

# Master Pieces

Magazine of Mid-America Running Association

June / July 2012

[www.mararunning.org](http://www.mararunning.org)



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# Master Pieces

JUNE/JULY 2012

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www.mararunning.org

## *This Issue*

- 2 *Honoring Sarah*
- 3 *2012 Run For Life - Topeka*
- 4 *Running Shorts from Julie*
- 6 *Karen's Column*
- 7 *MARA Grand Prix Update*
- 8 *Schedule of Races - June-August*
- 12 *Dr. Ralph Hall's 'Blog'*
- 13 *Bridge The Gap Health Run*
- 14 *Sally Brown on Nutrition*
- 15 *Running In Carolina with Russ*
- 17 *Mother's Day 5K*
- 18 *Brew to Brew*
- 20 *Bob Anderson - Pacesetter*
- 21 *Roberta's Recipe Resource*
- 22 *Lou's Cartoons*
- 24 *An Amazing Journey*

**Note: Please send all articles, photos, and inquiries to Renee Kidwell at [runnay19@yahoo.com](mailto:runnay19@yahoo.com).**

Cover Photo: 2012 Olathe Running Club's Classic Heart & Sole 5K & 10K

Photo by: Dick Ross - [www.seekcrun.com](http://www.seekcrun.com)



## Moving from Irritation to Action!

By Renee Kidwell



How often do we ignore or try to dismiss the small irritations of life - such as that of a small pebble which has found a home in the bottom of our running shoe? I can share that it happens to me every so often and I find myself going through the same silly routine - moving from irritation to procrastination.

I usually just try to keep on running, changing my stride and foot strike to hopefully move that little guy to a place in my shoe that I can't feel it. Oh yes, that never works too well does it? Then the deliberate thoughts to try and focus on something else, it's not that big of a deal - just don't stop running. Maybe it's just a quirk I wrestle with, but why do we NOT want to stop running? It's only a few seconds to pull over, let the little irritant free from the shoe, lace 'em back up and get going again. Action is often, if not always, necessary to resolve the irritation. Yet, to keep moving we try all sorts of methods to avoid the easy and proper response required sometimes.

Pebbles of irritation are warning signs for us. Don't ignore them because they can create a much larger issue down the road. It may be a nagging pain you insist on running with, or find yourself trying to change strides to move it out of the way. Just think though, if you take the proper action instead of procrastination with that irritation, you could be running much happier and healthier sooner than you think!

## New MARA Members and Sustaining Memberships are listed on page 6

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# Honoring Sarah

by Jenny Wise-Cook

Some of you in the running community may have noticed a new red and white bike jersey around town over the last few months. Allow me to introduce Kansas City's only female triathlon team, The Reds (a.k.a the Red Ladies) coached by Liz Weidling. The name comes from the first half ironman distance race we trained for last year, the Redman 70.3 Triathlon in Oklahoma City.

So much happens when you start training for this and longer distances. You start to learn what you are physically and mentally capable of in a way you never understood before. The hours spent out on the road with your training partners bond you together in a way that is hard to describe. The connections you make are primal, your partners become your tribe and you share in their triumphs... as well as the tragedies.

On Saturday, April 7th, the Reds showed up en-mass along with some good friends and the now-famous Hooters Athletes to the Run for Life 10-mile race to promote organ donor awareness and to support of one very special member who had suffered a tragedy that no parent should ever have to face.

On Thanksgiving day, 2011, Julie Lopata received the horrific phone call that her daughter, Sarah Dillon had passed away in a rollover accident. Sarah had designated herself as a donor on her drivers license a few years before and it was something the entire family strongly believed in doing. The transplant team came to the hospital the next day and with Julie present, they were able to harvest several of her organs which in turn saved the lives of 6 people.

The Run for Life organization, under the direction of race director Dave Provorse, did a wonderful thing and honored the memory of Sarah Dillon at this year's race.

While this has been an excruciating Journey for Julie and her family, she has still been able to find the strength to speak for the Midwest Transplant Network and bring awareness to this very important cause.

\*\* As a side note, Sarah, the independent soul that she was, worked at Hooters much to the chagrin of her mother. Julie was joking when she told the guys they could wear her daughters Hooters uniforms to the race... and these 3 Ironmen triathletes, being the special breed that they are, (Greg Fay, Riley Freeman and Josh Wolf) jumped at the chance. More than anything, it was their attempt to bring a smile to Julie's face and make people Laugh. (I think it worked!) It was a cathartic day for all of us.



Back row from left: Danielle Mousley, Kennifer Kaithieser

Second row from left: Nancy Strickland, Jenny Wisse-Cook, Tami Martin, Marcela Renna, Beatriz Pettus, Tricia Wolf, Mary Anthes, Liz Weidling, Kelly O'Brien

Front row from left: Greg Fay, Riley Freeman (also moonlights as one of two running bananas and gorilla trio at various marathons in KC), Julie Lopata

Front and Center:  
(and he always is) Josh Wolf

Photos by: seekcrun & runlawrence.com



Ben Foreman - 2nd Male



Denny Gayton - 3rd Male



Tim Hodges - 8th Male



Cindy Cameron - 1st Female

## 2012 Run For Life - Topeka



Mary Anne Durall



**2012 Run For Life**  
Topeka Organ Donor Memorial Run For Life  
17th Anniversary of this Premier Northeast Kansas 10-Mile Race  
April 7, 2012 • TOPEKA, KANSAS



Candice Baldwin



Photos by: [runlawrence.com](http://runlawrence.com)



# Running Shorts

JUNE 2012

Edited by

Julie Worthington

## BURN OFF BELLY FAT AND LOWER YOUR BLOOD PRESSURE

Blood pressure tends to track very closely with your weight. If you are carrying extra weight, especially belly fat, you can be pretty sure that as your weight and waist size come down towards ideal, your blood pressure will follow it down. Of course it works the other way too – when you gain weight your blood pressure will generally climb. The fact that 70 percent of Americans are overweight or obese is a major reason why nine out of 10 Americans eventually develop high blood pressure. Measure your waist about one inch above your belly button. Ideal is less than half your height in inches. Green Tea. Drinking at least three of four cups of tea, especially green tea, daily will bring down your blood pressure, and safely increase your metabolism to help you keep fat off your abdomen. Exercise. Try this experiment; check your blood pressure when you are feeling tense or upset. Then go out for a 30- to 60-minute brisk exercise session. Re-check your blood pressure about 30 minutes after you cool down; it will almost certainly be substantially lower. Meditation, prayer, relaxation breathing. Although prayer comforts many people, you can also lower your blood pressure by simply meditating quietly, especially if you take slow deep breaths, and focus on prolonging the exhalation phase (breathing out) longer. Relaxation breathing is easy to do; breathe in for the count of four, hold your breath for the count of seven, and breathe out slowly for the count of eight. Even doing just four to eight cycles of this relaxation breathing will lower your blood pressure and reduce your sense of anxiety. Sleep. When you are sleep deprived, your blood pressure is substantially higher. Shoot for at least seven to eight hours per night. If you have a hard time falling or staying asleep, take one 81 mg aspirin and 3 mg of Melatonin at bedtime. Getting enough sleep keeps your hormones in the ideal ranges, which makes it easier to have a narrow waist and nice low blood pressure. Omega 3. Taking a purified fish oil supplement will lower blood pressure by about two points, which is just one of many important benefits you get from consuming at least 1,000 mg of EPA + DHA (the key omega-3 fats) each day. Omega-3 is also helpful for keeping the belly fat off your waistline. Vitamin D. Most Americans are deficient in this crucially important nutrient. When you are low in vitamin D, your blood pressure goes up; and normalizing your vitamin D level – either with supplements or sunshine – will significantly lower your blood pressure. Most people need at least 2,000 IU per day of vitamin D. And 15 to 20 minutes of “sensible sun” without sunscreen is good for your attitude and your health. Diet. The average American consumes 4,000 mg of sodium per day – almost 10 times as much as we need. Avoid processed food as much as possible; it’s generally loaded with salt.

