



Master Pieces

Magazine of Mid-America Running Association
July - August 2015

www.mararunning.org

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

Cover Photo: Jumping for Joy during the 2015 Hospital Hill Run

*Photo by:
Michael Chaffee*



FREEDOM TO RUN

By: Renee Kidwell



While enjoying a beautiful, cooler, long morning run a few days ago, I had plenty of time to let my mind roam and reminisce about a variety of subjects and topics. One of those thoughts, which is just around the corner was the month of July ushering in the second half of 2015. And, within a few days also comes one of the biggest summer celebration parties held across our country, the Fourth of July. As I was running, I couldn't help but feel so very thankful and grateful for the ability, freedom and blessing to be able to run for so many years now. It is and will be part of who I am for as long as I am able. I never want to take for granted the benefits of what running has done for me for so many years. Just as I never want to take for granted our beautiful country, our abundant opportunities, our determined history and the wonderful diversity of citizens and cultures within the United States. If your plans are to partake in a run, bike ride, long walk or cooling swim on the 4th of July and everyday after, I hope you will also embrace the freedom of enjoying those activities and be reminded of the privilege and ability we all have to enjoy many long, healthy, happy, miles ahead.

*Wishing you a very Happy Fourth of July Celebration
and Wonderful Summer!*

New MARA Members and Sustaining Memberships are listed on page 2

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Here it is the 20th of June, just one day away from the official first day of summer, and it is finally warm and humid! It is strange, I know, but I much prefer warm and humid over cold and dry any day. I truly loved my 4 mile run this morning, it felt so good to be warm while running.

I also heard on the news today, that this is the first weekend in 13 weeks, that we will not have rain during some part of the weekend. We are still very fortunate that we have not had the flooding in the Kansas City area that many other parts of the country have been experiencing.

It is so good to see blues skies and sunshine!

During a run a couple of weeks ago, I was thinking how we are such "creatures of habit". I have asked several running friends if they do the same course over and over without changing up their course. All of those that I asked, they said they usually do not change their route. That prompted me to start doing some of my courses, the opposite direction from the route I have done for years. I ran one of those courses this morning, changing to the opposite direction. I was amazed at the difference the course seemed today. It was great to run downhill that were uphill and the other way around. The scenery even looked so different, running on the opposite side of the street, I was seeing the houses and other buildings from a whole new perspective. It was like running a whole new course. I basically have about 5 courses that I run from my home. I plan to switch them up from time to time, it is great to run a "new" course!

Try this and you will see your regular routes from a whole new perspective.

*Wishing you happy and healthy
running and/or walking.*

Karen



Sustaining MARA Members

<i>Anna & John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, KS</i>
<i>Diane Bahr</i>	<i>Leavenworth, KS</i>
<i>Dee Boeck & Gene Wee</i>	<i>Lawrence, KS</i>
<i>Dave Boone</i>	<i>Overland Park, KS</i>
<i>Mary Boyce & Mary Desch</i>	<i>Wichita, KS</i>
<i>Herbert & Janet Brown</i>	<i>Independence, MO</i>
<i>Susan Clayton</i>	<i>Loch Lloyd, MO</i>
<i>Charles & Mary Haley</i>	<i>Kansas City, MO</i>
<i>Alan & Robin Higley</i>	<i>Omaha, NE</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Home Team Inspection</i>	<i>Leawood, KS</i>
<i>Terry & Keith Mann</i>	<i>Fairway, KS</i>
<i>Kent & Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Marie Modglin,</i>	<i>Westwood, KS</i>
<i>Ann Nelson</i>	<i>Fairway, KS</i>
<i>Russ & Rosalie Niemi</i>	<i>Wake Forest, NC</i>
<i>Howard Nies</i>	<i>Kansas City, KS</i>
<i>Karen & Keith Raymer</i>	<i>Raymore, MO</i>
<i>Barb Rinne & Family</i>	<i>Lee's Summit, MO</i>
<i>Gretchen & Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Garth & Nancy Smith</i>	<i>Overland Park, KS</i>
<i>Richard Stainbrook & Family</i>	<i>Pomona, KS</i>
<i>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Sandra & John Weston</i>	<i>Kansas City, MO</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene & Marsha Wren</i>	<i>Shawnee Mission, KS</i>

THANK YOU!!

KC Express Mother's Day 5K May 10, 2015



Terry Mann & Tracey Weatherly.
KC Express president.



Framing up the Fun!



Mary Haley & Rebecca Heidlage.



Local runners brought attention to the victims of the Nepal earthquake.



Dads & kids cheering the moms on the run.



Ann Marie Chappell,
winner of the 2015 KC Express Mother's Day 5K.



Ann Carlin Ozegovic with Daisy & Dee Boeck



Photos By: Gene Wee runlawrence.org



Hospital Hill Run is the oldest road race in Kansas City and one of the oldest continually run half marathons in the country. First held in 1974 with a field of 99 runners, Hospital Hill Run grew in size and stature in the ensuing years recently being named one of the top races in the country by Runners World magazine. 2015 was the 42nd Annual Hospital Hill Run!



Photos By: Michael Chaffee



KEEPING PACE !!



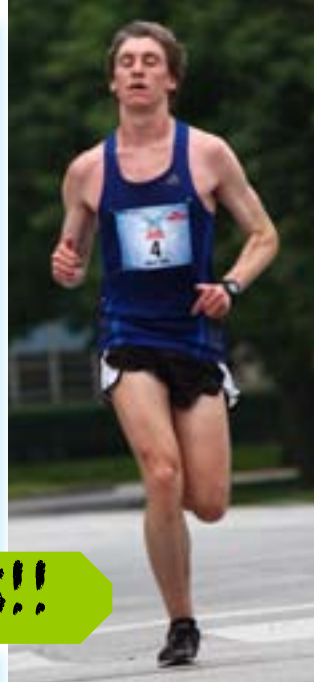
KEEPING WATCH !!



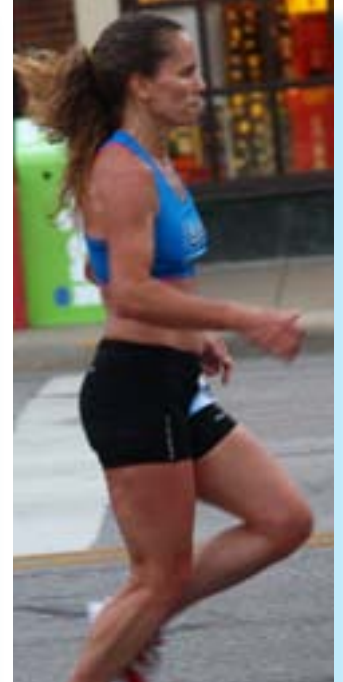
Photos By: Michael Chaffee



HH-FOCUS!!



Josh Baden



Photos By: Michael Chaffee



Derek Lee - Half Marathon Winner



HH-FUN !!



