he has lost his ability t speak and is slowly losing much of his body structure. His wife, Coleen, has been in touch with the race director of the Barnvard Boogie and she had a request in to design this year's shirt and also come up with ideas for the little unique wooden award that all runners are given there. They are small farmers just on the outskirts of Marysville and she also operates a day care center.

I had called Duane Iles (the former race director who moved to Holton) and we have been in conversations with Ken Stienfort (the NOW director) and Coleen, and it has been agreed that, as a surprise, with Roger present, they are going to (forever) name the Boogie 10K "The Roger Seemater 10K Road Race".....I guess the reason for this is to first; keep Roger in your prayers. of course, as this is a truly sad condition to witness, and secondly; to have you kind of spread the word around regarding this year's run so that there could be a nice number of participants there for him. I will try to have some entry forms with me when I come to Alert and perhaps an informational poster. As I indicated earlier, we are going to do our best to keep this from Roger.

#### Thanks so much and we'll see you later this month."

Truly, Ron Grauer

> Race Location: Town Square Blue Rapids, KS This race distance: 10K, 1 & 2 mile run small hills, gravel roads

#### Karen's Column By Karen Raymer

**President of MARA** 

#### July/August 2014

When you are into fitness, whether it be running, bicycling, walking, swimming and any other sport, you usually are socializing mostly with people who have the same interests. You get used to seeing healthy people, the old saying "birds of a feather, flock together" comes to mind. When you are mostly around healthy and active people, you sometimes forget that the rest of world is not even close to that!

Being from the baby boomer era, I had one of the largest graduating classes in the Kansas City school district in 1967. We had a class of almost 700! I have lived all of my adult life in the Kansas City area. One would think that I would run into fellow classmates, but I very rarely do. That being said, in the last two weeks, I have run into two different people from my class, at different times and places.

I was very shocked when I saw them, they recognized me, I would never have recognized them. Both were very overweight and in pretty bad shape. After visiting with each of them, I learned that each one of them had some pretty serious health issues. Each one of them said how they had wished they had taken better care of themselves when they were young. They also told me about others from our class that had passed away and others that also were fighting health issues. I realize that some deceases are in our DNA and cannot be avoided, no matter what we do. But it just behooves me when people knowingly do nothing to try to live a healthier life.

I have the same situation within my own family. I have siblings that are overweight and have some pretty serious health issues. All of my siblings smoke, only my older sister, finally quit, but has lasting health issues from the decades of smoking. We grew up in the same household, so why is that I never smoked, never ate badly, exercised regularly for as long as I can remember? This is one of those questions I ask myself from time to time. It does make me depressed to see my siblings in such bad health.

I have never been someone who tried to "push" my life style on anyone else. I have always been of the mind that if you live a healthy life, others will see and want to do what they can do to be healthier.

I realize that I am "preaching to the choir" here, but I am sure that most of you have found your selves in similar situations. It makes me even more convinced that the decisions I made as a young person, to live a healthy life, was one of the most important in my life.

Wishing you healthy and happy running and/or walking.

Kareu

#### Sustaining MARA Members

Anna & John Allen Lexa Alley Diane Bahr Dee Boeck & Gene Wee Dave Boone Mary Boyce & Mary Desch Herbert & Janet Brown Rainey Cadenhead John Cookinham Bill & Judy Dalton Mike & Jo Faulconer Charles & Mary Haley Alan & Robin Higley Wayne Hobelman Rick Hogan Ben Holmes Terry & Keith Mann Ed McCay Kent & Carolyn Mitchell Haryy Moeller Ann Nelson Russ & Rosalie Niemi Howard Nies Brett & Gay Purcell Karen & Keith Raymer Barb Rinne & Family Gretchen & Stevan Ryan Garth & Nancy Smith Richard Stainbrook & Family Marla Thompson Kermit Trout Doug Van Auken Sandra & John Weston Tim Wigger Eugene & Marsha Wren UltraMax Sports

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

		ospital Hill 1/2					
		ndgren (miker	unkc@gr			or corrections	5
Male	20-24			Female	20-24		
	Michael	Zinser	14		Kathryn	Brake	28
	Ryan	Hahn	10		Lindsey	McDonald	19
	Dalton	Moberly	10		Melanie	McVay-Franke	15
	Dane	Goodman	10		Brittney	Scott	10
	Zach	Hames	10		Jennifer	Ewan	10
	Tanner	Christensen	10		McKayla	Beattie	10
	Max	Storms	10		Tina	Keehn	10
	Nolan	Lewis	10		Lauren	Robertson	10
	Paul	Lord	10		Lucy	Daldorph	10
	Josh	Baden	10				
Male	25-29			Female	25-29		
	Aaron	Davidson	14		Angie	Nygren	20
	Matt	O'Reilly	12		Rebekah	Phelps-Roper	10
	Seth	Kutikoff	10		Amber	Sargent	10
	Lee	Dixon	10		Bethany	Kruger	10
	Brian	Winterringer	10		Shaylene	Caffey	10
	Travis	Vanderberg	10		Kim	Reed	10
	Daniel	Kirwa	10		Kassidy	Chen	10
	Jimmy	Balough	10		Meredith	Parks	10
	Yonas	Mebrahtu	10				
	Derek	Bush	10				
	Elisha	Bears	10				
	Brad	Chronister	10				
Male	30-34			Female	30-34		
	Joe	Moore	20		Maeluen	Gruman	12
	Adam	Moos	20		Amy	Schmitz	11
	Silverus	Kimeli	15		Kathrvn	Merrill	10
	Jeremy	Hammer	15		Aimee	Truetken	10
	Kyle	Schults	10		Jennifer	Baldwin	10
	Jack	Curran	10		Julie	Thornton	10
	Jack Matthew	John	10		Kate	Chettle	10
			10		Rate Britni		10
	Neville	Miller				Jarvis	
	Cameron	Cummings	10		Sarah	Gauld	10
					Sarah	Gibbs	10
A . I .	05.00			Fam. 11	Kelly	Calway	10
lale	35-39	Links d	40	Female	35-39 Dashal	Liene :	~
	Jason	Holbert	18		Rachel	Hoger	22
	William	Kershner	14		Valerie	Hughes	12
	Jerry	Pullins	14		Valerie	Thompson	10
	Eric	Graham	12		Robyn	Stone	10
	Scott	McVey	10		Michelle	Wheeler	10
	Drake	Vidrine	10		Christy	Nielsen	10
	Jeremy	Garrett	10		Catherine	Clutter	10
	Mark	Thompson	10		April	Calaway	10
	Randy	Wasinger	10		Ashley	Shores	10
	Bryan	Domingo	10		Marianne	Stone	10
	Todd	Wilson	10				
	Kevin	Gotfredson	10				
Nale	40-44			Female	40-44		
	Ken	Moran	20		Michelle	Andrew	28
	Drake	Vidrine	12		Tracy	Musolf	16
	Michael	Langston	10		Meagan	Ridgeway	12
	David	Cole	10		Lezlee	Jones	10
	Pedro	Esteban	10		Sharon	Ice	10
	Matt	Stegman	10		Julie	Stein	10
	Sammy	Kiplagat Cher	10		Jennifer	Lyon	10
	Brian	Cole	10		Erica	Radil	10
	Michael	Carlson	10		Annie	Lee	10
					Maureen	Lee	10
Male	45-49			Female	45-49		10
	Carlos	Vasquez	26	. emale	Cindy	Cameron	30
	Mark	Westfall	20		Jennifer	Oprisu	20
	Mark	Fuchs	25		Joann	Shipps	16
	Jeff	Holzbeierlein	17		Angela	Eberly	10
	Marvin	Mastin	17		Nancy	Hill	10
		wastin	14		Deborah	Demars	10
		+					
Mal:	E <i>4</i>			Forme!-	Katherine	Hirschi	10
Male 50-		Morriger	20	Female	50-54	Lludo	0.0
	Pat	Merrigan	38		Karen	Hyde	38
	Ken	Cameron	24		Cindy	Deprenger	10
	Gary	Mundhenke	12		Kathleen	Johnson-LS	10
	Terry	Seiter	12		Janice	Louden	10
	Leigh	Myers	10		Debra	Torneden	10
	Kent	Friend	10		Wanda	Toro	10
	Brett	Schubert	10		Rebecca	Steven	10
	Marc	Keys	10				
	John	Wilp	10				
Male 55-	-59			Female	55-59		
	Rob	Harber	40		Kathleen	Johnson	39
	Brian	Daldorph	38		Amy	Shortall	26
	Jimmy	Stanziola	27		Anna	Allen	23
	Michael	Robins	20		Pam	Bertels	15
	Greg	Schultz	14		Kim	Olson	12
	2.29	50L			Pam	Perica	8

