

Master Pieces

Magazine of Mid-America Running Association
July – September 2013

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Master Pieces

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JULY - SEPTEMBER
2013

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

Cover Photo: Ascending Trinity Hill at the 40th Hospital Hill Run

Photo Courtesy of Beth Salinger & Staff



RUN STRONG RUN PROUD

By: Renee Kidwell



In this issue as well as many past issues of Master Pieces, we have had the pleasure of getting to know some fellow runners, athletes, and adventure seeking friends up close and personal. Setting goals to mark milestones, and sharing accomplishments of resolutions turned to realities.

I not only enjoy and applaud their endeavors; they truly get me motivated and stoked to push myself a bit harder as well.

So, a few months ago, I decided to train and run the upcoming Grand Father Mountain Marathon in mid-July. The combination of some major hills, elevation change, heat and humidity make this marathon pretty difficult. During a recent 20 mile training run, going through a few of the rough miles, my mind started to turn to self-doubt and began to fill with negative thoughts. It was then that I also started thinking about all the great stories and efforts I have read, and most of all lately, the pictures and details that have been shared from the tragedy of the 2013 Boston Marathon. Now, there is the true meaning of strong, of moving forward through incredible difficulties and pain. As one who has participated in the Boston Marathon a number of years, I was heartbroken for all those involved and for athletes around the world. I am also so proud of their Strength and Determination to continue running the race – of life, love, and overcoming major difficulty. Boston is definitely Strong and will continue to build on that strength, just as you and I continue to build on our own strength and of all those around us. We all need to -

Keep Running Strong and Proud!

New MARA Members and Sustaining Memberships are listed on page 6

• Master Pieces Staff

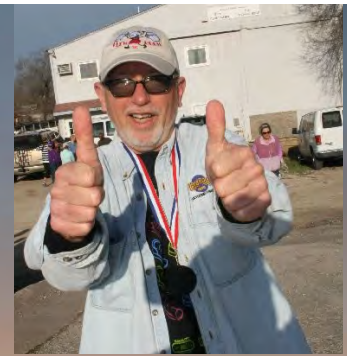
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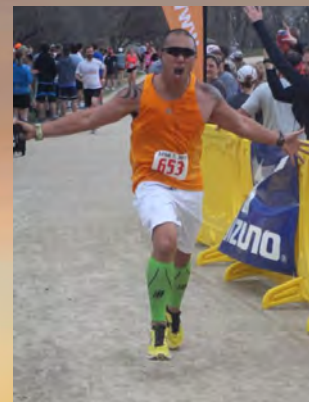
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The 44.4 mile Brew to Brew Relay Run started from the Boulevard Brewing Company on Sunday morning. Several hundred runners headed west to Free State Brewing in Lawrence.



Photos by Seekcrun.com - Dick Ross



A BLAST FROM THE PAST – A Tribute to HealthPlus (by Julie Worthington)

The “Premier” running and walking facility was coming to Kansas City! I remember, as a young college graduate just completing my first marathon, the excitement I felt and the buzz in our city about *HealthPlus*.

Tom and Marcia Dowling, Olympic training coaches for runners and Don and Debbi Lawrence, professional racewalkers were all moving to Kansas City to head up this premier facility. The ground breaking took place December of 1983, the doors officially opened the following August of 1984, and just last month... the doors officially closed for good in May of 2013.

Because HealthPlus has been a “running/walking icon” in our city for 30 years...because I found myself fortunate to become the Director of HealthPlus for 5 years through a huge hospital merger back in the early 90’s...because I feel a great deal of pride and loyalty to Tom and Marcia Dowling...and because HealthPlus deserves a “send-off recognition” for all its’ years of service to our running and walking community --- I would like to dedicate this issue of Running Shorts to HealthPlus.

With the help of Russ Neimi, former Editor of MasterPieces and Bill Glauz, the master-mind of all race results for years and years here in Kansas City, we were able to locate archived articles from MasterPieces back in the 80’s, that featured HealthPlus.

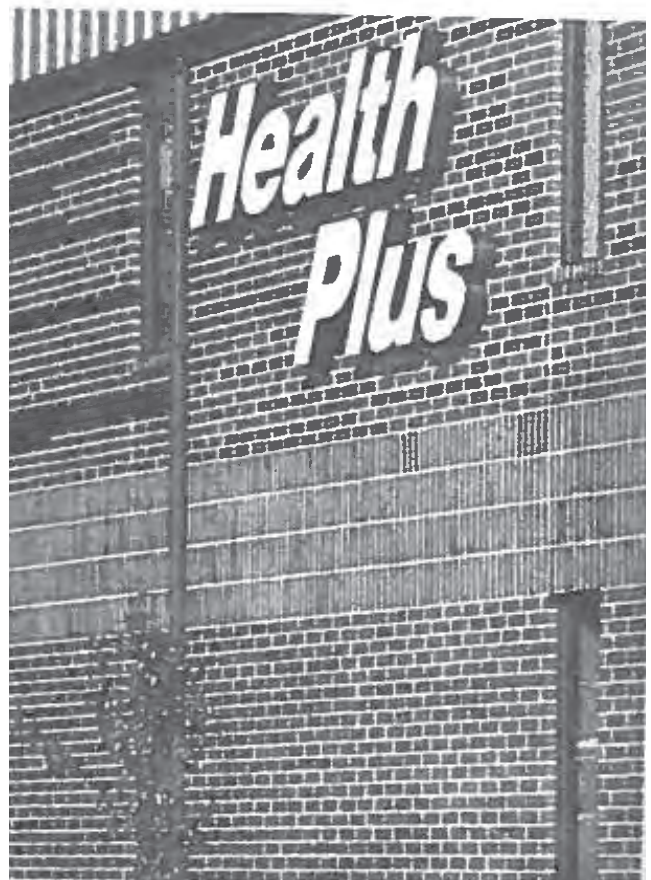
The first article is written by Marcia Dowling and shares the insight of sacrifice and excitement that Tom and Marcia experienced in being a part of this facility.

The second article shares specifics of Race Walking, the new fad developed at HealthPlus by Don and Debbi Lawrence.

The third article shares the details and results of the first ever indoor Triathlon held at HealthPlus.

And finally, an article on the beginnings of the K.C. Grand Prix Running Series complete with results.

Enjoy reminiscing while reading these articles.
(pages 4-7) Thank you Tom and Marcia, Debbi and Don, and all the many other runners and walkers in our community for your years of commitment through the Kansas City icon we all came to love --
“HealthPlus”.



Women (19 and under)

1. Kristie Anderson (13) 10:07
2. Dee Dee Robinson (13) 10:12
3. Megan Garner-Holman (13) 10:54

Men (20-39)

1. Don Lawrence (25) 7:07
2. John Craighead (20) 8:05
3. Mike Sharp (23) 8:05

Women (20-39)

1. Margaret Berger (34) 11:44
2. Gay Lee Bonney (38) 11:53
3. Karen Boulware (38) 12:03

Men (40 +)

1. Ray Braudis 11:54
2. Jay Wilson 12:27

Women (40 +)

1. Barb Rhones 12:06
2. Marie Wilkie 12:40
3. Teresa Weaver 14:05

TWO MILE RUN

Men (19 and under)

1. Jerome Gusman (17) 9:54
2. Ronnie Bolonas (16) 11:03
3. Ted Heater (10) 12:18

Women (19 and under)

1. Jill Dailey (14) 14:22
2. Dawn Laliberte (16)

Men (20-39)

1. Charlie Gray (30) 9:34
2. Steve Stonecipher-fisher (29) 9:42.4
3. Tim Schmid (26) 9:43

Women (20-39)

1. Marcia Dowling (32) 11:54
2. Debbie Pfeiffer (32) 14:39

Men (40 +)

1. Wally Brawnner (45) 11:37
2. Eric Zemper (40) 11:40
3. David Burch (47) 12:44

Kansas City Indoor Track Grand Prix #2 — January 20

10K

19 and Under — Women

1. Jenny Faunce 5:55

Men

1. Steve Schmid 5:55

5K

1. Marcia Dowling 5:33

1000m

1. Lana Minnigerode 6:12

2000m

1. Steve Schmid 12:47

5K

1. Debbie Lawrence 18:15

10K

1. Marie Wilkie 24:35

15K

1. Steve Schmid 1:07:28

20K

1. Tom Snodell 1:30:02

30K

1. Steve Wells 1:31:00

40K

1. Steve Schmid 17:06

50K

1. Tim Schmid 16:06

60K

1. David Burch 19:40

70K

1. David Burch 19:40

80K

1. David Burch 19:40

90K

1. David Burch 19:40

100K

1. David Burch 19:40

110K

1. David Burch 19:40

120K

1. David Burch 19:40

130K

1. David Burch 19:40

140K

1. David Burch 19:40

150K

1. David Burch 19:40

160K

1. David Burch 19:40

170K

1. David Burch 19:40

180K

1. David Burch 19:40

190K

1. David Burch 19:40

200K

1. David Burch 19:40

210K

1. David Burch 19:40

220K

1. David Burch 19:40

230K

1. David Burch 19:40

240K

1. David Burch 19:40

250K

1. David Burch 19:40

Kansas City Indoor Meet #4 — February 17

440 YARD RUN

Men (19 and under)

1. Joel Joyce :62
- Men (20-39)
1. Jerry Sanders :55
- Men (40 +)
1. Lee Stevenson :62

MILE RUN

Men (19 and under)

1. Steve Schmid 4:53
- Men (20-39)
1. Charlie Gray 4:25
- Men (40 +)
1. Bill Brands 5:30

2 MILE WALK

Men (19 and under)

1. Elmer Becker 18:51
- Men (20-39)
1. Don Lawrence 14:54
- Men (40 +)
1. Don Culp 17:09

Women (19 and under)

1. Casey Hartman 1:34
- Women (20-39)
1. Jean Kaminiski 1:19

Women (19 and under)

1. Krista Buesing 7:06
- Women (20-39)
1. Jeanney Dupras 6:16
- Women (40 +)
1. Jeannie Hindman 7:10

Women (19 and under)

1. Kristie Anderson 19:50
- Women (20-39)
1. Margaret Berger 22:42
- Women (40 +)
1. Kathleen Kopek 31:31

10 KM RUN

- Men (19 and under)
1. Steve Schmid 35:25
- Men (20-39)
1. Tim Schmid 34:59
- Men (40 +)
1. David Burch 39:54

No entries in 10KM

MISSOURI VALLEY AAU/JUNIOR OLYMPIC RACEWALKING CHAMPIONSHIPS (Indoor) at HealthPlus — One Mile February 24, 1985 — 6:00 p.m.

BANTAM (10-under)

- BOYS: Chris Brandis, Columbia, Mo., 10:52 (meet best); GIRLS: Lael Garner-Holman, Merriam, 11:52 (meet best)

MIDGET (11-12)

- GIRLS: Tina Due, Bates City, Mo., 11:58

JUNIOR (13-14)

- BOYS: John Schaefer, Kansas City, 9:14 (meet best); GIRLS: Kristie Anderson, Gladstone, 9:40 (meet best)

INTERMEDIATE (15-16)

- BOYS: Chris George, Kansas City, 9:18 (meet best)

SENIOR (17-18)

- BOYS: Elmer Becker, Mayview, Mo., 8:42



DEBBI LAWRENCE IS A NATIONAL CLASS RACE WALKER. HERE SHE IS IN THE MIDDLE OF HER RACE AT THE INDOOR GRAND PRIX IN OVERLAND PARK. (Photo: Jerry Smith)



RUNNERS LINE UP FOR THE MASTERS DISTANCE EVENT AT THE HEALTH-PLUS INDOOR GRAND PRIX. (Photo: Jerry Smith)

Recreational Race Walking How to Achieve a High Level of Fitness

By Don and Debbi Lawrence

EDITOR NOTE: Don and Debbi Lawrence, manager of Running Start at HealthPlus conduct weekly clinics on Walking for Fitness. Instruction available Saturdays at 7:30 a.m. at HealthPlus, 1071b & Roe, Overland Park. Fee is one dollar for non-members of HealthPlus.

