

MASTER PIECES



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

Master Pieces

Magazine of Mid-America Running Association

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-July-August 2021



Renee Kidwell
Editor



This Issue

- : *Karen's Column*
- : *Sustaining Members*
- : *Katy Trail State Park 5K-1/2*
- : *KC Express Mother's Day 5K*
- 18: *Suicide Hill Trail Run 10K5K*
- 22:
- 0: -22: *Hospital Hill 1/2 Marathon*
- 3-24: *Bill Snyder Highway 1/2 Mar*
- : *Dr. Hartman - Exercising in the Heat*
- 5-27: *Roberta's Recipe Resourc*
- 3-34:
- 35: *Happy 4th of July!!!*

Finding the Finish Line of Covid 19?

Perhaps you may have been thinking as I have lately, Are we almost over Covid-19 and all of those tough months it took over & changed so much of what was, our 'Normal' daily lives, habits & routines? A few days ago, as I went for an early morning run with my dog, Shadow, I was wondering if we are truly close to finding the ultimate finish line of this deadly, painful virus that brought such a great amount of pain, loss & suffering for so many people, One of the toughest races, they have ever endured. As I viewed the new race photos provided by our awesome, faithful photographers, I was overwhelmed with greatfulness & thanksgiving to now see the love, fun, & excitement back again on the faces of our dear running community participants! Whatever your passion, whatever your pleasure, get out there & enjoy a Wonderful, Beautiful Summer Season!

Cover Photo:

By: Gene Wee

Marvin Hachmeister
(Manhattan, Age90) Receiving
his Medal
from Coach Bill Snyder.

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Karen's Column

By Karen Raymer
President of MARA
July/August 2021

There is a saying that I have heard all my life, “all good things must come to an end”. This seems to be the case that has been a tradition, in the running community in the Kansas City area since 1981. There were 3 runners who were training for a marathon. They were Mary (Titterington) Edwards, Nate Krug and Susan Ng. The 3 would do their long run on the weekend, but needed to do a 10 mile run midweek. They stated meeting on Wednesday nights and would do their 10 mile run. They were obviously hungry after running 10 miles, so they started running from their homes, taking turns fixing food and eating after their run.

Well, other friends started wanting to join them, as the group grew in numbers, they started to leave from a different home each week and return to that home to eat after their run. It became apparent that no one wanted to prepare food for the growing number of runners each week. They came up with the idea, that whoever's home they were running from, would make a “main” dish and that everyone else would bring a “side” dish. The “host” that week would map out a course and provide water at a couple stops on the course. The news of this group spread quickly through the running community and the numbers starting growing.

It soon became the Wednesday Night Run (WNR). Although it was not affiliated with any running club in the Kansas City area. Meaning that you did not have to be a member of ANY club to participate in WNR. However, the Kansas City Track Club did publish the calendar each month. This event took place each Wednesday ALL year long. One week you would be in a mansion in Mission Hills and the next week you might be in a very small apartment in Midtown. It did not **matter, as we were all runners and were there for the comradery.**

It grew and grew, it was nothing to have 100 or more people show up each week. Keith and I hosted many times, we would rent a shelter at Longview Lake and grill hot dogs and hamburgers. At one time we counted 130 people! A lot of long time friendships were made. Many marriages evolved as well, Anne and Bob Cook, Laurie Chipman and Jeff Perry, Jane Smeltzer and Dave Suptic, just to name a few, there were several others that I cannot recall just now.

However, as I said at the beginning of this article “ all good things must come to an end”. After 40 years, this tradition will be ending. The last one will be on August 25th, at the home of Anne and Bob Cook.

Wishing you happy and healthy running and/or walking.

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

Ralph R. Hall, MD- Overland Park, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, KS

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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

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5K & 1/2 Marathon



Race Director



Great Expectations

Update & Photos by: Michael Chaffee



Classic Transportation to the race



5K & 1/2 Marathon



A a quick sprint prior to the Half Marathon Start



Update & Photos by: Michael Chaffee

2021 KC Express Mother's Day 5K

The 2021 KC Express Mother's Day 5K was scaled back because of COVID 19 safety measures. Attendance was down because the race was limited to 400 people. It was an overcast day the rain the night before stopped in time for Mother's Day.



While it was blustery in the parking lot, it was a good sign that the balloon arches weren't swaying. Start was done in waves of 30 people spaced 6 ft apart, then repeated about every 20 seconds.



Ann Nelson and Dee Boeck set new State Age Group Records (in F70-74 and F85-89)

2021 KC Express Mother's Day 5K



EmoryMitsiNessa



E. Sanger-Arredondo getting started on the 5K.



Jamie Shada came in first overall.