(James H. O’Keefe, M.D., From the Heart, Spring 2012)



## SUNNY SIDE UP

Got a dozen on hand? As a runner, you should. Routinely eating eggs affords you amazing health benefits. Here are five reasons to crack one open. 1.To slim down. In a study, dieters who had eggs for breakfast achieved a 60 percent greater weight loss compared with those who began their day with a calorie-equivalent bagel.

Researchers theorize the quality protein in whole eggs (13 percent of the Daily Value) helps control appetite. What’s more, egg protein is easy for your body to absorb, which makes it a good muscle-repair food after a long run or tempo workout. 2. To protect (yes, protect) your heart. Numerous studies have debunked the link between eggs and heart disease. In fact, research shows that eating several eggs a week results in cholesterol particles that are less likely to spell cardiac trouble. What’s more, a unique protein found in egg yolks blocks platelets (the cells responsible for blood clots) from clumping together inside blood vessels, thereby minimizing heart-attack risk. 3. To fight inflammation. Whole eggs are one of the best sources of the nutrient choline (one large egg has 30 percent of your daily value, mostly in the yolk). Besides playing a key role in brain health, choline helps keep the body’s circulatory system clear of compounds that would otherwise cause inflammation, which can lead to disorders ranging from muscle swelling after a hark workout to diabetes and Alzheimer’s disease. 4. To maintain bone strength. Eggs are one of the few natural sources of bone-building vitamin D. One egg supplies 10 percent of the Daily Value. 5. To keep your vision sharp. Yolks contain the pigment lutein, which helps prevent age-related macular degeneration (a leading form of blindness). And while spinach and other greens contain higher amounts of lutein, eggs provide a more absorbable form.

(Runner’s World, April 2012)



## EXERCISE IS THIS DOCTOR’S FAVORITE PRESCRIPTION

Jordan Metzl, a Kansas City native and University of Missouri graduate, lives two lives. He has practiced sports medicine for 14 years at Hospital for Special Surgery in New York City. And he’s an elite athlete who has completed 29 marathons and nine ironman triathlons. He combined those worlds into a new guide, “The Athlete’s book of Home remedies.” 1,001 injury-prevention tips, along with treatments, exercise, diet plans and illustrations. In his career as an athlete, Metzl has broken his jaw, lost his two front teeth and developed arthritis in his knee after an ACL injury, which prompted his research into functional strength training: working the muscles that hook into an injury. “Rest is oftentimes the worst thing,” he said. “The skeleton you have is basically a fixed entity, so if you have a predisposition to arthritis or if you have an injury like I did and you have a bit of an arthritic joint, that’s who you are. But, strengthening the injured muscles around that injured part lessens the loading force on that joint, so it makes it feel better.” Here are several of his tips. \*Shin splints: Employ “dynamic rest” – swimming or stationary biking. Run your shins and calves over a foam roller for several minutes several times a day to loosen the fascia. Get a massage. Try arch supports and motion-control shoes. Up your calcium and vitamin D intake. Shorten your running stride. \*Concussion: Get out of the game – it takes two weeks on average for symptoms to go away and for the brain to heal. Watch out for the Second Impact syndrome – a hit within those two weeks can cause major brain injury. Try acetaminophen, but avoid anti-inflammatories, such as ibuprofen, because they can promote bleeding. Rest your brain – avoid tasks requiring close concentration (computer work, video games) and minimize TV. \*Carpal tunnel syndrome: Employ dynamic rest, ice it and try an anti-inflammatory. Metz also advises stretching as the pain eases, forearm training and grip strength. \*Hernia: Hernias require surgical repair, but you can help prevent them by strengthening your cores. Planks, crunches, and leg raised should be workout staples.

Try a Pilates class.

(KC Star, April 2012)



## BECOME A HEALTH NUT

Nuts are good for you – really good for you as it turns out. On a daily basis you ought to be eating about a handful of nuts (ideally raw, unsalted nuts). Nuts are among nature's top sources of disease-fighting, anti-aging nutrients. These naturally tasty treats are high in fiber, anti-oxidants, healthy plant protein, and beneficial fats. A large study of women found that those who ate several servings of nuts weekly had an astounding 74 percent lower risk of cardiovascular disease, such as heart attack and stroke. Other studies show that regular consumption of nuts will lower your chances of developing Alzheimer's disease, diabetes, and breast cancer. Nuts are high in calories, so if you have a weight issue you need to be careful about sticking to about one serving (approximately one quarter cup) of nuts per day. However studies show that people who eat two or more servings per week actually have lower rates of obesity than those who rarely eat nuts. A serving of nuts will increase satiety for hours, preventing cravings for junky snacks and thus may help to prevent overeating. Shoot for about one small handful of mixed nuts daily, preferably unsalted or lightly salted. If you are an athlete and burn lots of calories by exercising vigorously, nuts are a great way to increase your intake of healthy calories.