Good health and physical well-being are important for us all to achieve and maintain throughout life. The human body simply works better the more it is used. How to achieve physical fitness is a concern. There are many activities to choose from. The most important factor to keep in mind is that you choose an activity which develops the cardio-vascular system. There is an activity which combines the rhythmic skills of dancing, the strength of gymnastics, and the endurance of running. The sport is walking.

Walking briskly is an aerobic exercise; walking fast is known as racewalking. Racewalking can burn as many or more calories than running. Exercise doesn't have to be straining to be beneficial.

TECHNIQUE

The first and most important item you must learn is the proper racewalking technique. It will be as important at slow speeds, as when you cover the longer and faster distances. Learning the correct form early, will enable you to be more efficient at later stages. Racewalking ability will not develop overnight, though. Complete concentration on what you are doing will expedite your progress.

Body Position

It is essential to have proper body balance at all times. Keep an upright body position, with your hips directly underneath you. Do not lean too far forward or back. Try to develop a feeling of sitting on your hips, and keep your head up.

Flexibility

You need to be quite flexible in the hips, since they are your power source. The hips perform the rolling, dropping, and twisting action that allows you to move your legs quickly and efficiently. Good stride length is achieved with correct hip turn. The hips should rotate from front to back, with very little movement from side to side. This strong twisting action of the mid section trims and firms the stomach, hips, and buttocks. Most important to remember is the fact that with the correct hip movement, you will achieve a faster pace with less effort.

Legs and Feet

As your forward-stepping leg quickly

swings out in front of you, keep your heel down (toe up), and have the knee pulling back in a straightened position. Pulling with a straight leg complements the hip action and adds smoothness and speed. Follow through with the pulling action of the straight leg by rolling off your toes. When the leg leaves the ground and is swung forward again, it will bend at the knee to just skim the ground, as it smoothly rolls across the outside border of your foot to the big toe. No one part of its structure takes the entire weight of the body for more than a moment.

Upper Body

Keep your arms bent at a ninety degree angle and comfortably close to your body. They should move naturally across your

chest, but no higher than about the level of your breast. Do not tense and hunch your shoulders. Hold your hands in a loosely closed position. Remember, the arms are merely for balance.

Work on perfecting all the components of good style. By concentrating on one part at a time, you can eventually recognize the proper feeling when your whole body is racewalking well. As you become flexible and strong in the motions and positions, you will develop a style that is smooth and naturally suited to your body build. You will begin to feel rhythm and ease as the ground flows beneath you. You can move with the same sense of confidence and grace that an Olympic walker knows.



DON AND DEBBI LAWRENCE

(Photo: College Boulevard News)

First Ever Indoor Triathlon at HealthPlus

By Jerry Smith

Clark Campbell, an 18 year-old freshman at the University of Kansas, was the overall winner in what was billed as "The world's first ever indoor triathlon" held at the HealthPlus fitness facility in Overland Park, Kansas. Finishing 3rd overall and winning the women's division was Anne Malnar of Kansas City, Kansas. The final competition was limited to the top ten men and the top five females determined from preliminary competition held during the previous week.

An indoor triathlon is definitely a unique and exciting event with the facilities available at HealthPlus providing the setting. The triathletes started in staggered positions in the pool with an 800 meter swim. Once the swim was completed, it was a short jaunt through the weight room and into the gymnasium where the bicycles were set up on Kreitler "Roller Head Wind Trainers". On the bikes the triathlete pedaled for an imaginary 10 miles which was measured by a cyclometer pickup fixed to the bike's rear tire. The front wheel was removed and the fork attached to a stationary support on the wind trainer. Most competitors agreed this was the toughest segment of the indoor event as there was no relief — it was like pedaling uphill for the entire 10 miles.

Once the bike ride was completed, it was a short sprint up two flights of stairs to the 1/10th mile banked indoor track for a three mile run and the finish of the triathlon.

Results:

1984 Indoor Triathlon Championships Finalists

MALE

- | | |
|----------------------|--------------|
| 1. Clark Campbell | (1:03:42.08) |
| 2. Mark Mazzoni | (1:11:01.42) |
| 3. Gary Peters | (1:11:45.) |
| 4. Richard Swaffield | (1:13:27.42) |
| 5. Glen Whiston | (1:14:03.37) |
| 6. Russ Rogers | (1:14:27.76) |
| 7. Mike Johnson | (1:14:51.) |
| 8. John Porter | (1:16:44.8) |
| 9. Dennis Gold | (1:15:28.50) |

FEMALE

- | | |
|---------------------|--------------|
| 1. Anne Malnar | (1:11:32.19) |
| 2. Rochelle Rand | (1:24:52) |
| 3. Lana Minnegerode | (1:30:59.99) |
| 4. Jeanne Quinn | (1:33:54) |
| 5. Jeannie Hindman | (2:06:54) |

AGE GROUPS

(These do not include finalists.)

MALE

19 and Under

- | | |
|----------------|-----------|
| 1. Tom Spencer | (1:17:55) |
|----------------|-----------|

20-29

- | | |
|--------------------|-----------|
| 1. James Kartsonis | (1:18:19) |
|--------------------|-----------|

30-39

- | | |
|--------------|------------|
| 1. John Wise | (1:14:01)* |
|--------------|------------|

40-49

- | | |
|-----------------|-----------|
| 1. Chuck Riggle | (1:16:36) |
|-----------------|-----------|

50-59

- | | |
|---------------|-----------|
| 1. Bob Beland | (1:40:36) |
|---------------|-----------|

60 and over

- | | |
|--------------|-----------|
| 1. Bill Dyer | (1:25:58) |
|--------------|-----------|

FEMALE

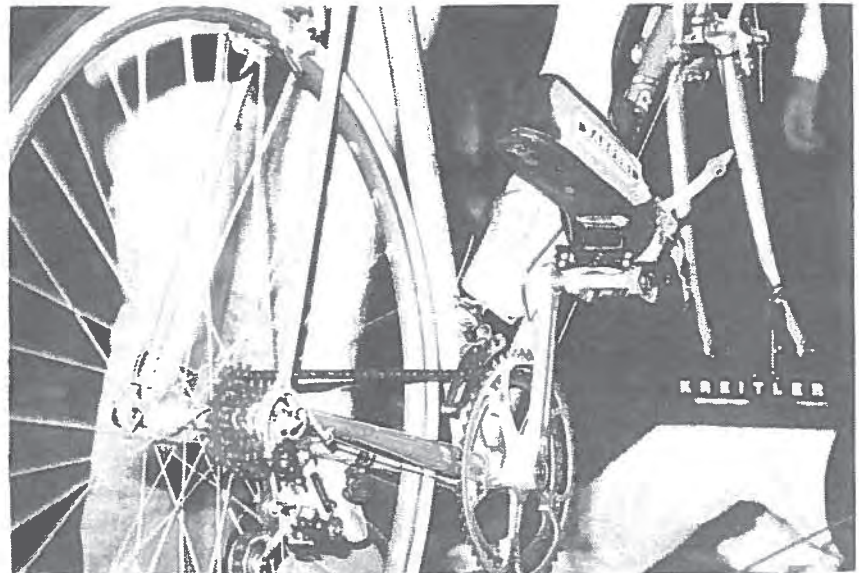
30-39

- | | |
|----------------------|-----------|
| 1. Mary Titterington | (1:27:47) |
|----------------------|-----------|

*Qualified for finals but did not compete.



AL KREITLER AND HIS DOG SPENT MANY HOURS ON THE PREMISES OF HEALTHPLUS GETTING READY FOR THE INDOOR TRIATHLON. AL IS THE INVENTOR OF THE KREITLER BIKE STAND SHOWN BELOW. THE STAND MADE POSSIBLE THE BIKE PORTION OF THE INDOOR TRIATHLON.
(Photo: Jerry Smith)



Kansas City Indoor Grand Prix

by Jerry Smith

Racing events during January and February in Kansas City have in the past been almost non-existent because of the cold weather and icy street conditions. HealthPlus has formed an attractive indoor running series for those who want to continue racing during the winter. The K.C. Indoor Grand Prix consisted of individual races conducted on four separate weekends during January and February on their 10 lap to the mile indoor track. Point totals were kept in four different categories — Sprint, Middle Distance, Distance and Race Walk — with awards then given in three different age groups — 10 and under, 20-39 and 40 and over. Distances varied each week within the different categories from a 440 yard dash to a 10,000 meter run — that's right 62 laps! Race Directors for the Grand Prix were Don and Debbi Lawrence, managers of Running Start at HealthPlus.

K.C. INDOOR GRAND PRIX At HealthPlus in Overland Park

Overall Event Winners

Men: 19 and under

Sprint: Matt Magee, 4 points

Middle Distance: Steve Schmid, 7 points

Distance: Steve Schmid, 6 points

Race Walk: Elmer Becker, 9 points

20-39

Sprint: Tom Snodell, 7 points

Middle Distance: Charlie Gray, 9 points

Distance: Tim Schmid, 6 points

Race Walk: Don Lawrence, 12 points

40 and over

Sprint: Lee Stevenson, 9 points

Middle Distance: Eric Zemper, 6 points

Distance: David Birch, 6 points

Race Walk: Jay Wilson, 7 points

Women: 19 and under

Sprint: Jenny Faunce, 6 points

Middle Distance: Jenny Faunce, 6 points

Distance: Heather Burroughs, 3 points

Race Walk: (Tie) Kristie Anderson and DeeDee Robinson, 9 points

20-39

Sprint: Pamela Dalrymple, 3 points

Middle Distance: Marcia Dowling, 6 points

Distance: Annette Craighead, 3 points

Race Walk: Margaret Berger, 10 points

40 and over

Sprint: Lana Minnigerode, 3 points

Middle Distance: Lana Minnigerode, 6 points

Distance: Lana Minnigerode, 3 points

Race Walk: Marie Wilde, 5 points

Kansas City Indoor Meet #1 — January 6, 1985

880 RUN

Men (19 and under)

1. Jerome Gusman (17) 2:05

2. Jim Marron (19) 2:07

3. Matt Magee (17) 2:13

3. Robert Chow (18) 2:13

Women (19 and under)

1. Devonna Buesing (19) 2:37

2. Heather Burroughs (9) 2:58

3. Jill Dailey (14) 3:00

Men (20-39)

1. Bobby Cohen (20) 2:07

2. Tom Snodell (27) 2:10

3. Doug Clark (28) 2:10

Men (40 +)

1. David Burth (47) 2:24

2. Steve Wells (41) 2:26

3. Lee Stevenson (46) 2:31

ONE MILE RACEWALK

Men (19 and under)

1. John Shaffer (14) 9:24

2. Chris George (14) 9:37

3. Chris Braudis (9) 10:40



DON CULP OF OVERLAND PARK, KANSAS, HAS TAKEN UP RACE WALKING ALONG WITH HIS RUNNING. HERE HE IS ON THE WAY TO A SUB-16 MINUTE TWO MILE RACE WALK. (Photo: Jerry Smith)

Kansas city indoor Grand Prix			
	junior	open	masters
sprint	M <u>Jerome Gusman 3 points</u> W <u>Devonna Buesing 3 points</u> <u>Jenny Faunce 3 points</u>	<u>Tom Snodell 5 points</u> <u>Pamela Dalrymple 2 points</u>	<u>Steve Wells 5 points</u> <u>Priscilla Tinel 3 points</u>
mid-dist.	M <u>Jerome Gusman 3 pts</u> <u>Steve Schmid 3 pts</u> W <u>Jill Dailey 3 points</u> <u>Jenny Faunce 3 pts</u>	<u>Tim Schmid 4 points</u> <u>Marcia Dowling 6 points</u>	<u>Lee Minnigerode 3 points</u> <u>Lana Minnigerode 3 points</u>
walk	M <u>Don Lawrence 12 points</u> <u>DeeDee Robinson 9 points</u> W <u>Heather Burroughs 3 points</u>	<u>Don Lawrence 12 points</u> <u>Margaret Berger 10 points</u>	<u>Kay Burroughs 3 points</u> <u>Marie Wilde 5 points</u>
distance	M <u>Steve Schmid 7 points</u> W <u>Heather Burroughs 3 points</u>	<u>Tim Schmid 6 points</u> <u>Annette Craighead 3 points</u>	<u>David Birch 6 points</u> <u>Lana Minnigerode 3 points</u>