Total Entries for Hospital Hill Half-Marathon = 2,644

Total Entries for Hospital Hill 10K = 1,576

Total Entries for Hospital Hill 5K = 1,621

Top Half-Marathon Male Finishers:

- | | |
|-----------------|---------|
| 1) Derek Lee | 1:12:26 |
| 2) Nate Guthals | 1:12:34 |
| 3) Josh Baden | 1:16:42 |

Top Half-Marathon Female Finishers:

- | | |
|--------------------|---------|
| 1) Tara Notarianni | 1:29:42 |
| 2) Michelle Andrew | 1:30:58 |
| 3) Alice Evans | 1:31:56 |

Top 10K Male Finishers: Top 10K Female Finishers

- | | |
|-------------------------|-----------------------------|
| 1) Peter Ramundo 37:07 | 1) Olivia Frranklin 40:58 |
| 2) Brock Peterson 37:24 | 2) Brianna Westervelt 43:18 |
| 3) Joseph Russo 37:47 | 3) Sandy Ahrens 43:43 |



John Garrison, has run every Hospital Hill except for the first one.

Photos By: Michael Chaffee

2015 Grand Prix Standings

Standings Thru Hospital Hill Half

Updated: 6/10/15

M (20-24)	Geraldo Hernandez	18	F(20-24)	Lindsey McDonald	20
	Aaron Pope	10		Elizabeth Bruemmer	16
	Nathan Vogel	10		Rachael Norfleet	10
	Tim Phelps	10		Ali Webb	10
	Stephen Saylor	10		Ramsey McCarter	10
	Evan Sanders	10		Sierra Brown	10
	Derek Lee	10		Tara Notarianni	10
M(25-29)	Jimmy Balough	16	F(25-29)	Kathryn Brake	26
	Kory Cool	10		Bekah Phelps Roper	10
	T Bear Runner	10		Sarah Rapp	10
	Kevin Willis	10		Kimi Reed	10
	M Salukombo	10		Susan Tanui	10
	Yonas Mebrahter	10		Julianne Smoker	10
	Josh Baden	10			
M(30-34)	Lee Dixon	28	F(30-34)	Nicole Schile	12
	Benson Cheruiyot	18		Jacklyn Long	10
	Andrew Marshall	14		April Klimik	10
	TC Wigger	10		Sarah Riney	10
	Joe Moore	10		Katie Hauser	10
	Brett Reinhart	10		Quinn Vermie	10
	Tyler Johnson	10		Stephanie Michaelis	10
M(35-39)	Jeremy Garrett	10	F(35-39)	Maeluen Gruman	20
	Shannon Springer	10		Kimberly Crawford	20
	John Tripp	10		Jamie Collins	10
	Matt Johnson	10		Brooke Waters	10
	Rikki Hacker	10		Bobbi Luttjohann	10
	Juraj Trubiroha	10		AnnMarie Chappell	10
	Justin Deehen	10		Amy Stuckey	10
	Zachary Brutenstein	10		Marianne Stone	10

2015 Grand Prix Standings

M(40-44)	Christian Reed	18	F(40-44)	Michelle Andrew	40
	Ricardo Medellin	12		Rachel Hoger	14
	Aaron Meek	10		Christy Staker	14
	Bob Hornung	10		Kristen Duke	10
	Greg Stein	10		Julie Stein	10
	Ed Turrentine	10		Sherry Havrenek	10
	Mark Cortad	10			
	Robert Zuch	10			
	Drake Vidrine	10			
M(45-49)	Ken Moran	28	F(45-49)	Rachelle Bartel	10
	Marvin Mastin	12		Candy Anerson	10
	David Marshall	10		Anna Marie Suarez	10
	Carlos Vasquez	10		Johnette Shepek	10
	Troy Robinson	10		Janelle Rock	10
	Joe Heikes	10		Kimminy Connor	10
	Dale Edikin	10		Christine Torres	10
M(50-54)	Rodney Pixler	30	F(50-54)	Deb Torneden	20
	Pat Merrigan	18		Joanne Shipps	18
	Scott Mahlar	14		Karen Hyde	16
	Chris Nickoll	14		Kelly Cortney	16
	Alan Haverkamp	10		Cheryl Parrett	10
	Mark Westfall	10		Dianne Schaefer	10
	Eric Nelson	10		Cindy Cameron	10
	Marc Keys	10			
M(55-59)	Jimmy Stanziola	36	F(55-59)	Kathleen Johnson	34
	Stan McCormack	16		Gail Tolbert	20
	Kelly Donley	12		Jane Tompkins-Lun	12
	Keith Long	10		Anna Allen	12
	Terry Seiter	10		Virginia Harmer	10
	Rich Fredrich	10		Diane Lambert	10
	Bob Nolte	10		Debra Thompson	10
M(60-64)	Don Fitzgerald	50	F(60-64)	Pam Perica	18
	Jack Uhrig	18		Sandra Weston	16
	Jeffrey Elmer	12		Norma Weiser	12
	John Garrison	12		Sharon Costello	10
	Greg Hall	12		Nancy Mueller	10
	Gayle VanDurme	10		Diana Fitch	10
	David Ebelke	10		Kaye McCormick	10
				Dianne Simms	10

2015 Grand Prix Standings

M(65-69)	Tim Wigger	38	F(65-69)	Donna Romans	42
	Don Turner	32		Karon Way Turner	28
	Bruce Gilbert	32		Dee Boeck	20
	Jeff Behrens	28		Cynthia McPherson	10
	Greg Hartman	16			
	Tom Snook	16			
M(70-74)	Garth Smith	40	F(70-74)	Mary Haley	54
	Rick Hogan	30		Susie Turner	30
	Eugene Wren	24		Jeanne Hendrickson	20
	Ralph Johnson	10		Susan Robinette	12
M(75-79)	Herb Brown	46	F(75-79)	Ann Nelson	60
	Carl Vansant	38		Carolyn Mitchell	40
	Donald Hughes	14		Mary Murphy	12
	Jim Christensen	10			
M 80+	Lou Joline	62	F(80+)	Mary Otte	10
	Alan Poisner	30			
	Kent Mitchell	22			



2015 Grand Prix Schedule

(dates subject to change)

January 17	Topeka to Auburn Half
January 25	Groundhog 10K
February 7	Sweetheart Shuffle 5K
April 11	Rock the Parkway Half
April 26	Trolley Run 4 miler
May 25	Amy Thompson 8K
June 6	Hospital Hill Half
July 4	Lenexa Freedom 10K
July 11	Eudora Horse Thief 5K
September 7	Leawood Labor Day 5K
September 13	Plaza 10K
September 19	Helen Gold 5K
October 17	KC Half Marathon
November 1	Cliffhanger 8K

2015

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

- 1) Anyone running a MARA Grand Prix race at any point in the season and placing in the top five in their age group is a part of the circuit. Standings are updated and published online 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, 2015 to receive final recognition and awards at the Chili Run – no exceptions. (Membership is available online at the website.)
- 3) Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4) Scoring is five deep in each age group in all races as follows:
 - a. 10 points for 1st place
 - b. 8 points for 2nd place
 - c. 6 points for 3rd place
 - d. 4 points for 4th place
 - e. 2 points for 5th place
- 5) Best ten race scores will count, with 100 points the maximum score possible encouraging quality over quantity of races.
- 6) Circuit races range from 5K to Half Marathon. Road races are on USATF- certified courses.
- 7) Chip time will be used to determine place finish and award grand prix points.
- 8) In any race with more than one distance (such as both a 5K and 10K there will be only one designated MARA Grand Prix race.
- 9) When moving from one age group to another during the year, points can be scored in both age groups and will be added together and counted in the age group where the most points have been scored.
- 10) In the case of a tie, the winner will be determined by 1) head-to-head competition or 2) the 11th best race. If a tie still exists, the tie will remain.
- 11) Points must be scored in at least 3 MARA Grand Prix races to be eligible for Prizes.
- 12) Prizes will be awarded to the top five point- finishers at the MARA Chili Run the second Saturday in December. Everyone is invited to participate in the circuit and attend the Chili Run Festivities.
- 13) Thanks to MARA, Our Sponsors and Grand Prix Circuit Races who have contributed over \$27,000 in prizes over the last four seasons.