(From the Heart, Spring 2012)

## CHERRY JUICE: THE NEW "IT" HEALTH DRINK

Power produce alert: Scientists report tart cherry juice is our new best friend. To reap the benefits, choose the juice on Montmorency cherries (a common variety of tart cherry in stores everywhere) and drink at these times. Before a workout: Runner's who drank a glass twice a day for a week before a strenuous race had significantly less muscle soreness afterward than those who drank a placebo juice. Previous research has suggested that drinking cherry juice helps muscles recover better from a strength-training workout. Before bed: A new study in the European Journal of Nutrition found that adults who had two daily glasses of tart cherry juice slept 39 minutes longer on average, and spend significantly less time awake in bed compared to those who drank a non-cherry-basses fruit cocktail. For better zzz's researchers advise having a glass 30 minutes to an hour before bedtime. Any old time: Cherries and their juice are a rich source of a powerful class of antioxidants called anthocyanin. "Studies suggest that eating cherries has the potential to lower heart disease risk," says Sefena Ahmed, Ph.D. who studies plant antioxidants in Tufts University's department of biology. (Health, April 2012)

## PLUG AND PLAY

Find trail running routes in your area, prepare for your next race, and analyze workout data with these digital training aids. \*Movescount. A free web-based training tool that ties you into a world of outdoor enthusiasts. Log details of about a run, hike, ride, ski, or climb – time, speed, elevation changes, heart rate, route details – and save that data to compare to future outings. Share your favorite runs, seek out other users, trail reports, find other runners training for the same races, and develop route-specific, training plans. Movescount is compatible with numerous Suunto watches or as a free iPhone app. movescountn.com. \*Mapmyrun. The gold standard for on-line and smart phone-based route mapping, featuring input from other trail runners, plus interactive maps, elevation profiles, photos, and videos that will provide an overview of a particular trail. Log your runs and share them with others, as well as follow online training programs, maintain food logs, join challenges, and access data on the go with free mobile tools – mapmyrun.com . \*Trainingpeaks. An online and mobile-based training service for runners, cyclists, triathletes, and coaches. Log training details, nutrition data, and race results; search

and map routes; sign up for a specific training plan; or find a local coach to guide your training – trainingpeaks.com.

(Trail, Spring/Summer, 2012)

## 100 MARATHONS AFTER 60

Osteoarthritis forced Steve Hughes to give up running in 1980, but new medicine allowed him to lace up again in 2005. Now 63, Hughes, of Little Rock, Arkansas, is celebrating the fact he's run 100 marathons since turning 60 by racing in the Hogeye in Fayetteville (his 175th lifetime event). "I'm making up for lost time. Aging comes with a perspective of what is important, and for me it's to run as long as I can." (Runner's World, April 2012)

## A NEW WAY TO BEAT PAIN

**PROBLEM:** You're suffering with an aching lower back again. **OLD SOLUTION:** Pop your usual ibuprofen and wait. **NEW SOLUTION:** Try playing Words With Friends. Or Sudoku. Or anything else that challenges – and distracts – your brain. In new research from Columbus University, participants experienced about a 50 percent decrease in pain when they played a memory game compared to when they didn't. "If you're busy performing a task, those mental resources can't be used to process pain," explains lead author Jason Buhle, PhD. Just make sure whatever you're doing is both challenging and engrossing (not simply flipping through TV channels), because once your brain goes idle, the discomfort will likely return. (Health, May 2012)

## FACT OR FICTION

You should not exercise the day after a race.

**FICTION.** Light exercise such as walking enhances blood flow, which helps flush waste products from your muscles and accelerates the healing of damaged tissue. Walk for 30 to 60 minutes and keep your pace very slow. This is a great time to mentally review the highlights from your race...and plan your next one! (Runner's World, April 2012)

## ILLEGAL ENTRY

Some races tolerate banditing; others, not so much. \*\*For decades the Boston Marathon has put up with banditing, if not officially approved of it. Infamous outlaws include The View's Elizabeth Hasselbeck (1999) and Roberta Gibb, who in 1966 became the first woman to finish Boston. (Women weren't officially allowed until 1972.) "We don't take steps to remove bandites," says the BAA's Tom Grilk, "but anything we can do to shame them, I'm delighted to do." \*\*The New York City Marathon isn't so gracious. "Bandit-catching teams" look for runners without bibs, who may be banned from future races. Similarly, the Baby to Breakers 12-K started employing police teams last year. In response a Web site posted a hi-res image of a race bib so visitors could "dress up as a registered runner." \*\*Then there's a Dozer (dog). The Goldendoodle bandited last year's Maryland Half-Marathon. The penalty? An eight mile Dozer's Dash has been added in his honor! (Runner's World, May 2012)

**AND REMEMBER...** "Your time is limited; so don't waste it living someone else's life. Don't let the noise of others' opinions drown out your own inner voice. And most important, have the courage to follow your heart and intuition. They somehow already know what you truly want to become." Steve Jobs

**STAY HEALTHY AND KEEP RUNNING!!!**

# Karen's Column

By Karen Raymer  
President of MARA

June 2012



One of our MARA board members, Jay Raupp, told me something at a board meeting last month, that I wanted to share with all of you. Jay is the person who keeps the MARA calendar up to date, he puts in countless hours and does a great job.

Jay told me that I "had saved his life"! I guess the look on my face was very puzzling, so he explained why he had made that statement. Jay and his wife, Kathleen, were some of the people who made the trip to Little Rock to participate in their marathon in March. It was very cool that morning, but it warmed up very fast.

I was running the ½ marathon and it was still fairly cool when I finished. However, I had several friends running the full, Jay and Kathleen, were among those friends. As the morning went by and the temperature was rising, I was getting very concerned about all of them.

The reason for Jay's comment was, even though the temperature was cool in the beginning and he was not feeling thirsty, he kept taking water at the aid stations and staying hydrated. It seems he had remembered a statement I had made after the Waddell & Reed Marathon the last year that I was the race director (2010). It was also very cool that morning but the temperature rose very quickly. Because it was cool in the beginning, a lot of participants were not drinking water early in the race. By the time they realized they needed water, they were in trouble. We had a lot of people in the medical tent due to dehydration.

It made me feel very good to know that something I had told someone had helped them to stay hydrated and have a good run. All of those that I had known from the Kansas City area completed the marathon. Besides, when you see the gigantic medals that the Little Rock marathon give out to the full, half marathon and 10K participants, it is quite an incentive to finish!

As the temperatures here start to rise, be sure and keep yourself hydrated, as several of my doctor friends, who are also runners advise, "stay hydrated, even if you do not feel thirsty".

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

*Karen*

## Welcome New MARA Members:

Laura Carroll	Bonner springs, KS
Mark Liveway - Ultramax Sports	Columbia, MO
Penny Terwelp	Kansas City, MO
Mark Westfall	Kansas City, MO