Male 6	60-64			Female	60-64		
	Bruce	Gilbert	44		Sandra	Weston	26
	Gayle	Van Durme	35		Sharon	Costello	18
	Dan	Kuhlman	30		Dee	Boeck	18
	Craig	Willemsen	14		Sharon	Hall	10
	Joe	McCarthy	11		Diana	Fitch	10
	John	Ball	10		Joann	Heap	10
	Jack	Uhrig	10		Nancy	Pence	10
					Linda	Cole	10
					Pam	Perica	10
Male (	65-69			Female	65-59		
	Tim	Wigger	36		Susan	Robinette	32
	Jeff	Behrens	30		Jean	Garber	20
	Larry	Rink	22		Paula	Labart	18
	Tom	Snook	19		Mary	Haley	16
	Robert	Fernandez	18		Donna	Romans	14
	Rick	Hogan	16		Holly	Smith	13
	Kermit	Trout	14		-		
Male 7	70-74			Female	70-74		
	Eugene	Wren	46		Mary	Haley	36
	Garth	Smith	39		Suzie	Turner	27
	Ron	Grauer	15		Judy	Hammond	14
	Bill	Perry	14		Sylvia	Taylor	12
	Richard	Carlson	12		Marcile	Lewis	10
					Verna	Troutman	10
Male 7	75-79			Female	75-79		
	Herb	Brown	62		Ann	Nelson	60
	Donald	Hughes	12		Beverly	Lewis	ç
	Lee	Minor	10		Carolyn	Mitchell	8
	Carl	Vansant	10		Shirley	Doering	8
	Paul	Hoopes	10		Suzanne	Roberson	7
Male 8	30-84			Female	80-84		
	Lou	Joline	50		none		
Male 8	35+			Female	85+		
	none				Mary	Otte	10



#### 2014 MARA GRAND PRIX Schedule

1-18

1-26

2-08

3-15

4-05

4-12

4-27

5-03

5-26

6-7

6-29

7-04

7-12

8-02

8-09

9-01

9-07

9-14

10-18

11-02

11-08

Top. to Auburn 1/2 Marathon Groundhog 10K Sweetheart Shuffle 5K Mrs. Robinson Romp 5K Trail Run for Life 10 Miler-race cancelled, will not be replaced Rock the Parkway 1/2 Marathon Trolley Run 4 Miler KS Heart and Sole 10K Amy Thompson 8K Hospital Hill Half-Marathon Double Road Race 5K & 10K Lenexa Freedom Run 10K Eudora Horse Thief 5K KC X Country Challenge 5K Farmstead Challenge 5K Leawood Labor Day 5K Broadway Bridge Half Plaza 10K Kansas City Marathon Cliffhanger 8K UltraMax 15K



### 2014

# MARA Grand Prix Scoring System & Rules Mid-America Running Association

- 1. Anyone who runs in any MARA Grand Prix race at any point in the season and who places in the top 5 in their age group is automatically a part of the circuit. Standings are updated and published in Masterpieces magazine and on the MARA website: (www.mararunning.org) as the season progresses.
- 2. Active MARA membership must be in place by Dec 1 to receive final recognition and awards at Chili Run – no exceptions. (membership forms are available online at www.mararunning.org and at local specialty running stores).
- 3. Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4. Scoring is 5 deep in each 5 year age group except as noted in item 5.
  - \* 10 points for 1st place
  - \* 8 points for 2nd place
  - \* 6 points for 3rd place
  - \* 4 points for 4th place
  - \* 2 points for 5th place
- 5. Trolley Run will be single points, 10 deep (10, 9, 8, 7...)
- 6. Your 10 best race scores will count, with 100 points the maximum score possible, encouraging quality racing over quantity of races.
- 7. Circuit races range from 5 km to half marathon. Road races are run on USATF certified courses.
- 8. Chip time will be used to determine place finish and award grand prix points.
- 9. In any race with more than one distance (such as both a 5K and 10K) there will be only one designated MARA GP race.
- 10. When moving into a new age group during the GP season, points can be scored in both age groups. The age group where the most points are scored is the age group where all points will be added and counted at year's end.
- 11. In case of a tie, the winner will be determined by: 1) head-to-head competition; 2) the 11th best race. If a tie is not broken by these tiebreakers, the tie remains.
- 12. To qualify for year's end recognition and awards you must score points in at least 3MARA GP races.
- 13. Each Mara GP race will contribute 7 free entries. Each 2nd place finisher will receive one free race. The remaining free entries will be divided evenly among 1st place age group finishers.
- 14. The Top Five point finishers in each age group will also receive awards additional to that listed above. Thanks to MARA, our Sponsors and Grand Prix Circuit Races who contributed over \$27,000.00 in prizes over the last four seasons. These are distributed at the Chili Run each year in December. Everyone is invited to participate in the circuit and attend the Chili Run festivities.





#### FOR LEARNING 5K Run-Walk

### 8 a.m. • October 12, 2014

Johnson County Community College 12345 College Blvd., Overland Park, KS

# Making strides for scholarships!

Participate in the Lace Up for Learning 5K Run-Walk or make a direct donation. Proceeds from this event support scholarships for JCCC students.

#### Participants receive:

- Chip timing
- T-shirt
- Special gift for all finishers
- Special team pricing
- Age group awards
- Food and beverages

Cost: \$25 online through Oct. 10 or at packet pick-up on Oct. 11 \$30 on race day, Oct. 12 Special discounts when registering with a friend or as part of a team.

# For more information, visit www.jccc.edu/laceup5k

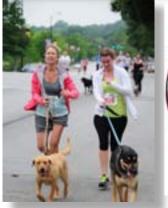














27th Annual DOG-N-JOG

Sunday, June 8, 2014 Country Club Plaza 7am to 10:30am

2 Mile Run + 1 Mile Run + 1 Mile Walk Rain or Shine Register online here or call 913-596-1000 ext. 115 Benefiting The Humane Society of Greater KC





Photos by: SeeKCrun -Milton Siegenthaler and Frank Mance.