The 2015 RRCA Convention & Drake Relays

By Dee Boeck and Gene Wee

We have always felt that being able to attach the Road Runners Club of America (RRCA) logo to all runLawrence promotions granted credibility to our club and to what we do. Though runLawrence has been an RRCA club since its inception twelve years ago, we have never attended a national convention. When we did in 2014, we had such a good time and learned so much, we decided to make the short drive to Des Moines this year.

The annual conventions are an opportunity for members (clubs, race directors, resources) to meet and share ideas.

While reacquainting with other like-minded runners and event organizers was good enough reason, there were three other reasons to get to Des Moines: see the Drake Relays for the first time, meet up with our Kansas state rep Trevor Darmstetter, and seeing Sara Mae Berman get inducted into the RRCA Hall of Fame.

Last summer Gene suggested to Trevor Darmstetter that he take on the state rep job. He took the job enthusiastically and got several clubs to add the RRCA State Championship to their events and planned to be in Des Moines. He had to bail out at the last minute to stay home with two sick children.

Sara Mae and Larry Berman were friends Gene had known from orienteering in the 80s. Hadn't seen either one in a while, so he wanted to be sure to say hi and congratulate Sara Mae. Sara Mae was the first woman officer with RRCA in 1966-67. She was one of those early pioneers doing something that very few women were doing; she ran the Boston Marathon, unofficially, in 1969, 1970 and 1971; she not only ran, but won. In 1970, she set a course The 2016 RRCA Convention will be in Dallas and we would encourage more clubs from Kansas and Missouri to attend.



The women's shuttle hurdle relay at the Friday evening session of the Drake Relays



Sara Mae Berman, Dee Boeck and Larry Berman at the RRCA Convention Banquet



Jean Knaack, the RRCA Executive Director at the Drake Relays Road Races

Photos By: Gene Wee runlawrence.org

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The Drake Relays puts on quite a national level track event. More national level runners compete than at the Kansas Relays. The RRCA conventioners got to see the Friday evening session which included the shuttle hurdle relay and 9 heats of high school 4x100 relays which went off one after the other.



Start of the Sunday Drake Relays Half Marathon Road Race

Never heard so many African languages spoken than at the start on Sunday's road races. Huge sums for the winners: \$70,000 for the half marathon, \$40,000 the 10K, and \$10,000 for the 5K. 60% of the runners were women in the 10K and 5K while the half marathon was close to 50% women, 50% men. Many of the convention goers wore their RRCA singlets and claimed a lot of awards.

What follows are summaries of the information sessions.

Branding your event/club with online registration

A suggestion – include club signup with race registration. Offer membership at a discount. Another idea, lower the membership fee for renewals. Suggestion for runLawrence: lower individual membership fees from \$20 to \$15 and offer renewals at \$12.

Consider a comparable reduction for family memberships.

Clubs that host more than one race a year, offer a \$5 coupon for anyone works as a volunteer.

Many clubs do their membership records on spreadsheets. Move to a database and reduce the multiple records (list from Active.com, list for mailings, list for Garry Gribble's, list on website).

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Photos By: Gene Wee runlawrence.org

Insurance and Risk Management

This presentation was an in-depth look at just what the insurance clubs get with their RRCA membership. There is liability coverage of \$1,000,000 for athlete participants (optional \$2,000,000 for an additional fee). This can include “damage control marketing” in cases such as sexual abuse incidents. Medical expenses up to \$10,000 are covered after any primary insurance involved. There is optional equipment coverage and officers & directors insurance available.

RRCA will not insure any types of overnight relays (except on a closed course, such as a track or park where no vehicles are on the route). They have had claims for incidents where a sign was blown over and injured a participant or a spectator; a helicopter’s wind blew over a porta john with someone inside; someone struck a barrier that had been put up the night before the event, and even a participant who tripped on a pothole and dropped and broke her cellphone.

There is also an “operations package” available which would cover office equipment and business personal property. It would also cover \$25,000 for employee or volunteer dishonesty.

If a race director is paid by the club, an additional insurance coverage would be necessary. Volunteer directors are covered by the general policy.

It was noted that waivers should always be complete and specify the release applies to heirs, survivors and dependents as well. We should always verify that any entity we are paying – i.e. announcer, timing company, etc. – has their own insurance.

There was also discussion as to how providing alcohol at an event has a big effect on the needs for insurance coverage. Drones and things like bounce houses are currently not covered.

Even though the waiver indicates no dogs, strollers, etc., it is likely some will appear and it should at least be announced that they start at the back of the pack.

If a local auto dealership loans a car, the RRCA policy will not cover any damages. Local law enforcement cannot be an additional insured on the certificate. Bandit runners are covered. Kids start in front and get hurt. Touchy question – this is more a race management issue. No relay races or warrior dashes are covered.

Managing the Back of the Pack

This session was based on the premise that “slow is the new fast” and races are different than they were several years ago.

Now, the majority of run participants are not competitive racers but are participating for fun and good health and there are new considerations for a race manager.

Manage food and water supplies so that the end of the pack runners who need it the most, get their fair share. You must plan to have adequate supplies of food and water at your aid stations and have a plan to restock if supplies run low. For a big race, have a resupply vehicle driving the course. It can also help to know where the nearest open store is for example, to get more cups.

There should always be a sweep vehicle, biker or walker/runner. This person or vehicle should not follow so closely as to be a “stalker”, but there definitely needs to be someone who is responsible to see that all participants are accounted for at the end of the race. This person is also the signal to volunteers that the last runner has passed and they can leave their post. One person said she was the last finisher at an event and she was very annoyed at how closely the follow police vehicle followed her.

It was also noted that race officials should not start tearing down the finish line, etc. before the last finisher comes in as this is very disheartening to those last finishers.

End of race food should be managed so that there is some left for the last finishers. This can be handled by making up bags of food for each runner in advance and handing one to each runner, or there can just be a monitor who puts out more food as it runs low. This is more of a concern for the longer events, but 5Ks can be affected, too.