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## Sustaining MARA Members

Anna & John Allen	Leawood, KS
Lexa Alley	Merriam, KS
Rich & Marlene Ayers	Kansas City, KS
Diane Bahr	Leavenworth, KS
Dee Boeck & Gene Wee	Lawrence, KS
Dave Boone	Oveerland Park, KS
CB & Rainy Cadenhead	Kansas City, MO
Bill & Judy Dalton	Kansas City, MO
Mary Boyce & Mary Desch	Wichita, KS
Herbert & Janet Brown	Independence, MO
Rainey Cadenhead	Kansas City, MO
John Cookinham	Kansas City, MO
Bill & Judy Dalton	Kansas City, MO
Charles & Mary Haley	Kansas City, MO
Alan & Robin Higley	Omaha, NE
Rick Hogan	Leawood, KS
Donna LaLonde	Topeka, KS
Ann Lento	Overland Park, KS
Mark Livesay - Ultramax Sports	Columbia, MO
Terry & Keith Mann	Fairway, KS
Ed McCay	Leawood, KS
Kent & Carolyn Mitchell	Lenexa, KS
Ann & Stan Nelson	Westwood Hills, KS
Russ & Rosalie Niemi	Wake Forest, NC
Howard Nies	Kansas City, KS
Terri Porter	Kansas City, MO
Brett & Gay Purcell	Independence, MO
Karen & Keith Raymer	Raymore, MO
Barb Rinne & Family	Lee's Summit, MO
Donald Roth	Prairie Village, KS
Gretchen & Stevan Ryan	Olathe, KS
Garth & Nancy Smith	Overland Park, KS
Richard Stainbrook & Family	Pomona, KS
Marla Thompson	Leawood, KS
Mary Turner	Leawood, KS
Sandra & John Weston	Kansas City, MO
Dean Whipple & Family	Kansas City, MO
Tim Wigger	Shawnee, KS
Eugene & Marsha Wren	Shawnee Mission, KS
HomeTeam Inspection	Leawood, KS
Thomas Photographic	Kansas City, MO

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## 2012 MARA GRAND PRIX

### Standings through MD5K

MARA dues must be current by 11/1/12 to receive 2012 year end awards

#### Male 20-24

Mike Hake	18
Matt Kruger	14
Ben Boucher	10
Emmanuel Bor	10
Robert Schmidt	10
Brett Agee	10
Kory Cool	10
Tim Testa	10
Austin Schopper	10

#### Male 25-29

Tim Hodges	24
Rob Akert	10
Julius Bon	10
Paul Hefferon	10
Carl Specking	10
David Williams	10

#### Male 30-34

Anthony Nicholl	14
Bryan Wood	10
Cameron Matthews	10
David Tuwei	10
Nate Canton	10
Benjamin Foreman	10
Nick Wills	10
Scott McVey	10

#### Male 35-39

James Kanary	36
Mike Diederich	16
David Bryant	13
Drake Vidrine	12

#### Male 40-44

Ken Moran	44
Keith Matiskella	20
Bob Hormung	16
Dion Dixon	10
Christian Reed	10
Patrick Goebel	10

#### Male 45-49

Gerardo Marquez	22
Rodney Ixier	19
Ralph Gregory	10
Troy Robinson	14
Michael Pfannenstiehl	14
Jason Fitzhugh	10
Paul Miller	10

#### Male 50-54

Rob Harber	28
Chris Nichols	25
Ken Cameron	23
Bret Ohlhausen	14

#### Male 55-59

Jimmy Stanzola	56
Don Fitzgerald	25
Henry Grubb	22
Keith Dowell	12
Brad Rhoden	12

#### Male 60-64

Bruce Gilbert	35
Jeff Behrens	30
Tim Wigger	24
Don Turner	22
Gayle Van Dume	20

Male 65-69	
Rick Hogan	30
Thomas Odell	24
Gary Cooper	17
Bill Geiger	14
Joe Meyers	10
Gary Patton	10

#### Female 20-24

Megan Yartz	13
Kirstie Sanders	10
Katie Noland	10
Francis Gipson	10
Kimi Reed	10
Carrah Haley	10
Jennifer Kongs	10
Julie Hill	10

#### Female 25-29

Kathryn Leahy	14
Lauren Miller	10
Krista Daniels	10
Sally Finck	10
Jane Kibi	10
Daniele Mousley	10
Jaclyn Long	10
Audrey Lewis	10

#### Female 30-34

Katie Messer	20
Megan Earmey	20
Amy Schmitz	13
Amber Baber	10
Megan Musselman	10
Shannon Hodges	10
Ann Parthemore	10

#### Female 35-39

Ashley Shores	36
Valerie Thompson	24
Michelle Andrew	18
Paige Geiger	10
Christa Hoppman	10
Lindsay Brogan	10
Rachel Peck	10
Emily Kazmaier	10

#### Female 40-44

Michelle Andrew	20
Jackie Melchior	19
Susie Fagan	18
Anna Suarez	10
Margaret Mallory	10
Molly Dwyer	10
Lezlee Jones	10

#### Female 45-49

Cindy Cameron	30
Sara Snow	18
Jill Coffey	15
Mary Anne Durall	14
Jill McCartney	14
Debbie McCubbin	10
Beth Warren	10
Joann Shipps	10
Stacey Slover	10

#### Female 50-54

Jane Tompkins	39
Karen Hyde	36
Barb Rinne	10
Barb Zima	10

#### Female 55-59

Anna Allen	33
Kathleen Johnson	32
Sharon Costello	16
Joanne Baxendale	13
Sandra Weston	10
Diana Fitch	10

#### Female 60-64

Dee Boeck	40
Nancy Mueller	30
Donna Romans	27
Diane Orte	16
Tricia Schell	14
Marsha Grothusen	10

Female 65-69	
Susan Robinette	68
Suzie Turner	41
Mary Haley	36
Karon Way-Turner	10
Suzi Kilbride	10
Son Cha Dysart	10

#### Male 70-74

Eugene Wren	36
Don Roth	30
Frank Weinhold	22
Garth Smith	20
Hugh Salmons	9

#### Male 75-79

Lou Joline	64
Donald Caslavka	10
Alan Poisner	10
William Hoobing	9

#### Male 80-84

Arnold mueller	10
Firmin Snodell	9
Mitchel Kranitz	8
Christopher Kirk	7

#### Male 85+

Ed Burnham	20
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#### Female 70-74

Janice Young-Miller	20
Jerri Matt	18
Carole Brockman	10

#### Female 75-79

Ann Nelson	70
Jean Buchanan	17
Aida Wagner	8
Jane Markwell	8
Patricia Herron	8

#### Female 80-84

Trudy Nepstad	10
Patricia Lawrence	8
Jo Messman	6
Joanne Jones	4
Roberta Rebiskie	2

#### Female 85+

Mary Otte	29
Dottie Gray	10
Margaret Taylor	8
Mary Evers	8



## 2012 MARA GRAND PRIX Schedule

1-21	Topeka to Auburn Half -Marathon
1-29	Groundhog 10K
4-07	Run for Life 10 Miler
4-14	Rock the Parkway Half -Marathon
4-29	Trolley 4 Miler
5-05	Heart and Sole 10K
5-12	Truman Run 5K
5-13	Mother's Day 5K
TBD	Heartland Track & Field 3K
7-07	Eudora Horsethief 5K
8-04	Course of Dreams CC5K
8-11	Farmstead 5K
9-03	Labor Day 5K
9-16	Plaza 10K
9-24	UltraMax Cerner 15K
10-13	Jared Coones 5K
10-20	Kansas City Marathon
10-27	Halloween Hustle 10K
11-04	Cliffhanger 8K



2012 MARA  
Grand Prix Directors:  
Dina Meyers  
Sandi Weston

## Mid-America Running Association Schedule of Kansas City Local and Regional Races

Send additions or changes by email to Jay at [jkraupp@everestkc.net](mailto:jkraupp@everestkc.net). Listings are subject to change. Check race websites for more information  
**MARA GP** indicates a MARA Grand Prix event. If multiple distances are run that day, the Grand Prix distance is (shown in parentheses)  
 Go to [www.mararunning.org](http://www.mararunning.org) for the latest including additions, and updated information.

