

MASTER PIECES



**Magazine of Mid-America
Running Association
July-August 2020**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

JULY-AUGUST 2020

This Issue

- 2- *Karen's Column*
- 3 - *Sustaining Members*
- 4-7 *A Saturday in Motion*
- 8-25 - *Virtual Hospital Hill Run*
- 26-27 - *Westward Ho! 5K & FunRun*
- 28 - *Roberta's Recipe Resource for Summer*
- 29 - *How to build up Mileage Safely*
- 30-35 - *July-August Race Calendar*
- 36 - *Happy 4th of July!!*

Cover Photo:

By Michael Chaffee
*Jump Start at the 2020
Virtual
Hospital Hill Run*

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



Renee Kidwell
Editor



In our last MP issue, the world was just beginning the Covid-19 Journey and a very different pace & lifestyle. I was looking at our situation then as if we had just started a very difficult marathon and needed to take that mindset by keeping a good pace and finding the finish line just down the road. Now, I'm comparing our situation more as if it's an Ultra Marathon and a very grueling one at that. I've completed a few Ultra's in my running years and know how tough & difficult they can be.

The Ultra Marathon Mindset is similar, requiring a very strong will & determination along with great support teams on the sidelines. So, keep cheering on your family, friends, co-workers and neighbors with lots of encouragement and positive attitudes. Keep on moving down this road and ultimately we will reach that finish line!

Please continue to take care of yourself and those around you!

Master Pieces Staff:

Editor: Renee Kidwell
Webmaster: Stevan Ryan
Photographers: Gene Wee,
Michael Chaffee,
Calendar and Distribution Editor:
Stevan Ryan

Writers:

Karen Raymer,
Roberta Washburn

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



Karen's Column

By Karen Raymer
President of MARA
July/August 2020

Most of you know, that I am an Elvis “fan”atic! My all time favorite race is the Elvis International 5K, held in Memphis each August during Elvis Week. This would have been the 38th year, however, the Coronavirus has struck yet another race. The organizers have decided to cancel the race for this year. In the 37 years of the event, I had only missed 4 years.

Many of our local races and others throughout the running industry, have done virtual races. I know the race organizers are needing to raise revenues for their charities and keep their businesses operational. Hopefully this pandemic will be winding down soon and races will actually be able to happen. Until then, keep wearing your masks and practice social distancing.

During this “stay at home” time, I have grown to really like fast walking. I had been having some hamstring problems. It is very strange, does not hurt when I walk, but it does when I run. I have been a runner for 49 years. To be honest for many years, I thought if I was not running it was not exercise enough. Well, I was sure wrong about that. I get just as good a workout with walking as I did with running. Another thing that is good about it is, Keith and I walk together most of the time. He has arthritis in his hips and has not been able to run for several years, but he can fast walk with little or no pain. I am just thankful that I am able to do exercise, as I know many people who used to be very good runners and had to give up both running and walking, due to chronic pain, etc.

If you are healthy and can still do any kind of exercise, consider yourself very blessed.

Karen

MARA Sustaining Members

Anna & John Allen - Leawood, KS

Lexa Alley- Merriam, KS

Diane Bahr-Leavenworth, KS

Dave Boone-Overland Park, KS

Mary Boyce & Mary Desch - Wichita, KS

John Cookinham - Kansas City, MO

Joe Duncan - Lee's Summit, MO

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, KS



Karen & Keith Raymer - Raymore, MO

Gretchen & Stevan Ryan - Olathe, KS

Catherine Saxon Family - Lawrence, KS

Kermit Trout - Overland, Park, KS

LeRoy Unruh - Overland Park, KS

Sandie Weston - Kansas City, MO

Eugene & Marsha Wren - Shawnee Mission, KS



A Saturday Morning In Motion

On May 23rd, I watched other people exercise, people who were running, walking, biking, strolling through my neighborhood. My plan was to watch them for three hours on a Saturday morning, as the foot traffic on my peaceful, lightly car-travelled block has increased in these times of coronavirus, and I would count numbers and take pictures.



I can't vouch for the accuracy of my numbers, as stealthy bikers occasionally sneaked by while I was distracted by a woodpecker or the mailman; but here are the approximate numbers (and numbers don't lie!) 55 women came by, 52 men, 24 children, 24 dogs, and no cats. (In my 56 years in the neighborhood, I have never seen a cat being walked, though one neighbor had a cat who followed him on walks.) The number of women and dogs both decreased in the hour between eleven and noon, perhaps arguing that it is still women who prepare meals and women who are more likely to walk the dog. 47 bikers pedaled by and 42 pedestrians walked through. Runners were virtually non-existent (what is this world coming to?): a total of 7 in the first two hours, none between eleven and twelve.

It seems that foot traffic has picked up since coronavirus restrictions were imposed; but since there are no other studies to compare to, my impression is only anecdotal. I hope that many of you will come on shank's mare through the neighborhood ... and perhaps raise a friendly palm to a white-haired observer. **(continued on pages 5 - 7)**

Update & Photos by: Michael Chaffee

A Saturday Morning In Motion



Update & Photos by: Michael Chaffee

A Saturday Morning In Motion



Update & Photos by: Michael Chaffee

A Saturday Morning In Motion



Update & Photos by: Michael Chaffee

Virtual Hospital Hill Run

Just as the Big Muddy keeps rollin', rollin', rollin', the Hospital Hill Run keeps goin' and goin', and John Garrison runs it every year. No, wait, this is 2020, and the coronavirus has changed many things and most of us. The virus caused the 47th annual Hospital Hill Run to morph into a virtual run. The June 6 event was cancelled, but race organizers permitted entrants to run a 5K, 10K, or half marathon anywhere and anytime before July 1, 2020. By reporting their time online, runners would haul down swag, such as finisher's medal, official t-shirt, and bib number.