A safe start for all will involve making efforts to have entrants line up according to their race pace. With chip timing, there is no advantage to being at the starting line when the gun goes off. Starting in waves is a good solution for large races. At a minimum, there should be minute-per-mile sign holders to group starters by their expected pace. Those with strollers, dogs and walkers should always be encouraged to start at the back. There should be constant announcements regarding this by the announcer with a good PA system.

Instruct all volunteers to treat all participants with respect. There should be bling for all and it is also good to have raffles or drawings with everyone having an equal chance to win. One race said they pick those entrants who have a birthday on or near race day and have a special cupcake ready for them.

Especially in longer events where participants may get very spread out, the course must be marked clearly with arrows on the ground, signs along the side of the path and course marshals. If you have time limits for when you will shut down a course, be sure that is clearly stated and have specific plans for enforcing the time limits.

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Medical Coverage

Scope of Coverage:

- 1 Contracted medical care
- 2 Triage & transport (volunteers)
- 3 Ice & band aid crew

Sources include medical personnel, paramedics, physicians, nurses, physical therapists.

Medical communication system can include amateur radio operators, bicycle support crew, local emergency preparedness personnel as well as the local ambulance service.

Hospitals have a community benefit requirement and they will often provide personnel to fulfill that requirement. Making use of interns from nursing and medical schools is a good idea.

For a loop course 5K such as ours in November when heat is not a problem, having an ambulance gator on stand by and good communication along the course should be adequate.

Security Planning

The Des Moines Fire Chief is very active in the street use permit process. He is the head of a group composed of representatives from about 12 different city offices including fire & medical, emergency preparedness, police, public works, streets, parks & rec, transportation, visitor & convention bureaus and more. They meet monthly to review and approve or deny the event proposals which have been submitted. He said they approve 99.5% of them. The State of Iowa is competing for a "Healthiest State" competition and everyone from the governor on down seeks ways to encourage physical activity among residents. This is one of the reasons runs of any type are encouraged rather than discouraged by officials. The police department holds its own run called "Run From (crossed out) With the Police." Coffee and donuts are served.

The police do charge for their services on race day – the exact fee varies according to location and length of the race and number of officers required.

Security concerns are as follows: size of the event; any internationally known participants; weather risks; known terrorist activity; dealing with intoxicated attendees.

As in most larger urban downtowns, there are train tracks to deal with. They indicated they have had cooperation from the railroad to avoid having trains cross points of a race course at certain times.

If any type of criminal activity takes place such as the placing or threat of a bomb, a shooting, or deliberate injuries, law enforcement will take over as it will be considered a crime scene.

This session was presented by the President of the Portland Oregon Road Runners. This is a very large club and is blessed to have a president who is a retired CEO of a Fortune 500 company and is now leading his club as though it were a company. This is great for such a large club which can implement many strategic ideas brought over from the commercial world. Although much of what they can do with available expertise and large numbers cannot apply to our 120 member club at this point, there are certainly guidelines we can follow.

Clubs must have an understanding of their income and expenses and pay attention to finances; the club must do a good job of marketing itself and its products (races, youth programs, etc.); there must be some IT expertise to allow for good communication.

A mission statement should include why the club exists and where it hopes to be in the future.

Tips for strategic planning given were:

- * Allow time – perhaps a year - to come up with a strategic plan.
- * Think about execution before you begin.
- * Perhaps use an outside facilitator with no emotional attachment.
- * Make plans actionable.
- * Have members accountable for results and actions.

Informing Runners Starts with a Great Website

Today 66% of web sites are viewed via smart phones versus 34% on desktop computers. What this means is web pages should be designed with "mobile-first"; then develop the desktop web pages.

The runLawrence website was submitted for a critical review. It was given credit for using the responsive web design (i.e., mobile first). "The large google custom search bar on the top of the site is awkward; is it even used by visitors? The design of the site overall is generally outdated, but that's simply an aesthetic note as the site seems very functional."

Developing a Statewide Grand Prix Series

Arkansas has promoted a grand prix for 34 years. What's different from the MARA series is the inclusion of club competition. All runners must be a member of an RRCA club. You score only if you are signed up for the series. It makes a lot of work for the state rep overseeing the results. About \$2,000 is budgeted for their annual awards ceremony.

There are twenty races, from 1 mile up to a marathon. Cost is \$15 a year (\$12 for under 18). Competition is between individuals and clubs. Races in the series pay a \$50 fee to be included.



**Dr. Robert Sindorf,
DC, MS, ART
Elite Chiro Care
Chiropractic-Rehab-Sports
Therapy**

What do your shoes say about your running form?

Have you ever examined the bottom of your shoes? If you have not you are missing out on an important part of your training. Your shoes are like a well-written book, they can tell you a lot. So grab your shoes and let's get started figuring out what is going on with them and your biomechanics.



First look at the heel of your shoe. Is the back outer portion of your shoe worn down significantly more than the rest of the heel? This most commonly means you are heel striking when you are running. This is a common running problem and results in your ankles and knees absorbing a lot more force than they were designed too.

Next look at the wear pattern down the forefoot of the shoe.

Is the inside portion of the shoe (medial portion) significantly more worn? If so this could mean you are not in the correct type of shoe. If the inside of the shoe is wearing out this means your foot is rolling inwards when you are running, or pronating. A good stability shoe can help to control this unwanted motion in your foot.

Is the outside portion of the shoe (lateral portion) significantly more worn? If so this means your foot may be rolling out when you are running, or supinating. Supination is the rarest wear pattern that you will find in all runners.

What I have found more often is that a person may have a forefoot valgus anatomical variance, which causes their foot to shutter during their gait cycle.

This type of wear pattern most likely indicates you either need to be in a substantial neutral shoe or have a sports doctor look at your foot to determine if a custom orthotic will benefit you.



Finally look at the overall tread thickness that is left on the shoe. Your running shoes are only designed to last about 300-500 miles and if you are using them for everyday other activities you will get about half the miles out of the shoe. If your tread has worn to a point where the bottom of the shoe is smooth then you are far past the life cycle of the shoe and need to get a new pair. Shoes have gases infused in the foam and every time you run or walk these gases get pushed out. This means the shoe will break down and stop providing proper support and cushioning far before the tread wears off.

Dr. Robert Sindorf, DC, MS, ART

Elite Chiro Care
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Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Healthy Hispanic Food - Enjoying the Bounty of a Summer Garden (or Farmers' Market)

Most of us really enjoy Mexican food because it is delicious, varied and has lots of wonderful combinations. As we know, though, not all the ingredients in such meals are healthy, especially when used or eaten in large quantities. Yet, the staples of this cuisine, such as beans, vegetables, rice, corn, protein foods and fruits, are all part of a balanced diet if prepared in a healthy way and consumed in moderation. Many of the fabulous summer vegetables that are being harvested can be incorporated into such meals to add great flavor and nutrition. When considering Mexican food, some simple changes will work for most meals, whether eaten at home or in a restaurant. Consider these ideas: 1) Send in a sub (substitute ingredients that is), 2) Cut the salt by using herbs and spices to provide bold flavor, 3) Cook with less fat and switch to healthier oils (olive, coconut, peanut or canola) to avoid trans fat and saturated fat, 4) Watch/reduce portion sizes – don't confuse "helping" with a "serving" and 5) Emphasize fresh foods. Here are some recipe ideas that can utilize the bounty of summer vegetables available to get you started.

