

Master Pieces

A photograph of three young runners participating in a cross-country race. They are running on a dirt path through tall grass on a rolling green hill. The runner in the foreground is a young girl with blonde hair, wearing a blue t-shirt and grey shorts, with a race bib number 100. The runner in the middle is a young woman with dark hair in a ponytail, wearing a blue t-shirt and red and white patterned shorts, with a race bib number 7. The runner in the background is another young girl, also in a blue t-shirt, holding a water bottle. The background shows a vast, green, hilly landscape under a clear sky.

**Magazine of Mid-America Running Association
July - August 2016**

Master Pieces

JULY-AUGUST 2016

Magazine of Mid-America Running Association

www.mararunning.org

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**Cover Photo: Young Runners Keeping
pace during the Prairie Burner Trail
Run**

**Photo by:
Michael Chaffee**

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



Caution!! "Triple H Days Ahead!"

By: Renee Kidwell



It's a bit hard to believe that we've reached the mid-year of 2016 already. That old saying definitely rings true for me: "The older I get, the faster time flies". Also...., I might add: the slower my per-mile pace becomes. That's ok though as I still relish the opportunity and ability to run every day while looking forward to each new season with its unique climate and weather conditions to adjust to. So very true with these hot months of July and August! Just last weekend, I was running one of my favorite 7-miler route specials when I was fully confronted with what I like to call a "Triple H Day". Heat, Humidity & Hills all nicely packaged together. That sweet Saturday Seven turned into a conquest to continue. The per-mile pace *really* slowed down those last couple miles. When I completed my run, I was very thankful and once again, very respectful of the challenges you and I confront not only through the seasons of running, but the seasons of life. We can't always have those perfect blue sky, low humidity, sweet breeze days. It's the hills and the valleys, the highs and the lows, the rain and the snow, that makes us stronger and more confident to take on challenges come race day. Caution is always needed with those few months of Triple H Days Ahead, however, don't forget to enjoy and savor each step you are able to take!

Wishing you a safe, memorable
and healthy summer of running!

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

July - August 2016

As I write this article, it is the first day of summer. As most of you know, summer in Kansas City can be challenging for running. However, I have been a runner for 45 years and have run through 45 summers! Just like anything we do, exercise wise, we must let our bodies acclimate to the heat and humidity.

This can also be a challenge, as the weather here just seems to change very swiftly, not leaving much time for our bodies to acclimate. It is also very important to hydrate efficiently BEFORE you go out for a run or walk in the heat. Of course, if you are running more than 3 miles, you should either have places where you can get water or carry it with you. There are so many different types of devices for carrying your water, that were not available just a few years ago.

A good friend of mine, Mary Haley, gave me a really great water bottle carrier. The water bottle goes in sideways and is even curved to fit the curve of your back. It is so comfortable that I hardly know it is there. I would never have guessed when I started running 45 years ago, that I would have so many choices of ways to carry my water with me!!!!

Wishing you happy and healthy
running and/or walking.

Karen

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MOTHER'S DAY 5K

Kansas City's only run/walk exclusively by women, for women!

The 12th annual Mother's Day 5K - May 8, 2016

Corporate Woods, Overland Park, KS

The Mother's Day 5K is full of fun, energy, and camaraderie — and includes colorful women's cut t-shirts, a finisher's charm necklace, kids' activities, great food, and many more perks.

This is a fun event with a serious purpose. KC Express hosts the Mother's Day 5K as a community service to fund and further their mission to inform, motivate, and inspire women to exercise for better health.



Photos By: Gene Wee www.runlawrence.org



Our long time nutrition/running expert Sally Berry is providing her final article (page 5) for Master Pieces in this issue. Sally wrote me and shared the following: “After a lot of careful thought, I have decided to end writing for Master Pieces. I need to focus my time on my next business move - to an online functional nutrition service (for the sports- minded, desiring help resolving food sensitivities, fatigue and digestion and increasing life-long wellness). I have enjoyed writing, teaching, and interacting through Master Pieces and hope I can continue to reach out to you and this community of wonderful sports-minded people in the future.”

Sally started her company Body Fuel in 2002 and shortly after that began her very insightful, helpful, nutritional articles for our Master Pieces readers.

Sally, we wish you great success in your new endeavors.

Thank you very much for your dedication and inspiration toward better health for our readers!



Sally Berry MA RD CSSD
Virtual Nutrition Practice - Lifestyle Changes &
Integrative Eating
Board Certified Sports Nutrition -Food Sensitivities
- Certified LEAP





Nutrition and Running

By Sally Berry
MA RD CSSD CLT

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

Running, Sunlight and Vitamin D

If you know me, you will know that this is my happiest time of year. I love summer! I use time between work responsibilities to walk or run outside. Streets, parks, and trails are now filled with runners training for their next event, or those just enjoying the joy of movement. I get to start off my days with an early morning swim. As I breathe between strokes, I can see the beautiful “ball of fire” sunrise. Ah yes... the sun. Although I stay active year round ... for some reason, when I start going outside, my whole attitude changes. Part of my mood shift may be due to just being outside. But, I really believe that much of this “happy mood reset” is by receiving the natural form of Vitamin D - not through a pill or supplement, but coming through the skin into the body.

Vitamin D is one of the most common deficiencies that I see in my clients. One study reported active Vitamin D deficiency in over half of all adults and even over one-third of all adolescents. It is common to see very low or deficient Vitamin D in runners and other athletes. Low Vitamin D can impact our energy, immune system, inflammation, and yes... also our thinking and mood! There are a few things that can cause Vitamin D deficiency:

- Lack of sunlight - inside, winter months in northern climates, etc.
- Diets lacking vitamin D - food that are not typical in the American diet (wild salmon, egg yolks, fish liver oil, and liver).
- Fat malabsorption- You can eat all the Vitamin D from food or supplement. But, if the nutrient is not absorbed, then you don't reap the rewards! Poor gut digestion, low fat diets, processed fats, and inflammatory foods such as glutens, toxins, and infections can compromise you body's absorption.

Our hunter and gatherer ancestors were always exposed to Vitamin D and therefore had plenty of Vitamin D. However, with the beginning of the industrialization revolution, we began to see the effects of Vitamin D deficiency. Indoor living, factories working conditions, and crowded city living prevented direct sunlight. This began an epidemic of rickets. Starting the early 1900's, science researchers began to piece together the role of sunlight in rickets and other diseases. Eventually Vitamin D became the treatment with use of cod liver oil (yum!), ultraviolet light usage, and fortification of milk.