Well, the Big Muddy keeps doing its thing, and John Garrison must do his thing. Being the charmingly compulsive fellow that he is, he would do his 46th consecutive Hospital Hill Run, having missed only the 1974 inaugural, on the Hospital Hill Run course on Saturday, June 6, 2020, the originally scheduled date, at 6:30 a.m. Kevin Connor, the capo of a group Garrison has run with for decades on Wednesday, Friday, and Saturday mornings, persuaded members of the group to do their own virtual runs at the same time as John. Connor also placed water at essential points on the course. Marty Garrison Brown, John's daughter and frequent half marathon companion, would be the only woman in the group, but she would serve as comfort and spur to Garrison pere.

By 6:15 runners from the Garrison group began yawningly ambling in. The homeless person sleeping on the park bench packed up his valuables and tiptoed out. A few individuals, not in the group, were doing their own virtual run and started before the Garrison group: a young man in his thirties sporting a 2020 Hospital Hill Run t-shirt and a trio of young ladies in gray. As the Garrison group of about fifteen runners coalesced, Lisa Drake, the race director, and her husband, Terry, appeared to lend some gravitas to the occasion. The traditional pre-start jump photo was tolerated by seasoned runners who should not be able to jump so high. Impatient to begin, Garrison eschewed the official start commands and began rolling north up Grand Avenue. The others fitfully followed.

As the Kansas City Star building was reached at Truman Road and Grand, groups had formed: three swift runners in the lead, four in a second group, four to six running with Marty and John, and Joe Hodes running by himself but leading all the runners in Kansas City who were not there.

As they glided south on Oak, the tiny field appeared to be the initial dots in a Paul Signac pointillist painting that would eventually include thousands of runner dots. A lady in a lime-green Beetle darted in and out of the the sparse Saturday morning traffic, trying to follow the field. On a morning when police security stayed in bed, stoplights must be obeyed. Runners rambled up and down Gillham Road hills, eventually jousting with innumerable orange cone stalagmites on Rockhill Road going south by the Nelson-Atkins Museum, only to have Rockhill transformed into a shaded lane until 63rd Street.

By now Garrison had ordered Marty and others accompanying him to forge ahead to run their own race. The heat and humidity were converting eager effort into torpid slog. Joann Chaffee, the lime-green Beetle lady, handed out cold bottles of water to runners as they rounded the corner of 63rd Street and headed north on Brookside Boulevard, encountering more sunshine. Weaving past the Nichols Fountain in the Plaza, tired runners encountered no trace of the police presence nor of the protesters from the previous nights' events.

As they did in human form a century-and-a-half ago and as they have in statuesque form for the last couple decades, John McCoy, Alexander Majors, and Jim Bridger stand guard in Westport. But recent course changes and construction in Westport caused runner confusion.

Photos continued on pages 9-25

Update/photos by: Michael Chaffee



Early birds from Garrison Group -- Jim Tinsman & Paul Black



Garrison group, l. to r. --Jamie Stephens, John Garrison,
Marty Garrison Brown,
Marvin Mastin, Anne Connor, Jim Tinsman, Caroline Connor, Kevin
Connor, Paul Black,
Jeff Holzbeierlein, Joe Hodes (the Connors hosted a post-race feast)
eager daughter, suspicious father -- Marty Garrison Brown, John Garrison

Update/photos by: Michael Chaffee

The 2020 Virtual Hospital Hill Run!



Hospital Hill Run Start? June 6, 2020



The Three Gray Ladies begin their Virtual Run

Update/photos by: Michael Chaffee



Official pre-start jump shot -- l. to r. -- unknown, Kevin Connor, Paul Black, Marvin Mastin, Jamie Stephens, Paul Allegri, Jeff Holzbeierlein (hidden behind Allegri), Marty Brown, Joel Koenig, John Garrison, Joe Hodes, Jim Tinsman, Pat O'Toole when Garrison goes, the field goes



Update/photos by: Michael Chaffee



Marty Brown



Tension builds as race start nears

And... They are Off!



Update/photos by: Michael Chaffee

The 2020 Virtual Hospital Hill Run!



South on Oak



Kansas City Star Building



**front runners up Gillham -- Hans Van Zanten,
Jeff Holzbeierlein**

Update/photos by: Michael Chaffee



**front runners on Grand --
Jeff Holzbeierlein, Hans Van Zanten**



Paul Allegri, Jamie Stephens



Joel Koenig



Joe Hodes

Update/photos by: Michael Chaffee



Up Gillham -- Paul Allegri, Joel Koenig, Jamie Stephens,
Marvin Mastin



Marty Brown,
John Garrison



Rob Harber

Update/photos by: Michael Chaffee

The 2020 Virtual Hospital Hill Run!



Up Gillham -- John Garrison, Rob Harber,
Pat O'Toole, Jim Tinsman, Marty Brown



Up Gillham -- Kevin Connor

Update/photos by: Michael Chaffee



8714 Jim Tinsman, Pat O'Toole



Tinsman, O'Toole --28th & Gillham

The 2020 Virtual
Hospital Hill Run!