HEALTHPLUS HAD A SUCCESSFUL INDOOR GRAND PRIX AT THEIR INDOOR TRACK IN OVERLAND PARK, KANSAS. HERE IS THE SCOREBOARD FROM A RECENT MEET. (Photo: Jerry Smith)



Welcome New MARA Members:

Tom Alyea
Julie Braham-Thomas
Sunday Cavallaro
Red Team Racing

Kansas City, MO
Lee's Summit, MO
Overland Park, KS
Mound City, KS

Sustaining MARA Members

Anna & John Allen
Lexa Alley
Rich & Marlene Ayers
Diane Bahr
Dee Boeck & Gene Wee
Dave Boone
CB & Rainey Cadenhead
Bill & Judy Dalton
Mary Boyce & Mary Desch
Herbert & Janet Brown
Rainey Cadenhead
John Cookinham
Bill & Judy Dalton
Charles & Mary Haley
Alan & Robin Higley
Rick Hogan
Donna LaLonde
Ann Lento
Terry & Keith Mann
Ed McCay
Kent & Carolyn Mitchell
HARRY Moeller
Ann & Stan Nelson
Russ & Rosalie Niemi
Howard Nies
Terri Porter
Brett & Gay Purcell
Karen & Keith Raymer
Barb Rinne & Family
Donald Roth
Gretchen & Stevan Ryan
Garth & Nancy Smith
Richard Stainbrook & Family
Marla Thompson
Kermit Trout
Mary Turner
Sandra & John Weston
Tim Wigger
Eugene & Marsha Wren
HomeTeam Inspection
Thomas Photographic
Ultramax Sports

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

June 1st was the 40th anniversary of the Hospital Hill run, making it the oldest organized run in the Kansas City area. MARA was involved from the very beginning and up until 4 years ago, was the running club doing the orchestration of the event. We are no longer involved with the operation of the event, however, we did have a booth at the expo. It was nice to see some familiar faces and meet some new ones. Several members brought their "vintage" items from some of the early years by the booth. It was fun and interesting to see their items from the past. We also had several MARA members help staff the booth. Donald Hughes had some of the results booklets from the early years. Some of the names in the booklets are still participating in the event. It also became apparent as how many people do not participate in the Grand Prix program, especially in the younger age groups (the 20 and 30 year olds). If they are placing in their age group, they could easily be a part of the Grand Prix program. All they need to do, is become a member and participate in the Grand Prix designated races and place in their age group. They can win free entries into some of the races. With the prices of entry fees, one free entry, is the equivalent of a membership fee into MARA. If you know someone in the 20 and 30 age group and place in their age group, please tell them to check out the Grand Prix program on the website. We hope you will enjoy your first electronic version of MasterPieces. We are always wanting new and interesting articles for the magazine. Our editor, Renee Kidwell, would love to have you send her any stories and/or pictures of your running/walking adventures.

Wishing you happy and healthy
running and/or walking.

Karen

2013 MARA GRAND PRIX STANDINGS

Points through Hospital Hill Half

6/2/13

contact Mike Lundgren for questions or corrections at: jtmlrun@gmail.com

Male 20-24			Female 20-24		
Michael	Franke	27	Melanie	McVay	38
Brett	Guemmer	19	Kathryn	Brake	21
Mike	Hake	12	Lucy	Daldorph	20
nine with 10	points		Gina	Rochetti	14
Male 25-29			Female 25-29		
Lee	Dixon	26	Trisa	Nickoley	10
Shaine	Griggs	25	Jennifer	Kongs	10
David	Franz	16	Adrienne	Lambeth	10
seven with 10	points		Janet	Daly	10
Male 30-34			Female 30-34		
Tim	Hodges	26	Anne	Altorfer	18
Adam	Moos	24	Shannon	Hodges	18
DJ	Hilding	17	Marina	Tov	17
Nick	Wills	11	Katrina	Radenberg	13
seven with 10	points		nine with 10	points	
Male 35-39			Female 35-39		
Bryan	Jobo	12	Ashley	Shores	28
Eric	Hunt	12	Shelley	Brake	20
eleven with 10	points		Christy	Nielsen	18
Male 40-44			Female 40-44		
Ken	Moran	50	Michelle	Andrew	50
Jamie	Moreno	17	Jill	Teale	16
Farhad	Zarif	15	Dana	Vossler	15
six with 10	points		five with 10	points	
Male 45-49			Female 45-49		
Mark	Westfall	28	Cindy	Cameron	20
Carlos	Vasquez	20	Joann	Ships	18
Adam	Guzman	17	Helen	Wilms	15
Bob	Schloegel	12	eight with 10	points	
nine with 10	points		Female 50-54		
Male 50-54			Female 50-54		
Pat	Merrigan	28	Karen	Hyde	56
Ken	Cameron	27	Vicki	Vossler	20
John	Pitzel	20	Lesa	Berglund	10
Neal	Farron	16	Suzie	Ryan	10
Donny	Danner	15	Patty	Vidrine	10
John	Quick	14	Barb	Rinne	10
Male 55-59			Female 55-59		
Jimmy	Stanzola	65	Anna	Allen	32
Rob	Harber	40	Jane	Tompkins	30
Brian	Daldorph	32	Maria	Rhoden	28
Oscar	Gonzales	27	Pam	Perica	18
Greg	Schultz	22	three with 10	points	
Male 60-64			Female 60-64		
Gayle	Van Durme	48	Dee	Boeck	40
John	Ball	42	Sandra	Weston	29
Brad	Rhoden	38	Sharon	Costello	20
Jeff	Behrens	26	Jan	Woodside	12
Bruce	Gilbert	26	six with 10	points	
Joe	Wagenblast	14	Female 65-69		
Male 65-69			Female 65-69		
Tim	Wigger	40	Mary	Haley	40
Greg	Hartman	28	Susan	Robinette	34
Rick	Hogan	26	Donna	Romans	30
Thomas	Odell	17	Jeanne	Hendrickson	18
Robert	Fernandez	12	Debbie	Lubin	17
Male 70-74			Female 70-74		
Eugene	Wren	55	Suzie	Turner	60
Garth	Smith	40	Janice	Young-Miller	17
Don	Roth	26	Patricia	Nott	10
Bill	Wright	11	Anne	Coveney	8
Joe	Griggs	11	Sandra	Carter	7
Male 75-79			Female 75-79		
Carl	Vansant	38	Ann	Nelson	70
Herb	Brown	37	Carolyn	Mitchell	52
Robert	Kirkman	22	Beverly	Lewis	9
Deloyan	Huffman	14	Winnie	Seaman	8
Donald	Hughes	10	Phyllis	Pelts	8
Male 80-84			Female 80-84		
Lou	Joline	80	Martha	Delon	10
Floyd	Delon	9	Trudy	Nepstad	9
Calvin	Willis	8	Elaine	Kramer	8
William	Tyler	8	Anna	Benoit	7
Male 85+			Female 85+		
Ed	Burnham	20	Dottie	Gray	10
			Mary	Otte	9

**2013 MARA
Grand Prix Directors:**
Dina Meyers
Sandi Weston



GRAND PRIX

Mid-America
Running Association

2013 MARA GRAND PRIX Schedule

- 1-19 Topeka to Auburn
Half - Marathon
- 1-29 Groundhog 10K
- 3-02 Mrs. Robinsons Romp 5K Trail
- 4-06 Run for Life 10 Miler
- 4-13 Rock the Parkway
Half -Marathon
- 4-29 Trolley Run 4 Miler
- 5-04 Heart and Sole 10K
- 5-12 Truman 5K
- 5-18 Merriam Turkey Creek 5K
- 5-27 Amy Thompson 8K
- 6-1 Hospital Hill Half -Marathon
- 7-14 Eudora Horsethief 5K
- 7-27 KC Cross Country 5K
- 8-10 Farmstead 5K
- 8-25 Heartland Track & Field 3K
- 9-02 Labor Day 5K
- 9-15 Plaza 10K
- 10-20 Kansas City Marathon
- 11-04 Cliffhanger 8K
- 11-09 UltraMax Cerner 15K



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Mid-America Running Association

Schedule of Kansas City Local and Regional Races

As of May 12, 2013

Note to readers: I apologize that this schedule is 6 weeks old. My computer was out, therefore I was unable to look at emails or make updates. I have purchased a new computer and I will address emails you sent me in that time frame, and I expect that by July 1 that I will have the schedule back up to date, at www.mararunning.org. Jay Raupp, h 913-894-1993 / w 816-412-7531

Listings are subject to my errors, oversights, cancellations, and, Change. Check race websites the week of the event, for the latest.

MARA GP indicates a MARA Grand Prix event. If multiple distances are run that day, the Grand Prix distance is (shown in parentheses)

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
JUNE 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
6/29/2013	Sat	8:00 AM	Firecracker Flight 5K and 10K	TBA Kansas City area.	http://www.bodiespersonaltraining.com/firecracker-flight-5k-10k-run.html	Part of the Healthy Holiday Fun Run Series. Maeghan Weygandt 816-616-2138
6/29/2013	Sat	AM, tbd	5150 Triathlon St Louis	Innsbrook, MO	http://ultramaxsports.com/race/events/	International Distance Triathlon. Contact Email: Kaela Rorvig / info@ultramaxsports.com
6/30/2013	Sun	7:00 AM	Double Road Race Overland Park: Run 10K and Run 5K and the results are totalled.	Corporate Woods, 9401 Indian Creek Parkway, Overland Park, KS	http://www.doubleroadraceoverlandpark.com/	Bruce Gilbert, Race Director 816-223-7154
6/30/2013	Sun	8:00 AM	Hell Creek Off-Road Duathlon	Switchgrass Trail, Wilson Lake State Park, KS (30 mi West of Salina)	http://www.wildwithinyou.com	785-650-1620 sarakay@wildwithinyou.com
JULY 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
7/4/2013	Thu	7:00 AM	35th Annual Lenexa Freedom Run 5K/10K	Old Town Lenexa, Sante Fe & Pflumm, Lenexa, KS	http://www.lenexa.com/parks/festivals_freedom.html	
7/4/2013	Thu	7:00 AM	Ward Parkway 4 on the 4 th (4 miles)	Ward Parkway Center, 8680 State Line, Kansas City, MO	http://www.enter2run.com/search/event.aspx?id=18139	Along scenic Ward Parkway. Bib chip timing! USATF Certified Course # MO12015LJ
7/4/2013	Thu	7:30 AM	Cameron Regional Medical Center 4-mile run, 2-mile walk and kids fun run	Recreation Park, 221 Seminary, Cameron, MO	www.active.com	Bob Risser, rdrisser@centurytel.net, 816-632-7340
7/4/2013	Thu		36th Annual Coors Freedom Run, 10K and 5K Road Races	Junction City, KS	http://manhattanrunningco.com/ai1ec_event/coors-freedom-run-10k-and-5k/?instance_id=142#USPLZqVthJo	Trey Vernon Manhattan Running Company trevernon@manhattanrunningco.com 785-320-6363
7/6/2013	Sat	7:00 AM	Parkville Saturday Morning Run group training run, (non-competitive, using the park trail)	West Parking Lot at English Landing Park, Parkville, MO	none	David V. Crawford, 816-389-3987 David.V.Crawford@usace.army.mil This will be on the park trail loop, and run according to your ability. No charge.
7/6/2013	Sat	7:30 AM	Darren Sproles 5K Run/Walk	Southcreek Office Park, 7200 West 132nd Street, Overland Park, KS	http://www.sproles5k.com/	Benefits Sproles Empowered Youth Foundation
7/7/2013	Sun	9:00 AM	Psychodelic 5K Trail Run (Fire Edition)	Wyandotte County Lake Park, KS (Shelter #2)	http://www.psychowwyco.com/id69.html	Ben Holmes 816-810-0440 badbendr@yahoo.com
7/13/2013	Sat	8AM, 9AM	Psycho Psummer Run Toto Run, 50K, 2 Mile, 10 Mile Trail Runs	Wyandotte County Lake Park, KS	http://www.psychowwyco.com/id75.html	Ben Holmes 816-810-0440 badbendr@yahoo.com
7/13/2013	Sat	7:30 AM	Eudora Horsethief Run, 5K Race MARA GP	9th & Main St, Eudora, KS	http://eudoracrosscountry.com/	Paul Boone, 785.542.4960, EHS XC Fundraiser
7/13/2013	Sat	7:30 PM 5K, 8:30 PM 10K	Midnight Madness 5K and 10K	City Hall, Downtown Ames, Iowa	http://www.amesmidnightmadness.com/	An Iowa Classic for over 40 years! A great Night race with fantastic post race party including food, beer garden, and live band Roman Lynch 515-231-9995 romanlynch@mchsi.com
7/14/2013	Sun	7:00 AM	29th Annual Shawnee Mission Triathlon Presented by Johnson County Park & Recreation District	Shawnee Mission Park, Shawnee, KS	http://jcpd.com/special_events/smp_triathlon.cfm	Chad Tower at 913-826-2953 or info@jcpd.com.
7/14/2013	Sun	9:00 AM	Jingle in July 5K Run / Walk	Meritex UNDERGROUND Executive Park, 17501 W 98th St Lenexa, KS	www.JingleinJuly.org	Steve Rock, 913.262.2233, srock@arthritis.org