About The Humane Society of Greater KC As one of the first and oldest no-kill shelters, The Humane Society of Greater Kansas City celebrates over 100 years of faithful service to the lost, abandoned, and broken pets of the Greater Kansas City area. Our mission is to save and improve the lives of dogs and cats throughout the Greater Kansas City community by providing education, adoptions, preventive veterinary care and spay/neuter services. Each month we save hundreds of animals -- some abandoned and forgotten, some badly injured -- some needing our low-cost veterinary services and some whose time would have been up at another shelter if not for us.

We are a no-kill facility... our work is never done. We cannot accomplish what we do without you!



#### Nutrition and Running By Sally Berry MA RD CSSD CLT

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

### Beat the Heat Nutrition

We are having a very mild early summer in my Midwest location. So you may not be as concerned with nutrition during the hot months as other years. However, I imagine that the weather will get warmer soon or you might be traveling to a hot weather race. Even if neither of these occur, I suggest that you jot some notes about heat related performance nutrition. Many runners will be increasing mileage and intensity while preparing for summer and early fall competition. Ultimately, more calories, nutrients, and fluid are required. I've attached some of the most common questions that I receive in the summer months:

Q: What are the major summers problems that need nutritional attention?

In this order...

\* Dehydration

\* Not enough electrolytes to replace loss (sodium, potassium, magnesium, chloride, etc)

\* Not enough "quick fuel" calories available in the body to give the fuel for long races

\* Eating too many calories resulting in gastrointestinal problems

\* Lack of daily nutrition "training"

Q: What is the most important nutrient for summer training?

First and foremost is water. With the heat of the summer, you will lose more water. Second place comes sodium - which is also lost through sweat. Dehydration of more than 2% of your body weight will affect your performance. As you bump up your training and intensity, more fuel (calories) are necessary to replace the utilized carbohydrate stores. The amount needed is very individualized on your intensity and duration of workouts. It also depends on the weather and daily humidity.

Q: What is the best formula for rehydration in a sport beverage?

Here is where the research is changing from a few years ago. More current information indicates that just as important as getting the fluid, is having the right percentage of sugars and sodium so that your fluid will be absorbed in your body and not stay in your stomach or cause go distress. Hydration can get somewhat complex when you throw marking in the mix. So I'll defer to a researcher who has spent her career researching hydration, Stacy Sims. MSc, PhD. According to Sims, many athletes use the standard 6-8% solution for hydration. This percentage is best for absorbing sugars into your system, but not the optimal for absorbing water. Two sugars often used, maltodextrin and fructose, actually can pull fluid out of the blood and into the intestines. The sugar forms glucose and sucrose generally give better absorption rates. Additionally, the concentration of carbohydrate to better absorb water is less than a 4% solution.

But, your individual needs may vary from this research. This is why it's so critical to test and experiment types of products and quantity to see what works for you.

Generally in the heat, you will burn more calories, sweat out more sodium, and need to replace more fluid. If you are not heat acclimated, then you may struggle more as your body has not adapted. You may want to "quasi" adapt to the heat by wearing more clothing to attempt to adapt.

I hope your running is well fueled and hydrated this summer... and have fun!

Fuel You Body ... for Life! www.ebodyfuel.com







5K RUN/WALK & KIDS' FUN RUN FOR COLON CANCER AWARENESS

# SATURDAY, SEPTEMBER 20





## ColonCancerCoalition.org

# It's more than a race

# GET YOUR REAR IN GEAR KANSAS CITY

# **5K RUN/WALK & KIDS' FUN RUN** FOR COLON CANCER AWARENESS

SATURDAY, SEPTEMBER 20

ORARY CHAIRPERS

ONORARY CHAIRPERSON

RANK & TERESA WHITE



# 2014 Summer Safety Tips

Keep your family safe this summer by following these tips from the American Academy of Pediatrics (AAP).



FIREWORKS SAFETY

Fireworks can result in severe burns, scars and disfigurement that can last a lifetime.

Fireworks that are often thought to be safe, such as sparklers, can reach temperatures above 1000 degrees Fahrenheit, and can burn users and bystanders.

Families should attend community fireworks displays run by professionals rather than using fireworks at home.

The AAP recommends prohibiting public sale of all fireworks, including those by mail or the Internet.

#### PLAYGROUND SAFETY

The playground should have safety-tested mats or loosefill materials (shredded rubber, sand, wood chips, or bark) maintained to a depth of at least 9 inches (6 inches for shredded rubber). The protective surface should be installed at least 6 feet (more for swings and slides) in all directions from the equipment. Equipment should be carefully maintained. Open "S" hooks or protruding bolt ends can be hazardous.

Swing seats should be made of soft materials such as rubber, plastic or canvas.

Make sure children cannot reach any moving parts that might pinch or trap any body part.

Never attach—or allow children to attach—ropes, jump ropes, leashes, or similar items to play equipment; children can strangle on these. If you see something tied to the playground, remove it or call the playground operator to remove it.

Make sure your children remove helmets and anything looped around their necks.

Metal, rubber and plastic products can get very hot in the summer, especially under direct sun.

Make sure slides are cool to prevent children's legs from getting burned.

Do not allow children to play barefoot on the playground.

Parents should supervise children on play equipment to make sure they are safe.

Parents should never purchase a home trampoline or allow children to use a home trampoline because of the risk of serious injury even when supervised.

Surrounding netting offers a false sense of security and does not prevent many trampoline-related injuries

If children are jumping on a trampoline, they should be supervised by a responsible adult, and only one child should be on the trampoline at a time; 75% of trampoline injuries occur when more than one person is jumping at a time..

#### **BICYCLE SAFETY**

A helmet protects your child from serious injury, and should always be worn. And remember, wearing a helmet at all times helps children develop the helmet habit.

Your child needs to wear a helmet on every bike ride, no matter how short or how close to home. Many injuries happen in driveways, on sidewalks, and on bike paths, not just on streets. Children learn best by observing you. Set the example: Whenever you ride, put on your helmet.

When purchasing a helmet, look for a label or sticker that says the helmet meets the CPSC safety standard.

A helmet should be worn so that it is level on the head and covers the forehead, not tipped forward or backwards. The strap should be securely fastened with about 2 fingers able to fit between chin and strap. The helmet should be snug on the head, but not overly tight. Skin should move with the helmet when moved side to side. If needed, the helmet's sizing pads can help improve the fit. Do not push your child to ride a 2-wheeled bike without training wheels until he or she is ready. Consider the child's coordination and desire to learn to ride. Stick with coaster (foot) brakes until your child is older and more experienced for hand brakes. Consider a balance bike with no pedals for young children to learn riding skills.

Take your child with you when you shop for the bike, so that he or she can try it out. The value of a properly fitted bike far outweighs the value of surprising your child with a new one. Buy a bike that is the right size, not one your child has to "grow into." Oversized bikes are especially dangerous.

#### SKATEBOARD, SCOOTER, IN-LINE SKATING AND HEELYS SAFETY

All skateboarders and scooter-riders should wear protective gear; helmets are particularly important for preventing and minimizing head injuries. Riders should wear helmets that meet ASTM or other approved safety standards, and that are specifically designed to reduce the effects of skating hazards.

Communities should continue to develop skateboard parks, which are more likely to be monitored for safety than ramps and jumps constructed by children at home.

While in-line skating or using Heelys, only skate on designated paths or rinks and not in the street.