Madison and Lisa Mudge (Overland Park)

Photos & Updates By: Gene Wee

2021 KC Express Mother's Day 5K



11 year old Emory Nessa (KCMO) ran fast enough to make the Kansas Road race honor roll.



Pup Recognizes Mommy.

Photos & Updates By: Gene Wee

2021 KC Express Mother's Day 5K



Gwendolyn Kirkland (on the right) and a friend, before the start.



Tiaras have always been a hit at the KC Express Mothers Day Run

Photos & Updates By: Gene Wee

Suicide Hill Trail Run 10K/5K -- Little River, Kansas

-- 05-29-21

Flatter than a pancake -- *NOT*, "This 10K reveals the harsh realities of the Kansas terrain deceptively cloaked in the natural beauty of the prairie. The trail run begins innocently enough on Main Street, winds through lush native grassland complete with cowboys and cattle, and crosses two creeks. Then it's up famed Suicide Hill. What is the top prize for the man and woman who win the grueling run? A cow chip."

Begun in 1982 by the Lions Club as a fundraiser, the Suicide Hill Trail Run has been run every year since, except last year when it was called off when COVID-19 came a-calling. The 5K course is different from the 10K but still includes Suicide Hill. The races begin together, but the differing courses make for a unique start, as the 10K runners head north on Main Street and 5K runners head south.

The Lions Club puts on a well-organized, scenic run.



50-mile belt buckles abound

Update & Photos by: Michael Chaffee

**Suicide Hill Trail Run 10K/5K -- Little River, Kansas
-- 05-29-21**



Lions Club workers



The Garden of Eden grocery store and coffee shop

Update & Photos by: Michael Chaffee

**Suicide Hill Trail Run 10K/5K -- Little River, Kansas
-- 05-29-21**



Every lamp post is decorated for Memorial Day with flags and a poster commemorating a local who served in WWII

Update & Photos by: Michael Chaffee

**Suicide Hill Trail Run 10K/5K -- Little River, Kansas
-- 5-29-21**



**Kendall, the starter & Race Director
gives last minute instructions to the
Lions Club workers**



**Lions' Club plaque in the middle of
Main Street**

Update & Photos by: Michael Chaffee

Suicide Hill Trail Run 10K/5K -- Little River, Kansas -- 5-29-21



Working the Hill!



Update & Photos by: Michael Chaffee

Suicide Hill Trail Run 10K/5K -- Little River, Kansas -- 5-29-21



5K runners, having clawed their way up Suicide Hill, scramble down from the crest



At the top 5K runners head down Suicide Hill, only then to clamber back up

Update & Photos by: Michael Chaffee

**Suicide Hill Trail Run 10K/5K -- Little River, Kansas
-- 05-29-21**



Almost to the top



It's lonely near the top

Update & Photos by: Michael Chaffee

Suicide Hill Trail Run 10K/5K -- Little River, Kansas -- 5-29-21



Main Street

Update & Photos by: Michael Chaffee

Suicide Hill Trail Run 10K/5K -- Little River, Kansas -- 5-29-21



**Jousting with the Hill
Hoping there are not
Two Laps**



The top of the Hill



**a survivor of South
Dakota and Suicide Hill**



**Human beings dwarfed
by nature**

Update & Photos by: Michael Chaffee

Hospital Hill Half Marathon and 10 and 5K, Kansas City, MO.

Date: June 5, 2021.



A J Haney was the Male Winner of the Half Marathon.



Enid Crawford, With Black Runners Connection



Penny Terwelp ran her 100th half marathon.



Larry Everly



Andrew Burden came as Nacho Libre; it got hot with that mask on.



The Western Auto landmark at the start.

Photos & Updates By: Gene Wee

Hospital Hill Half Marathon and 10 and 5K, Kansas City, MO.

Date: June 5, 2021.