It was thought that only plants could provide photosynthesis - the process of using sunlight to make food and nutrients. But we know humans are somewhat capable of photosynthesis, and they use it to produce Vitamin D. One factor that assists in this process is Chlorophyll, a substance that is found in dark green plants.

What are my best recommendations for you to optimize your Vitamin D?

- 1.Know your numbers - Evaluate your Vitamin D status by testing and get your gut health in line (I can help with this)
- 2.Get good Vitamin D food sources (egg yolks, fatty fish, real butter, grass fed foods)
- 3.Get your sunlight AND....
- 4.Eat your greens!!!!

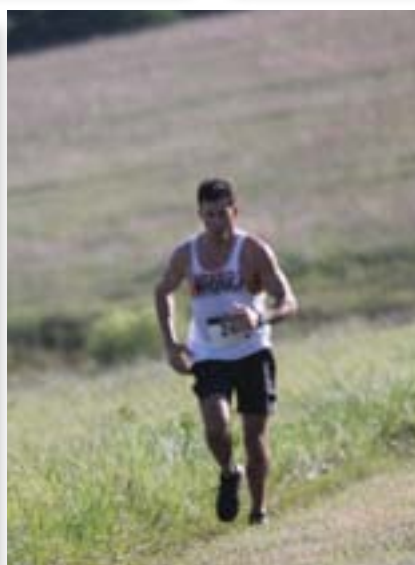
I hope you eat well, but also enjoy the great outdoors!
No treadmills, just pure outside running!

Happy Summer Sally

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



Prairie Burner 10k, 5k, 2M Trail Run -- Strong City, KS - June 25-16



Photos By: Michael Chaffee



Prairie Burner 10k, 5k, 2M Trail Run Strong City, KS --June 25, 2016

The Prairie Burner was created by Jake's Jeepsters, a dedicated Relay for Life team raising funds for the American Cancer Society in memory of Jake Thompson. Our goal is simple: bring people together that enjoy outdoor fitness and have had a close encounter with cancer. We strive to raise money but also to unite people. You are not alone! If you have cancer, if you're loved one has cancer, if you've lost someone to cancer, we want to know about it and we want share our stories and come together in love and in hope.



Photos By: Michael Chaffee

MEDICINE, SPORT SCIENCE, & NUTRITION

**Ralph R Hall M.D. FACP, FACSM
Professor of Medicine Emeritus,
University of Missouri at Kansas City**

IS ANYBODY LISTENING? The first dietary guide lines to be published by the U.S. Department of Agriculture were issued in 1970. The average percentage of obese people was 12.5%.

The guidelines are changed and revised every 5 years. At the time of the 1990-94 guidelines the percent of over-weight people was 22.5%. By 2010 the percent of the population that was over-weight was 35.8%. Now, the percent of the population who are overweight exceeds 45%.

The guidelines are issued to help people select a healthy diet. It is a diet designed to prevent disease. It is not designed to treat disease. If you develop high cholesterol or high blood pressure you will be prescribed a different diet. If you follow the diet you should not become obese, and are less likely to have cardiovascular disease and diabetes and cancer. Apparently we are not listening---or is how the problem is presented?

THE FOLLOWING INFORMATION WAS OBTAINED AT THE 2016 EXPERIMENTAL BIOLOGY MEETING:

There are various sections of the meeting managed by several national and international organizations. Researchers from all over the world present their studies to an audience of the world's best scientists. There were over 70 countries represented and 60% of the studies were presented by countries other than the United States.

HOW MUCH PROTEIN SHOULD I EAT?

The three researchers who presented their data were from Harvard, Purdue, and Colorado State University. In the past there was concern that high protein diets were detrimental to bone health. With a high protein diet there is increased calcium in the urine. This was thought to come from bone. However, new data demonstrates that high protein diets increase the amount of calcium absorbed from the gut. There is a positive balance in calcium with the high protein diet. It is not harmful to bone health. Protein stimulates growth hormone and depresses another hormone (parathyroid hormone) which leaches calcium from the bone. Protein makes for stronger bone.

What type of protein should we eat? The highest quality of protein comes from eggs, meat and dairy products. When we talk about high quality protein we mean which protein contains the most essential amino acids. Essential amino acids are amino acids which the body can't produce and have to be obtained from the food we eat. These essential amino acids are necessary for building healthy tissue—for instance heart muscle. To get the same number of essential amino acids as you would from 5 ounces of beef, you would have eat 5 cups of soy, 18 cups of chick peas, 25 slices of whole wheat bread. This is an area where there is controversy when it comes to eating a vegetarian diet. It is being studied intensively.

Continued on page 9

WHICH FOODS PREVENT FOOD CRAVING?

Researchers presented their findings regarding whether proteins for fats were the most effective in controlling your appetite. Protein was the winner. Fat was fair and both were far superior to carbohydrates. These studies along with one comparing a study comparing 2 eggs for breakfast versus oatmeal has made me more secure with my personal diet which has always included eggs. The egg diet lowered LDL cholesterol and raised good, HDL cholesterol slightly better than oatmeal.

CHOLESTEROL-IN OR OUT? The new guidelines have finally caught up with the science. **YOU DO NOT HAVE TO LIMIT YOUR CHOLESTEROL INTAKE--** because the cholesterol in your blood does not come from the cholesterol in your diet. Those eggs should be tasting, even, better.

WHOSE RESEARCH MEETS THE HIGHEST STANDARDS? Dietary studies are difficult. For instance, when you compare a vegetarian diet with another diet, which of the hundreds of carbohydrates and vegetables are in the diets. How can you compare them with other diets unless you know precisely which vegetables were included.

The American Society of Nutrition was asked to evaluate the qualities of studies that were sponsored by Universities, industry, hospitals and the government. They used more than 20 criteria for the evaluation. For instance, statistics, were there an adequate number of subjects, was the study blinded, how many subjects dropped out of the study etc. etc

Their findings might surprise you. The highest quality of studies, were sponsored by industry. The government studies were the next best and university and hospital sponsored studies came in last.

HOW MUCH EXERCISE IS ENOUGH? CAN YOU DO TOO MUCH?