Most injuries occur due to falls. Inexperienced riders should only ride as fast as they can comfortably slow down, and they should practice falling on grass or other soft surfaces. Before riding, skateboarders should survey the riding terrain for obstacles such as potholes, rocks, or any debris. Protective wrist, elbow and kneepads should be worn.

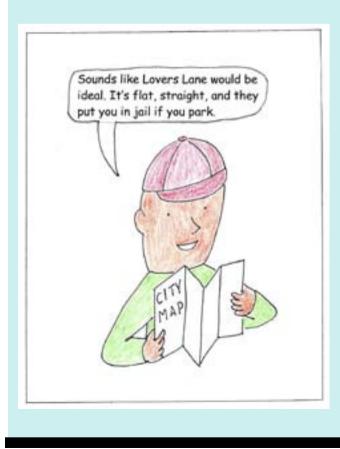
Children should never ride skateboards or scooters in or near moving traffic.

Riders should never skate alone. Children under the age of eight should be closely supervised at all times.



### Lou's Cartoons In Living Color By Lou Joline

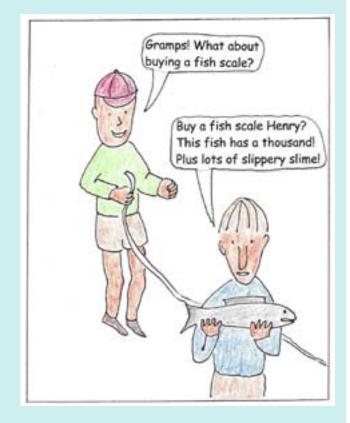
















#### Dr. Robert Sindorf, D.C., M.S.



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

# Good Form Running

**G**ood form can be achieved by any runner if you work hard and have patience. Work on these skills and they will help keep you running for many years to come.

#### Perfect Posture

Make sure you are standing as tall as possible with a straight spine. This makes sure you are not slouching forward with your head and shoulders. When you are running make sure your head is up and you are looking straight ahead of you. Have your arms at your sides with your elbows tucked next to your body and your thumbs pointed upwards. This helps to keep your arms moving forwards instead of side to side.

#### Midfoot Landing

Make sure when you are running your feet land underneath you and not out in front of you. You want to land with almost a flat foot so you are not hitting the ground with only the toes, or the heel. If your feet land in front of you then you are most likely heel striking and over striding. This motion acts like a break and slows you down while also increasing your risk for running injuries. If you land on your toes only then you are running on your forefoot and you can injury your calf or Achilles easily. The goal is to land in the middle of the foot with you foot under your body.

#### Cadence

Cadence is how fast your feet are turning over when you are running. You want a cadence of about 180 strides per minute. Most people run at around 140-150 strides per minute. To increase your cadence an easy drill is to imagine you are running on hot coals. The idea is to keep your feet from staying on the ground for a long time while running light and not pounding your feet.

### Body lean

Lean forward without bending at the waist. The idea is to keep your body straight while having a forward lean at the ankles. This allows gravity to pull you ahead and helps you not spend as much energy. Leaning at the ankles also helps to decrease the strain on your muscles when you are running.

If you enjoyed this training tip follow me on Facebook http://www.facebook.com/drsindorf and stay up to date with all of my training tips.

Dr. Robert Sindorf, DC, MS, ART

#### YOUR RUNNING SHOES - WHY DO THEY CALL IT....? Originally by Karen Hunsaker, from Running Times Magazine



**ADIDAS** - The Adidas moniker comes from a shortening of Germanborn Adi Dassler's name (Adi-Das), who made his first pair of athletic shoes in 1920



**ASICS -** Asics is an acronym for the Latin phrase "Anima Sana In Corpore Sano," meaning "a sound mind and a sound body."



**AVIA** - Originally called Pensa, Greek for "to think", the company name was changed to Avia in 1981, which is Latin for 'flight".



**BROOKS** - Brooks is believed to be a family name given to a Pennsylvania shoe company, formerly known as the Quaker Shoe Company.



**ETONIC -** Charles Eaton launched the Eaton Shoe Company in Massachusetts in the 189's. Eaton changed to the livelier "Etonic" name when the company began makin athletic products.



**NEW BALANCE -** Founded in 1906 in Massachusetts as the New Balance Arch Company, which developed arch supports and orthopedic shoes, New Balance Athletic Shoe Inc. was the result of a move into the handcrafted running shoe market in the 1950's.



**NIKE -** Nike is the Greek goddess of victory. The company's brand name came to employee Jeff Johnson in a dream the night before shoe boxes were to be printed. The forerunner of the Nike name was Blue Ribbon Sports.



**REEBOK -** Reebok has its roots in the 19th-century England when Joseph William Foster made himself a pair of running shoes with spikes. In 1958, two of the founder's grandsons started a companion company they named Reebok (for a species of African gazelle), which later absorbed the original J.W. Foster & Sons.



**SAUCONY -** The name comes from the Saucon River in Pennsylvania, and is an Indian term for "softly running waters." The parent company, Hyde Athletic Industries, Inc., traces its roots to a 1912 cobbler's shop in Cambridge, Massachusetts.



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

#### Endurance training continued ... (Part 2)

S of ar we have looked at the volume of training done at varying intensities but we haven't looked at the individual who is involved in the training.

David Epstein, a former college 800 meter runner and "Sports Illustrated" writer has done this for us in his book THE SPORTS GENE. Epstein reviews the personal stories of some of the world's best athletes. George Dohrmann, Pulitzer prize winner and author of PLAY THEIR HEARTS OUT, says it "is a must read for athletes, parents, coaches, and anyone who wants to know what it takes to be great." Epstein has reviewed the science of sports and genetics in a remarkable, readable manner.

Are the great athletes just genetically different, or are they products of will and intensive training?

What is trainability? One of Epstein's examples is Jim Ryun. According to Epstein, Ryun did little athletically until he was in junior high. He had tried other sports unsuccessfully. He finally tried out for high school track and he ran his first mile in 5:38. His parents urged him to give up track because it seemed too hard for him. He persisted and by the end of his freshman year was one of the leaders on his team. He rapidly developed into an outstanding runner breaking the 4 minute mile record his junior year. During his sophomore year he began running 100 miles a week and his junior year, ran a 3:59 mile. He went on to break records in the 880 yards and the 1500 meters. As a 19 year old freshman at the University of Kansas he ran a world record mile time of 3:51.3

In a previous issue we discussed Dr. Claude Bouchard's family (HERITAGE) study. All participants were exercised at a constant rate of 65% of their VO2max. Remember that some participants did not improve their fitness at all and some others had a 50% increase. The change in fitness tended to be in the same range within families. Were some families fit enough that this exercise intensity was not great enough to elicit a change? Would high intensity interval training have produced different results?.



However, there seemed to be little relation between their beginning fitness and how the participants responded to this intensity of training.

Interestingly, there are high and low responders to resistance training just as there are in endurance training.

Later both the HERITAGE and the GEAR study at the University of Miami demonstrated that there were number of the same genes that were present in the high responders. (High responders are those that improved the most training at 65% of their VO2max.) Their distinct gene pattern did not change when individuals were exercised for a period of time at a high intensity. So these genes were not changed with exercise. There is a wonderful, detailed, understandable, discussion of these studies in "The Sports Gene."