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
7/20/2013	Sat	7:00 AM	Fort Riley 10-5-2 Mile Prairie Run	King Field House, Bldg. 202 Custer Ave, Fort Riley, KS	register on active.com or runsignup.com	Three different races, a 10 mile, 5 mile and 2 mile race. Each race is open to the Fort Riley military community and the general public. Contact the Sports Office at (785) 240-1086.
7/20/2013	Sat	7:00 AM	Julia's Warriors Run for Hope - 5K Run & 1 mile Walk	Smithville High School, 645 S. Commercial, Smithville, MO	www.juliaswarriorsrunforhope.com	Jodi Green juliasrunforhope@gmail.com
7/20/2013	Sat	7:30 AM	16th Annual Amelia Earhart 8K / 2K Fun Run	Atchison Family YMCA, Atchison, KS	http://www.kansascityymca.org/	Lisa Howard, 913.367.4948, LisaHoward@KansasCityYMCA.org
7/20/2013	Sat	8:00 AM	Color Storm 5K Run	West Bottoms, Kansas City, MO	www.colorstormrun.com	Contact colorstormrun@gmail.com
7/27/2013	Sat	7:30 AM	WIN for KC Women's Triathlon	Smithville Lake, Smithville, MO	http://www.winforkctri.org/	Reg opened Feb 1 and filled fast.
7/27/2013	Sat	7:15 AM and vrs. see far right-->	Kansas City Cross Country Challenge 5K and Youth 3K cross country run <i>MARA GP</i>	Shawnee Mission Park, Cross Country Course, Renner Road, Shawnee, KS	www.kcxcchallenge.com	7:15am 13 & Under Boys/Girls 3k 7:30am 14-18 Boys/Girls 5k 8:00am Open Women (19+) 5k 8:30am Open Men (19+) 5k
7/28/2013	Sun	8:00 AM	Hell Creek on Heels 5k/25k Trail Run	Switchgrass Trail, Wilson Lake State Park, KS (30 mi West of Salina, just off I-70)	http://www.wildwithinyou.com	785-650-1620 sarakay@wildwithinyou.com
AUGUST 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
8/2/2013	Fri	8:00 PM	Psych Night 5K & 10K Trail Run	Wyandotte County Lake Park, KS (Start/Finish near main park entrance)	http://www.psychowyc.com/id50.html	Ben Holmes 816-810-0440 badbendr@yahoo.com , night run
8/2/2013	Fri	9:00 PM	Moonlight 5K Run and Fun Walk	Mapleleaf Parkway St. Joseph, MO	www.graceontheweb.org	Contact: jeanette@graceontheweb.org
8/3/2013	Sat	7:00 AM	5th Annual Brew 2 Shoe, 10K and 5K Road Race, 1 mile kids run	Manhattan, KS	http://manhattanrunningco.com	Trey Vernon Manhattan Running Company treyvernon@manhattanrunningco.com 785-320-6363
8/3/2013	Sat	7:00 AM	Spencer C. Duncan - Make it Count 5K	New Century Air Center, Gardner, KS	www.makeitcounttoday.org	Contact and race info: Sheri Burrell msburrell@yahoo.com
8/3/2013	Sat	7:00 AM	Parkville Saturday Morning Run group training run, (non-competitive, using the park trail)	West Parking Lot at English Landing Park, Parkville, MO	none	David V. Crawford, 816-389-3987 David.V.Crawford@usace.army.mil This will be on the park trail loop, and run according to your ability. No charge.
8/3/2013	Sat	8:00 AM	OMC 5K, 2 Mile, and 1/2 Mile Family Fun Run	Heritage Park, 16050 Plumm Road, Olathe, KS	http://jcprd.com/special_events/omcfunrun.cfm	Two Dollars (\$2) from each race entry will be donated to The Birth Place at Olathe Medical Center. Race Director Kyle Stegeman at (913) 826-2955 or info@jcprd.com .
8/4/2013	Sun	tbd A.M	Matt Mason Memorial "Cowboy UPI" Triathlon: 500 meter swim, 10 mile bike, 5K run	Smithville Lake, Smithville, MO	http://www.cowboyuptriathlon.com/about-matt/	
8/10/2013	Sat	7:00 AM	Overland Park Farmstead Stampede 5K Run / Walk <i>MARA GP</i>	Deanna Rose Children's Farmstead, 135th & Switzer, Overland Park, KS	http://www.opkansas.org/Events/Farmstead-Stampede	913-940-7270.
8/11/2013	Sun	7:30:00 AM for 5K and 800 AM for 1 mile	Susan G. Komen Kansas City Race for the Cure - 5K Chip timed race, and, 1 mile fun walk/run	Union Station, Pershing and Main Streets, Kansas City, MO	www.komenkansascity.org	Michael Levin 816-245-7358 or 1-877 GO KOMEN.
8/18/2013	Sun	7:30 AM	Jackson County Triathlon, and Duathlon	Longview Lake, Lees Summit, MO	http://www.jacksoncountyttrathlon.com/	
8/18/2013	Sun	8:00 AM	Hell Creek on Heels 5k/10k Trail Run/Walk	Switchgrass Trail, Wilson Lake State Park, KS (30 mi West of Salina)	http://www.wildwithinyou.com	785-650-1620 sarakay@wildwithinyou.com

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
8/18/2013	Sun	4:00 PM	Martini Madness--The Olive Run 5K	The Other Place, 16590 West 135th Olathe, KS	www.patriotsrun.org	Contact Tony Drew 913-339-667. The race is to fund scholarships for students entering an education career.
8/24/2013	Sat	7:00 AM	35th annual Tiblow Trot, 5 Mile Race / 2 Mile Walk	Kelly Murphy Park, 2nd & Elm, Bonner Springs, KS	http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=932	Bruce Coleman, bruce@colemanequip.com, 816-810-9912 raises money for scholarships and to eliminate polio
8/24/2013	Sat	9:00 AM	Heartland Open/Masters Outdoor Track & Field Meet, MARA GP (3000 meters)	JCCC Track Overland Park, KS	www.heartlandathleticserVICES.com	Editors note: 3000 Meters (and possibly the entire meet) is PRE registration only. Please review the event website in advance of this event.
8/25/2013	Sat	8:00 AM	Northland Run [Together] 5K	Zona Rosa I-29 and Barry Rd., Kansas City, MO	www.KansasCityYMCA.org	Paula Flynn, Healthy Living Director at Platte County Community Center South YMCA PaulaFlynn@kansascityymca.org
8/31/2013	Sat	9:00 AM	Mud and Muck 5K	Unity Village, 1901 NW Blue Pkwy, Lee's Summit, MO	http://mudandmuck.org/	Dirt road & Mud Pit, Ben Holmes 816-810-0440 badbendr@yahoo.com
SEPTEMBER 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
9/1/2013	Sun	various, waves	Epic Mud Run - 3 mile obstacle course	Columbia, MO	http://ultramaxtri.com/epicmudrun/	Obstacles, Zombies, and Color Powder bombs.
9/2/2013	Mon	6:00 AM	54th Annual Heart of America Marathon	Columbia, MO	www.columbiatrackclub.com	
9/2/2013	Mon	TBA	Leawood Labor Day Run 5K MARA GP	Leawood City Park, Lee Blvd. (south dead end) Leawood, KS	www.leawood.org	Brock Shafer , 913.339.6700 ext.152, brocks@leawood.org
9/7/2013	Sat	7:00 AM	Parkville Saturday Morning Run group training run, (non-competitive, using the park trail)	West Parking Lot at English Landing Park, Parkville, MO	none	David V. Crawford, 816-389-3987 David.V.Crawford@usace.army.mil This will be on the park trail loop, and run according to your ability. No charge.
9/7/2013	Sat	9:00 AM	North Shore Trail Run - 5K, 10K, Half Marathon	State Park, Clinton Lake, Lawrence, KS	http://www.psychowyc.com/id61.html	Ben Holmes 816-810-0440 badbendr@yahoo.com
9/8/2013	Sun		S.W.A.T. Jeremy Katzenberger Memorial Triathlon (1200 yd or 400 yard swim, 11 mile bike, 3.1 mile run.)	Weatherby Lake, C Point, 7701 NW Scenic Dr, Weatherby Lake, MO	http://swattri.blogspot.com	Facebook at S.W.A.T Jeremy Katzenberger Memorial Triathlon. Contact: Augi Grasis at 816-226-7046 swatjkttri@gmail.com
9/14/2013	Sat	7:30 AM	Olathe Medical Center Women's Triathlon	Kill Creek Park, 11670 Homestead Lane, Olathe,	http://jcprd.com/special_events/omc_triathlon.cfm	Chad Tower at 913-826-2953 or info@jcprd.com .
9/14/2013	Sat	8:00 AM	11th Annual Helen Gold 5K / 10K Parkinson's Disease Research at KUMC	The Fountains Shopping Center, 119th & Glenwood, Overland Park, KS	www.HelenGold5k.com	Dee Sand racedirector@g-kdevelopment.com
9/15/2013	Sun	7:30 AM	Plaza 10K Run/Walk & Two Mile Fun Run/Walk MARA GP (10K)	Country Club Plaza, Kansas City, MO	http://www.plaza10k.com/	
9/15/2013	Sun	8:00 AM	10th Annual Smithville Dam Run, 5K and 10K Run, and 5K Walk	Smithfork's Park (by the dam) Litton Way and DD Hwy, Smithville, MO	http://www.smithvilledamrun.com	Frank Luckenbill, 816.405.2898, flukenbill@kc.rr.com
9/21/2013	Sat	7:30 AM	Paulina Cooper Dot-To-Dot 10K Run & 5K Run/Walk	Corporate Woods, College & Antioch, Overland Park, KS	http://www.dottodotrun.org/	Melissa Church, 913.897.1100, mcpt23@yahoo.com
9/21/2013	Sat	8:00 AM	3rd Annual Kade Meyer Celebration Run 5K 10K, and Kids 1 Mile Fun Run	Celebration Park, 32701 W. 159th St., Gardner, KS	www.kademeyer.com	Contact: Megan Darling, info@kademeyer.com
9/22/2013	Sun	8:30 AM	Panera Bread Diabetes Dash For Life 5K	Panera Bread, Town Center (NE Corner 119th and Nall) Leawood, KS	www.diabetesdashforlife.com	Race Contact is: Brian Cole 913-549-2962
9/29/2013	Sun	8:00 AM	A Chance for Children, 5K Run/Walk, 10K Run, and Kid's Fun Run	Corporate Woods, Overland Park, KS	http://www.achanceforchildren.com/	Beth Roller, Roller_beth@yahoo.com 913-579-5947 Free Photos from SeekCrun.com
9/29/2013	Sat		Konquer the Konza 25K Trail Race	Konza Prairie, Manhattan, KS	http://manhattanrunningco.com/konquer-the-konza-25k/	Trey Vernon Manhattan Running Company treyvernon@manhattanrunningco.com 785-320-6363