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
<b>JUNE 2012</b> This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
6/2/2012	Sat	7:00 AM	Hospital Hill Run, Half Marathon, 10K / 5K	Crown Center, Pershing & Grand, Kansas City, MO	<a href="http://www.hospitalhillrun.com">www.hospitalhillrun.com</a>	Beth Salinger, Beth@hospitalhillrun.com.com , Vickie Cline.(660) 726-3941
6/2/2012	Sat	7:30 AM	Northwest Medical Center NMC 4th Annual 5k & 1 Mile Walk/Run	Albany Football Field, Albany, MO	<a href="http://www.northwestmedicalcenter.org/">http://www.northwestmedicalcenter.org/</a>	vickie.cline@northwestmedicalcenter.net
6/2/2012	Sat	9:00 PM Mtn Time	Full Moon in June Races: 10K, 5K, 2 Mi.	Tribune, KS (near Colorado border)	<a href="http://www.greeleycounty.org">www.greeleycounty.org</a>	Lisa Mortiz, tribune_run4fun@hotmail.com
6/7/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	St. Teresa's Academy, Kansas City, MO	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/8/2012	Fri	9:00 PM	Night Flight 5K	Harris Park, Lee's Summit, MO	<a href="http://www.lsparks.net">www.lsparks.net</a>	Lee's Summit Parks and Recreation at (816) 969-1500, or e-mail lspr@cityofls.net There is a pool party afterwards included in entry fee.
6/9/2012	Sat	6:30 AM	Maryville Marathon and Chamber Country Classic Marathon, ½ Marathon, 5K / 10K	Donaldson Westside Park, Maryville, MO	<a href="http://www.chambercountryclassics.com/">http://www.chambercountryclassics.com/</a>	chamber@maryvillechamber.com, Maryville Chamber of Commerce, 660.582.8643,
6/9/2012	Sat	7:30 AM	Erek's Run 5K Run	Legends at Village West Kansas City, KS	<a href="http://www.sportkc.org/">http://www.sportkc.org/</a>	lucky_23@hotmail.com
6/9/2012	Sat	7:30 AM	Peculiar Run/Walk for the Art Walk	Downtown Peculiar, MO	<a href="http://www.downtownpeculiar.com/run_walk.cfm">http://www.downtownpeculiar.com/run_walk.cfm</a>	Register at <a href="http://www.sportkc.org">www.sportkc.org</a> Contact 816-806-3698
6/9/2012	Sat	7:30 AM	25th Annual Tonganoxie Library Run 5/10K Run, 5K walk	Tonganoxie Public Library, Tonganoxie, KS	<a href="http://www.active.com">www.active.com</a>	Debbie Zerrer 913-845-2900 or 913-708-4343 and debzerrer@yahoo.com.
6/9/2012	Sat	8:00 AM	Miles for Meals 5K Run/Walk	Heritage Park, 16050 Pflumm, Olathe, KS	<a href="http://treasurer.jocogov.org/tre/milesformeals.aspx">http://treasurer.jocogov.org/tre/milesformeals.aspx</a>	
6/9/2012	Sat	8:00 AM	L.I.N.K. 5K Scholarship Fund Run	Independence Academy, 600 W. Mechanic, Independence, MO	<a href="http://www4.indep.k12.mo.us/Link5k/">http://www4.indep.k12.mo.us/Link5k/</a>	Cynthia Leutzinger, (816) 616-7458 or (816) 521-5405 ext. 41713 cynthia_leutzinger@indep.k12.mo.us
6/9/2012	Sat	9:00 AM	Northland Early Education Center's PIONEER RUN (5k & 2-Mile Walk)	English Landing Park in Parkville, MO	<a href="http://www.nneckids.org">www.nneckids.org</a>	Andrea McKown, 816-420-9005 or andrea@neec.us, Event benefiting NEEC's early intervention and education services for children in the Northland.
6/9/2012	Sat	vars AM	Run WITH The Law (For 19 years of age, and younger) Three Fun Runs, and, a competitive 3K	Schlitterbahn Waterpark, 9400 State Ave, Kansas City, KS	<a href="http://www.kssso.org">www.kssso.org</a>	Jana Fornelli - fornelli@kssso.org, Tim Green - TGreen@OLATHEKS.ORG, James Browning - jbrowning@merriam.org
6/9/2012	Sat	3:00 PM	Ozanam Guild Martini Mile Relay (4 x 1 mile loop relay)	Velvet Dog, 400 E. 31st Street, Kansas City, MO		Adam Clayton atc8868@hotmail.com
6/10/2012	Sun	7:00 AM	Ironman 70.3 Kansas 1.2 mile swim + 56 mile bike + 13.1 mile run	Lawrence, KS	<a href="http://www.ironmankansas.com">www.ironmankansas.com</a>	
6/10/2012	Sun	7:00 AM	Heartland Heat Triathlon - 500 meter pool swim, 13.4 mile bike, 5K run.	Tiffany Hills Park, 9400 N. Congress, Kansas City MO	<a href="http://www.platteparks.com/news/2012/022312.html">http://www.platteparks.com/news/2012/022312.html</a>	Platte County Parks & Rec, 816-858-3419
6/10/2012	Sun	7:30 AM	On The Run 5K Run/Walk	Lansing Historical Museum, 115 E. Kansas, Lansing, KS	<a href="http://www.lansing.ks.us">www.lansing.ks.us</a>	Linda Lockwood, Race Director (913) 651-3847. Goes through the grounds of the Lansing Correctional Facility. Is a scenic run of medium difficulty
6/10/2012	Sun	8:00 AM	25th Annual Dog-N-Jog, 2 Mile Run, 1 Mile Run, 1 Mile Walk	Country Club Plaza, Kansas City, MO	<a href="http://www.hsgkc.org/dognjogpage11wrap.html">http://www.hsgkc.org/dognjogpage11wrap.html</a>	Separate heats for runs and walks.
6/10/2012	Sun	8:00 AM	Miles Against Melanoma 5K Run/Walk	Blue Springs South High School 120 SE Adams Dairy Parkway Blue Springs, MO	<a href="http://www.mamkc.com">www.mamkc.com</a>	Steve Blew steve@kcrunningcompany.com www.sportkc.org/sportkc.aspx?pgID=866&event_id=745
6/14/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Van Horn High School, Kansas City, MO	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/16/2012	Sat	7:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School, Peculiar, MO	<a href="http://www.RayPecCC.com">www.RayPecCC.com</a>	Jamin Swift, RohoCC@yahoo.com ,
6/16/2012	Sat	7:00 & 8:00 AM	Sanctuary of Hope's" Run the Good Race "5K Cross County Course, 5K Street Course, "Do the Double," and 1 mi. fun walk	2601 Ridge Ave., Kansas City, KS	<a href="http://www.sanctuaryofhope.org">www.sanctuaryofhope.org</a>	Contact 913-321-4673 or Bill Page at wdpage@gmail.com