Tuomo Rankinen, one of the scientists in the HERTITAGE study brings up another question. Is there a trainable gene? Some individuals have the genes that are associated with the potential for athlete greatness but how many of those individuals are able to endure the discomfort and effort to reach those levels. How many individuals can run 100 mile a week at the intensity Jim Ryun did? Some of these miles were 10-20 440 yard intervals at just over a 50 seconds pace.

There is another interesting question. It is of note that the young Kenyans run and walk many miles to school etc. Epstein reports that there was a sign that read something like "Buy busses for Kenyon school children so Americans can win a marathon." Jim Ryun had a bicycle and a paper route. He is said to have ridden his bike extensively during the period when he was in grade and junior high schools. Is early exercise a factor in the potential for athletic capability?

Athletic performance has increased dramatically since the 1940s-faster than gene pool could be altered. Thus the improvements that have occurred must be due to increasing amounts and specificity of training. –Read the book!





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### **Roberta's Recipe Resource For Runners**

By: Roberta Washburn, MBA, RD, LD

### **REFRESHING SUMMER SALADS**

We can certainly tell when the hot and humid summer season has arrived! As thefun and weather heats up, our active lifestyles draw us outside more and more, especially in the evenings, we naturally look for cool and easy menu ideas and recipes. Salads can fill the bill nicely by being cool, easy to prepare, nutritious and satisfying.

One can certainly make a meal out of a salad. Just make sure you have not used up an entire day's fat allotment in one salad. Often people tell me they "ate healthy" because they ate a salad. Yet, often, salads can be loaded with high fat ingredients, such as regular cheese, bacon, regular dressing and mayonnaise-based potato or macaroni salads, coupled with high fat crackers.

You can eat right and nutritiously with salads if you approach them as you would any healthy eating adventure. Emphasize color and variety. Keep fat to a minimum and load up on raw, fresh items that will naturally give a high fiber bonus. Be moderate with creamy salads, unless you know they have been made with reduced fat or fat-free mayonnaise or sour cream or yogurt. And, if you happen to be at a salad bar, opt for fresh fruit for dessert rather than canned fruit packed in heavy syrup or creamy puddings. This summer, when it's hot outside, think cooool, nutrient dense eating with salads.

Here are a few ideas to try.



# Tangy Steak Salad

1/2 pound lean flank steak
2 cups tightly packed romaine lettuce
1/3 cup orange juice
1/2 c. drained, canned quartered artichoke hearts
1 tablespoon low sodium soy sauce
1/2 c. drained, canned mandarin oranges
1/2 teaspoon coarsely ground black pepper
1/2 cup sliced mushrooms
1/4 teaspoon garlic powder
Tangy Dressing (see below)
1/8 teaspoon salt
1/4 cup sliced, green onions

Trim fat from steak. Combine orange juice and soy sauce in a large zip-top plastic bag. Add steak to bag, seal and marinate in refrigerator for 3 hours, turning bag occasionally. Remove steak from bag and discard marinade. Sprinkle pepper, garlic powder and salt over both sides of steak. Grill or broil steak to desired degree of doneness.

Cut the steak diagonally across grain into thin slices. Divide lettuce between 2 serving plates and top each with half of steak, artichoke hearts, oranges and sliced mushrooms. Top each serving with about 1/4 cup Tangy Dressing and sprinkle with 2 tablespoons green onions. Serve immediately. Makes 2 servings.

#### Tangy Dressing

- 3 tablespoons nonfat mayonnaise
- 2 tablespoons orange juice
- 2 tablepoons red wine vinegar
- 2 teaspoons honey
- 2 teaspoons Dijon mustard
- 2 teaspoons prepared horseradish

Combine all of the ingredients in a small bowl and stir with a wire whisk until blended. Makes 1/2 cup.



### FRESH SUMMER FRUIT DELIGHT

cup halved seedless green or red grapes
 cup watermelon cubes
 medium nectarine, peeled (if desired)& sliced
 medium pear, peeled (if desired) & sliced
 or any other combination of fresh fruit desired

Lemonade Honey Dressing

2 tablespoons oil

2 tablespoons honey

2 tablespoons frozen lemonade concentrate, thawed

1/4 teaspoon poppy seed

Dash salt

Combine all dressing ingredients in a small jar or sealed container with a tight fitting lid and shake well. Combine prepared fruit in a medium bowl. Pour dressing over fruit and toss gnetly. Cover and refrigerate 1-2 hours to blend flavors.

Makes 8 (1/2 cup) servings.



### FRESH VEGETABLE SALAD

cup sliced carrots
 cups broccoli florets
 cups cauliflower florets
 l/2 lb. fresh mushrooms, sliced
 oz. (1/2 cup) mozzarella cheese, cut into julienne strips
 Dressing
 tablespoons vinegar
 tablespoons oil
 teaspoon dill weed
 1/4 teaspoon salt
 teaspoon dry mustard
 teaspoon garlic powder
 dash pepper

Blanch carrots, broccoli and cauliflower 1 minute in boiling water. Set aside broccoli. In a large bowl, combine carrots, cauliflower and mushrooms. In a small bowl, combine all dressing ingredients. Pour over vegetable mixture, toss well to combine ingredients. Refrigerate at least 1 hour, tossing occasionally, to blend flavors. One-half hour before serving, stir in broccoli, refrigerate. At serving time, add mozzarella cheese, toss well.

Makes 9 (3/4 cup) servings.

#### **TWO BEAN & RICE SALAD**

3 cups cold cooked rice (brown or white)
15 oz. can pinto benas, rinsed and drained
15 oz. can black beans, rinsed and drained
10 oz frozen peas, thawed
1 cup celery, sliced
1 medium onion (red, if available), chopped (about 1/2 cup)
2 (4 oz.) cans diced green chili pepper, drained
1/4 cup snipped cilantro
1 eight ounce jar Itlaian dressing (low fat)
In a 2-1/2 quart covered container, combine cooked rice, pinto beans, black beans, peas, celery, onion, diced chili peppers and cilantro. Add the dressing to the mixture and toss gently to mix. Cover and chill up

to 24 hours. Transfer to serving bowl. Garnish with cilantro sprigs and whole chili peppers, if desired.

# Running Past Empty

By: Julie Hagy

#### (As reported in The Costco Connection - June 2014)

If someone had told a young Scott Jurek that he would grow up to become one of the most accomplished ultradistance runners in the world, he would have laughed. Growing up in rural Minnesota, Jurek ate plenty of fast food, had high blood pressure and ran only enough to stay in the good graces of his cross-country ski coach. Runnilng far was the farthest thing from his mind. "As a kid, runnng was something you did for punishment," he says, laughing. "You know, run an extra lap."

Jurek recalls, "My coach said to do something over the summer to train. I couldn't afford a bike or roller skis, so I just started to run." What startd as a mile-and-a half job steadily increased in mileag and speed for the high school sophomore. The exercise was gratifying: The farther he ran, the faster he became on skis.

In college, Jurek continued to run only casually, until a buddy, Dusty Olson suggested that his speed nd endurance on the slopes could translate to pavement. Olson dared Jurek, who had run one marathon previously, to run a 50mile race with him. Jurek took the dare.

At the age of 20, he entered the Minnesota Voyageur 50 Mile Trail Ultramarathon with Olson. It was Jurek's first experience with ultras, races that cover any distance greater than a marathon. He came in second. "Istarted to realize not only how much fun (running) was, but that I was able to put myself out there and accomplish something that initially seemed impossible," says Jurek.