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
OCTOBER 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
10/5/2013	Sat	7:00 AM	Parkville Saturday Morning Run group training run, (non-competitive, using the park trail)	West Parking Lot at English Landing Park, Parkville, MO	none	David V. Crawford, 816-389-3987 David.V.Crawford@usace.army.mil This will be on the park trail loop, and run according to your ability. No charge.
10/5/2013	Sat	8:30 AM	10th Annual Kansas City Zoo Run - Run for the Penguins, 4 Mi. Run and 1 mi. run/walk	Kansas City Zoo, Swope Park, Kansas City, MO	www.kansascityzoorun.org	Lisa Drake, Event Midwest, 913-485-3254 lisadrake@eventmidwest.com
10/5/2013	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Blackbob Elementary, 14701 S. Brougham Dr., Olathe, KS	http://www.pumpkinrunwalk.org/	Sam Miceli, 913 710 0404 sm26375@sbcglobal.net
10/6/2013	Sun	8:00 AM	5th Annual Pink Laundry 5K Run/Walk	Downtown Lee's Summit, MO	www.pinklaundry.org	Benefits the Stephanie Vest Foundation. Contact: Vicki Gardner at foundation@stephanievst.com
10/13/2013	Sun	9:00 AM	Fall Fell Trail Race 7M	Kill Creek Park, 11670 Homestead Lane, Olathe, KS	http://www.psychowco.com/id64.html	Ben Holmes 816-810-0440 badbendr@yahoo.com
10/19/2013	Sat	7:05 AM	Waddell & Reed Kansas City Marathon, Half Marathon & 5K MARA GP (Marathon)	Kansas City, MO	http://www.waddellandreedkansascitymarathon.org/	
10/19/2013	Sat	8:30 AM	14th Annual Raytown Educational Foundation "Run for Excellence", 5K Run & Kid's Dash	Raytown High School 6019 Blue Ridge Blvd, Raytown, MO	www.raytowneducationalfoundation.org	www.active.com Contact: Linda Gerding 816.524.3433 lgerding@swbell.net
10/26/2013	Sat	8:00 AM	Run The Burg, 1/2 Marathon, 10K & 5K	Johnson County Courthouse at 200 North Holden St in Warrensburg, MO.	www.runtheburg.com	Scenic course includes city and surrounding countryside. Mark Hechler, mlhent@embarqmail.com, 660-747-5444
10/26/2013	Sat	8:00 AM	Halloween Hustle 5K and 10K	TBA Kansas City area.	http://www.healthyholidayrunseries.com	Tech shirts for early registrants, costume contest, medals, & more.
10/27/2013	Sun	7:00 AM	The Bison 50 Relay.	Topeka, KS to Lawrence, KS	www.bison50.com	Race Contact: Raul Flores, runsfar@kc.rr.com
NOVEMBER 2013 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
11/2/2013	Sat	7:00 AM	Parkville Saturday Morning Run group training run, (non-competitive, using the park trail)	West Parking Lot at English Landing Park, Parkville, MO	none	David V. Crawford, 816-389-3987 David.V.Crawford@usace.army.mil This will be on the park trail loop, and run according to your ability. No charge.
11/2/2013	Sat	8:00 AM	5K Run to End Hunger	Excelsior Springs, MO	Website to follow soon.	Hosted by ES First. www.esfirst.org Contact, Allison Weedin, allison@esfirst.org, 816-674-3774
11/2/2013	Sat	9:00 AM	Muddy MO River Run - 5K Cross Country Run/Walk, and Kids Fun Run	Big River Ranch 20111 Goodloe Orchard Rd Lexington, MO bigriverranchtrailriding.com	Registration site to follow soon.	Contact: Christina Caldwell 816-726-5874 istin99@gmail.com Benefits: Minutemen Athletic Booster Club's Athletes
11/3/2013	Sun	TBA	Cliffhanger Run 5K run/walk, 8K run, MARA GP (8K)	Cliff Drive & Gladstone Blvd., KC, MO	www.cliffhangerrun.com	
11/3/2013	Sun	8:30 AM	The OVERRUN Ovarian Cancer 5K Run/ Walk, and 1 Mile Teal Trail Walk, and, Kids Run	Blue Valley Recreation Complex 135th and Antioch Overland Park, KS	www.overrunovariancancer.com	Kelly Cannova and Kristi O'Keefe at info@overrunovariancancer.com.
11/9/2013	Sat	8:00 AM	UltraMax Cerner 15K MARA GP 15K), also 7K FunRun-Walk	Community America Ball Park (Home of the Kansas City T-Bones), Kansas City, KS	http://www.kc15k.com/	www.ultramaxsports.com Email: Kaela Rorvig / info@ultramaxsports.com
11/23/2013	Sat	8:00 AM	The Turkey Trails 5K & 10K	TBA Kansas City area.	http://www.healthyholidayrunseries.com	Long Sleeve Tech shirts for early registrants, medals, & more.
11/24/2013	Sun	8:00 AM	Gobble Wobble, 5K and Half Marathon	9401 Indian Creek Parkway, across from Building 40 in Corporate Woods, Overland Park, KS	http://www.active.com/event_detail.cfm?event_id=2085385	Course is the paved trails and area roads. Web site is http://gobblewobble-ks.org Contact Tony Drew 913-339-6767
11/24/2013	Sun		Route 66 Marathon, and Half Marathon	Tulsa, OK	http://route66marathon.com/	
11/28/2013	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K Run/Walk	Ward Parkway Center, 8500 Ward Parkway, Kansas City, MO	http://www.enter2run.com/Search/event.aspx?id=18140	An easy going family event along scenic Ward Parkway on Thanksgiving Day, Bib chip timing! USATF Certified Course #MO11023LJ
11/28/2013	Thu	9:00 AM	Thanksgiving Day 5K & Family Stroll	Sprint Campus, 117th Street & Nall, Overland Park, KS		
11/28/2013	Thu	AM TBD	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Park, Parkville, MO	www.parkvilleturkeytrot.org	
11/28/2013	Thu	8:30 AM	Turkey Trax 5K Run	Columbia, MO	http://ultramaxtri.com/turkeytraxrun/	Register before 11-19 to guarantee a Turkey Trax shirt.
The MARA Chili Run is December 14!						



Race Director Beth Salinger shares her thoughts on the 40th Anniversary of Hospital Hill Run

The event was amazing! It is hard to believe that in 1974 there were 99 men running the race and in 2013 there were over 9,000 men, women and children conquering the hill! It is so exciting to see so many athletes who have become an important part of Hospital Hill Run, a part of the history and really more like family.

I am humbled and honored to be part of such a storied history and to walk in the footsteps of Dr. Dimond, Russ Niemi, Rich Ayers and Lisa Drake, I hope that I can continue to build the event and introduce a whole new generation to the greatness that is Hospital Hill Run.

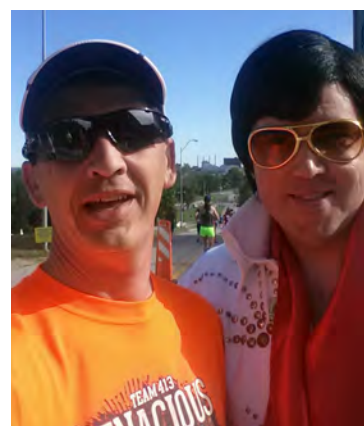
The heat, hills and humidity will always make Hospital Hill Run a challenging event, but the wonderful people will always make this a must do event every year.



Digging deep on Trinity Hill



Hospital Hill Staff Team



David with 1/2 Marathon winners

5K Men - Top 5

Derek Lee	16:17
Michael Pierce	17:03
Scott Cichton	17:43
Michael Witten	18:28
Stan McCormack	18:43

5k Women - Top 5

Katie Berger	20:17
Stephanie Garcia	20:44
Katelyn Colon	21:59
Kristen Glassmaker	21:59
Megan Denton	22:10

10K Men - Top 5

Peter Falcon	34:29
Jerry Pullins	35:09
Kirk Bado	36:56
Garrett Pfau	37:53
Dane Johnson	39:26

10K Women - Top 5

Michelle Schmidt	42:00
Brianna Westervelt	42:34
Olivia Franklin	43:32
Julie McCowen	43:32
Sara Biller	46:04

1/2 Marathon Men - Top 5

Josh Baden	1:10:05
Phillip Miller	1:11:03
Neil Wolford	1:12:06
John Seimears	1:12:18
Michael Rathje	1:12:25

1/2 Marathon Women - Top 5

Kimi Reed	1:19:21
Raquel Stucky	1:20:21
Megan Zavorka	1:23:58
Frankie Peterson	1:24:43
Hannah Kinberg	1:25:14

Photos Provided by: Michael Chaffee & Beth

“Chasing Charles”

A Tribute to a Lost Friend

By Rusty Collins



CHARLES G. BRANDON

A couple of weeks ago, I got a postcard from a longtime running buddy of mine informing me that Charles Brandon had died. From what I understand, he was working out with the high school team where he was a voluntary coach. If you were a runner in the mid-80's, 90's and early 2000's, you probably saw him. Charles was about 6'2", handsome and a front runner in the lead pack. Charles won an amazing number of races. He was known to win races on Saturday, and then be found toeing the line the next morning leaving the competition in the dust to win again. My first encounter with Charles was when I was a freshman at Park College on the cross country and track team. In the fall of '84 at a road race at Metro North Mall, Charles blew everyone away in the 5k (around 15:00 flat) with a college teammate and me about a minute back going around for a second lap for the 10k. Early the next spring, Charles showed up to run the 5k on the track at the Park College Invitational leaving me in his dust about 25 seconds back. About a year and a half went by and I hadn't raced much as I had left Park College and then moved in with my grandparents to help take care of my grandfather who needed 24 hour care. Suffering from losing his leg by diabetes, then a broken hip and lung cancer, my grandfather finally passed away after his 70th birthday. Shortly after my grandfather's passing, I started running more and began racing again. In the mid 80's to mid 90's there weren't nearly as many races around Kansas City as there are today. So if there was a race that weekend, all of the big dogs were there! Of course that meant Charles was up there duking it out in the lead pack as I trailed behind trying to pick off stragglers who couldn't hang on. As I got in better shape and started racing faster, Charles noticed. He came up to me after a race to cooldown before the awards ceremony and asked if I lived in the Northland, remembering that I ran for Park College. I answered "yes" and that's when it all began. Charles invited me to join the KC Northland Runners who met twice a week (Tuesdays for speedwork and Sundays for long runs).

These workouts were a true test of athleticism, speed and strength. Other top runners would come up to the track to test their fitness against Charles and a dozen other guys who could run 33 minutes for a 10k or faster, some much faster!

Each lap of each interval was a whirlwind as the pack tried to hang on as Charles blitzed around the track. I remember battling Charles head to head on 20 quarter mile repeats averaging 64 seconds with about a minute recovery as we jogged halfway around the track and took off again. The real challenge was that someone would blast the last one as we often ran 56-58 seconds to finish the workout. Long runs on Sunday often turned into road races over the last few miles finishing with an all-out sprint to match each other's next move until our legs turned into rubber.

As time would have it, I moved across town and didn't get to run with the Northland Runners and Charles as much. I got into directing more races than participating so I only saw Charles a few times a year. The last time I saw him run, he did the 5k at 'Running With the Cow's' and at the age of 56 was still running in the 19's for a 5k. I saw Charles for the final time after a few friends and I went for 'Taco Tuesday' after a track workout. As I went to wash my hands, Charles called my name. After a quick handshake and brief exchange I washed up and headed back to my friends.