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
6/16/2012	Sat	7:30 AM	Jazz in the Woods 5K & 10K	Corporate Woods, College & Antioch, Overland Park, KS	<a href="http://www.jazzinthewoods.com">www.jazzinthewoods.com</a>	
6/16/2012	Sat	7:30 AM	Cannon Ball Run, Habitat for Humanity 5K Run/Walk	Lexington, MO		Daniel Allred 816-739-1514 dallred@ctcis.net
6/16/2012	Sat	7:30 AM	Teri Mathis Zenner Memorial 5k Run/Walk & Kids Fun Run	Heritage Park, Marina/Shelter #1, 16050 S. Pflumm Rd., Olathe, KS	<a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=746">http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=746</a>	Chris Cakes Pancake Breakfast included for all participants. Age Group Awards. Prizes for Kids Dash Participants. Robert Thompson, rwt2ks@yahoo.com, 913-631-7700
6/16/2012	Sat	8:00 AM	Hope Challenge 5K	Frank A. Theis Park, 48th and Oak, Kansas City, MO		Jamie Gunn, Jamie.g4@gmail.com , 913.708.2379 A fast-flat run through the Plaza Entry Fee \$25.00. Chip Timed. Cash Prizes. Fun Family Events following the race.
6/16/2012	Sat	8:00 AM	Summer Intro 2.8-mile Trail Run	Wyandotte County Lake Park, KS (Shelter 14)	<a href="http://www.psychowico.com/id55.html">http://www.psychowico.com/id55.html</a>	Rocky & hilly trails
6/16/2012	Sat	8:00 AM	32nd Annual Topeka Tinman Triathlon	Lake Shawnee, Topeka, KS	<a href="http://ultramaxtri.com/tinmantri/">http://ultramaxtri.com/tinmantri/</a>	
6/16/2012	Sat	9:00 AM	Kevin Gray 5K Run, and Kids Fun Run	Livestrong Sporting Park, Kansas City, KS	<a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=673">http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=673</a>	
6/16/2012	Sat	6:00 PM	Hope For Healing Lyme Disease 5K Race & 1 mile walk	Lawrence Rotary Arboretum, 5100 W. 27th (South of intersection of Wakarusa Dr. & K-10) Lawrence, KS	Register: <a href="https://secure.eventunited.com/kcsc/HopeforHealingLymeandTickborneDiseases20125KRaceand1MileWalk/Register.aspx">https://secure.eventunited.com/kcsc/HopeforHealingLymeandTickborneDiseases20125KRaceand1MileWalk/Register.aspx</a>	Peninah (Peggy) Blumhagen BSN, MA, 785 248 3504 KansasLymeFighters@yahoo.com More info at <a href="http://www.kansaslymefighters.webs.com/">http://www.kansaslymefighters.webs.com/</a>
6/17/12	Sun	7:30 AM	25th Annual Village Shalom Father's Day 5K & 10K Run/Walk	Village Shalom, 5500 West 123rd St., Overland Park, KS	<a href="http://www.fathersdayrun.org">www.fathersdayrun.org</a>	
6/21/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Park University, Parkville, MO	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/21/2012 to 7/1/2012			U.S Olympic Trials - Track & Field	Hayward Field, Eugene, OR	<a href="http://www.usatf.org/events/2012/OlympicTrials-TF/scheduleOfEvents.asp">http://www.usatf.org/events/2012/OlympicTrials-TF/scheduleOfEvents.asp</a>	I will add the TV schedule to this calendar when the network announces the times and dates.
6/22/2012 and 6/23/2012	Fri and Sat	vrs	Max-O-Mania Multisport Stage Race (3 races in 2 days)	Innsbrook, MO	<a href="http://ultramaxtri.com/maxomania/">http://ultramaxtri.com/maxomania/</a>	
6/23/2012	Sat	7:30 AM	small town BIG CAUSE 5k run/walk	Family Medicine of Tonganoxie, 410 Woodfield, Tonganoxie, KS	<a href="http://www.lmhendowment.org">www.lmhendowment.org</a>	Sarah Smith at 785-505-3315 or at Sarah.Smith@lmh.org , Lawrence Memorial Hospital Endowment Association
6/23/2012	Sat	7:30 AM	Quartermax Triathlon	Innsbrook, MO	<a href="http://ultramaxtri.com/quartermax/">http://ultramaxtri.com/quartermax/</a>	
6/23/2012	Sat	7:30 AM	Noble Warriors 5K, A Benefit for Wounded Warriors	MidAmerica Nazarene University, corner of College Blvd. and Lindenwood Dr, Olathe, KS	<a href="http://www.patriotsrun.us">www.patriotsrun.us</a>	Tony Drew 913-339-6767. E-mail tonydrew@everestkc.net. Register at www.active.com
6/23/2012	Sat	8:30 AM Runners, 8:35 AM Walkers	Darren Sproles 5K Run and Walk	Southcreek Office Park, 7200 West 132nd Street, Overland Park, KS	<a href="http://www.sproles5k.com/email/">http://www.sproles5k.com/email/</a>	Cheryl Smith-Lemox, csmith@ismsports.net, 858-836-0134
6/23/2012	Sat		4th Annual Heartland All Comers Outdoor Meet	Johnson County Community College, Overland Park, KS	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	
6/23/2012	Sun	9:00 PM	Summer Sizzler 5K	Johnson County Comm. College, Overland Park, KS	Registration site is going to be sportkc, to follow soon.	Run on JCCC campus road and finish on the Track. Mike Bloemker 913-469-8500 ext 4630
6/28/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Liberty Jr. High School, Liberty, MO	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/29/2012	Fri	8:30 PM	Rock the Night Away Trail Run 5K, 10K, Half	Branded B Ranch, Lake Perry, Meriden, KS	<a href="http://lakeperrytrailruns.com">http://lakeperrytrailruns.com</a>	Rocky & hilly trails, night run
6/30/2012	Sat	7:00 AM	North Kansas City Centennial - 5K Run	18th and Howell, North Kansas City, MO	More info at <a href="http://www.nkc.org/Centennial">http://www.nkc.org/Centennial</a>	Thomas Hershewe, 816-471-4877 thershewe@linkcity.org
6/30/2012	Sat	8:00 AM	Head For The Cure 5K	Sedgwick County Park, Wichita, KS	<a href="http://www.headforthecure.org/wichita-ks/hftc-wichita">http://www.headforthecure.org/wichita-ks/hftc-wichita</a>	
<b>JULY 2012</b> This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
7/4/2012	Wed	7:00 AM	34th Annual Lenexa Freedom Run 5K/10K	Old Town Lenexa, Sante Fe & Pflumm, Lenexa, KS	<a href="http://www.lenexa.com/parks/festivals_freedom.html">http://www.lenexa.com/parks/festivals_freedom.html</a>	
7/4/2012	Wed	7:00 AM	Stars and Stripes 5K Run/Walk	Summit Fair Shopping Center. Lee's Summit, MO	<a href="http://www.starsandstripes5K.com">www.starsandstripes5K.com</a>	Steve Blew, Steve@kcrunningcompany.com
7/4/2012	Wed	7:00 AM	Ward Parkway 4 on the 4 <sup>th</sup>	Ward Parkway Center, Kansas City, MO	<a href="http://www.enter2run.com">www.enter2run.com</a>	Raul Flores, runfar@kc.rr.com
7/4/2012	Wed	7:30 AM	Cameron Regional Medical Center 4-mile run, 2-mile walk and kids fun run	Recreation Park, 221 Seminary, Cameron, MO	<a href="http://www.active.com">www.active.com</a>	Bob Risser, rdrisser@centurytel.net, 816-632-7340