The first Official guidelines for the recommended amount of exercise, were published in 2008. The guidelines recommended 150 minutes of moderate exercise per week or 75 minutes of vigorous activity or some equivalent combination.

There were multiple sessions and papers presented at the Experimental Biology meeting on the effects of exercise on muscle, bone, brain, heart, and mortality. To sum it up—more is better for everything. It improves memory, increases strength, prevents bone loss, and prolongs life.

Risk for dying continued to drop with ever-increasing activity levels according to evaluations from Tuft's University: 37% lower at two to three times the minimum guidelines and 39 % lower at three to five times. At that point – the equivalent of 450- 750 minutes of moderate weekly activity –the association plateaued. There was no additional mortality benefit for even more exercise, but neither were there any negative associations.

There is still much to learn about frequency, rapidity, and the benefits to older individuals. At the American College of sports Medicine meeting two years ago, a study demonstrated that if older subjects (>60 yrs), did resistance training using 14 to 18 repetitions to exhaustion, it would result in faster reaction times, for instance, putting on the brakes while driving. Bicycling at 85 repetitions produced more beneficial effects on memory and balance than cycling at 65 repetitions, irrespective of the amount of resistance on the bike pedals These studies need to be confirmed with additional studies. Older people could drive better and perhaps longer with faster reaction times.



Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Grillin' and Chillin':

**As the temperature heats up outside –
go for the grill!**

Grilling continues to be a healthy and delicious way to cook in a low fat manner, as long as one avoids eating charred meat or inhaling too much smoke. Plus, it keeps the heat out of the kitchen. When meat is cooked on a charcoal grill at high temperatures, research shows that carcinogenic substances can be released. Don't hang up your grilling tongs, yet, though. To keep your backyard barbeque safer, try these tips:

**Use a gas grill- rather than charcoal & wood chips to avoid charring and to reduce smoke

**Clean your grill regularly to avoid the build-up of char

** Marinate meats – a Kansas State University report indicated that marinating all types of meat can reduce carcinogens

**Choose lean cuts of meat to avoid flare-ups

** Try grilling smaller pieces of meat that can cook faster at lower temperatures

**Flip meat frequently to prevent charring on either side

Marinated Chicken Kabobs

A combination of ranch dressing and fresh rosemary makes chicken pieces tasty and tender

½ cup olive oil

1 teaspoon white vinegar

½ cup ranch dressing

¼ teaspoon ground black pepper

3 tablespoons Worcestershire sauce

1 tablespoon sugar

1 tablespoon minced fresh rosemary

2 teaspoons salt

1 teaspoon lemon juice

6 boneless, skinless chicken breast halves, cut into

1-inch cubes



In a medium bowl, stir together all ingredients except chicken. Let stand for 5 minutes. Place chicken in the bowl and stir to coat with the marinade. Cover and refrigerate for at least 30 minutes.

Preheat the grill for medium high heat.

Place chicken on skewers and discard the marinade. Lightly oil the grill grate. Grill skewers of chicken for 8-12 minutes or until the chicken is no longer pink in the center and the juices run clear.

Zesty Grilled Fish Tacos

We recently made these tasty tacos with family and friends and they were a hit.

1 pound fresh skinless red snapper, tilapia or sole fillets, about-1/2 inch thick

1 tablespoon cooking oil

1 teaspoon ancho chili powder

1/2 teaspoon ground cumin

1/4 tsp each salt and freshly ground black pepper

1/2 cup dairy sour cream

1 teaspoon chipotle chile pepper in adobo sauce, finely chopped

(6) 6 inch tostada shells or corn tortillas

2 cups shredded romaine lettuce or packaged shredded cabbage with carrot (coleslaw mix)

1 ripe avocado, halved, seeded, peeled, and cut into thin slices (optional)

1 cup refrigerated fresh salsa

1 lime, cut into wedges

Snipped cilantro (optional)



1. Preheat gas or charcoal grill.

2. Place fish fillets on a plate; rub each fillet on both sides with the oil. In a small bowl combine chili powder, cumin, salt, and pepper; rub onto fillets on both sides. Stack tortillas, if using, and wrap in foil. For chipotle cream, in another small bowl stir together sour cream and chopped chipotle; set aside.

3. For a charcoal grill, place fish and tortilla stack on the greased rack of an uncovered grill directly over medium coals until fish just flakes easily when tested with a fork and tortillas are heated through, turning fish and tortilla stack once. (Allow 4 to 6 minutes per 1/2-inch thickness of fish). (For a gas grill, preheat grill. Reduce heat to medium. Place fish and tortilla stack on greased grill rack over heat.

Cover and grill as above.)

4. Top tostada shells or fill warm tortillas with lettuce, fish, and avocado slices. Serve with fresh salsa, chipotle cream, lime wedges, and cilantro, if desired. ENJOY !!!!!!!



Tonganoxie was also celebrating their sesquicentennial that weekend.



BlueBirdQuilts 3 blocks from the finish was the Blue Bird Quilts house.



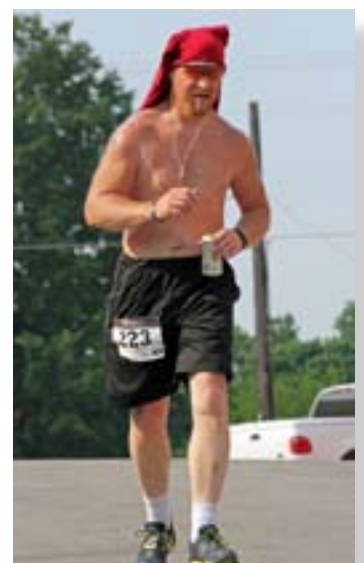
Matthew Broussard (Lawrence, KS) winner receiving his award



2-way traffic: which way do we go?



David Frese was the race director with BJ Taylor working as the announcer.



keep cool runner - Jim Bridges had the right idea taking off his shirt, covering his head and holding a cold brew as he came to the finish line.

Photos By: Gene Wee www.runlawrence.org

THE ATTACK OF THE GRUBS

Created By Lou Joline

GRANDAD, THE GRUBS ARE MASSING TO ATTACK
WHAT SHALL WE DO? WHAT SHALL WE DO?
OUR FUNDS ARE LOW, THERE IS NO SLACK
WE HAVE NO PLAN, WE ARE IN A STEW!