I pointed to Charles and told them of the amazing workouts he lead me through and a few of our epic races. After a few nods and glances, Charles got up and waved goodbye leaving the party.

Little did I know it would be the last time I would see him. I know he is running more blazing quarters with the Eternal Track Team and I can't wait for the day I will be on his shoulder zooming around the track.



Charles, you will be missed.



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

**Doctor of Chiropractic,
Cleveland Chiropractic College
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BEAT the HEAT !!

Run And Stay Safe This Summer

Whether you are a beginner or a veteran runner you have already more than likely ditched the treadmill and began to enjoy running outdoors this summer. The summer is the perfect time for runners to set out on the road and have fun while training to fulfill their fitness goals. Every season has its own challenges that have to be overcome to train outdoors. In the summer the main challenge you have to fight is the heat. The hot summer sun and high humidity can cause even a veteran runner to miss a run or change their training program.

It is important to remember that training in the summer does not mean you have to ditch your runs on days when it is hot outside. Training in the heat does require you to understand your risks for heat related illness, as well as ways to decrease your risks for developing these illnesses. The primary cause for heat related illness when running in the summer is a combination of dehydration and overheating. In the summer heat your body is not as capable of cooling itself, this may result in an increased fluid and electrolyte loss.

There are five heat related illnesses that you should be aware of.

1. Heat rash: This is the result of excessive sweating and irritation to the skin. A heat rash is an indicator that you may not have acclimated to the heat properly. It is widely accepted that acclimation to heat takes approximately 2 weeks.

2. Heat Cramps: These are common in athletes, specifically runners who are exerting themselves during the summer heat. It is not uncommon for legs or abdomen to cramp up. If you are training and you notice you are cramping up more than normal you need to increase your fluid intake, preferably water or a sports drink with electrolytes.

3. Heat Syncope: Syncope is a medical term for fainting. While it is not necessary to faint and lose consciousness you may be experiencing heat syncope if you notice you are becoming dizzy or feel faint. This often times is also associated with a cool, pale skin tone. If you are training and notice this stop running, go to a cool place, and drink some water or a sports drink with electrolytes.

4. Heat Exhaustion: This is a more serious condition and means the body is beginning to overheat. Signs you may be experiencing heat exhaustion are if you become nauseous, sweating heavily, lose coordination, excessively thirsty, and become weak.

This is often associated with the skin feeling cool and clammy to the touch. Heat exhaustion is a serious condition and should not be ignored. If you notice these changes stop running, go to a cool place, and drink water and a sports drink with electrolytes immediately.

5. Heat Stroke: During a heat stroke you have lost control of your ability to regulate your body temperature. This is a very serious and life threatening condition. This condition requires immediate medical attention. Signs of a heat stroke include a fever that may reach approximately 104° F, confusion, erratic behavior, staggering, or fainting. This is most often associated with a strong, rapid pulse, dry skin, and a flushed appearance. If this condition is not treated quickly it may result in coma or death

There are several ways you can help decrease your risk of developing these heat related illnesses when you are running in the summer heat.

1. Stay Hydrated: The most important thing you can do is to stay hydrated. I suggest that you drink at least 12 ounces of water about 20 minutes before your run. It is also important to continue to keep hydrated during your run so I suggest you consume another 12 ounces of water or sports drink for every 20 minutes you are running in the heat. I suggest taking a water belt with you or making sure you have a route with water fountains or areas where you can get a drink. One important thing to remember is if you are thirsty, this means you are already in a dehydrated state.

2. Run in the Morning: I suggest running in the mornings when the temperature is low. Running in the morning is ideal in the summer because the temperature is cooler. Even when the sun has not peaked it is a good idea to run trails or areas with natural shading and protection from the sun.

3. Wear Technical Gear: Technical gear is any material that is designed to wick moisture away from your skin. This allows your body to stay cooler. Technical gear is also usually a lighter weight material that is very breathable. If you are forced to run in the heat of the day make sure you also wear a technical running hat to help shade your face from direct sunlight.

When you are running make sure you pay attention to your body and any change or symptoms you may be having. Running in the heat can be dangerous and if you are ever unsure or concerned about your symptoms and condition make sure you get immediate medical attention.

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Kansas City Tbones baseball,
Kansas City Smoke Running team,
Hospital Hill Run.

REMEMBERING THE 2013 BOSTON MARATHON

April 15, 2013

One of the world's most famous and respected marathons became a scene of unbelievable horror, pain and nightmare. Some of us have run Boston in prior years, some were at this year's event, and many have goals to yet qualify for this very special race in the near future. Our hearts break for those families and friends who lost loved ones or had their dear ones hurt on that awful day. We must continue to run strong for those who can't and never forget the Boston Marathon of 2013



BOSTON TEARS -

A story shared by
Dr. Ralph Hall's daughter
from a Facebook
Message posted
on April 17, 2013

"As some of you know, I was 1/2 mile from the finish line when the explosion went off. I had no idea what was going on until I finally stopped and asked someone. Knowing that my family was at the finish line waiting for me, I started panicking, trying to call them. Diverted away from the finish line, I started walking down Mass Ave towards Symphony Hall still not knowing where my family was. Right before the intersection of Huntington, I was able to get in touch with Bryan and found out he was with my family and they were safe. I was just so happy to hear his voice that I sat down and started crying. Just couldn't hold it back. At that moment, a couple walking by stopped. The woman took the space tent off her husband, who had finished the marathon, and wrapped it around me. She asked me if I was okay, if I knew where my family was. I reassured her I knew where they were and I would be ok. The man then asked me if I finished to which I nodded "no." He then proceeded to take the medal off from around his neck and placed it around mine. He told me "you are a finisher in my eyes." I was barely able to choke out a "thank you" between my tears.

Odds are I will never see this couple again, but I'm reaching out with the slim chance that I will be able to express to them just what this gesture meant to me. I was so in need of a familiar face at that point in time. This couple reassured me that even though such a terrible thing had happened, everything was going to be ok."



At 2:50 pm EDT, race clock time 4:09.43, almost two hours after the winners had completed the race, two explosions occurred near the finish line. Three spectators were killed and 264 others were injured. Among the injured, 17 were reported in critical condition. At least 14 people required amputations. The race was halted 8 minutes after the explosions; runners east of Massachusetts Avenue were diverted into Boston Common, while those west of it were diverted to Kenmore Square. Over 5,000 participants who were unable to finish due to the race being halted were given medals.

On May 16, the Boston Athletic Association gave participants who ran at least half the distance but were not able to complete the 2013 Marathon early entry into the 2014 Marathon, which will be held on April 21, 2014. The BAA agreed to allow the 5,633 runners entry in August, compared to September for regular entrants. Qualifying standards were also waived for them.



Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD



SUMMERTIME AND THE GRILLIN' IS EASY!

With the fun and hot days of summer upon us, you may be looking for some ideas that are easy to prepare and clean-up while still being healthy and tasty. Yes, they do exist! One of my very favorite foods, especially lately, is salmon because of its taste, versatility and great health benefits. Salmon seems to be gaining in popularity and rightly so. It is one of the best food sources of Omega-3 essential fatty acids (EFA's). It is true that not all fat is created equal and some fat, especially healthy fat, in the diet is essential to proper body functions. Omega-3 essential fatty acids are found primarily in cold water (fatty) fish, flaxseeds & walnuts, as well as fish oil supplements, and all of these provide healthy fat that we all need.

Research indicates that the fatty acids help the body with joint health, cholesterol health, maintaining healthy blood lipids & blood pressure, heart health, infant brain development and cellular defense. Omega-3's most important health contributions are generally seen to be in our cardiovascular health, cognitive function and mood stability. That's enough to make me want to include salmon in my diet! So, my neighbor shared a seriously good (and easy) salmon rub recipe that we recently tried. It is a bit spicy, but very tasty. The rub is different than a marinade and so is thick and meant to be rubbed on fish or chicken. We paired the entree with brown rice, salad and some fresh pineapple and ended up with a great meal. Or, try your salmon with Pesto Pasta, which also offers some healthy fats from olive oil and pinenuts. We have found salmon fillets to be a bit more affordable when purchased in larger quantities in the grocery store or somewhere like Sam's Club or CostCo. Canned salmon also offers healthy Omega-3 fatty acids and can be used in a variety of recipes.



KATE'S SPICY SALMON RUB

(can also be used successfully on chicken)

- 1 Tablespoon chili powder
- 2 teaspoons olive oil
- 1 teaspoon cumin (comino)
- 1 teaspoon thyme
- 1/2 teaspoon salt
- 2 teaspoons brown sugar

Mix all ingredients together. Rub on salmon fillets. Wrap fillets in foil to make a packet. Put on the grill for 7-10 minutes per side or until fish is done and flakes easily.

ASIAN SALMON STEAKS

- 3 Tablespoons reduced-sodium soy sauce
- 3 Tablespoons lime juice
- 1 Tablespoon honey
- 1/2 teaspoon ground ginger
- 2 cloves garlic, pressed
- 4 salmon steaks,
about 1 inch thick

Minced cilantro for garnish



Combine the first five ingredients in a jar, cover and shake well. Place salmon steaks in a glass dish; spoon about 1 tablespoon marinade over each steak, reserving remaining marinade. Refrigerate 10-30 minutes.

To Grill: Remove salmon from marinade. Place in well-oiled fish basket or directly onto well-oiled, hot grill. Cook about 10 minutes, turning once and brushing with reserved marinade.

To Broil: Remove salmon from marinade. Place salmon on a lightly greased broiler pan. Brush fish with some of the reserved marinade. Broil 10 minutes per inch of thickness of fish, turning once and basting.

Serve garnished with minced cilantro. Makes 4 servings.

Recipe courtesy of the National Fisheries Institute



PESTO PASTA

Pesto

- 2 cups basil leaves (fresh,packed)
- 1/4 cup grated Parmesan cheese
- 3 Tbsp extra-virgin olive oil
- 1 garlic clove
- 1/2 teaspoon salt
- 1/2 teaspoon black pepper

Pasta

- 1 lb. spiral pasta
- 1 Tbsp olive oil
- 1 lb. asparagus
- 8 oz. fresh mushrooms
- 1 cup pesto
- 2 cups grape tomatoes
(halved)
- 1/4 cup pine nuts (optn'l)

Preheat oven to 400 degrees. Place mushrooms, asparagus and olive oil in a closeable bag. Shake to coat. Arrange on a baking sheet, sprinkle with salt, roast in oven 15-20 minutes. Place pesto ingredients into a food processor and pulse until smooth. Cook pasta, drain, reserve 1/2 cup of the water. Blend water with pesto. Place all ingredients into a large bowl and toss to coat evenly. Sprinkle with additional Parmesan cheese, if desired.



DOUBLE ROAD RACE WEEKEND Double the Fun

Area runners are in for a special treat this summer, as several national class runners and an Olympic gold medalist join us for a weekend of fun and racing at the Double Road Race in Overland Park .

Double Road Racing is the brainchild of Overland Park native Bob Anderson, founder of Runners World Magazine. Bob is an elite senior runner who has been running and racing for more than 50 years. Bob, who has always had strong passion for youth fitness and fighting childhood obesity, also had the idea for a new running sport with some new strategy. Double Road Racing has an appeal to runners of all skill levels and age groups, and generates funds to benefit youth fitness programs nationally and at the local level. The Double Road Race Federation has scheduled a slate of 'Doubles' across the country, all to be run in the same format and on certified race courses.

In the Double Road Race, the 2 longest Olympic track distances (10K, then 5K) are contested in the same morning (105 min apart) by the runners, but with a Halftime in the 'Recovery Zone', during which the runners receive massage therapy, stretch with assistance of trainers, recover, rehydrate, and plan their approach to the second leg of the race. Novices and elite runners will appreciate the special care and treatment they receive in the Recovery Zone.

Additional unique features of the Double Road Race are the double-sided finisher medal, the cash awards even for age groups, Age-Graded results, and World Best times by age for each year, male and female.