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
7/5/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Serie	Park University, Parkville, MO	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
7/7/2012	Sat	7:00 AM	16 <sup>th</sup> Annual Hannibal Cannibal 10K Run & 5K run/walk	Hannibal, MO	<a href="http://www.hannibalcannibal.com">www.hannibalcannibal.com</a>	Robin Doyle, Hannibal Regional Hosp., 573.629.3567, Held in conjunction with Tom Sawyer Days
7/7/2012	Sat	8:00 AM	Putting The Boots To ALS	Rockhurst High School 9301 State Line Rd Kansas City, MO	<a href="http://www.puttingthebootstoals.com">www.puttingthebootstoals.com</a>	John Lillis john@webem.com
7/7/2012	Sat	8:00 PM	Mid Summer Twilight 5K & 1/2 Mile Kids Run	Lees Summit West High School, Lees Summit, MO	<a href="http://www.runkansascity.com">www.runkansascity.com</a>	runkansascity@aol.com
7/8/2012	Sun	7:00 AM	Shawnee Mission Triathlon Presented by Johnson County Park & Recreation District	Shawnee Mission Park, Shawnee, KS	<a href="http://jcprd.com/special_events/smp_triathlon.cfm">http://jcprd.com/special_events/smp_triathlon.cfm</a>	Chad Tower at (913) 236-1231 or info@jcprd.com
7/8/2012	Sun	7:30 AM	All-Star Game 5K and 1mi Fun Run	Downtown, Kansas City, MO	<a href="http://www.AllStarGame.com/5k">www.AllStarGame.com/5k</a>	
7/8/2012	Sun	9:00 AM	Psychodelic 5K Trail Run (Fire Edition)	Wyandotte County Lake Park, KS (Shelter 2)	<a href="http://www.psychowyc.com/id69.html">http://www.psychowyc.com/id69.html</a>	Rocky & hilly trails
7/8/2012	Sun	7:30 AM	Running of the Dogs 5K (Dog friendly fun)	Waterfall Park in Independence MO	<a href="http://www.enter2run.com/Search/event.aspx?id=10601">http://www.enter2run.com/Search/event.aspx?id=10601</a>	Valerie Robinson, 816-582-8503 boxersrfun04@yahoo.com
7/12/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Johnson County Community College, Overland Park, KS	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
7/13/2012	Fri	7:00 PM	Sunflower State Games Governor's Cup 5/10K Run, 5K Walk	Hummer Sports Park, 6 <sup>th</sup> & MacVicar, Topeka, KS	<a href="http://www.sunflowergames.com/">http://www.sunflowergames.com/</a>	Brad Rhoden 785-224-5193
7/14/2012	Sat	7:00 AM	Eudora Horsethief Run, 5K Run, 1 Mi Fun Run <b>MARA GP</b>	W 9 <sup>th</sup> St & Main St, Eudora, KS	<a href="http://eudoracrosscountry.com/">http://eudoracrosscountry.com/</a>	Paul Boone, 785.542.4960, horsethiefrun@gmail.com.
7/14/2012	Sat	8am, 9am	Psycho Psummer Run Toto Run, 10-Mile, 20-Mile & 50-kilometer trail run	Shelter 2, Wyandotte County Lake Park, KC, KS	<a href="http://www.psychowyc.com/id75.html">http://www.psychowyc.com/id75.html</a>	
7/14/2012	Sat	8:00 AM	YMCA Legendary 5K	Community America Ballpark (T-Bones Park), 1800 Village West Parkway, Kansas City, KS	<a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=770">http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=770</a>	Contact: Shannan Garcia 913-378-9622 or shannangarcia@kansascityymca.org
7/14/2012	Sat	7:30 PM	Midnight Madness 5K and 10K	Downtown by City Hall, Ames, Iowa	<a href="http://www.amesmidnightmadness.com/">http://www.amesmidnightmadness.com/</a>	5K Starts 7:30, 10 tarts 8:30. Post Race party with food, beer, and a band. Roman Lynch 515-231-9995
7/14/2012	Sat	9:00 PM	Glow Run 5k	City Market, Kansas City, MO	<a href="http://www.glowrun5k.com">www.glowrun5k.com</a>	Steve Blew, steve@glowrun5k.com
7/15/2012	Sun	9:00 AM	Jingle in July 5K Run / Walk	Meritex UNDERGROUND Executive Park in Lenexa, KS	<a href="http://www.JingleinJuly.org">www.JingleinJuly.org</a>	Steve Rock, 913.262.2233, srock@arthritis.org
7/15/2012	Sun	7:30 & 8:30 AM	Midwest Mayhem Triathlon	Lone Star Lake, South of Lawrence, KS	<a href="http://www.midwestmayhemtriathlon.com">www.midwestmayhemtriathlon.com</a>	
7/19/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	St. Teresa's Academy, Kansas City, MO	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
7/21/2012	Sat	7:00 AM	Prairie Punisher Duathlon (Run 3.1 Miles, Bike 21.5 Miles, Run 3.1 Miles) and also: Prairie Punisher 5K. Run & Walk.	Celebration Park, 32701 W. 159th Street, Gardner, KS	<a href="http://www.gardnerkansas.gov/duathlon">http://www.gardnerkansas.gov/duathlon</a>	No race day registration.
7/21/2012	Sat	7:00 AM	Cameron YMCA Triathlon (Swim 200 meters, Bike 8 Miles, Run 2.1 Miles)	Cameron Recreational Park, Cameron. MO	<a href="http://www.cameronymca.org/news/site/special_events/special_events.htm">http://www.cameronymca.org/news/site/special_events/special_events.htm</a>	ymca_mjeiberger@yahoo.com Entries close July 18.
7/21/2012	Sat	7:00 AM	Julia's Warriors Run for Hope - 5K run & 1 mile walk	Smithville High School, 655 S. Commercial, Smithville, MO	<a href="http://www.juliaswarriorsrunforhope.com">www.juliaswarriorsrunforhope.com</a>	Jodi Green greenj02@yahoo.com www.sportkc.org
7/21/2012	Sat	7:00 AM	Start 2 Finish 5K Run/Walk	Johnson County Community College 12345 College Blvd Overland Park, KS	<a href="http://www.start2finish.org">www.start2finish.org</a>	Judi Riley jreilly@jccc.edu www.sportkc.org
7/21/2012	Sat	7:30 AM	15th Annual Amelia Earhart 8K / 2K Fun Run	Atchison Family YMCA, Atchison, KS	<a href="http://www.kansascityymca.org/">http://www.kansascityymca.org/</a>	Lisa Howard, 913.367.4948, LisaHoward@KansasCityYMCA.org
7/21/2012	Sat	7:00 PM	Northland Hot Trot 5K Walk/Run and 1K family-kids walk/run	Oak Grove Park, Gladstone, MO	<a href="http://www.thewheelcycley.com">www.thewheelcycley.com</a>	Heather Jordan (816) 455-2453; Northland Neighborhoods, Inc. (816) 454-2000 or Dan Fowler (816) 880-0811
7/22/2012	Sun	8:00 AM	Show-Me State Games Triathlon & Duathlon	Phillips Lake Park, Columbia, MO	<a href="http://www.smsg.org/sports_display.php?entrytodisplay=40">www.smsg.org/sports_display.php?entrytodisplay=40</a>	
7/27/2012	Fri	8:00 PM	Black Out for Lights On 5K Walk/Run	Livestrong Sporting Park, Kansas City, KS	<a href="http://cross-lines.donorpages.com/BlackOutForLightsOn/">http://cross-lines.donorpages.com/BlackOutForLightsOn/</a>	Benefits Cross-Lines Emergency Assistance Programs. See www.cross-lines.org to learn more about how you can contribute to helping and giving hope to Wyandotte County residents. Questions: Kathy @ 913-281-3388