Garden-Fresh Gazpacho

(lots of fresh veggies in a tasty soup – served chilled or at room temperature)

****Great served before a lean grilled chicken fajita meal**

2-1/2 cups chopped, seeded tomatoes
2-1/2 cups chilled low-sodium, mixed vegetable juice (spicy if available), divided use
1/2 cup chopped red bell pepper, 1/4 cup finely chopped red onion, 1/4 cup loosely packed fresh basil
1 TBSP fresh lemon juice, 1 medium garlic clove, minced, 1/4 teaspoon cayenne pepper (optional)
1 cup chopped, seeded cucumber, 1 cup quartered red cherry tomatoes, 1/4 cup chopped green bell pepper, 1/4 cup chopped fresh parsley
In a food processor or blender, process the chopped tomatoes, 1-1/2 cups vegetables juice, red bell pepper, onion, basil, lemon juice, garlic and cayenne until smooth. Transfer to a large bowl. Stir in the remaining 1 cup vegetable juice and the remaining ingredients. Serve immediately or cover and refrigerate until serving time.

Mexican Coleslaw

*A simple, refreshing alternative to mayonnaise-based coleslaw – great on fish tacos or as a side dish.

6 cups very thinly sliced or shredded cabbage (about 1/2 of a large head of cabbage)
1-1/2 cups peeled and grated carrots (2-3 medium)
1/3 cup chopped cilantro
1/4 cup rice vinegar
2 tablespoons extra-virgin olive oil
1/4 teaspoon salt
Place cabbage and carrots in a colander, rinse thoroughly with cold water to crisp. Let drain 5 minutes. Meanwhile, whisk remaining ingredients in a large bowl. Add cabbage and carrots, toss well to coat.



Tangy Baked Lime-Chile Tortilla Chips

12 (6-inch) corn tortillas
Canola oil cooking spray
2 tablespoons lime juice
1/2 teaspoon chili powder
1/4 teaspoon salt



Position oven racks to the middle and lower third of oven; preheat to 375 degrees. Coat both sides of each tortilla with cooking spray and cut into quarters. Place tortilla wedges in an even layer on 2 large baking sheets. Combine lime juice and chili powder in a small bowl. Brush the mixture on each tortilla wedge and sprinkle with salt, if desired. Bake the tortilla wedges, switching the baking sheets halfway through, until golden and crisp, about 15-20 minutes, depending on thickness.



Nutrition and Running

By Sally Berry
MA RD CSSD CLT

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

Should Runners Pump Iron?

As we hit the heat of the summer and runners are cranking up the hours on the pavements and trails, you may be looking for as much energy as possible to put into your training and performance in competition. When someone comes to my office fatigued, I start with “detective” work to root out the “cause” of the fatigue. Often athletes... both males and females can be dealing with a running induced iron deficiency. However, if too much iron is taken, it can be toxic. Iron poisoning is real. So I thought I would share some information on this topic....

What is Iron's role?

For the athlete, iron plays an extraordinary role in the body. As part of red blood cells, hemoglobin and muscle cell's, myoglobin, it transports and utilizes oxygen - which is crucial for all runners and aerobic athletes. Iron also plays a role to metabolize ATP, our powerhouse for our cells. Iron is part of our immune function, brain development and part of numerous enzymes. With low iron, we feel tired, weak, irritable, cold, susceptible to illness, and ultimately the body will shut down (think lack of available oxygen).

What is the process of iron depletion?

Step 1: Iron decrease - First there is decrease of the storage for of iron, ferritin. This indicates depletion. Checking ferritin levels can catch iron lowering before it becomes critically low with extreme fatigue and months of recovery.

Step 2: Iron depletion- This is continuing decrease of ferritin and increase of the iron-carrying protein transferrin. This indicates that your body is low in stores and can't get enough to transfer to tissues needing iron. You feel fatigued and tired ... BUT your hemoglobin levels are still okay. Low ferritin can decrease your running performance significantly.

Step 3 Iron deficient anemia - By this point, ferritin is so low that the hemoglobin levels are decrease (small red blood cells). Athletes are definitely compromised here. You could also be pale, cold, low performance, low immunities, irritable, brain fog among other symptoms.

As part of your nutrition evaluation, it's importance to determine if anemia is from lack of iron, or other sources such as low B12, folate, copper or elsewhere.

Why are athletes at risk?

Athletes in general are at risk due to their increase need for utilization of oxygen. However we see greater risk for female athletes, distance runners, any high impact sport, those with limited calorie intake, and those with high intensity, duration training especially in aerobic sports. High impact athletes increase their iron requirement by about 70% Use of non-steroidal anti-

inflammatory drugs (NSAIDS such as ibuprofen) stack the deck on iron deficiency. Intestinal iron loss and other gastrointestinal effects of running can decrease running. There is also hemolysis (break down of red blood cell from the content pounding the pavement of a runner.

Another condition related to iron is called “sports anemia”. Hemoglobin can look normal or borderline in this case. When a runner starts training, or ramps up a program there can be a temporary shift of fluid making the athlete's blood more dilute concentration. This will decrease in 2-3 months typically. However, long term sports anemia can occur in highly trained endurance athletes

How do I prevent and treat?

For athletes, aim for greater than 32 mg/day for females, and greater than 14 mg per day for males.

1. Know your iron status. Get tested
2. Evaluate your eating habits - work with a sports nutritionist
3. Increase foods that both high in iron and foods that support absorption of iron such as high vitamin C foods. Decrease those that inhibit iron absorption.
4. Add foods that are good sources of iron (meats, poultry, fish, legumes, nuts, seeds, dark green vegetables, dried fruits).

Examples

4-6 mg iron in 1 cup oatmeal 1 cup legumes or 1/2 cup soybeans or tofu or a handful of pumpkin seeds

1-3 mg iron in 1 oz. dark chocolate (70%) or 1 Tbs black strap molasses

Foods that increase iron availability

High vitamin C and acidic environment increase absorption of plant based iron.. Compounds in onion and garlic increase the availability of iron.

Foods that decrease iron

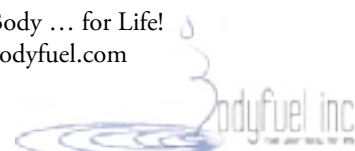
Phytates found in grains and legumes can decrease absorption of iron. To prevent and decrease phytates by soaking, sprouting, fermenting, or leavening. This will break down the phytates from grains peas, beans and lentils.

What about supplements?

I do not recommend iron supplementation unless there is a deficiency. Iron interacts with other mineral for absorption such as calcium, zinc, copper and manganese. Over supplementing with one can throw off other nutrients. However, if the is iron deficiency, I recommend supplementation. Make sure you understand the type of supplement. Over use of some supplements such as ferrous sulfate can affect the gastrointestinal system. Then, there is the quality factor. I have only a few options that I recommend. Toxicity and iron poisoning is real. So please consider frequent ferritin level checks with your practitioner along with the routine labs work. The right form is not necessarily the highest dose!