Two years later, he won that very same race. From there, he has gone on to win and set records at most of the world's prestigious ultra-distance races, including the Spartathlon and seven straight wins of the Western States 100-Mile endurance Run.

"Scott accomplished what no one else will," says ultrarunning historian Buzz Burrell. "He wasn't the most talented guy out there. But he studied really hard. He trained really hard. He has hisbrain, his heart and hig gut in the sport, and that's why he's respected."

Jurek did not set out to obtain the notoriety running has brought him. Running, to him, has always been about testing his own limits and experiencing nature. "I spent a lot of time in the woods as a kid, hunting and fishing, connecting to wild places. Running has been this vehicle to get out into the wilderness. It gets me out exploring places I might not otherwise see. Preserving that connection has been important," he says. He admits that very little money comes with winning races, yet he doesn't plan to stop anytime soon. "I never thought I'd be running for sport or for fun. What I do is out of the norm nowadays. Ultrarunning, while it seems crazy, it's an extension of those survival instincts people have," he says, reflecting on how society has largely moved away from the sustained labor required by hunting-and-gathering and agrarian lifestyles. "Nowadays we live pretty comfortably. Ultrarunning gives me a taste of what it was like to survive years ago. We're all a little crazy, do things that seem out of the norm. I think that's a good thing."

Jurek's incredible determination and endurance are chronicled in Christoper McDougall's best-seller, **Born to Run**, which brought international attention to both Jurek and ultra-running. In his own memoir, Eat & Run (scottjurek.com), co-authored by Steve Friedman, Jurek writes about how his lifestyle, specifically exercise and diet, has influenced his career.

Twenty years after that first ultramarathon entry, Jurek, 40, sits across from me in a bakery at the base of the mountain trails he trains on in Boulder, Colorado. He's wearing running gear, and dipping a spoon into a bowl of cooling oatmeal. Jurek has broad shoulders and a broad smile The long hair of his early running years, a good-luck charm, is now a mass of short curls. Standing tall at 6 feet 2 inches, Jurek doesn't look like a typical runner. Then again, typical is not really a word associated with this man.



"I grew up with a mother who was a home ec teacher. For me, cooking was just part of the daily routine. It instilled in me an early drive to make that a priority," says Jurek, who learned, through cooking, to reduce his fast-food consumption. He still enjoys cooking, often creating his own recipes.

His mother also influenced his career path. "Being interested in whole health was influenced by having a mother who had multiple sclerosis," he says. As a boy, he watched a physical therapist work with his mother in their home. Inspired, he would go on to earn a master's degree in the field and open his own practice. As a physical therapist, Jurek became concerned that some of his patients' poor diets were affecting their ability to heal. He started to convert his own diet. "I found my body would recover from runs faster on a plant-based diet," says Jurek, who has been vegan since 1999.

As he continues to talk about the importance of eating whole foods and integrating movement into daily routines, I start to wiggle in my seat. "Want to go for a run?" I ask.

On a day that is sunny in most of the country, it is snowing in the mountains of Boulder. The snow slushes under our running shoes.

I almost expect his feet to fly above the ground. Graciously though, he lets me set the pace. I am training for a half marathon at the end of the month. Jurek is preparing for the 24 The Hard Way an ultramarathon in Oklahoma City in October at which he will attempt to break the American record by running more than 172.5 miles within 24 hours.

"He previously held this record. Jurek's record was broken in 2012 by Mike Morton. I do think he can do it again. If anybody has the ability to dig deep and go beyond, it's Scott," says ultramarathon runner Krissy Moehl, who calls Jurek a mentor and friend. "I've seen him do it many times."

Jurek hopes that his goal setting will provide inspiration for others to make lifestyle changes. "I used to hate running and I used to hate vegetables. Life is about learning. Life is about being open to possibilities," he says.

"One of my biggest goals is to pass on my experience and knowledge, to motivate and inspire others, not necessarily to go win an ultramarathon, but to go out for that first workout, to get interested in moving their bodies, in eating well."

Julie Hagy (www.freelancewriterdenver.om) is a running enthusiast and writer in Boulder, Colorado.

#### What Motivates Scott Jurek?

"Others. At the Hardrock 100 Endurance Run, I didn't have a place to stay; all the places were booked. So, I just camped out on track, cheering or the finishers as they came in. Staying at the finish line became a tradition. There is something magical about experiencing that energy; it's motivating and inspiring to watch. You get a sense of what people have gone through to get there and you can relate to it. I recommend anybody who isn't a runner to go to a finish line and get inspired. Everybody assumes you have to be a serious athlete or super-fast to race; it's really neat to see a wide range of people competing."



What food items should we all eat more of?

"Dark, leafy greens, like kale, collards, arugula and romaine. Fruit - I am a fan of fruit in the morning or for snacks. Whole grains and whole beans are inexpensive, and you get a complete protein when they are combined together. Tempe and Tofu: Tempe makes great sloppy Joes and chili. Tofu is great to cook with because it can take on so many different textures and tastes. Healthy oils, such as etra-virgin olive oil, coconut oil and flaxseed oil."



	Mid-America Running Association									
	Schedule of Kansas City Local and Regional Races									
	Send additions, changes, corrections, by email to Ben at badbendrs@yahoo.com. Put "RACE UPDATE" in the email subject line. Please include the information as seen in the spreadsheet belowI will not search the web for information for YOUR race.									
	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 that day, the Grand Prix distance is (shown in parentheses) Events are listed in order of Date-Day, and then by Start Time, so that on any given day, the Evening events are listed after the Morning events. SEARCH TIP: On your Internet Tool Bar, Use EDIT, FIND ON THIS PAGE, then enter a text you want to find, and that text will then be highlighted throughout this list.									
	USATF schedule including Television schedule: http://www.usatf.org/calendars USATF searchable list of certified courses, with course maps for your review: http://www.usatf.org/events/courses/search/ RRCA Road Runners Club of America, searchable national schedule: http://www.rrca.org/events/find/ 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. <i>NEW</i> ! "Type" of Event. Legend: R = Road Race, T = Trail Race, X = Cross-country Race, 3 = Triathlon, 2 = Duathlon, O = "Other", ie: Warrior Dash or untimed event.									
Date	Day	Start	Name & Distance	Туре	Race Location	/ebsite / Registratio	Race Contact, Fun Stuff, and More			