Connor -- 28th& Gillham

Update/photos by: Michael Chaffee



Brown -- 31st & Gillham



**Linwood & Gillham --
in a *normal Hospital Hill*
you don't have to stop at
the stop lights**



Uber runners



**look out Jamie, vehicle on your left with
Garrison, Harber -- 31st & Gillham**

Update/photos by: Michael Chaffee



Paul Allegri -- 35th & Gillham



Connor --36th & Gillham



**Koenig, Stephens, Mastin --
36th & Gillham**

**The 2020 Virtual
Hospital Hill Run!**

Update/photos by: Michael Chaffee



36th & Gillham



Garrison -- 36th & Gillham



Connor

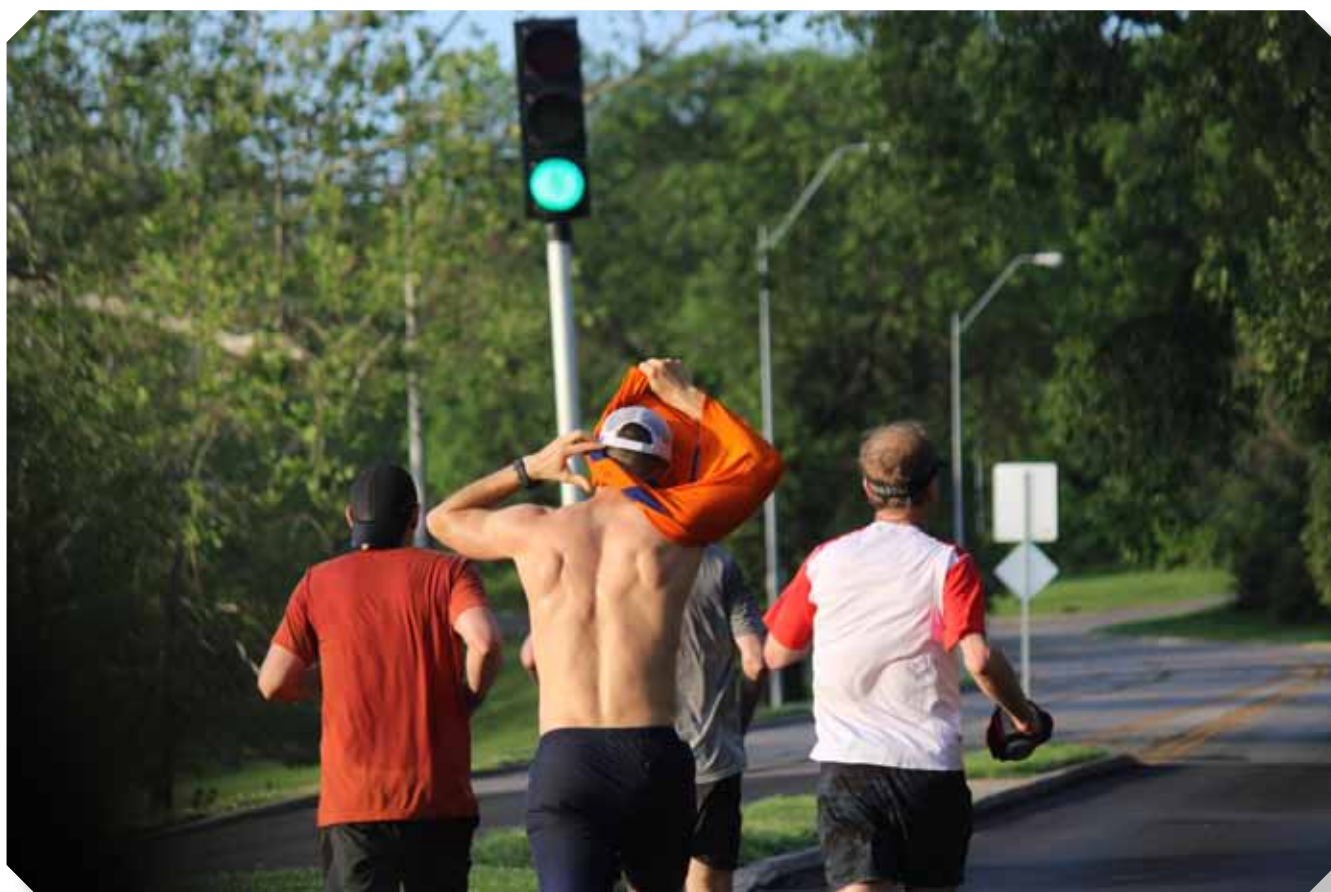
Update/photos by: Michael Chaffee



Harber -- 37th & Gillham



Garrison -- still moving well -- 37th & Gillham



Off Gillham, up to Rockhill -- getting too hot for Koenig!

Update/photos by: Michael Chaffee



off Gillham, up to Rockhill and the
Nelson-Atkins



Koenig



Mastin



The three gray ladies,
up to the Nelson

The 2020 Virtual
Hospital Hill Run!



Stephens

Update/photos by: Michael Chaffee



**Construction on Rockhill
by the Nelson**



**leaders at Rockhill and Volker --
Holzbeierlein, Van Zanten, Black**



Holzbeierlein, Black, Van Zanten

**The 2020 Virtual
Hospital Hill Run!**

Update/photos by: Michael Chaffee

The 2020 Virtual Hospital Hill Run!