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**Home Run 5K held in Lawrence, KS on May 25th.
Rain started the run and cleared out for a nice finish.**



Photos By: Gene Wee www.runlawrence.org

Freedom has its life in the hearts, the actions, the spirit of men and so it must be daily earned and refreshed - else like a flower cut from its life-giving roots, it will wither and die.

~Dwight D. Eisenhower

This, then, is the state of the union: free and restless, growing and full of hope. So it was in the beginning. So it shall always be, while God is willing, and we are strong enough to keep the faith.

~Lyndon B. Johnson



May the sun in his course
visit no land more free, more
happy, more lovely, than this
our own country!
~Daniel Webster

How often we fail to
realize our good fortune
in living in a country
where happiness is more
than a lack of tragedy.
~Paul Sweeney

And I'm proud to be
an American,
where at least I know I'm free.
And I won't forget the
men who died,
who gave that right to me.
~Lee Greenwood

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Photo by Shane Epping

September 7th
Columbia, MO

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Mid-America Running Association

Schedule of Kansas City Local and Regional Races

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

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

New race submissions should include the information shown below.

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

MARA GP indicates a MARA Grand Prix event with GP distance for multiple races.

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

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

Updated: 23 June 2015

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
July 2015					
Jul 4	Sat	7:00 AM	Stars and Stripes 5K Run/Walk	Summit Fair Shopping Center Lee's Summit, MO	www.starsandstripes5K.com
Jul 4	Sat	7:00 AM	Lenexa Freedom Run 5K & 10K MARA GP (10K)	Old Town Lenexa Lenexa, KS	www.lenexa.com/parks/festivals_freedom.html
Jul 4	Sat	7:30 AM	Ward Parkway Four on the 4th 4 miles	Ward Parkway Shopping Center Kansas City, MO	wardparkwayfouronthefourth.com/
Jul 5	Sun	9:00 AM	Psychodelic 5K (Fire Edition)	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.psychowyc.com/id69.html
Jul 11	Sat	7:30 AM	Midnight Madness 5K, 10K & 15K Combo	Downtown Ames, IA	www.amesmidnightmadness.com/
Jul 11	Sat	8:00 AM	Leawood Rotary 5K Run	Tomahawk Creek & 114th St. Leawood, KS	www.leawoodrotaryrun.com
Jul 11	Sat	8:00 AM	Hope for Healing USATF 5K Race/Walk & Wellness Fair	CrossPoint Hays, KS	http://www.KansasLyme.org
Jul 11	Sat	8:00 AM	Cauldron Run - Sunflower State Games 5K & 10K	Shawnee Lake Shelter House #4 Topeka, KS	www.sunflowergames.com/index.php/2015-sports/5k-10k-cauldron-run
Jul 11	Sat	8:00 AM	"Psycho Psummer" Run Toto Run 50K, 20-Mile, 10-Mile Trail Run	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.psychowyc.com/id75.html
Jul 12	Sun	7:00 AM	Open Options Shawnee Mission Triathlon & Duathlon	Shawnee Mission Park Shawnee, Kansas	www.jcprd.com/special_events/smp_triathlon.cfm
Jul 12	Sun	8:00 AM	Barnyard Boogie 10K, 2 Mile, 1 Mile	Blue Rapids Public Square Blue Rapids, KS	ksteinfort@state-bankbr.com
Jul 18	Sat	7:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School 645 S. Commercial Ave Smithville, MO	www.juliaswarriorsrunforhope.com/
Jul 18	Sat	7:00 AM	Friendship Festival 5K	Oak & East Street Lathrop, MO	www.lathropfestival.com
Jul 18	Sat	7:00 AM	Legend Kitwana Off-Road Triathlon	Clinton State Park Lawrence, KS	www.legendendurance.com/legend-kitwana.html
Jul 18	Sat	7:30 AM	Amelia Earhart Fun Run 2K/8K	Atchison Family YMCA Atchison, KS	www.kansascityymca.org
Jul 18	Sat	7:30 AM	LMH 5K Summer Spray Run Walk	Tonganoxie Family Practice Tonganoxie, KS	www.lmhendowment.org
Jul 18	Sat	8:00 AM	Putting the Boots to ALS 5K	Rockhurst High School Kansas City, MO	http://bit.ly/1GCodOH
Jul 19	Sun	7:00 AM	Legend Kitwana Trail Run	Clinton State Park Lawrence, KS	www.legendendurance.com/legend-kitwana.html
Jul 19	Sun	8:00 AM	Dizzle Sizzle 5K and Tutu Trot 1 Mile Fun Run	Stoney Point Elementary School Grain Valley, MO	http://bit.ly/1JAbDVO
Jul 25	Sat	7:30 AM	WIN for KC Triathlon Women's Triathlon	Sailboat Cove Park Smithville Lake Smithville, MO	www.winforkctri.org/
Jul 25	Sat	8:00 AM	Sunflower State Games 5K Cross Country	Iliff Commons Topeka, KS	sunflowergames.com/index.php/2015-sports/cross-country
Jul 26	Sun	8:00 AM	Don't Melt Away 5K	Waterfall Park Independence, MO	www.dontmeltaway5k.com