#### JULY 2014 This race achedule is a service of Mid-America Running Association. Support MARA and join today

7/4/14	Fri	7:00 AM	Stars and Stripes 5K Run/Walk	R	Summit Fair Shopping Center	Web	Steve Blew
7/4/14	Fri	7:45 AM (5K) & 8:30 AM (10K)	Lenexa Freedom Run 5K & 10K 36th Annual <i>MARA GP (10K)</i>	R	Old Town Lenexa Santa Fe Trail Drive at Pflumm Rd	Web	For more information Call 913.477.7100
7/4/14	Fri	7:30 AM	Ward Parkway Four on the 4th 4 miles	R	Ward Parkway Shopping Center KCMO	<u>Web</u>	Cameron Aly 816-399-5330 cameron@resultskc.com
7/6/14	Sun	9:00 AM	Psychodelic 5K (Fire Edition)	т	Shelter #2 Wyandotte County Lake Park KCK	Web	A tough (and inexpensive) little 5K run (or hike) for the whole family. Ben Holmes, badbendrs@yahoo.com
7/12/14	Sat	8:00 AM	Psycho Psummer 50K, 20-Mile, 10-Mile Trail Run	т	Shelter #2 Wyandotte County Lake Park KCK	Web	Ben Holmes, badbendrs@yahoo.com
7/12/14	Sat	7:00 AM	Prairie Punisher Duathlon	2	Celebration Park Gardner, KS	<u>Web</u>	Matt McClure 913-856-0936 mmcclure@gardnerkansas.gov
7/12/14	Sat	7:30 AM	Eudora Horsethief Run 5K MARA GP	x	9 <sup>th</sup> & Main St, Eudora, KS	<u>Web</u>	Paul Boone, 785.542.4960, EHS XC Fundraiser
7/11 to 7/12/2014	Fri & Sat	See Web	Sunflower State Games Track & Field	R, O	Seaman High School 4845 NW Rochester Rd. Topeka, KS	<u>Web</u>	Lance Lenard 785-584-5723 nektrackclub@yahoo.com
7/12/14	Sat	8:00 AM	Sunflower State Games Cauldron Run 5K Run, 10K Run, 5K Walk 1K Kids Fun Run (Free)	R	Lake Shawnee Reynold's Lodge on Tinman Circle Topeka, KS 66605	Web	Brad Rhoden, 785-224-5193
7/13/14	Sun	9:00 AM	Jingle in July 5K Run/Walk	R	Meritex Executive Park 17501 W. 98th Street Lenexa, KS	Web	Escape the brutal Midwest heat by running completely UNDERGROUND and INDOORSI Jingle in July – a companion of the Jingle Bell Run – takes place in the Meritex corporate cave complex in Lenexa, where the average year-round temperature is 68 degrees. Contact Brooke Perry at (913) 262-2233 or bperry@arthritis.org.
7/19/14	Sat	7:00 AM	Julia's Warriors Run For Hope 5K RUN & 1 MILE WALK	R	Smithville High School 645 S. Commercial Ave Smithville, MO	Web	Proceeds benefit St. Lukes Medical Foundation, Smithville Cross Country The Julia Bargman Hope Foundation's Scholarship Program juliasrunforhope@gmail.com http://juliaswarriorsrunforhope.com/
7/19/14	Sat	7:30 AM	Amelia Earhart 2K/8K Fun Run	R	Atchison Family YMCA 321 Commercial Street Atchison Kansas		Lisa Howard 816.294.0250 Iisahoward@kansasciityymcal.org
7/26/14	Sat	7:30 AM	Rock the Crossroads 5K	R	Crossroads KC at Grinders 18th and Oak St Kansas City, MO	Web	Brad Ziegler brad@kcrunningcompany.com
7/26/14	Sat	8:00 AM	Sunflower State Games 5K Cross-country Race	x	lliff Commons Topeka, KS	Web	
7/26/14	Sat	7:30 AM	WIN for KC Triathlon Women's Triathlon	3	Sailboat Cove/Bauman Park Smithville Lake, MO	<u>Web</u>	Email WIN for KC at mcage@sportkc.org

AUGU	ST 20	14 This (	race schedule is a service of Mid-Am	erica Run	ning Association. Support MARA (	ind join today!	
8/1/2014	Fri	8:30 PM	Psych Night 5K & 10K Trail Run	т	Wyandotte County Lake Park, KS (Start/Finish near main park entrance)	Web	Ben Holmes 816-810-0440 badbendrs@yahoo.com, night run
8/1/2014	Fri	9:00 PM	Moonlight5K Run and Fun Walk	R	Mapleleaf Parkway St. Joseph, MO	Web	Contact: jeanette@graceontheweb.org
8/2/2014	Sat	6:00 AM	KCXC Challenge MARA GP (5K)	x	Shawnee Mission Park Theatre In the Park Entrance Renner Rd & Mable Fitch Memorial Dr Shawnee, Kansas	Web	randy@kansascitysmoke.org
8/2/2014	Sat	7:00 AM	5th Annual Brew 2 Shoe, 10K and 5K Road Race, 1 mile kids run	R	Manhattan, KS	Web	Trey Vernon Manhattan Running Company treyvernon@manhattanrunningco.com 785-320-6363
8/2/2014	Sat	7:00 AM	Spencer C. Duncan - Make it Count 5K	R	New Century Air Center, Gardner, KS	Web	Contact and race info: Sheri Burrell msburrell@yahoo.com,The Spencer C Duncan Make It Count SK is the major fund-raising effort of The Spencer C Duncan Make It Count Project, which exists to honor and assist our nation's veterans.
8/2/2014	Sat	7:00 AM	Parkville Saturday Morning Run group training run, (non- competitive, using the park trail)	т	West Parking Lot at English Landing Park, Parkville, MO	none	David V. Crawford, 816-389-3987 David V. Crawford@usace.army.mil This will be on the park trail loop, and run according to your ability. No charge.
8/2/2014	Sat	8:00 AM	OMC 5K, 2 Mile, and 1/2 Mile Family Fun Run	R	Heritage Park, 16050 Pflumm Road, Olathe, KS	Web	Two Dollars (\$2) from each race entry will be donated to The Birth Place at Olathe Medical Center. Race Director Kyle Stegeman at (913) 826-2955 or info@jcprd.com.
8/9/2014	Sat	7:00 AM	Overland Park Farmstead Stampede 5K Run / Walk MARA GP (5K)	R	Deanna Rose Children's Farmstead, 135th & Switzer, Overland Park, KS	Web	913-940-7270
8/9/2014	Sat	9:00 AM	Mud and Muck 5K, and 1-Mile Mud Dunk	т	Unity Village, 1901 NW Blue Pkwy, Lee's Summit, MO	Web	Dirt road & Mud Pit, Ben Holmes 816-810-0440 badbendrs@yahoo.com
8/9/2014	Sat	8:00 AM	Saints Stampede 5K Cross- Country Run and Family Fun Day	x	Saint Thomas Aquinas High School11411 Pflumm RoadOverland Park, KS	Web	5K Cross-Country Run on JCCC course, Middle- School 5K Round-Up, Stroller Strut and Family Fun Day Michon Quick, mquick@stasaints.net or (913) 319-2425.
8/10/2014	Sun	7:30:00 AM (for 5K) & 8:00 AM (for 1 mile)	Susan G. Komen Kansas City Race for the Cure – 5K Chip timed race, and, 1 mile fun walk/run	R	Union Station, Pershing and Main Streets, Kansas City, MO	Web	Michael Levin 816-245-7358 or 1-877 Go KOMEN.
8/10/2014	Sun	7:30 AM	Dog Daze Duathlon and 5K Run Duathlon: 5k run, 20mile bike, 5K run. Also a solo 5K run.	R	Warren Middle School, 3501 New Lawrence Road, Leavenworth, Kansas 66048	Web	Bob Garven 913-684-4757
8/16/2014	Sat	8:00 AM	Rivalry Run 5K	R	Downtown, Kansas City, MISSOURI	Web	Missouri runners vs. Kansas runners.
8/16/2014	Sat	8:00 AM	Pre-season Cross Country Open	x	Wyandotte County Park, 901 N 126th St, Kansas City, KS	Web	
8/17/2014	Sun	7:30 AM	Jackson County Triathlon, and Duathlon	3	Longview Lake, Lees Summit, MO	Web	
8/17/2014	Sun	8:00 AM	Hell Creek on Heels 5k/10k Trail Run/Walk	т	Switchgrass Trail, Wilson Lake State Park, KS (30 mi West of Salina, just off I-70)	Web	785-650-1620 sarakay@wildwithinyou.com
8/17/2014	Sun	4:00 PM	Martini MadnessThe Olive Run 5K	R	The Other Place, 16590 West 135th Olathe, KS	Web	Contact Tony Drew 913-339-6767. The race is to fund scholarships for students entering an education career. The scholarships are in memory of Olive Drew, who ran from age 80 to 93 and was a retired teacher
8/23/2014 TBA	Sat	7:00 AM	36th annual Tiblow Trot, 5 Mile Race / 2 Mile Walk	R	Kelly Murphy Park, 2nd & Elm, Bonner Springs, KS	TBA	Bruce Coleman, bruce@colemanequip.com, 816-810-9912 raises money for scholarships and to eliminate polio
8/23/2014	Sat	TBA	Heartland Open/Masters Outdoor Track & Field Meet	0	ТВА	Web	ТВА
8/23/2014 TBA	Sat	8:00 AM	Northland Run [Together] 5K	R	Zona Rosa I-29 and Barry Rd., Kansas City, MO	www.KansasCityYMC A.org	Paula Flynn, Healthy Living Director at Platte County Community Center South YMCAPaulaFlynn@kansascityymca.org Following the Northland Run [TOGETHER] 5k theme, runners are encouraged to register and run together as a team of two and there will be a prize for best outfit. Runners' times will be combined to determine the winning team. Individual times will also be
8/24/2014	Sun	8:00 AM	Head for the Cure 5K Run/Walk	R	Corporate Woods, Overland Park, KS	Web	
ТВА	TBA	8:00 AM	Frontier Fanatic Gunn Park Trail Run	т	Gunn Park Trails, Fort Scott, Kansas	Web	Contact: Regina Casner at 913-991-7860 and info@redteamracing.com