the Start



10K Starters Sprint Out

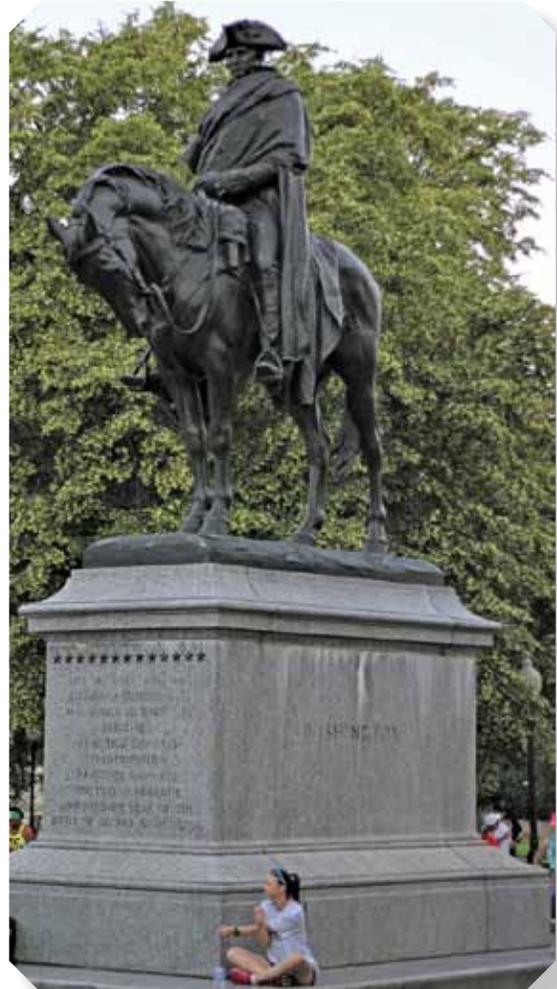
Update & Photos by: Michael Chaffee

Hospital Hill Half Marathon and 10 and 5K, Kansas City, MO.

Date: June 5, 2021.



**Sara Ibbetson,
Female Winner of
Half Marathon.**



**A good place to do
your stretching was at
the George Washington
statue.**

Photos & Updates By: Gene Wee

Hospital Hill Runs Again! -- 6-5-21 -- Crown Center, KCMO



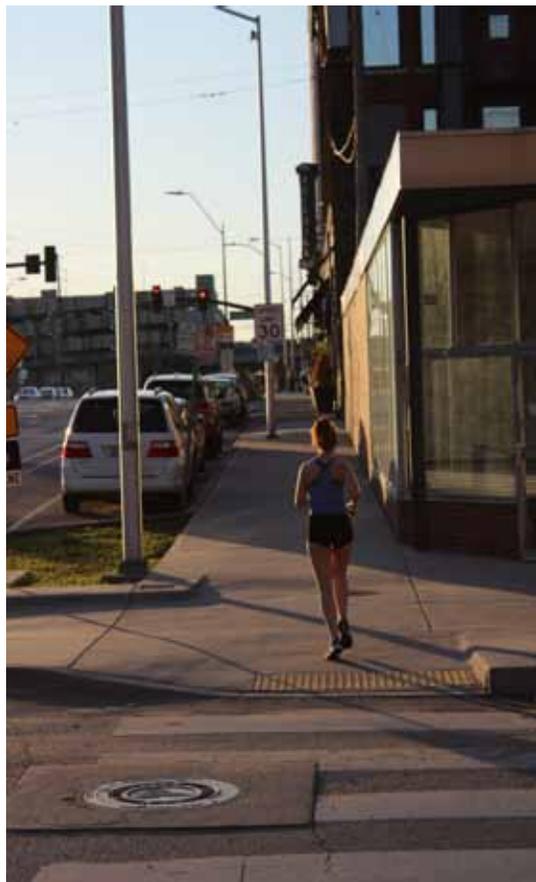
Well, at least
The Maw was open!



Pre-race strategy



5K leader/Winner



jogging to the start



50-mile belt buckles
abound



Hurrying to the Start

Update & Photos by: Michael Chaffee

**Bill Snyder Highway Half Marathon. held May 22,
2021 in Manhattan, KS, or mostly on
Highway K177 and then in Manhattan.**



Start of the Bill Snyder Highway Half Marathon.

Continued pg 24

Photos & Updates By: Gene Wee

**Bill Snyder Highway Half Marathon. held May 22, 2021 in
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**Penny Terwelp ran her
100th half marathon.**



**Marvin Hachmeister
(Manhattan, Age90)
Receiving
his Medal
from Coach Bill Snyder.**

Photos & Updates By: Gene Wee

Exercising in the Heat

By: Dr. Greg Hartman

Heat is a major problem for anyone exercising in it. It can drastically affect performance; result in hospitalization & even death; & result in long term complications. I am going to try to give you some practical tips to help you exercise better & more safely in the heat.

An individual's susceptibility to heat varies depending on many factors:

Age: Both the elderly & children are more susceptible.

Almost any medical condition will affect your risk.

Many medicines including: antihistamines; pretty much all BP meds; decongestants; & antidepressants put you at increased risk. If you are on any regular medicine, you should google its effect on your heat susceptibility.

Any alcohol consumption as recently as 24 hours significantly increases your risk.