August 2015

Aug 1	Sat	7:00 AM	Spencer C. Duncan - Make it Count 5K	New Century Air Center Gardner, KS	www.makeitcounttoday.org/
Aug 7	Fri	8:30 PM	Psych Night 5K & 10K Trail Run	Wyandotte County Lake Park Main Entrance Kansas City, KS	www.psychowyc.com/id50.html
Aug 7	Fri	9:00 PM	Moonlight 5K Run and Fun Walk	Mapleleaf Parkway St. Joseph, MO	jeanette@graceontheweb.org
Aug 8	Sat	8:00 AM	Rugged Maniac	Snow Creek Ski Area Weston, MO	www.ruggedmaniac.com/events/kansascity/
Aug 8	Sat	8:00 AM	Jogging for Jags 5K	Mill Valley High School Shawnee, KS	joggingjags@yahoo.com
Aug 14	Fri	8:30 PM	Rock Away Night & Day Half Marathon	Branded B Ranch Meriden, KS	www.psychowyc.com/
Aug 15	Sat	7:30 AM	Saints Stampede 5K Cross-Country Run	Saint Thomas Aquinas High School Overland Park, KS	http://bit.ly/1HpeO2Z
Aug 15	Sat	7:30 AM	Red Carpet 5K Run/Walk	Lone Elm Park Olathe, KS	www.RedCarpet5K.com
Aug 15	Sat	7:30 AM	Blue Valley Summer Sizzle 5K/ 1Mile	Blue Valley Recreation Complex Overland Park, KS	www.bluevalleyrec.org/page/summersizzle.php
Aug 15	Sat	8:00 AM	Rivalry Run 5K	Downtown Kansas City, MO	therivalryrun.org/
Aug 15	Sat	8:00 AM	Beer & Bagel Off Road Race Missouri 4 Miles	OakGlenn Winery Herman, MO	www.beerandbagel.com
Aug 15	Sat	8:00 AM	LMH 5K Summer Spray Run Walk	Baldwin City Golf Course Baldwin City, KS	www.lmhendowment.org
Aug 15	Sat	8:30 PM	Foam Glow - 5K	Cricket Wireless Amphitheater Bonner Springs, KS	www.foamglow.com/kansas-city-2015/
Aug 15	Sat	9:00 AM	Mud & Muck Run 5K	Unity Village Campus Lee's Summit, MO	www.psychowyc.com/mudandmuck/
Aug 15	Sat	11:00 AM	Rock Away Night & Day 50M Trail Run	Branded B Ranch Meriden, KS	www.psychowyc.com/
Aug 16	Sun	7:30 AM	Jackson County Triathlon and Duathlon	Longview Lake Lees Summit, MO	www.jacksoncountytriathlon.com/
Aug 16	Sun	8:00 AM	Race for Recovery 5/10K	Heritage Park Shelter #1 Olathe, KS	www.race4recovery.com/
Aug 16	Sun	4:00 PM	Martini Madness - The Olive Run 5K Run/Walk	The Other Place Olathe, KS	http://www.patriotsrun.org/#!/martini-madness--the-olive-run/cedj
Aug 22	Sat	8:00 AM	Royals Charities 5K Run/Walk	Kauffman Stadium Kansas City, MO	www.kansascity.royals.mlb.com/kc/community/fivekrun.jsp
Aug 22	Sat	9:00 AM	Lozilu Mud Run	Fountain Bluff Sports Complex Liberty, MO	www.lozilu.com/kansascity
Aug 23	Sun	8:00 AM	Head for the Cure 5K Run/Walk	Corporate Woods Overland Park, KS	www.headforthecure.org/metro-kc
Aug 29	Sat	7:00 AM	Tidbow Trot 5-Mile Race & 2 Mile Walk	Second & Elm Street Bonner Springs, KS	www.sportkc.org/sportkc.aspx?pgID=866&event_id=1193
Aug 29	Sat	7:30 AM	Legend Triathlon- Capital City	Shawnee Lake Topeka, KS	www.legendendurance.com/legend-cap-city.html
Aug 29	Sat	8:00 AM	Labor Day Dash 5K & 10K Run	Downtown Lee's Summit, MO	http://bit.ly/1bYCgWD
Aug 30	Sun	8:00 AM	Steps Against Alzheimer's 5K/10K	Bass Pro Independence, MO	Kfriend62@aol.com

September 2015

Sep 5	Sat	8:00 AM	Heartland Heat Triathlon	Tiffany Hills Park Kansas City, MO	www.kcmo.gov/heartlandheattriathlon/
Sep 7	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	www.columbiatrackclub.com/hoa/index.htm
Sep 7	Mon	7:30 AM	Leawood Labor Day Run - 5K MARA GP	Leawood City Park Leawood, KS	www.leawood.org/parks/labordayrun.aspx
Sep 11	Sat	12:00 PM	Patriot's Run Ultra, Marathon, Half, Casual Walk/Run, Team	Mid-America Nazarene Campus Olathe, KS	www.patriotsrun.org/
Sep 12	Sat	8:00 AM	Olathe Medical Center Women's Triathlon	Kill Creek Park Olathe, KS	www.jcprd.com/special_events/omc_triathlon.cfm
Sep 12	Sat	8:00 AM	Heart of the Summit 5K, 10K, 1 Mile Walk	Downtown Lee's Summit, MO	www.heartofthesummit.com
Sep 12	Sat	8:30 AM	Race for Freedom 5K	Carpenter Place Wichita, KS	www.raceforfreedom.com
Sep 13	Sun	7:30 AM	Susan B. Komen Greater Kansas City Race for the Cure - 5K	World's of Fun Kansas City, MO	www.kansascity.info-komen.org/site/TR?fr_id=5255&pg=entry
Sep 13	Sun	7:30 AM	Plaza 10K Run/Walk MARA GP(10K)	Country Club Plaza Kansas City, MO	www.plaza10K.com
Sep 13	Sat	8:00 AM	Charlie's House Home Run for Safety 5K, 3K and .4K	Shawnee Mission Park Theater in the Park Pavilion Shawnee, KS	http://www.enter2run.com/search/event.aspx?id=31905
Sep 19	Sat	7:30 AM	Bleeding Kansas 50K and Half Marathon Trail Run	Clinton State Park Lawrence, KS	www.legendendurance.com/bleeding-kansas.html
Sep 19	Sat	8:00 AM	Helen Gold 5K MARA GP	Fountains Shopping Center Overland Park, KS	www.helengold5k.com
Sep 19	Sat	8:00 AM	Get Your Rear in Gear - Kansas City 5K	Legends Outlet Kansas City, KS	www.events.getyourrearingear.com/site/TR?fr_id=2600&pg=entry
Sep 19	Sat	6:00 PM	Blazin' the Burg 5K Run/WALK	Downtown Louisburg, KS	www.blazintheburg.com/
Sep 20	Sun	7:00 AM	Broadway Bridge Run Half Marathon, 10K & 5K	Sprint Center Kansas City, KS	www.broadwaybridgerun.org/
Sep 20	Sun	8:00 AM	Lee's Summit Half Marathon	City Hall Plaza Lee's Summit, MO	www.leessummithalf.com
Sep 26	Sat	8:00 AM	Sacred Steps 5K	Church of the Resurrection Leawood, KS	www.cor.org/index.php?id=6447
Sep 26	Sat	8:00 AM	Kansas City Zoo Run 4 Mile & 1 Mile	Kansas City Zoo Swope Park Kansas City, MO	www.kansascityzoorun.org/
Sep 27	Sun	7:30 AM	Regalia Run 5K	UMKC Volker Campus Kansas City, MO	info.umkc.edu/foundersweek/schedule/regalia-run/#.VRBWm-k5DKM
Sep 27	Sun	7:30 AM	Legend Triathlon- Ad Astra	Clinton State Park Lawrence, KS	www.legendendurance.com/legend-ad-astra.html
Sep 27	Sun	8:00 AM	Go Girl Run Half Marathon & 5K	Kansas City, MO	www.ultramaxsports.com/gogirlrun/gogirlrun_landing
Sep 27	Sun	8:00 AM	Pony Express Run Half Marathon & 5K	Pony Express Museum St. Joseph, MO	www.sportkc.org/sportkc.aspx?pgID=866&event_id=1176
Sep 27	Sun	8:00 AM	Smithville 5K Run/Walk & 1 Mile Fun Run/Walk	Smith's Fork Park Smithville, MO	www.smithvilledamrun.com
Sep 27	Sun	9:00 AM	Fall Fell 7 Mile Trail Run	Kill Creek Park Olathe, KS	www.psychowico.com/id64.html