#### **RUNNING HILLS** By: John Carsten

#### How to run uphill

When running up a hill, you've got to do extra work to overcome gravity. This requires your body to recruit more muscles in your legs to overcome the force of gravity and carry you up the slope. Speaking of the incline, the fact that the ground is slanted also alters your foot strike, forcing you to transition to more of a mid/ forefoot-striking style and increasing the forces going through your calves and ankles. This is ultimately a good thing when it comes to performance, as it allows you to get more "rebound" from the ground. Some energy from the impact is stored in your calf muscles and is then released again when you straighten your leg and drive off the ground.

#### Don't lean forward at the waist

Most runners' natural reaction when they start running up a hill is to lean into it, usually by bending forward at the waist. While it is true that some degree of forward lean is necessary when running up a hill, a lot of people lean much too far forward. This negatively impacts your uphill running ability in several ways.

First, leaning forward inhibits your ability to flex your hips and drive your knee up during the "swing" phase of your gait. You can prove this to yourself right now by standing up straight and lifting your knee towards your chest using your hip flexors, then attempting to do the same thing if you bend forward at the waist. Note the small but perceptible increase in difficulty. An excessive forward lean shortens your hip flexor's range of motion, hurting your efficiency.

Additionally, leaning too far forward inhibits your ability to produce a powerful "toe-off" during the "drive" phase of your gait. To push off the ground and take advantage of the additional energy stored in your calf muscles, you need to fully extend your leg straight behind you, which is achieved most effectively when your upper body is not slanted forward. When you "stand tall" when running up a hill, it makes it easier for your glutes to extend your leg behind you.

Finally, a forward lean also throws your body off-balance by moving your center of gravity too far forward. Without getting too into the nitty-gritty, this also makes it harder for your glutes to drive your leg backwards by increasing the leverage they have to overcome. The positioning of your center of gravity will also come into play when it comes to running downhill, so don't forget about it.

#### Helpful mental cues to maintain proper form

Although you will have a noticeable forward lean when running uphill, it's helpful to think about "standing tall" when you run up a hill, since you're unlikely to be leaning too far back. This is one of those mental cues that, while technically inaccurate, is still very helpful.

Other helpful cues include "drive your hips" which reminds you to focus on using your hip muscles to power your way up the hill and extend your leg fully behind you. Once you've crested a hill, take care not to slouch over, since that will wreak havoc on your efficiency on the flats, too.

#### How to run downhill

When it comes to running downhill, the problem is usually the opposite of running uphill: too much backward lean.

Shifting your weight backwards when running downhill is a normal reaction, since it slows you down. Much like the incline of an uphill shifts your footstrike forward, a downhill forces your foot to strike the ground more towards your heel. This by itself increases braking forces, and a backwards lean magnifies this effect.

If you want to slow down, leaning backwards is the right choice. But since a downhill allows you a "free" increase in running speed (since gravity is giving back all the energy you spent going up the hill), you generally want to take advantage of this.

When you lean back, you throw your center of gravity behind your body, requiring you to wait until your feet have passed it to start generating force again.

You also have to weigh the cost of the increased braking forces from leaning back against the increased impact forces of running faster down the hill by leaning "into" the downhill. While there haven't been any scientific studies on this, I suspect that it's better to lean into a hill, since at least in that case your running mechanics are not as different.

It's also important not to lean too far forward on downhills, lest you find yourself careening out of control. As your speed increases, you'll need to quicken your cadence to keep your feet underneath you. You'll need to strike a balance between efficiently using the speed from the downhill and running so fast that it upsets your pacing.

Short downhills aren't usually a problem in this regard, but long, gradual downhills can lull a runner into a pace that's too aggressive, especially early on in a race. Remember, you can always lean back if you are running down a particularly steep downhill and need to back off. Once you've reached the end of the downhill, you can still "coast" for a bit on the speed boost you've gained, but do take care to slow to your normal effort eventually.

#### Final tips for running hills

Efficiently running hills boils down to understanding what you're up against. On the way up a hill, you are battling against gravity, so you should "stand tall" with a slight forward lean, drive your legs back and lift your knees up to take advantage of the additional power generated at your ankle, and keep your torso centered over your pelvis.

On the way down a hill, gravity is helping you along, so don't be afraid to "lean and go" down a hill, again keeping your torso centered over your pelvis (relative to the slope of the hill). Quicken up your stride to stay balanced, and maintain an even effort, despite the fact that your pace is increasing going down a hill. Mental cues like "stand tall," "drive your hips," and "lean and go" are great for hill running, since they serve as quick reminders to fix up your running form, especially when you are tired.

If you're having trouble visualizing these concepts, read our previous post on how to run hills, which has some good illustrations.

Keeping these in mind will be a big help when you run your next hilly workout or race.

SOURCE: http://runnersconnect.net/running-trainingarticles/hill-running-form/







June 29, 2014 Overland Park Double Road Race 15k Challenge

"The Double Road Race is the only running event with a halftime. Run 10K first, rest and relax for about an hour, then run 5K. Times are combined for scoring. All Double finishers receive a medal, high performance shirt, cinch sack bag, and more," says Runner's World founder Bob Anderson, who created the Double Road Race.

"I loved the Double," says Cindy. "It was a very fun race. I plan to do it again," says Abel. "Will I run it again?...In a heartbeat!" stated Tim. "I loved every minute of it. This is a very unique event that I feel

would be appealing to runners of all levels," said Tyson. "Really enjoyed the recovery zone," stated Kevin.







DotheDau





Photos by: SeekcRun - Frank Mance, Milton Seigenthaler and David Mefferd



# "Have you ever felt worse after a run?"

- George Sheehan



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