① Lou JOLINE

HENRY, WHEN IN A STEW YOU GO TO LOU
HE WILL CALL THE "MOLE AND RAT ASSOCIATION"
THEY KNOW EXACTLY WHAT TO DO
THEY ARE A POWERFUL ORGANIZATION



②

GRAMPS, MARA HAS CALLED ON MOLEMAN
MOLEMAN LOVES TO EAT GRUBS
THERE IS NO BETTER FOOD IN THE LAND
IT OUT SELLS BEER IN EVERY PUB



③

I AM MOLEMAN, KING OF THE MOLES
I CALL ALL MOLES TO EAT THESE GRUBS
ROUTE THEM OUT OF THEIR HOLES
AND EAT THEM RAW OR IN A SUB



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

④

Continued on page 14



Lou's Cartoons
In Living Color
By Lou Joline

FIFTY-SEVENTH ANNUAL

MONDAY, SEPTEMBER 5TH • COLUMBIA, MO

26
miles

385
yards

2016

Heart of America

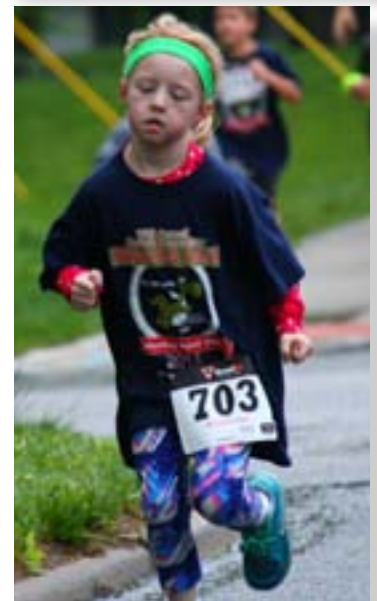
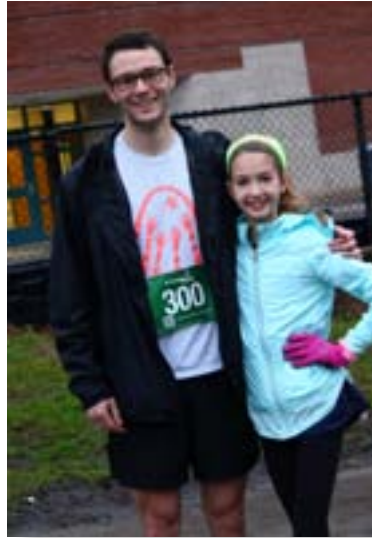
M A R A T H O N

PHOTO BY SHANE SPRING

REGISTER
TODAY AT: HEARTOFAMERICAMARATHON.COM

Corinth Dragon Dash 5K and Mile Run -- 4-30-15

The one mile fun walk and 5K run starts and ends on the Corinth school grounds. The Course takes walkers and runners through the Leawood community with free food and entertainment afterward. Everyone is always welcome inviting friends, family and neighbors! So much fun to "Dash with the Dragons!"



Photos By: Michael Chaffee



SPOTLIGHT ON USA OLYMPIC TRIALS



KATE MURPHY WINS THE HIGH SCHOOL GIRLS 1500 METERS IN 4:07.21 ON JUNE 17 AT THE ADIDAS BOOST BOSTON GAMES.

Kate Murphy, a 16-year-old junior from Virginia, became the third-fastest high school girl in history in the 1500 meters on Friday, finishing with a 4:07.21 victory at the Adidas Boost Boston Games. She also qualified for the U.S. Olympic Trials.

Teen Outruns the Pros, Qualifies for Olympic Trials Among the most notable races this weekend, Kate Murphy of Virginia ran the third-fastest high school 1500 meters in Boston on Friday night.

By Peter Gambaccini

Murphy won the Dream High School 1500 meters at Dilboy Stadium in Somerville, Massachusetts, by seven seconds and also was faster than the professional women's race that night, won by Cory McGee in 4:08.65. On the all-time high school records list, she's now ranked behind Mary Cain, who is first with a 4:04.62 in 2013, and Alexa Efraimson, with a 4:07.05 in 2014.



Octogenarian couple finishes final marathon holding hands

*By Kit Fox Published June 27, 2016
Runner's World*

Kay and Joe O'Regan have finished dozens of races around the world: from Boston to Athens to Berlin to the northern tip of Norway in the midnight sun. But they've only finished two marathons while holding hands. At the 1986 London Marathon they laced fingers as a race photographer took their photo under the finish clock. They were both 50 years old, and it was their first marathon.

At the 2016 Cork City Marathon in southern Ireland on June 6, again Joe grabbed Kay's hand. This time it was more than a half-mile from the finish line, and he held it the rest of the race. At 80 years old, Kay completed her 113th marathon while Joe finished his 29th. They promised each other it would be their last, a final 26.2 jaunt to celebrate their 57th wedding anniversary.

"We are kind of surprised you are interested in our run over here," Joe told *Runner's World* over the phone. Kay was on the other line in a different room of their home on the outskirts of Enniscorthy, Ireland—a town of 10,000 on the west side of the country with a castle and a river. "We aren't special or extraordinary, as far as we are concerned running is just something we do," Joe said.

They finished the Cork City Marathon in 5:25:29, each winning their age group.

Over the phone, Joe was eager to list his wife's accomplishments. Kay has won the Irish national marathon championships in the 60, 65, 70, and 75-year-old age division. He added that her performance at the Cork City Marathon makes her the fastest 80-year-old female in the U.K.

By running standards, the duo discovered the sport

late in life. At 49, Kay wanted to do something big to celebrate her and Joe's 50th birthdays, which are three weeks apart. So, she signed them up for the London Marathon in 1986.

They had already been married for 27 years with two adult children, but Joe agreed to join his wife in her newfound interest. After they both retired in the late 1990s, they began traveling around the world to complete races. In 1997 they moved to Enniscorthy where they hoped to join a running club.

"We live on the outside of town and our neighbors had never seen people running on roads," Joe said. "I suppose a lot of people thought we were mad."

Now, they are leading members in the local Slaney Olympic running club, which has grown to 160 runners. Many showed up to support the O'Regans during their last marathon.

"We had lots of friends on the course, and when I felt like I was slacking they provided a bit of a lift," Joe said.

Joe also got a lift when he grabbed his wife's hand. "He seemed to get a second wind there," Kay said. "We raced up to the finish, really. We were able to sprint."