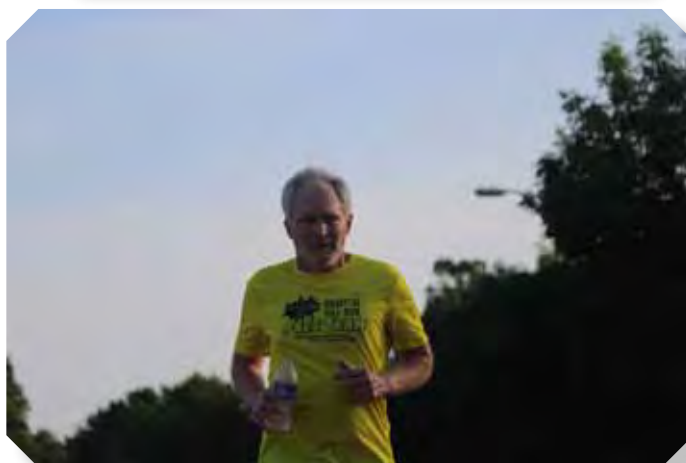


Here they come! The Three Gray Ladies!!



Update/photos by: Michael Chaffee

**The 2020 Virtual
Hospital Hill Run!**



Kaufman Gardens

Update/photos by: Michael Chaffee

The Westward Ho! 5K & Fun Fun was set up as a virtual run. Entrants could go to the Wesley Nature Trail at the First United Methodist Church West Campus and run the 5K cross country course between June 13-28. I had a chance to photograph runners who showed up for packet pickup on Sat., June 20, which was an ideal time for several people to run the course. The event benefited Family Promise of Lawrence, which has a goal of helping homeless families with children achieve and maintain permanent housing.

The FUMC West Campus includes a part of the Oregon Trail, thus the event name. The companion virtual event was the Oregon Trail Relay in which all participants could run any time between June 1 and 30, record their time on Strava and with other participants reach the goal of 2080 miles, the length of the Oregon Trail. These two events made for a nice community gathering during this time of the pandemic and social distancing.



Marty Dubois (race director) explains the course route to Laura and Gary Klotz



Course Map



Chaney Finkeldei at the 3K.



Oregon Trail Ruts

Continued on page 27

Update & Photos By: Gene Wee

*The Westward Ho! 5K &
Fun Fun*



Brad Finkeldei on the little uphill to the church building.



Rachel Rademacher



Mariana Nieto

Update & Photos By: Gene Wee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

FRESH, CRISP, COOL!!

As the temperature outdoors heats up, we certainly want to keep our cool, especially in these trying times. Keeping our cool in the kitchen, while minding our healthy eating goals is also a priority for many. Look for fresh, crisp and cool meals and snacks that can incorporate the healthy bounty of summer fruits and veggies. The color or pigment of fruits and vegetables determine their phytochemical content. Phytochemicals are plant compounds that provide us with protective qualities for health. Fiber is also an important component of vegetables and fruits and often it is what brings us that crispness in our summer harvest. Fiber helps us feel fuller and is great for our digestive system. Here are a few fresh, crisp and cool recipe ideas from the San Antonio Food Bank collection to help brighten your summer.

Broccoli Salad

4 cups fresh broccoli florets

¼ cup dried cranberries

½ cup slivered almonds

3 red apples, chopped

¼ cup red onion, chopped

¼ teaspoon honey

1 cup plain, low-fat yogurt

1 teaspoon lemon juice

Blend yogurt, lemon juice and honey in a small bowl.

Combine all other ingredients in a large bowl.

Add dressing to salad and toss, Chill before serving.

Makes about 8 servings

Strawberry Hummus

**1 can (15 oz.) garbanzo beans
(chickpeas)**

1 Tablespoon fresh ginger, grated

2 Tablespoons tahini

3 Tablespoons honey

2 cups strawberries, fresh or frozen

Place all ingredients in a food processor and blend until smooth. Garnish with fresh fruit or graham crackers.

Veggie Taco Filling

1 small yellow squash, diced

1 small onion, diced

1 small green bell pepper, diced

½ cup canned corn, drained

1 cup black beans, drained

¼ teaspoon salt

1 teaspoon black pepper

1 teaspoon cumin

1 teaspoon chili powder

1 cup cabbage, shredded

½ cup tomato, chopped

1 Tablespoon olive oil

Sautee onion and bell pepper in oil. Add squash, corn, and black beans, and seasonings. Cook for 8-10 minutes until done. Fill warm corn tortillas and top your tacos with shredded cabbage and tomatoes.

How to Build Up Mileage Safely this Summer

From Runner's World

June 2, 2020

By: Hailey Middlebrook



If you ran cross-country growing up, you're probably familiar with summer base training. It looks something like this: For about three months, give or take, from the beginning of June until the end of August, your weeks consist of easy to moderate-effort base runs that gradually increase in length over time. The aim of this type of training is not to make you faster, *per se*, but to build your endurance, strength, and running efficiency, so that when races resume, you have a solid foundation on which you can sharpen your speed.

RELATED STORY

What Runners Should Do to Stay Fit and Sane

Obviously, summer this year will look different from past seasons. Because of coronavirus restrictions, many of the activities we usually do during the warmer months (think: racing, traveling, and visiting pools and gyms) might be prohibited, depending on where you live. Fortunately, the closures and cancellations don't impact one activity: building a solid mileage base. In fact, having more time at home and fewer obligations on your calendar will likely make it even easier to pour more of your energy into running.

Obviously, summer this year will look different from past seasons. Because of coronavirus restrictions, many of the activities we usually do during the warmer months (think: racing, traveling, and visiting pools and gyms) might be prohibited, depending on where you live. Fortunately, the closures and cancellations don't impact one activity: building a solid mileage base. In fact, having more time at home and fewer obligations on your calendar will likely make it even easier to pour more of your energy into running.