October 2015

Oct 3	Sat	7:30 AM	Blue Springs Family YMCA Half Marathon and 5K	Blue Springs Family YMCA Blue Springs, MO	http://bit.ly/1AdMX38
Oct 3	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	www.pumpkinrunwalk.org/
Oct 3	Sat	8:00 AM	Lake Perry Rocks! Trail Run 50K, Half Marathon & 5K	Branded B Ranch Meriden, KS	www.psychowco.com/lakeperrytrailruns/id13.html
Oct 3	Sat	8:00 AM	Natalie's A.R.T. 5K	Southcreek Office Park Overland Park, KS	www.nataliesart.org/come-to-the-5k/
Oct 4	Sun	7:30 AM	HyVee Scarecrow Run 5K	Gladstone, MO	Sblattner@gladstone.mo.us
Oct 4	Sun	8:00 AM	Pink Lady 5K Walk/Run	Downtown Lee's Summit Lee's Summit, MO	www.pinklaundry.org
Oct 4	Sun	9:00 AM	John Glaser Memorial 5K	Fire Station 71 Shawnee, KS	www.johnglaser5k.com/
Oct 10	Sat	8:30 AM	Ability Quest: Run, Walk, Stroll, Roll	Berkley Riverfront Park Kansas City, MO	www.rehabkc.org/AbilityQuest
Oct 11	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	www.prairiefiremarathon.com/
Oct 11	Sun	8:00 AM	JCCC Lace up for Learning 5K Run/Walk	JCCC Campus Overland Park, KS	jreilly@jccc.edu
Oct 17	Sat	7:15 AM	Waddell and Reed Kansas City Marathon Full, Half, Relay & 5K MARA GP (Half)	Crown Center Kansas City, MO	www.waddellandreedkansascitymarathon.org/
Oct 17	Sat	8:30 AM	Run for Excellence 5K Run/Walk	Raytown High School Raytown, MO	www.raytowneducationalfoundation.org/run-for-excellence/
Oct 17	Sat	9:00 AM	The Great Pumpkin Run - 5K	Johnson Farms Pumpkins Belton, MO	http://www.thegreatpumpkinrun.com/cities/kansascity/
Oct 18	Sun	8:00 AM	Maple Leaf Run 5K & 1 Mile	Baldwin City Golf Course Baldwin City, KS	www.baldwincitychamber.com/
Oct 18	Sun	8:00 AM	IMT Des Moines Marathon Full, Half, Relay & 5K	Locust Street Bridge Des Moines, IA	www.desmoinesmarathon.com/#home
Oct 18	Sun	9:00 AM	The Great Pumpkin Run - 5K	Johnson Farms Plants Belton, MO	http://www.thegreatpumpkinrun.com/cities/kansascity/
Oct 24	Sat	8:00 AM	Parkville Half Half Marathon & Three Person Relay	English Landing Parkville, MO	www.psychowco.com
Oct 24	Sat	8:00 AM	Halloween Hustle 5K & 10K Run	Unity Village Lee's Summit, MO	http://bit.ly/1Lc85b3
Oct 24	Sat	6:00 PM	Bone Bash & Dash 5K Run/Walk	Meritex Executive Park 17501 W. 98th Street Lenexa, KS	www.BoneBashAndDash.org
Oct 24	Sat	7:00 PM	Monster Dash 5K	City Market Kansas City, MO	www.kcmonsterdash.com/
Oct 25	Sun	7:15 AM	The Bison 50R Topeka to Lawrence Relay	Westridge Plaza Topeka, KS	www.bison50.com
Oct 25	Sun	8:00 AM	Hustle for Hunger 5K	Warren Middle School Leavenworth, KS	www.hustle5k.com
Oct 25	Sun	8:00 AM	OVERRUN Ovarian Cancer 5K Run/Walk & 1 Mile Teal Trail Walk	Southcreek Office Park Overland Park, KS	www.overrunovariancancer.com
Oct 31	Sat	9:00 AM	Operation Jack KC Walk/Run Half Marathon & 5K	Theater in the Park Shawnee, KS	www.operationjack.org
Oct 31	Sat	9:00 AM	Great Pumpkin Race 5K	Horizon Academy Roeland Park, KS	www.GreatPumpkinRaceKC.com
Oct 31	Sat	9:00 AM	Monroe County YMCA-HTC Illinois Ozarks 10K Bluff Trail Run & Children's Fun Run	Borsch Park Valmeyer, IL	http://bit.ly/1eA56Pc
Oct 31	Sat	11:00 AM	The Running Dead 5K	Cricket Wireless Amphitheater Bonner Springs, KS	www.runningdeadkc.com/info.html

November 2015

Nov 1	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	www.kansashalfmarathon.com/
Nov 1	Sun	8:00 AM	Cliffhanger 8K & 5K Run/Walk MARA GP (8K)	KCUMB Campus Kansas City, MO	www.cliffhangerrun.com/
Nov 7	Sat	9:00 AM	Shoal Creek Living History Wilderness Run 5K & 2 Mile	Robert H. Hodge Park Kansas City, MO	http://bit.ly/1Kjy1Y
Nov 7	Sat	9:00 AM	Muddy MO River Run 5K	Big River Ranch Lexington, MO	http://www.lexington.k12.mo.us
Nov 8	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile	Wyandotte County State Park Shelter #9 Kansas City, KS	www.psychowyc.com/id65.html
Nov 14	Sat	8:00 AM	Longview Half Marathon	Longview Lake Kansas City, MO	http://www.lexington.k12.mo.us
Nov 15	Sun	8:30 AM	Gobbler Grind Run Full, Half & 5K	Corporate Woods Overland Park, KS	www.gobblergrindrun.com/
Nov 15	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, Kansas	www.psychowyc.com/pilgrimpacerrun/
Nov 21	Sat	8:00 AM	Dash 5K KCK	Donnelly College Kansas City, KS	www.donnelydash.weebly.com/
Nov 21	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Waterfall Park(Bass Pro) Independence, MO	http://bit.ly/1A8mN29
Nov 22	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	www.route66marathon.com/
Nov 26	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park, KS	www.sportkc.org/sportkc.aspx?pgID=866&event_id=1166
Nov 26	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K	Ward Parkway Center Kansas City, MO	www.wardparkwaythanksgivingdayrun.com/
Nov 26	Thu	9:00 AM	Liberty Giving Thanks 5K Run and Walk	Liberty Community Center Liberty, MO	www.hillcresthope.org
Nov 26	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	www.parkvilleturkeytrot.org/
Nov 28	Sat	9:00 AM	MKA Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	www.TRMonline.org/RescueRun

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Dec 5	Sat	9:00 AM	Alternate Chili Trail Run - 10 Mile	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.psychowyc.com/id44.html
Dec 5	Sat	10:00 AM	Santa Dash 5K	Kelly's in Westport Kansas City, MO	www.westportsantadash.com/
Dec 6	Sun	9:00 AM	Great Santa Run 5K	Johnson County Community College Overland Park, KS	www.kcsantarun.com/
Dec 12	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Lee's Summit, MO	http://bit.ly/1FrTrO5
Dec 12	Sat	10:00 AM	MARA Chili Run 6.5 Mile loop on park road	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.mararunning.org/
Dec 13	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Park 17501 W. 98th Street Lenexa, KS	www.JingleBellRunKC.org



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