Lack of acclimatization: Your body can deal with heat better if you gradually increase the duration & severity of the exposure. The intensity of the exercise should also be increased gradually. It takes 10 to 14 days to develop maximal heat tolerance. If you stop heat exposure, you will begin to lose tolerance in 7 days & be back to baseline in 1 month.

If you are deconditioned, your heat tolerance will be less.

So, you have evaluated your risk. Now you are ready to evaluate the heat. The Heat Index which is often reported as the "Real Feel" temperature gives a good quantification of the combined effect of heat & humidity:

Heat Index (HI) 85-91 Careful, moderate exercise for low risk people. Drink 4oz every 20 minutes.

HI 91-103 (Example: 87 degrees, 80% humidity): Avoid exercise if you are at risk. For the low risk, decrease exercise duration & intensity. Take breaks. Monitor HR & breathing. Drink 4 oz iced electrolyte beverage every 15 min.

HI 101-115 (ex: 90, 85%): Drastically curtail outdoor activity. Know the symptoms of heat injury. If you have any, STOP. Consider getting help.

HI > 115 (ex: 94-65%) DO NOT DO EVEN MILD EXERCISE OUTDOORS FOR MORE THAN 30 MINUTES. RACES LONGER THAN THAT SHOULD BE CANCELED.

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

The Yum Factor

As many of us are getting out and about more, and continuing or getting back into some previous healthy routines after a difficult pandemic year, we can consider what works best for us. Many people I have talked with lately have found their eating habits may now need some renewed focus. As we think about healthy options and keeping tabs on our weight and health, people sometimes tend to make far-reaching goals in regards to eating or weight that may be difficult to obtain. Perhaps, just getting back to the basics with a greater focus on good, basic foods with plenty of taste may be just what our bodies need. Even if we overindulged during the previous difficult year, concentrating now on just properly nourishing our bodies for the best output, as well as truly enjoying simple meals and snacks, will most likely lead to better outcomes. Thus, I recently thought again of the “yum factor” in foods.

One of many fond remembrances of my childhood was a restaurant we went to several times as a family, called the “Yum-Yum Tree.” Since we didn’t eat out often, any meal at a restaurant seemed to be a unique treat to me, but I remember as a young child being enamored with this free-standing restaurant that had different windows with a selection of meals from various cuisines, including German, Italian, Chinese, American, etc. Of course, as I look back now, this was most definitely a precursor of sorts to the food courts we now see in most malls. Yet, as I young child in the 60’s, this restaurant was quite a treat.

While I don’t believe the “Yum-Yum Tree” restaurant still exists in my home town, the “yum” factor can be alive and well daily as we eat to nourish and improve our bodies, stamina and run times. Yes, we need to eat to recover and stay healthy, but it sure helps if it tastes good! We can train our taste buds to truly enjoy the real flavors of food with less salt, sugar, additives and preservatives. To nourish our bodies is to “provide with the food or other substances necessary for growth, health, and good condition.” With this in mind, consider moving forward with a focus on a basic, healthy way of eating, day in and day out (with occasional , splurges, of course!). Eating at home is often the best answer to controlling the ingredients and exactly what we eat. Some basic recipes like those on [page27](#) can help provide a few i Ideas for keeping the “yum” factor in your meals. such as **Colorful Mango Salsa**



Colorful Mango Salsa

Rosemary Roasted Potatoes
(Simple & yummy, flavorful tender new potatoes)

1-1/2 lb small red new potatoes, quartered
2 Tbsp. olive oil
1/2 tsp salt
1/8 tsp ground black pepper
2-3 Tbsp. minced fresh rosemary leaves

Combine all ingredients in a bowl or zippered large bag. Toss to thoroughly coat potatoes.

Roast on a baking sheet for 45 minutes – 1 hour or until tender in a 400 degree oven.

Pan Sautéed Fish with Colorful Mango Salsa

4-6 oz mild white fish fillets (grouper, haddock, cod, catfish or Pollock) (1 fillet per serving)
3 Tbsp. olive oil
1 tsp lemon pepper
1 sp seasoned salt
Few drops pepper sauce (if desired)

Combine oil and seasonings and rub onto fish. Marinate 30 minutes.
Pan sauté fish fillets in olive oil. Cook for 4-8 minutes on each side or until white and flaky.

Serve with mango salsa on top.

Colorful Mango Salsa

2 large or 4 small ripe mangoes, chopped
2 tbsp grated orange zest/rind
1 cup mixed chopped bell peppers (red, green and yellow)
1/2 chopped red onion
2 Tbsp fresh chopped cilantro
2 tsp grated fresh ginger
Juice of 4 lemons

Mix all ingredients and let stand for several hours.