Whether you're training for a race later this year or you simply want to raise your ceiling for years to come, now is the perfect time to build a strong foundation. Without races on the horizon for the next several weeks, you have a relatively risk-free window to experiment with higher mileage without worrying about speedwork or tapering. As Runner's World has written about before, the benefits of running higher mileage are clear: building up your mileage (to a point) forces your body to adapt on its physiological, biochemical, and molecular levels, which in turn makes you a much more efficient and faster runner. **Hello, new PR.**

Mid-America Running Association					
Schedule of Kansas City Local and Regional Races					
<p>This race schedule is a service of Mid-America Running Association. Support MARA and join today!</p> <p>Send additions, changes, & corrections to Stevan.Ryan@Outlook.com</p> <p>New race submissions should include the information shown below.</p> <p>This schedule includes Running Races in KC Metro or a short drive from KC, and, select other events.</p> <p>To search for races - http://www.runningintheusa.com/Race/Default.aspx</p> <p>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.</p> <p>Races that have dates highlighted with yellow are tentative.</p> <p>Updated: 28 June 2020</p>					
Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
July 2020					
Jul 4	Sat	7:00 AM	Lenexa Freedom Run - Cancelled 5K & 10K	Old Town Lenexa Lenexa, KS	Lenexa Freedom Run
Jul 4	Sat	7:00 AM	44nd Annual Freedom Run 10K, 5K, Fun Run	Heritage Park Junction City, KS	Freedom Run 10K, 5K, Fun Run
Jul 4	Sat	7:00 AM	4 on the 4th	Park Central Square Springfield, Mo	4 on the 4th
Jul 4	Sat	7:00 AM	Red, White and Boom Run	Municipal Park Carthage, Mo	Red, White and Boom Run
Jul 4	Sat	7:00 AM	Glen Elder Fun Run Best Dam Run in Kansas!	228 W. Main St. Glen Elder, KS	Glen Elder Fun Run
Jul 4	Sat	7:30 AM	Headin' For Home 5K	Centennial Park Newton, KS	Headin' For Home 5K
Jul 4	Sat	7:30 AM	Firecracker 5K	Lynn Baldwin Memorial Park Galva, KS	Firecracker 5K
Jul 4	Sat	7:30 AM	Wichita Stars and Stripes 5K	Cessna Stadium Wichita, KS	Wichita Stars and Stripes 5K
Jul 4	Sat	7:30 AM	Ward Parkway Four on the 4th	Ward Parkway Shopping Center Kansas City, MO	Four on the Fourth
Jul 4	Sat	7:30 AM	39th Annual Derby Firecracker - Cancelled	High Park Derby, KS	Derby Firecracker
Jul 4	Sat	7:30 AM	All-American Mile	Emporia State University Emporia, KS	All-American Mile
Jul 4	Sat	7:30 AM	Firecracker 5000	Branson Landing Branson, MO	Firecracker 5000
Jul 4	Sat	7:30 AM	JC Strong Benefit Run	101 W. 6th St. Junction City, KS	JC Strong Benefit Run
Jul 4	Sat	7:30 AM	Freedom Fest Annual 5K Run/Walk	Warrensburg, MO	Freedom Fest Annual 5K Run/Walk
Jul 4	Sat	7:30 AM	Olde Glory Days Patriotic - Cancelled 5K & 1M Fun Run	Benson Center Clinton, MO	Olde Glory Days Patriotic 5K
Jul 4	Sat	8:00 AM	Firecracker Mile	Missouri State Fair Grounds Sedalia, MO	Firecracker Mile
Jul 4	Sat	8:00 AM	Bern Independence Day 5K	Bern, KS	Bern Independence Day 5K
Jul 4	Sat	8:00 AM	Freedom Fest 5K Run/Walk	Warrensburg Train Depot Warrensburg, MO	Freedom Fest 5K Run/Walk
Jul 4	Sat	8:00 AM	Wild West 5K	4th & Main Hays, KS	Wild West 5K
Jul 4	Sat	8:00 AM	Firecracker 5K	Ber Juan Park Rolla, MO	Firecracker 5K
Jul 4	Sat	8:00 AM	Stars & Stripes 5K	Unity Village Lee's Summit, MO	Stars & Stripes 5K