The Cork City Marathon honored them by providing the same bib number—80—before the race. When they crossed the finish line, Joe said it felt like they were being mobbed by the paparazzi.

Though he can't quite understand what all the fuss is about, he finally conceded that two 80-year-olds finishing 26.2 miles together is rare.

"The thing is, I may look like I am 80 but I don't feel like it," he said.

A few weeks before the race, Joe researched the Guinness World Record for the oldest couple to complete a marathon. They missed the mark by just over 250 days. He said they will be eligible on November 5, perfect timing for the New York City Marathon on November 6. The "retired" marathoner was hesitant to make any plans.

Kay also had no plans to finish another 26.2, but said she is looking forward to getting back on the road with her husband.

"Running is a part of our lives. And it hopefully will be for a few more years," she said. "In Ireland there is a saying: those who pray together stay together. Well we say, those who run together stay together."

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.

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

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

Races that have dates highlighted with yellow are tentative.

Updated: 21 June 2016

| Date | Day | Start | Name & Distance | Race Location | Race Site / Registration |
|------------------|-----|---------|--|--|--|
| July 2016 | | | | | |
| Jul 2 | Mon | 8:00 AM | Firecracker Flight 5K & 10K | Centerpoint Hospital Independence, MO | Firecracker Flight |
| Jul 4 | Mon | 7:00 AM | Stars and Stripes 5K Run/Walk | Summit Fair Shopping Center Lee's Summit, MO | www.starsandstripes5K.com |
| Jul 4 | Mon | 7:00 AM | Lenexa Freedom Run 5K & 10K | Old Town Lenexa Lenexa, KS | www.lenexa.com/parks/festivals_freedom.html |
| Jul 4 | Mon | 7:30 AM | Four on the Fourth | Ward Parkway Shopping Center Kansas City, MO | wardparkwayfouronthefourth.com/ |
| Jul 8 | Fri | 7:30 PM | Red White & Green Estate 5K Run | Mexico, MO | mexicoymca.org/page.php?p=1924 |
| Jul 9 | Sat | 7:00 AM | The Snake | Clinton State Park Lawrence, KS | trailhawks.com/races/2016/jul/09/snake |
| Jul 9 | Sat | 8:00 AM | Humanity of Franklin County 5K | Kalmar Facilities 415 E. Dundee St. Ottawa, KS | ottawatrucksna.com/resources-links/5k-walkrun |
| Jul 9 | Sat | 8:00 AM | Sunflower State Games Cauldron Run 5K & 10K | Shawnee Lake Shelter House #4 Topeka, KS | www.sunflowergames.com/index.php/2015-sports/5k-10k-cauldron-run |
| Jul 9 | Sat | 7:30 PM | Midnight Madness 5K, 10K & 15K Combo | Downtown Ames, IA | www.amesmidnightmadness.com/ |
| Jul 10 | Sun | 7:00 AM | Open Options Shawnee Mission Triathlon & Duathlon | Shawnee Mission Park Shawnee, Kansas | www.jcprd.com/special_events/smp_triathlon.cfm |
| Jul 16 | Sat | 7:00 AM | Amelia Earhart 8K/2K Fun Run | Atchison Family YMCA Atchison, KS | Amelia Earhart 8K/2K |
| Jul 16 | Sat | 7:30 AM | Tonganoxie Summer Spray 5K | Tonganoxie Family Practice Tonganoxie, KS | www.lmhendowment.org |
| Jul 16 | Sat | 8:00 AM | Putting the Boots to ALS 5K | Rockhurst High School Kansas City, MO | Putting the Boots to ALS 5K |
| Jul 16 | Sat | 8:00 AM | Kyle Billington Memorial 5K | Edgewood Drive Jefferson City, MO | Kyle Billington Memorial 5K |
| Jul 16 | Sat | 8:30 PM | Anchor's Away 5K Night Event | Platte City High School Platte City, MO | Anchors Away 5K |
| Jul 16 | Sat | 8:30 AM | Insane Inflatable 5K | Kansas Speedway Kansas City, KS | insaneinflatable5k.com/kansas-city-ks/ |
| Jul 17 | Sun | 7:00 AM | YMCA 5K Run & Fun Walk | Washington Park Independence, MO | YMCA 5K Run & Walk |
| Jul 17 | Sun | 8:00 AM | Don't Melt Away 5K | Waterfall Park Kansas City, MO | www.dontmeltaway5k.com |
| Jul 17 | Sun | 8:00 AM | Pure Run for Water 5K | National WWI Museum & Memorial Kansas City, MO | www.pipelinemanagement5k.com |
| Jul 23 | Sat | 7:00 AM | Cameron Triathlon | Recreation Park Cameron, MO | Cameron Triathlon |