Several national elite runners will compete June 30 in Overland Park , including Christine Kennedy (2:55 Boston Marathon at age 58) and Tyler McCandless (2-time Kauai Marathon champ). Area runners are encouraged to form teams, with top 3 finishers on a team counting toward team prizes.

Billy Mills, the only American to ever win gold in the Olympic 10,000 meter run, will be a very special guest for the weekend. Billy will speak at a dinner reception on Friday evening, June 28, then will appear at Garry Gribble's in Overland Park on Saturday morning June 29, and also will present awards at the Double Road Race on June 30 in Corporate Woods. All runners will have the opportunity to meet and visit with Billy and wish him a happy 75th birthday on race day. Earlier this year, Mills was one of 18 people who received the Presidential Citizens Medal, the second-highest civilian award in the United States .

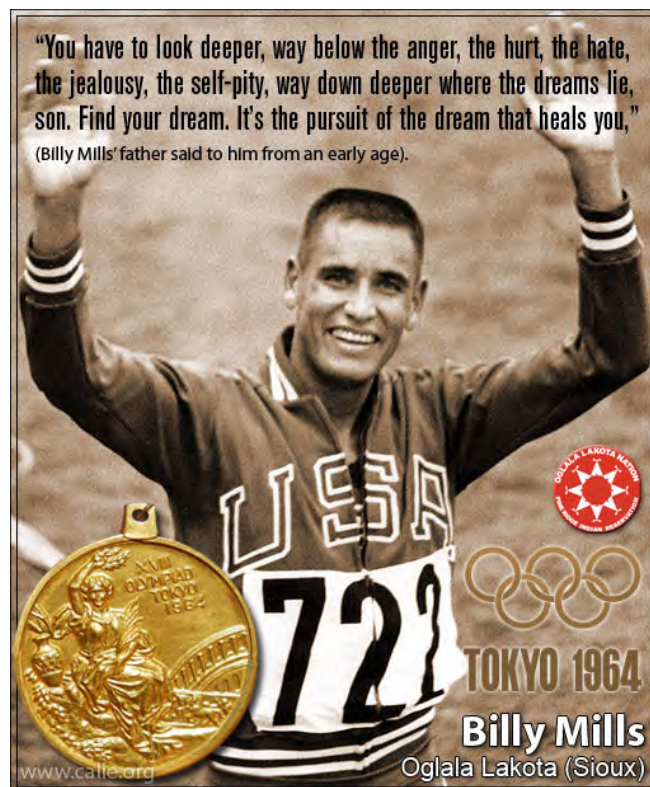
A special Bob Anderson Kids Cup Mile for ages 2 thru 13 will take place right after the 2nd leg of the Double Road Race.

Kids of all ages should meet Billy Mills and experience the challenge of the Double Road Race.

<http://www.doubleroadraceoverlandpark.com/>

Bruce Gilbert

doublefastbruce@gmail.com





Nutrition and Running By Sally Berry

MA RD CSSD ISSN

Your Pre-Workout Strategies

Whether you are a long distance runner or a sprinter, pre-workout can be a concern. You want enough energy to complete your practice, but you don't want the food to cause any dreaded gut and digestive upset. There are several factors to consider when fueling - timing, your workout intensity, food preferences and tolerances. Here is a quick guide of things to consider.

Timing of the Run

Is your run first thing in the morning? After lunch? Evening after dinner? What can your stomach tolerate? Does your stomach tolerate food during workout? Or does it slosh and cramp?

In general, for harder workouts or runs lasting longer than 60 minutes, it's a good idea to have eaten a meal within the past 3 to 4 hours or a smaller snack within the past 1 to 2 hours. The more intense the workout, the less that your stomach can tolerate and the less calories and more digestible the food needs to be.

Duration and Intensity of Run

Very important- Intensity of the workout can determine how much food and fuel that you can tolerate. Are you having a hard workout or a slow pace run? How long do you plan to be running?

If you are going out for a quick 30-minute jog first thing in the morning, then water may be your only need. However, if you are going out for a 2.5 hour long run, Start with something in your tank!

If you are "going all out on an intense" workout, have good hydration and a bit of nutrition before that workout to give the best results.

Emotional Status

This can really affect your gut, especially before race jitters. Some runners can better tolerate liquid meals before a race.

Climate and Environmental Conditions

The more humidity and heat typically means more sweat and less cooling. In dry weather you can still lose water and be cooled but still need hydration replenishment.

Don't forget to ramp up sodium, potassium, magnesium in your electrolyte drinks or supplements when the heat and sweat increases!

General Guidelines

Drink fluids - you may need fluid more than calories

Don't neglect sodium and electrolytes

Don't over fuel. Not every one needs pre-workout nutrition
Early morning runners need to honor their nutrition the evening before.

Avoid low blood sugar:

Some runners will get dizzy or lightheaded in the AM after an over night fast, Best solution is a very light snack before you head out the door. For those with this reaction, I suggest discussing with your health practitioner sport nutritionist for evaluation and suggestions of pre-training fuel.

Individualize:

Your training partner is not YOU. We all have different guts, preferences and tolerances. Here are some suggestions:

3-4 hrs pre run: 3-4 grams carb/kg body weight- sample oatmeal/ milk or soy, small sandwich/ sport drink, or nut butter on toast.

1-2 hrs pre run: 1-2 grams carb/kg body weight- Samples: Sport drink 12-16 oz, UCAN 12-16 oz or banana.

Sloshing before a run? Solution: You may want to "train" your body to eat before a longer run. Try more digestible options such as a liquid sport drink with adequate sodium and a digestible carbohydrate (such as non-GMO corn beverage). Be careful of what you eat the night before. Check for other digestive triggers by recording daily intake and have evaluated by your sports nutritionist.

Bloating or diarrhea? Not fun! Solution: Again, talk with a specialist. It may be food sensitivities, the wrong type/amount of carbohydrate or other digestive problem. You don't have to feel this way!

Fuel Your Body ... for Life!

www.ebodyfuel.com





Lou's Cartoons In Living Color By Lou Joline

RUNNING WITH GRANDAD, by Henry PICKING UP TRASH

You arn't taking me on another Snipe Hunt, are you Gramps?

We'll do that again soon, Henry, and this time we'll catch that Snipe! Today however we are picking up trash on Highway 7.

NO
MO
TRASH

WHISKY BARREL SALOON

We always start off at a bar! People often drop bills hunting for their car keys at 2 am!

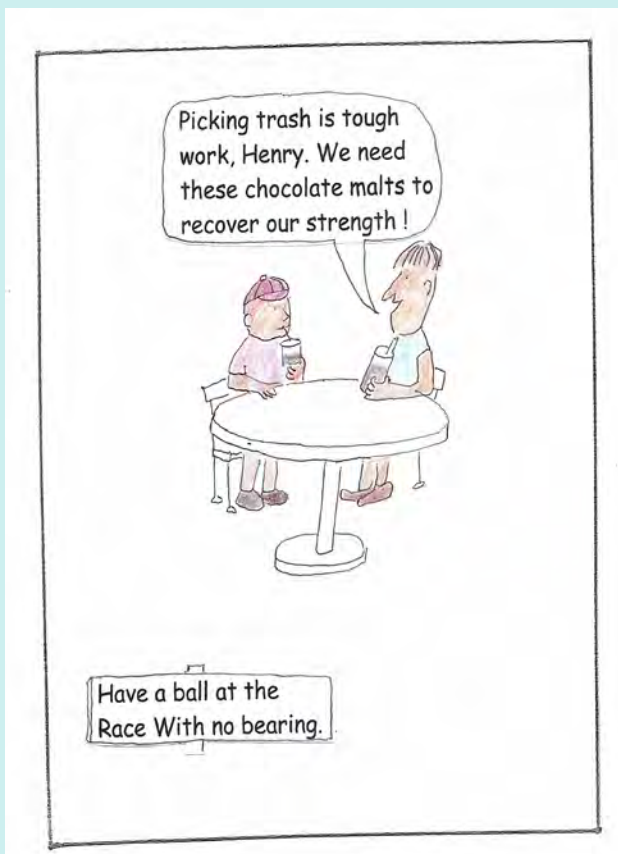
NO
MO
TRASH

We use these extension grabbers to get stuff that's back in the bushes.

That's a possum, Henry, they make very good eating, although it would have been better before the third car hit it.

What do I do with this dead rat?

NO
MO
TRASH



EUGENE, OREGON SPECIAL MEMORIES THEN and....NOW By Gene Wee

As a child you notice your name isn't as common as John or Michael, so there was always a fascination to go to Eugene, Oregon. Since the University of Kansas women's track team was ranked #1 for most of 2013 and favored by Track & Field News to win the NCAA Outdoor Championships over hometown Oregon - by one point, it was an easy decision to fly Frontier to "my town", TrackTown USA, June 5-9.

Just before going, running magazines highlighted Steve Prefontaine's career and his enduring legacy and then did a cover story on Oregon's Jordan Hasay - more psych up material to see what kind of running town Eugene was.

TrackTown USA banners were hung on street posts all over town and at the airport. Not a single business or restaurant was without the Big O or some poster of Oregon sports. About every Thai restaurant has a portrait of the royal family hanging on the wall; in Eugene it was replaced by the Ducks football team. Out of towners have noted the presences of Jayhawks all over Lawrence. Oregon O's were every where - like every window pane on campus buildings - every pane, not just window.



**Self-Portrait -
Dee & Gene
from the mirror**

It's true, Hayward Field is a special track and the fans know the sport. Any jumper, not just Oregon jumpers, got the rhythmic clap from the crowd for that extra adrenaline. No one booing allowed by fans - that's unsportsmanlike conduct and cause to be thrown out. When an Oregon runner needs an extra boost at the end, the cheering is equivalent to "Beware of the Phog" in Allen Fieldhouse. Of course, the local fans read Track & Field News and were well aware the Jayhawks were, well, the bad guys. Their athletes wore the big yellow "O". Our gals? The Hester Prynnnes with scarlet concentric circles. It was good competition and two or three other schools could have been able to pull the upset. KU was picked to win, but you got to perform. Not dropping the baton in the 4x100 averted the potential disaster on the last day. Texas A&M's 4x400 almost lost their team title as they dropped their baton on the first exchange.

It was KU's first national championship for any women's sport and the first track championship since the men did it in 1970.

We cheered like the Oregonians; any good effort or new record deserved a standing ovation.



**It's - Almatmater Time
Salute!**

A lot of close races, The announcer did a great job of pointing out the key action in this sometimes four-ring circus. A track meet can be exciting even with heats. No lulls or delays. Oregon fans congratulated when they saw our Jayhawk shirts. We had good representation from the Midwest - a lot of Cornhuskers, a great 5 & 10K WSU runner, Eric Kynard among many KSU athletics. Mizzou had a shot putter from Ottawa), Iowa State and more.

And Eugene - lots of people bike commuted, more than Boulder and a lot more than Lawrence. With a copy of "A Runner's Map of TrackTown USA" you had options for trails on bark, gravel, dirt or paved paths. Dee's favorite trail was at Hendrick's Park (shady with very tall trees), near Pre's Rock.



**Where oh where is Dee -
among these Oregon trees?**

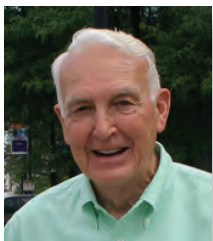
We bumped into several old running friends. Dave and Deb Faurot who used to teach at KU and now have season tickets to Hayward Field track events. I shouted to Dave in the stands as he walked by. Then boarded the shuttle bus to get back to our car (a great system as parking is limited around Hayward), we turned around and a woman behind us was wearing a Jayhawk shirt, Ruth Obadal. She told us after graduating from KU, she lived in KC and ran with the KC Express rattling off some familiar names - Susan Ng, Marcia Dowling, Mary Titterington. Ruth and Dee were competitors. She was working the track meet as a USATF certified official. She switched to wearing her KU shirt after getting done officiating for the day.