Jul 4	Sat	7:30 AM	Ward Parkway Four on the 4th	Ward Parkway Shopping Center Kansas City, MO	Four on the Fourth
Jul 4	Sat	7:30 AM	39th Annual Derby Firecracker - Cancelled	High Park Derby, KS	Derby Firecracker
Jul 4	Sat	7:30 AM	All-American Mile	Emporia State University Emporia, KS	All-American Mile
Jul 4	Sat	7:30 AM	Firecracker 5000	Branson Landing Branson, MO	Firecracker 5000
Jul 4	Sat	7:30 AM	JC Strong Benefit Run	101 W. 6th St. Junction City, KS	JC Strong Benefit Run
Jul 4	Sat	7:30 AM	Freedom Fest Annual 5K Run/Walk	Warrensburg, MO	Freedom Fest Annual 5K Run/Walk
Jul 4	Sat	7:30 AM	Olde Glory Days Patriotic - Cancelled 5K & 1M Fun Run	Benson Center Clinton, MO	Olde Glory Days Patriotic 5K
Jul 4	Sat	8:00 AM	Firecracker Mile	Missouri State Fair Grounds Sedalia, MO	Firecracker Mile
Jul 4	Sat	8:00 AM	Bern Independence Day 5K	Bern, KS	Bern Independence Day 5K
Jul 4	Sat	8:00 AM	Freedom Fest 5K Run/Walk	Warrensburg Train Depot Warrensburg, MO	Freedom Fest 5K Run/Walk
Jul 4	Sat	8:00 AM	Wild West 5K	4th & Main Hays, KS	Wild West 5K
Jul 4	Sat	8:00 AM	Firecracker 5K	Ber Juan Park Rolla, MO	Firecracker 5K
Jul 4	Sat	8:00 AM	Stars & Stripes 5K	Unity Village Lee's Summit, MO	Stars & Stripes 5K
Jul 5	Sun	7:30 AM	Stars and Stripes 5K & Lil' Firecrackers Kids Run	Prairie Fire Overland Park, KS	Stars and Stripes 5K
Jul 10	Fri	11:00 AM	Sunflower Games Track & Field	Hummer Sports Park Topeka, KS	Sunflower Games Track & Field
Jul 11	Sat	5:30 AM	Walnut River Gravel Run 50K, Marathon, Half Marathon	Glen Elder, KS	Walnut River Gravel Run
Jul 11	Sat	6:00 AM	Honey Badger Ultra Race 100M	Cheney State Park Kingman, KS	Honey Badger Ultra Race 100M
Jul 11	Sat	6:30 AM	Sunflower Games Track & Field	Hummer Sports Park Topeka, KS	Sunflower Games Track & Field
Jul 11	Sat	7:30 AM	Olpe Downhome Fun Run	Olpe Jones Lake Olpe, KS	Olpe Downhome Fun Run
Jul 11	Sat	7:30 AM	Gardner PD Law Dog 5K/10K	1 New Century Parkway New Century, KS	Gardner PD Law Dog 5K/10K
Jul 11	Sat	7:30 AM	Waverly Ohio Day 2K/5K Run	Waverly, KS	Waverly Ohio Day 2K/5K Run
Jul 11	Sat	8:00 AM	Firecracker Flight East KC 5K & 10K	Waterfall Park/Bass Pro Independence, MO	Firecracker Flight

Jul 11	Sat	8:00 AM	Dexter BBQ 5K/2M	Dexter, KS	Dexter BBQ 5K/2M
Jul 11	Sat	8:00 AM	Wild West 5K	4th & Main Street Hays, KS	Wild West 5K
Jul 11	Sat	8:00 AM	It's A Great Day to Be An Eagle 5K	3001 Monterey St. Joseph, MO	It's A Great Day to Be An Eagle 5K
Jul 11	Sat	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	Skyline Shuffle 5K
Jul 11	Sat	8:00 AM	Sunflower State Games 5K & 10K	Lliff Commons Topeka, KS	Sunflower State Games 5K & 10K
Jul 11	Sat	8:00 AM	Run So They Can Ride 5K - Virtual	English Landing Park Parkville, MO	Run So They Can Ride
Jul 11	Sat	8:00 AM	It's A Great Day to Be An Eagle 5K	Bartlett Park St. Joseph, MO	It's A Great Day to Be An Eagle 5K
Jul 11	Sat	8:00 AM	Hero Hustle North KC	Kansas City, MO	Hero Hustle North KC
Jul 11	Sat	8:30 AM	Living Incredible 5K	Augusta, KS	Living Incredible 5K
Jul 11	Sat	8:30 AM	PhC Bubble 5K Walk/Run For Life	Memorial Park, Jefferson City, MO	Bubble 5K Walk/Run For Life
Jul 11	Sat	7:00 PM	Dark and Dirty Miles	2300 Park Cabins Rd. Willburton, OK	Dark and Dirty Miles
Jul 11	Sat	8:00 PM	#Sweatfest 2M, 5M, 10M	Landmark Church Strafford, MO	#Sweatfest 2M, 5M, 10M
Jul 12	Sun	7:00 AM	Summer Roundup Triathlon	Tong Farms Joplin, MO	Summer Roundup Triathlon
Jul 12	Sun	7:00 AM	Shawnee Mission Triathlon & Duathlon	Shawnee Mission Park Shawnee, Kansas	Shawnee Mission Triathlon & Duathlon
Jul 12	Sun	7:00 AM	Summer Roundup Triathlon	Tong Farms Preston, MO	Summer Roundup Triathlon
Jul 12	Sat	8:00 AM	Firecracker Flight North KC 5K & 10K	Happy Rock Park Gladstone, MO	Firecracker Flight
Jul 12	Sat	8:30 AM	Sunflower State Games Orienteering	Gage Park Topeka, KS	Sunflower State Games Orienteering
Jul 14	Tue	7:00 AM	JC Triathlon: The Great Escape	Ellis Porter Riverside Pool Jefferson City, MO	Jefferson City Triathlon
Jul 16	Thu	6:30 PM	Martin City Taco Mile	135th & Oak St. Kansas City, MO	Martin City Taco Mile
Jul 18	Sat	7:00 AM	Rodeo Run 8/4/1	Pretty Prairie, KS	Rodeo Run
Jul 18	Sat	7:00 AM	Amelia Earhart 2K/8K Fun Run Walk	YMCA Atchison, KS	Amelia Earhart 2K/8K
Jul 18	Sat	7:00 AM	Kyle's Summer Classic 5K Run/Walk	Greenway Parking Lot Jefferson, MO	Kyle's Summer Classic 5K Run/Walk
Jul 18	Sat	7:30 AM	Girls Just Wanna Run/Walk 5K/10K - Virtual	Cox North Fountain Plaza Springfield, MO	Girls Just Wanna Run/Walk 5K/10K