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| Jul 23 | Sat | 7:30 AM | Rugged Man Obstacle Course | Snow Creek Weston, MO | www.ruggedmaniac.com/events/kansascity/ |
| Jul 23 | Sat | 7:30 PM | Rock the Crossroads 5K | Crossroads Kansas City, MO | www.rockthecrossroads.com/#!race-info/c4nz |
| Jul 23 | Sat | 8:00 AM | A Divine Run 5K Run/Walk for SIDS | Kansas Speedway Kansas City, KS | www.divinerun.com |
| Jul 23 | Sat | 8:00 AM | Sunflower Games Cross Country 5K | Illif Commons Topeka, KS | Sunflower Games Cross Country 5K |
| Jul 23 | 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 23 | Sat | 8:00 AM | Run for Raptors 5K Trail Run | Swope Trails Kansas City, MO | Run for the Raptors |
| Jul 23 | Sat | 8:00 AM | Drizzle Sizzle 5K & 1 Mile TuTu Trot | Stoney Point Elementary School Grain Valley, MO | Drizzle Sizzle 5K |
| Jul 23 | Sat | 9:00 AM | The Berning Sun 5K | Lakeside Speedway Kansas City, KS | The Berning Sun 5K |
| Jul 23 | Sat | 10:00 AM | Rugged Man Obstacle Course | Snow Creek Weston, MO | www.ruggedmaniac.com/events/kansascity/ |
| Jul 24 | Sun | 7:15 AM | TRiKC Longview Jr Triathlon, ages 1-17 | Longview Recreation Lee's Summit, MO | TRiKC Triathlon |
| Jul 24 | Sun | 8:00 AM | Show Me State Games Triathlon & Duathlon | Phillips Lake Columbia, MO | www.smsg.org/sports_display.php? entrytodisplay=40 |
| Jul 24 | Sun | 8:00 AM | Sunflower Games - Orienteering | Gage Park Topeka, KS | www.sunflowergames.com/index.php/gamesinfo |
| Jul 24 | Sun | 9:00 AM | Grant's Cause for Spina Bifida 5K | Unity Village Lee's Summit, MO | www.grantscause.com/ |
| Jul 24 | Sun | 9:00 AM | Wild Women Timber Challenge | Bonner Springs, KS | www.kctimberchallenge.com |
| Jul 30 | Sat | 7:30 AM | ISD Wellness Expo and 5K | William Christman High School Independence, MO | sites.isdschools.org/wellnessexpo |
| Jul 30 | Sat | 7:30 AM | WIN for KC Women's Triathlon | Sailboat Cove Park Smithville Lake Smithville, MO | www.sportkc.org/win-for-kc/triathlon/ |
| Jul 30 | Sat | 7:30 AM | Digital Ally Open 5K | REI Store Overland Park, KS | www.digitalallyopen5K.com |
| Jul 30 | Sat | 7:30 AM | Sock it to Cancer 5K | Lee's Summit City Hall Lee's Summit, MO | Sock it to Cancer 5K |
| Jul 30 | Sat | 8:00 AM | Eudora Summer Spray 5K Run/Walk | Eudora Parks & Rec. Building Eudora, KS | www.lmhendowment.org |
| Jul 30 | Sat | 8:30 AM | L.I.N.K. 5K Run/Walk | Independence Academy Independence, MO | apps.isdschools.org/link5k/ |
| Jul 30 | Sat | 8:30 AM | Bubble Run 5K | Kansas Speedway Kansas City, KS | www.bubblerun.com/upcoming-locations/kansas- city/ |
| Jul 31 | Sat | 8:00 AM | Sound of the City - 5K/10K | Waterfall Park Independence, MO | Sound of City 5K/10K |
| Jul 31 | Sat | 8:00 AM | Show Me State Games - 5K/10K | Bethel Park Columbia, MO | www.smsg.org/sports_display.php? entrytodisplay=27 |
| Jul 31 | Sun | 9:00 AM | Psychodelic 5K (Fire Edition) | Wyandotte County Lake Park Shelter #2 Kansas City, KS | www.psychowyc.com/id69.html |

August 2016

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| Aug 5 | Fri | 8:30 PM | Psych Night 5K & 10K Trail Run | Wyandotte County Lake Park Main Entrance Kansas City, KS | www.psychowco.com/id50.html |
| Aug 5 | Fri | 9:00 PM | Moonlight 5K Run and Fun Walk | Mapleleaf Parkway St. Joseph, MO | Dyann@graceontheweb.org |
| Aug 6 | Sat | 7:30 AM | Spencer C. Duncan - Make it Count 5K | New Century Air Center Gardner, KS | www.makeitcounttoday.org/ |
| Aug 6 | Sat | 8:00 AM | I'm with the Band! 5K Run & 1 Mile Walk | Overbrook City Park Overbrook, KS | I'm with the Band! 5K |
| Aug 6 | Sat | 8:00 PM | Friday Night Lights 5K Run/Walk | Lee's Summit West High School Lee's Summit, MO | www.lswfootball.com/5k |
| Aug 6 | Sat | 9:00 PM | Glow Run 5K - Kansas City | Kemper Arena Kansas City, MO | Glow Run 5K |
| Aug 7 | Sun | 7:00 AM | Matt Mason Memorial Cowboy-Up! Triathlon | Smithville Lake Smithville, MO | cowboyuptriathlon.com/race-info |
| Aug 13 | Sat | 7:30 AM | Blue Valley Summer Sizzle 5K/ 1Mile | Blue Valley Recreation Complex Overland Park, KS | www.bluevalleyrec.org/page/summersizzle.php |
| Aug 13 | Sat | 8:00 AM | Great Escape 5K | USDB Ft. Leavenworth, KS | Great Escape 5K |
| Aug 13 | Sat | 8:00 AM | Rivalry Run 5K | Downtown Kansas City, MO | therivalryrun.org/ |
| Aug 13 | Sat | 8:00 AM | Gardner Grind Adventure Race | Celebration Park Gardner, KS | mmcclure@gardnerkansas.gov |
| Aug 13 | Sat | 8:00 AM | Beer & Bagel Off Road Race Missouri 4 Miles | Oak Glenn Winery Herman, MO | www.beerandbagel.com |
| Aug 13 | Sat | 9:00 AM | Mud & Muck Run 5K | Unity Village Campus Lee's Summit, MO | www.psychowco.com/mudandmuck/ |
| Aug 14 | Sun | 7:00 AM | Susan B. Komen Greater Kansas City Race for the Cure - 5K | Union Staion Kansas City, MO | www.KomenKCRace.org |
| Aug 14 | Sun | 7:30 AM | Birthday Bash 5K | Corporate Woods Overland Park, KS | Birthday Bash 5K |
| Aug 14 | Sun | 8:00 AM | Diva Dash 5K & Lil' Princess Girls Run | Corporate Lake Columbia, MO | Diva Dash 5K |
| Aug 20 | Sat | 8:00 AM | Rainbow Run 5K Walk/Run | Kansas City Museum Kansas City, MO | runsignup.com/Race/MO/KansasCity/ RainbowRunforEquality5K? |
| Aug 20 | Sat | 8:00 AM | Diva Dash 5K & Lil' Princess Girls Run | Corporate Woods Overland Park, KS | www.divadash5k.com |
| Aug 20 | Sat | 8:30 PM | Blacklight Run | Cricket Amphitheater Bonner Springs, KS | www.blacklightrun.com/kansas-city/ |
| Aug 21 | Sun | 8:00 AM | Race for Recovery 5/10K | Heritage Park Shelter #1 Olathe, KS | www.race4recovery.com/ |
| Aug 21 | Sun | 8:00 AM | Parkville 5K/10K River Run | English Landing Park Parkville, MO | Parkville 5K/10K River Run |
| Aug 21 | Sun | 7:30 AM | Jackson County Triathlon and Duathlon | Longview Lake Lees Summit, MO | www.jacksoncountyytriathlon.com/ |
| Aug 21 | Sun | 8:00 AM | Run Like A Girl 5k & Lil Girl Fun Run | Summit Fair Shopping Center Lee's Summit, MO | www.runlikeagirl5krun.com |