While Dee was running the Pre Trail, I was reading a book at a park bench (not running with a bike crash injury). Alton Baker Park is a flat area with bark, gravel and paved trails. I noticed a jogger with a handful of wires with orange flagging in the right hand and a white paper in the left. Had to ask, "are you orienteering?" Met up with Scott Drumm from Columbia River Orienteering Club. He came down from Portland to watch the track meet but wanted to get in an orienteering workout so he was setting out the markers just ahead of those running his course. Next year, I can run with a map.

The 2014 NCAA track championships are again in Eugene and I'd recommend making the trip. You'll have someone to cheer for as about every local school was represented. Be among people who really appreciate the sport. Food, vineyards and breweries are everywhere. It could rain, but we had sunshine the whole week.



**Savoring good times and...
some Ninkasi - sampling**



Ralph R. Hall M.D.

***Professor of Medicine Emeritus
University of Missouri at
Kansas City School of Medicine
Fellow American College of Physicians
Fellow American College of Sports Medicine***

CHOCOLATE CONSUMPTION AND IQ THE ANTIOXIDANT MYTH MY NUTRITION EXPERIENCE *PARTING THOUGHT AND THE BOSTON MARATHON**

CHOCOLATE CONSUMPTION, COGNITIVE FUNCTION, AND NOBEL LAUREATES 1

In case you missed it, from the New Engl J Med, Messerli F H, 2012, 367; 1563. (As reviewed in CAP Today Jan 2013) Dietary flavonoids are associated with health benefits, including improved cognitive function and reduced risks associated with aging such as dementia. Flavonoids or the subclass flavanols, are found in green tea, red wine, cocoa and some fruits. Evidence has shown that flavanols are linked to lower blood pressure due to vasodilation in the peripheral circulation and the brain. Messerli conducted a study in which he used chocolate consumption as a surrogate for flavanol consumption and determined whether there is an association between a population's cognitive function and chocolate consumption. As a surrogate marker for cognitive function for a given country he used the total number of Nobel laureates per capita, with the assumption that this reflected the proportion of the people in the country with superior intelligence.

The study concluded that there was a close and significant linear correlation between chocolate consumption per capita and the number of Nobel laureates per 10 million people in 23 countries. The only outlier was Sweden, with more Nobel laureates than predicted based on chocolate consumption.

Switzerland ranked first. Based on the slope of the slope of the regression line, chocolate consumption would need to increase by 0.4kg of chocolate per capita per year to increase the number of Nobel laureates. Therefore, in the U S, the population would have to consume an additional 125 million kg of chocolate per year to increase the number of Nobel laureates by one.

Comment: There are many limitations to this study including cause and effect of chocolate consumption. However it seems like a worthy goal since each of us would have to increase our consumption only a small amount and we might have fewer problems with elevated blood pressure and as well be smarter. =====Any way, I thought it was a fun study!

EDITORIAL; THE ANTI OXIDANT MYTH!

Several years ago I met with the track coach at the University of Colorado. During our meeting, I brought up the subject of antioxidant use by athletes. This was because many coaches were telling their athletes to take large doses of Vitamin C and E. I presented him with papers reviewing the studies supporting the deleterious effects of large doses of C and E. He was very skeptical and indicated his athletes would continue to take vitamins in large doses, (I reviewed these studies 2 years ago in this blog.) In doses of 1000 mg of C and similar doses of E, both animal and subsequently humans, were prevented from improving their fitness. These vitamins prevented mitochondrial biogenesis-the best measure

of fitness. Both animals and humans failed to increase their VO2 max while taking the vitamins as compared with subjects not taking them.

Exercise produces free radicals that have the benefit of increasing mitochondrial biogenesis and the body's own powerful antioxidant, superoxide dismutase. It is now understood that in many instances, free radicals produce favorable effects on metabolism.

The multitude of large, extremely expensive, studies that were done to determine if antioxidants prevented disease or prolonged life showed just the opposite effect, especially so in smokers.

The February 2013 issue of Scientific American reviews the changing concepts regarding antioxidant metabolism. Many free radicals appear to be part of our defense mechanisms. As the Scientific American article states, "The general idea that minor insults might help the body withstand bigger ones is not new. Indeed, that is how muscles grow stronger in response to a steady increase in the amount of strain that is placed on them"

The American Heart Association and The American Diabetes Association now advise that people should not take antioxidant supplements except to treat diagnosed deficiencies.

SOME OF MY HISTORY;

My interest in nutrition began during my internship. Dr. C.Y. "Chris" Thomas brought the second artificial kidney in the country to St Luke's Hospital in Kansas City Missouri. Patients with kidney failure, and who were ill, needed proper foods, intravenous fluids, and electrolyte treatment and required careful monitoring. Eating foods with high potassium content might result in the death of a patient with no or poor kidney function. Treating high blood pressure was difficult because there were no effective medicines. A rice diet with little other food was, some times, effective. There were no fat containing intravenous solutions to give to patients. We learned that applying regular butter to the skin over the chest allowed vitamins A D E and K to be absorbed. This prevented severe vitamin deficiency. The mentoring and encouragement of Dr. Thomas and Dr. Mark Dodge was a strong factor in stimulating my interest.

During my fellowship training at Scripps Clinic and Research Foundation in La Jolla California, my mentor Bill Vander Laan had one of first methods for measuring free fatty acids. When 3 of these fatty acids bind together, with glycerol, they make triglycerides. When I fasted for 60 hours the level of free fatty acids in my blood rose to very high levels. The fatty acids were being pulled from my fat stores to be used for fuel in place of the food I wasn't eating. When I ran for 30 minutes the levels of free fatty acids fell to lower levels, since I was using them for fuel. Our interest in fatty acids led us to visit Goffman's lab in Livermore, California, to understand more about fat metabolism as it was being studied, by using the ultra centrifuge, to separate the various fats based on their protein content and electrical charge.

Our knowledge of nutrition has now progressed to the state that we know how to change the function of our genes---Epigenetics.

PARTING THOUGHT; From Wall Street Journal, April 18 Jason Gay quoting Bill Rogers, "This marathon was global and universal, bigger than one city. It is such a human sport. I don't think these bombers get that-when they attack the Boston Marathon, they don't just attack America. They attack all the countries with runners in the marathon."



COLON CANCER AWARENESS 5K run/walk & kids' fun run

SATURDAY, SEPTEMBER 28

LEGENDS OUTLETS

5k Timed Run • 8:00 a.m.

GetYourRearInGear.com/KansasCity



COLON CANCER AWARENESS 5K run/walk & kids' fun run

MOTIVATION FOR THE MILES

“Running is a great investment. Your principal is low. Your rate of return is enormous, and it keeps growing every year. And there are no hidden charges, unless you count an occasional blister.”

- Florence Griffith Joyner

“I run because I am an animal. I run because it is part of my genetic wiring. I run because millions of years of evolution have left me programmed to run. And, finally, I run because there’s no better way to see the sun rise and set.”

- Amby Burfoot

“For me, running is a lifestyle and an art. I’m more interested in the magic of it than the mechanics.”

- Lorraine Moller

“If you become restless, speed up. If you become winded, slow down. You climb the mountain in an equilibrium between restlessness and exhaustion.”

- Robert Pirsig

“Citius, altius, fortius.”

Translation:

“Swifter, higher, stronger.”

- Olympic motto

Are you a cat or dog runner?

Cat runners just want to be left alone to do their thing. Dog runners want to be social.

- Runner’s World Tip

“It’s the road signs: ‘Beware of Lions.’”

- Kip Lagat, Kenyan distance runner explaining why his country produces so many great runners.

“It is a sublime thing to suffer and be stronger.”

- Henry Wadsworth Longfellow

“We are what we repeatedly do. Excellence, then, is not an act, but a habit.”

- Aristotle

“Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity”

- John F. Kennedy

“Sometimes, run without all the gadgets. Running based on feel rather than time allows for variations in weather, wind, and terrain. The Body doesn’t know pace, it only knows intensity and duration.

Tuning in to that is really important.

- Runner’s World Tip

“Running gives a new meaning to the word spiritual, and it can bring you to that place.”

- Sister Marion Irvine, who qualified at the age of 54 for the Women’s Olympic Marathon Trials

“Instead of taking the bait and shouting back at drivers, use their rudeness for your gain. Take negative things and spin it. See it as a compliment, that it means, I’m doing something that they can’t do. I’m doing exactly what I should be doing.”

- Runner’s World Tip

“The secret of getting ahead is getting started. The secret of getting started is breaking your complex overwhelming tasks into small manageable tasks, and then starting on the first one.”

- Mark Twain



15th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

October 5, 2013
8:00 a.m.

Black Bob Elementary School
Olathe, Kansas

For more information, check the website at **pumpkinrunwalk.org**
or call the race information line at (913) 909-3406.

• Walkers with strollers are welcome •

Detach form and return with check. Entry form may be photocopied.

15th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

Last Name _____	First Name _____	Birth Date _____
Address _____		Age on Race Day _____
City/State/Zip _____	Gender _____	Male _____ Female _____
Daytime Phone _____	Evening Phone _____	E-Mail Address _____

Fee Information

Race day entries cannot be guaranteed a T-Shirt.

Fee includes T-shirt/ (circle one) Adult sizes S M L XL XXL Children sizes (circle one) S M L
I am enclosing a check for: (check one entry option)

POSTMARKED PRIOR TO 9/25/13

- ☐ \$25 Individual Entry Fee
☐ \$15 per Person Family Fee*

POSTMARKED AFTER 9/25/13

- ☐ \$30 Individual Entry Fee
☐ \$20 per Person Family Fee*

* Family fee applies if three or more family members of a family enter together. Each family member must complete a separate entry form and sign the Release and Waiver. Entry forms for all family members and one check for all entry fees must be submitted together to receive the family price.

I am including a tax-deductible donation of \$ _____ to the Jared Coones Memorial Foundation a 501(c)3 non-profit organization. Federal ID #43-1937567.

Release and Waiver (Must Sign to Participate)

I know that running a road race is potentially hazardous activity, which could cause injury or death. I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, release, and discharge the Jared Coones Memorial Pumpkin 5K Run/Walk, the Pumpkin Race Planning Committee, the Foundation Board, the City of Olathe including the police department, Olathe Running Club, Black Bob Elementary School, race officials, volunteers and all event sponsors their representatives or anyone acting on their behalf, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Applications for minors will be accepted only with a parent's signature. (If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify all persons and entities listed in this Release and Waiver against any claim brought against them by that minor at any time, arising out of the minor's participation in this event.)

Signature _____ Date _____

Parent/Guardian Signature (if under 18) _____ Date _____

Make Checks Payable To:

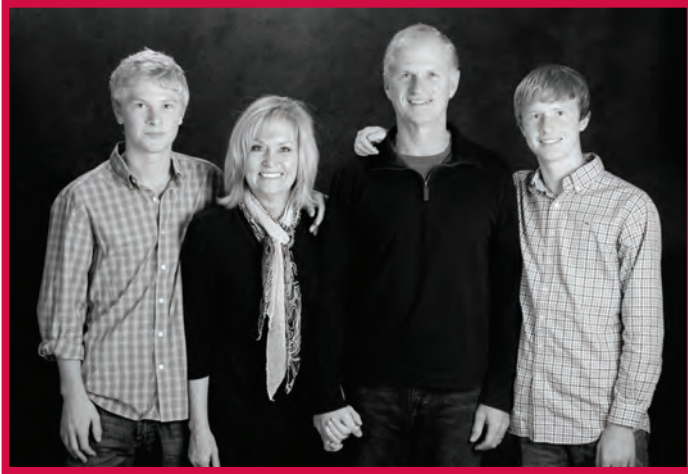
Jared Coones Pumpkin Run

Mail completed form, signed release and check to:

Jared Coones Pumpkin Run
P.O. Box 3314
Olathe, Kansas 66063-3314

"Life is short...running makes it seem longer."

- Baron Hansen



***HomeTeam Owners,
Mike and Jo Faulconer,
are proud members
of MARA & K.C.'s great
running community!***

"Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. Unfortunately, when awareness comes, it is excruciating."

John Farrington, Australian marathoner



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