Jul 26	Sun	8:00 AM	Head for the Cure 5K - Des Moines	Raccoon River Park West Des Moines, IA	Head for the Cure 5K - Des Moines
Jul 26	Sun	8:00 AM	Grant's Cause for Spina Bifida 5K	Unity Village Lee's Summit, MO	Grant's Cause for Spina Bifida 5K
Jul 26	Sun	2:00 PM	Youth Outdoor Adventure Challenge	R325 Johnson Rd. Manhattan, KS	Youth Outdoor Adventure Challenge
August 2020					
Aug 1	Sat	5:15 AM	Republic Tiger Tri	Miller Park Republic, MO	Republic Tiger Tri
Aug 1	Sat	7:00 AM	Brew 2 Shoe 10K, 5K and 1 Mile Fun Run	Manhattan, KS	Brew 2 Shoe
Aug 1	Sat	7:00 AM	Teuton Color Splash Dash	Inman, KS	Teuton Color Splash Dash
Aug 1	Sat	7:00 AM	Diaper Dash & bRUNch Run	Missouri Sports Hall of Fame Springfield, MO	Diaper Dash & bRUNch Run
Aug 1	Sat	7:30 AM	Spencer C. Duncan - Make it Count 5K	New Century Air Center Gardner, KS	Make it Count 5K
Aug 1	Sat	7:30 AM	The Sunglasses Run 5K	South Creek Park Overland Park, KS	The Sunglasses Run 5K
Aug 1	Sat	7:30 AM	Picnic Run 5K	Tipton High School Tipton, KS	Picnic Run 5K
Aug 1	Sun	8:00 AM	Royals Charities 5K & 10K Run/Walk - Virtual	Kansas City, MO	Royals Charities 5K & 10K Run/Walk
Aug 1	Sun	8:00 AM	Head for the Cure 5K - Omaha	Stinson Park Omaha, NE	Head for the Cure 5K - Omaha
Aug 1	Sat	8:00 AM	Rodeo Run Kansas	Kansas Motorcycle Museum Marquette, KS	Rodeo Run Kansas
Aug 1	Sat	8:00 AM	Odessa FBLA 5K	200 S. 2nd Street Odessa, MO	Odessa FBLA 5K
Aug 1	Sat	8:00 AM	Ransom Run 5K/10K Run/Walk	Kanza Park Ottawa, KS	Ransom Run
Aug 1	Sat	8:00 AM	Jac Youth Triathlon	1314 W. 11th Street Coffeyville, KS	Jac Youth Triathlon
Aug 1	Sat	8:00 AM	Kid'Athlon	Meador Park Springfield, MO	Kid'Athlon
Aug 1	Sat	8:00 AM	MAC Mini Tri	Maryville Aquatic Center Maryville, MO	MAC Mini Tri
Aug 1	Sat	8:00 AM	5K Color Run/Walk	134 N. Maain WaKeeney, KS	5K Color Run/Walk
Aug 1	Sat	8:30 AM	Haulin Balls 10K, 2M & 1K	East Park El Dorado, KS	Haulin Balls 10K, 2M & 1K
Aug 1	Sat	9:00 AM	Topeka Wine Run 5K	801 NE Poplar St. Topeka, KS	Topeka Wine Run 5K
Aug 1	Sat	8:00 PM	The Night Hawk 50K	Clinton State Park Lawrence, KS	The Night Hawk 50K

Jul 18	Sat	7:30 AM	AHF Family Fun Walk & Run 5K - Virtual	6th & Fritz Ellinwood, KS	AHF Family Fun Walk & Run 5K
Jul 18	Sat	7:30 AM	Diva Dash 5K & Lil' Princess Girls Run	Corporate Woods Overland Park, KS	Diva Dash
Jul 18	Sat	8:00 AM	Fiesta Mexicana 5K Run/Walk	Oakland Community Center Topeka, KS	Fiesta Mexicana 5K Run/Walk
Jul 18	Sat	8:00 AM	Superhero Strong Family Fun Run	Salina, KS	Superhero Strong Family Fun Run
Jul 18	Sat	8:00 AM	Sunflower State Games Cross Country	Lliff Commons Topeka, KS	Sunflower State Games Cross Country
Jul 18	Sat	8:00 AM	Head for the Cure - Mid-MO	Stephens Lake Park Columbia, MO	Head for the Cure
Jul 18-19	Sun	9:00 AM	Christmas in July - Cancelled 6 Hr, 12 Hr, 6 Hr Relay	St. Joseph, Mo	Christmas in July
Jul 19	Sat	8:00 AM	Legalize It 5K	English Landing Park Parkville, MO	Legalize It 5K
Jul 19	Sun	8:00 AM	Show Me State Games Triathlon & Duathlon	Phillips Lake Columbia, MO	Show Me State Games
Jul 22	Fri	7:00 PM	Griffon Race Series #3	St. Joseph, MO	Griffon Race Series #3
Jul 23	Wed	8:00 PM	Drizzle Sizzle 5K & Tutu Trot 1M Fun Run	Grain Valley, Mo	Drizzle Sizzle 5K
Jul 24	Fri	9:00 PM	UrbanICT 50 Miler, 50K, 25K, 10K, 5K	Mid-America All Indian Center Wichita, KS	UrbanICT 50 Miler, 50K, 25K, 10K, 5K
Jul 24	Fri	11:59 PM	Special Olympics Midnight Run 1M, 5K, 10K	11721 Roe Leawood, KS	Midnight Run 1M, 5K, 10K
Jul 25	Sat	7:30 AM	WIN for KC Women's Triathlon	Sailboat Cove Park Smithville, MO	WIN for KC Women's Triathlon
Jul 25	Sat	7:30 AM	Christmas in July 5K	Rogersville, MO	Christmas in July 5K
Jul 25	Sat	7:30 AM	Landan's LegOcy - Cancelled 'Take a Walk on the Wild Side' 5K	Lake Country Soccer Springfield, MO	Landan's LegOcy
Jul 25	Sat	8:00 AM	Treat Trot East KC	Waterfall Park Kansas City, MO	Treat Trot East KC
Jul 25	Sat	8:00 AM	Viking Dash Trail Run - Kansas City	TBD Lawrence, KS	Viking Dash Trail Run
Jul 25	Wed	8:00 AM	Summer Slam Triathlon	Hays Aquatic Park Hays, KS	Summer Slam Triathlon
Jul 25	Sat	6:00 PM	Get Your Butt Kicked @ Route 66 - Cancelled	Eureka, MO	Get Your Butt Kicked @ Route 66
Jul 25	Sat	11:59 PM	Midnight Run 5K/10K for Special Olympics	11721 Roe Ave. Lenexa, KS	Midnight Run 5K/10K
Jul 26	Sat	8:00 AM	HRC Summer Slam Triathlon	Hays, KS	HRC Summer Slam Triathlon
Jul 26	Sun	8:00 AM	Show-Me Games 5K & 10K	Gentry Middle School Columbia, MO	Show-Me Games 5K & 10K