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| Aug 26 | Fri | 8:30 PM | Rock Away Night & Day Half Marathon | Branded B Ranch Meriden, KS | www.rockawaynightday.com/ |
| Aug 27 | Sat | 7:30 AM | Cedar Creek SPRINT Triathlon & Duathlon | Cedar Creek Olathe, KS | cedarcreektri.wordpress.com/ |
| Aug 27 | Sat | 8:00 AM | Royals Charities 5K Run/Walk | Kauffman Stadium Kansas City, MO | www.kansascity.royals.mlb.com/kc/community/fivekrun.jsp |
| Aug 27 | Sat | 8:00 AM | JCPRD U Kids Triathlon | Kill Creek Park Olathe, KS | JCPRD U Kids Triathlon |
| Aug 27 | Sat | 8:00 AM | Running with Wings 5K | Heritage Park Olathe, KS | Running with Wings |
| Aug 27 | Sat | 8:00 AM | Beer and Bagel 4M Trail Run | Herman, MO | www.beerandbagel.com/#!missouri/c1aeg |
| Aug 27 | Sat | 8:00 AM | Race4 Domestic Violence Prevention 5K Run/Walk | Hyde Park Kansas City, MO | Race4 Domestic Violence Prevention 5K |
| Aug 27 | Sat | 11:00 AM | Rock Away Night & Day 50M Trail Run | Branded B Ranch Meriden, KS | www.rockawaynightday.com/ |
| Aug 28 | Sun | 8:00 AM | Head for the Cure 5K Run/Walk | Corporate Woods Overland Park, KS | www.headforthechcure.org/metro-kc |
| September 2016 | | | | | |
| Sep 3 | Sat | 8:00 AM | Labor Day Dash 5K & 10K Run | Downtown Lee's Summit, MO | Labor Day Dash |
| Sep 3 | Sat | 8:00 AM | Heartland Heat Triathlon | Tiffany Hills Park Kansas City, MO | www.kcmo.gov/heartlandheattriathlon/ |
| Sep 3 | Sat | 8:00 AM | Natalie's A.R.T. 5K | Southcreek Office Park Overland Park, KS | www.nataliesart.org/come-to-the-5k/ |
| Sep 3 | Sat | 8:15 AM | Lake Quivira Triathlon | Lake Quivira Lake Quivira, KS | www.lakequiviratriathlon.com/home.html |
| Sep 4 | Sun | 8:00 AM | Go Girl Run Half Marathon & 5K | Kansas City, MO | www.gogirlrun.com |
| Sep 5 | Mon | 6:00 AM | Heart of America Marathon | Hearnes Center Columbia, MO | www.columbiatrackclub.com/hoa/index.htm |
| Sep 5 | Mon | 7:30 AM | Leawood Labor Day Run - 5K | Leawood City Park Leawood, KS | www.leawood.org/parks/labordayrun.aspx |
| Sep 10 | Sat | 6:00 AM | Hawk Hundred 100 Mile, 50 Mile & b Marathon | Clinton Lake Lawrence, KS | trailhawks.com/races/2016/sep/10/hawk-6/ |
| Sep 10 | Sat | 8:00 AM | Charger Challenger 5K Race & 1 Mile Walk | St. Charles Catholic School Gladstone, MO | www.stcharleskc.com |
| Sep 10 | Sat | 8:00 AM | DeFeet Hunger 5K | 55th and Paseo Kansas City, MO | DeFeet Hunger 5K |
| Sep 10 | Sat | 8:00 AM | Jesse James Festival 5K/10K Bill James Classic and Fun Run | Downtown Kearney, MO | jessejamesfestival.com/events/5k-10k/ |
| Sep 10 | Sat | 8:00 AM | Olathe Medical Center Women's Triathlon & Duathlon | Kill Creek Park Olathe, KS | www.jcprd.com/special_events/omc_triathlon.cfm |
| Sep 10 | Sat | 8:00 AM | Heart of the Summit 5K, 10K, 1 Mile Walk | Downtown Lee's Summit, MO | www.heartofthesummit.com |
| Sep 10 | Sat | 8:30 AM | Capital Craze 5K Obstacle Run Muddy Buddy Mile & 5K | St.Francis River Hill Topeka, KS | capitolcraze.com/ |

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| Sep 10 | Sat | 9:00 AM | Vine to Wine 1/2 Marathon and 5K | The Family Vine Wine Greenville, IL | bocorunco.com/vine-to-wine-12-marathon-and-5k.htm |
| Sep 10 | Sat | 9:00 AM | Easter Seals Midwest Walk, Run 'n Roll | Corporate Woods Overland Park, KS | WalkRunNRoll.org |
| Sep 10 | Sat | 9:00 AM | Finger Lakes Adventure Challenge | Finger Lakes State Park Columbia, MO | Finger Lakes Adventure Challenge |
| Sep 11 | Sun | 7:30 AM | Ad Astra Triathlon | Clinton State Park Lawrence, KS | www.legendendurance.com/legend-ad-astra.html |
| Sep 11 | Sun | 7:30 AM | Plaza 10K Run/Walk | Country Club Plaza Kansas City, MO | www.plaza10K.com |
| Sep 11 | Sun | 7:30 AM | Jeremy Katzenberger Memorial Triathlon | Weathersby Lake Kansas City, MO | jktri.weebly.com/ |
| Sep 11 | Sun | 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 11 | Sun | 8:00 AM | Get Your Rear in Gear - 5K Run/Walk | Zona Rosa Kansas City, MO | Get Your Rear in Gear |
| Sep 11 | Sun | 8:30 AM | BIGGSteps Toward Cancer Prevention 5K | Overland Park, KS | www.biggsteps.org/ |
| 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 17 | Sat | 8:00 AM | Chautauqua 5k Walk/Run | Gallatin, MO | www.daviesfineart.com/ |
| Sep 17 | Sat | 8:00 AM | Quartermax, Halfmax & Octomax Half-iron, Long, Short Triathlon and Duathlon | Innsbrook Resort Innsbrook, MO | ultramaxsports.com/halfmaxchampionship/landing/halfmax_landing.html# |
| Sep 17 | Sat | 8:00 AM | Helen Gold 5K | Fountains Shopping Center Overland Park, KS | www.helengold5k.com |
| Sep 17 | Sat | 8:00 AM | Run 4 Hope | Bass Pro Shops Independence, MO | Run 4 Hope |
| Sep 17 | Sun | 8:00 AM | Lee's Summit Half Marathon | City Hall Plaza Lee's Summit, MO | www.leessummithalf.com |
| Sep 17 | Sat | 8:00 AM | Dash 5K KCK | Donnelly College Kansas City, KS | www.donnelydash.weebly.com/ |
| Sep 17 | Sat | 8:00 AM | Race Against Breast Cancer 5K | Topeka West High School Topeka, KS | www.rabctopeka.org/5k-event/ |
| Sep 17 | Sat | 9:00 AM | Trot for Tots PJ 5K | Lake Shawnee Topeka, KS | Trot for Tots PJ |
| Sep 17 | Sat | 9:00 AM | Run for Freedom 5K, 10K and Poker Walk | Missouri Veteran's Home Warrensburg, MO | www.2016valrun.eventbrite.com |
| Sep 17 | Sat | 9:00 AM | North Shore Trail Run Half Marathon, 10K, 5K | Clinton Sate Park Lawrence, KS | www.psychowycy.com/id61.html |
| Sep 17 | Sat | 9:00 AM | Dr. Bob Run 5K & Hy-Vee 1M Kid's Run | Rim Rock Park Lawrence, KS | Dr. Bob Run |
| Sep 18 | Sun | 7:00 AM | Strut With Your Mutt 3K Walk with your dog and a 5K Dog optional | Brookside Kansas City, KS | www.waysidewaifs.org/site/TR?fr_id=1180&pg=entry |
| Sep 18 | Sat | 7:30 AM | Paulina Cooper DotToDot 10K Run & 5K Run/Walk | Corporate Woods Overland Park, KS | www.dottodotrun.org/ |
| Sep 18 | Sat | 7:30 AM | Dot to Dot 5K/10K | Corporate Woods Overland Park, KS | www.dottodotrun.org |

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| Sep 24 | Sat | 7:30 AM | Flat Rock 50/25K | Elk City State Park Independence, MO | www.kansascityzoorun.org/ |
| Sep 24 | Sat | 8:00 AM | Kansas City Zoo Run 4 Mile & 1 Mile | Kansas City Zoo Swope Park Kansas City, MO | www.kansascityzoorun.org/ |
| Sep 24 | Sat | 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 24 | Sat | 8:00 AM | Sacred Steps 5K | Church of the Resurrection Leawood, KS | http://sacredsteps.blogs.cor.org/ |
| Sep 24 | Sat | 8:00 AM | Country Fest 10K & 2 Mile Fun Run | Lee's Summit , MO | Country Fest 10K |
| Sep 24 | Sat | 8:00 AM | Kansas Chocolate Winged Foot Fast 5K/10K & 4K Walk | Forbes Field Topeka, KS Leawood, KS | www.combatairmuseum.org/fundraising/ wingedfoot2016.html |
| Sep 24 | Sat | 9:00 AM | Buck O'Neil 2.2 Mile Walk & 5K Run | Negro Leagues Baseball Museum Kansas City, MO | Buck O'Neil 2.2 Walk & 5K Run |
| Sep 24 | Sat | 9:00 AM | St. Jude Walk/Run to End Childhood Cancer | Kansas City Power & Light District Kansas City, MO | St. Jude Walk/Run |
| Sep 24 | Sat | 5:30 PM | Classic Rock 5K | Carey Park Hutchinson, KS | www.runfortherocks.com |
| Sep 25 | Sun | 7:00 AM | Broadway Bridge Run Half Marathon, 10K & 5K | Sprint Center Kansas City, KS | www.broadwaybridgerun.org/ |
| Sep 25 | Sun | 7:30 AM | Run for the Rocks Half Marathon | Carey Park Hutchinson, KS | www.runfortherocks.com |
| Sep 25 | Sat | 8:00 AM | War Horses for Veterans 5K | Kansas City, MO | http://www.warhorsesforveterans.com/ |
| Sep 25 | Sun | 8:00 AM | Smithville 5K Run/Walk & 1 Mile Fun Run/Walk | Smith's Fork Park Smithville, MO | www.smithvilledamrun.com |
| Sep 25 | Sun | 8:00 AM | Extreme Timber Challenge | Bonner Springs, KS | www.kctimberchallenge.com |
| Sep 25 | Sun | 8:30 AM | 5K Whisper Walk/Run for Ovarian Cancer | The Grove @ Zona Rosa Kansas City, MO | vickiwellshfund.org/whisperwalk/ |
| Sep 25 | Sun | 9:00 AM | Rock the Socks 5K | Waterfall Park Independence, MO | www.rockthesocks5k.com |
| Sep 25 | Sun | 9:00 AM | Fall Fell 7 Mile Trail Run | Kill Creek Park Olathe, KS | www.psychowico.com/id64.html |

October 2016

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| Oct 1 | Sat | 7:00 AM | Roots N Blues BBQ Half Marathon and 10K | Stephens Lake Park Columbia, MO | rootsnbluesnbbq.com/half-marathon-10k/ |
| Oct 1 | Sat | 7:15 AM | Run the Burg Half Marathon, 10K & 5K | Downtown Warrensburg, MO | runtheburg.com/Race_Information.html |
| Oct 1 | Sat | 7:30 AM | Blue Springs Family YMCA Half Marathon and 5K | Blue Springs Family YMCA Blue Springs, MO | Blue Springs Family YMCA Half Marathon and 5K |
| Oct 1 | Sat | 8:00 AM | Jared Coones Memorial Pumpkin 5K Run/Walk | Black Bob Elementary School Olathe, KS | www.pumpkinrunwalk.org/ |
| Oct 1 | Sat | 8:00 AM | Lake Perry Rocks! Trail Run 50K, Half Marathon & 5K | Branded B Ranch Meriden, KS | www.psychowico.com/lakeperrytrailruns/ id13.html |
| Oct 1 | Sat | 8:00 AM | Pink Laundry 5K Walk/Run | Lee's Summit City Hall Lee's Summit, MO | www.pinklaundry.org |

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- George Sheehan



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