Aug 2	Sat	8:00 AM	Diva Dash 5K - Des Moines	Jordan Creek Town Center Des Moines, IA	Diva Dash 5K - Des Moines
Aug 2	Sun	8:00 AM	Wine Run 5K - Independence	Independence, MO	Wine Run 5K - Independence
Aug 2	Sat	8:00 AM	Great Plains 10K - Wichita	Sedgwick County Park Wichita, KS	Great Plains 10K - Wichita
Aug 2	Sat	8:00 AM	Head for the Cure 5K	Sedgwick County Park Wichita, KS	Head for the Cure 5K
Aug 7	Fri	6:30 AM	Titan 10K & One Mile Quick Run/Walk	Wichita South High School Wichita, Kansas	Titan 10K
Aug 7	Fri	7:00 PM	Salty Pup Triathlon	Carey Park Hutchinson, KS	Salty Dog & Salty Pup Triathlons
Aug 7	Sat	7:30 AM	Run for Raptors 5K Trail Run	Swope Park Kansas City, MO	Run for Raptors 5K Trail Run
Aug 7	Fri	8:00 PM	Tasty Pastry Donut Challenge	Clay County Courthouse Square Clay Center, KS	Tasty Pastry Donut Challenge
Aug 7	Fri	8:30 PM	Night Trail Run	North Shore Clinton State Park Lawrence, KS	Night Trail Run
Aug 8	Sat	6:30 AM	Run for Your Momma 1/2 Marathon, 1/2 Half Marathon Relay, 5K	Marion County Lake Marion, KS	Run for Your Momma
Aug 8	Sat	7:00 AM	Salty Dog Triathlon	Carey Park Hutchinson, KS	Salty Dog & Salty Pup Triathlons
Aug 8	Sat	7:00 AM	Run for the Hills 5K & Fun Run	Rolling Hills Zoo Salina, KS	Run for the Hills 5K & Fun Run
Aug 8	Sat	7:00 AM	Just Tri It! Youth & Adult	Manhattan City Park Manhattan, KS	Just Tri It! Youth & Adult
Aug 8	Sat	7:30 AM	Hillbilly Run	Ozark City Park Ozark, MO	Hillbilly Run
Aug 8	Sat	7:30 AM	Clinton Historic Half Marathon	Clinton, MO	Clinton Historic Half Marathon
Aug 8	Sat	8:00 AM	Stride for Life 5K/1 Mile Run/Walk	Waterfall Park Independence, MO	Stride for Life 5K/1 Mile Run/Walk
Aug 8	Sat	8:00 AM	Firefighter Memorial 5K	St. Joseph Fire Museum St. Joseph, MO	Firefighter Memorial 5K
Aug 8	Sat	8:00 AM	Rock, Roll & Run 5K	Provident Medical Center Bonner Springs, KS	Rock, Roll & Run 5K
Aug 8	Sat	8:00 AM	Diva Dash 5K & Lil' Princess Girls Run	Corporate Lakes Columbia, MO	Diva Dash 5K & Lil' Princess Girls Run
Aug 8	Sat	8:00 AM	Royals Charities 5K Run/Walk	Kauffman Stadium Kansas City, MO	Royals Charities
Aug 8	Sat	8:30 AM	Living Incredible 5K	Shyrook Park Augusta, KS	Living Incredible 5K
Aug 8	Sat	9:00 AM	Brandon Russell's Flash Dash 5K Run/Walk	Chicken and Pickle Kansas City, MO	Brandon Russell's Flash Dash
Aug 8	Sat	9:00 AM	Miles for Mark 5K & 1.5M	Heritage Park Olathe, KS	Miles for Mark 5K & 1.5M