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, and More
7/28/2012	Sat	TBA	Kansas City Cross Country Open Championships (formerly Course of Dreams) 5K open cross country run <b>MARA GP</b>	Shawnee Mission Park, Cross Country Course, Renner Road, Shawnee, KS	<a href="http://www.kcxcchampionships.com">www.kcxcchampionships.com</a>	Troy Fitzgerald troy@kcrunningcompany.com
7/28/2012	Sat	7:30 AM	WIN for KC Women's Triathlon (Sold out, full)	Smithville Lake, Smithville, MO	<a href="http://www.winforkctri.org/">http://www.winforkctri.org/</a>	Event is sold out (Full). Registration opened Feb 3 and was full when I looked on Feb 25. Jay
7/28/2012	Sat	7:30 AM	A Divine Run, 5K Run/Walk for SIDS	Kansas Speedway, Kansas City, KS	<a href="http://www.divinerun.com">www.divinerun.com</a>	<a href="http://www.enter2run.com/search/event.aspx?event=43923020-d90a-4b58-b5ec-d88eb433016.aspx">http://www.enter2run.com/search/event.aspx?event=43923020-d90a-4b58-b5ec-d88eb433016.aspx</a> Kathy Hance kathy@divinerun.com
7/28/2012	Sat	7:30 PM	Rock The Crossroads 5K Run/Walk	Crossroads KC, 18th and Oak, Kansas City, MO	<a href="http://www.rockthecrossroads.com">www.rockthecrossroads.com</a>	Brad Ziegler at brad@kcrunningcompany.com
<b>AUGUST 2012</b> This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
8/3/2012	Fri	8:00 PM	Psych Night 5K & 10K Trail Run	Wyandotte County Lake Park, KS (Shelter 2)	<a href="http://www.psychowco.com/id50.html">http://www.psychowco.com/id50.html</a>	Rocky & hilly trails, night runs
8/3/2012	Fri	9:00 PM	Moonlight 5K Run and Fun Walk	Mapleleaf Parkway St. Joseph, MO	<a href="http://www.graceontheweb.org">www.graceontheweb.org</a>	Contact: jeanette@graceontheweb.org
8/3/2012	Fri		Olympic 10,000 -Women	London, UK	<a href="http://www.london2012.com">www.london2012.com</a>	
8/4/2012	Sat	7:00 AM	Boys & Girls Club Red Dog Run - 5K and 10K	Haskel Stadium, Haskell University, Lawrence, KS	<a href="http://www.bgclawrence.com">www.bgclawrence.com</a>	Erika Zimmerman, (785) 423-1864
8/4/2012	Sat		Olympic 10,000 -Men	London, UK	<a href="http://www.london2012.com">www.london2012.com</a>	
8/4/2012	Sat	10:00 PM	Full Moon 50K, 50K Relay, 10K & 5K	Metro Meet Cross Country Course, Raymore-Peculiar High School, Peculiar, MO	<a href="http://www.runkkansascity.com">www.runkkansascity.com</a>	runkkansascity@aol.com
8/5/2012	Sun	tbd A.M	Matt Mason Memorial "Cowboy UP!" Triathlon: 500 meter swim, 10 mile bike, 5K run	Smithville Lake, Smithville, MO	<a href="http://www.cowboyuptriathlon.com/about-matt/">http://www.cowboyuptriathlon.com/about-matt/</a>	100% of the proceeds will go to the Wounded Warrior Project.
8/5/2012	Sun	11 AM London time	Olympic Marathon - Women	London, UK	<a href="http://www.london2012.com">www.london2012.com</a>	
8/10/2012	Fri		Olympic 5,000 - Women	London, UK	<a href="http://www.london2012.com">www.london2012.com</a>	
8/11/2012	Sat	7:00 AM	Overland Park Farmstead Stampede 5K Run / Walk <b>MARA GP</b>	Deanna Rose Children's Farmstead, 135th & Switzer, Overland Park, KS	<a href="http://www.opkansas.org/Events/Farmstead-Stampede">http://www.opkansas.org/Events/Farmstead-Stampede</a>	913-940-7270.
8/11/2012	Sat	7:30 AM	Saints Stampede - Cross Country 5K	Saint Thomas Aquinas High School, 11411 Pflumm Road, Overland Park, KS	<a href="http://www.stasaints.net/saintsstampede5k">www.stasaints.net/saintsstampede5k</a>	Course: Saints' Cross Country Course at Johnson County Community College (next door). contact: Nancy & Troy Reazin, nancyreazin@yahoo.com; Michon Quick, mquick@stasaints.net
8/11/2012	Sat	8:00 AM	small town BIG CAUSE 5k run/walk	Eudora Park & Rec, 1638 Elm, Eudora, KS	<a href="http://www.lmhendowment.org">www.lmhendowment.org</a>	Sarah Smith at 785-505-3315 or at Sarah.Smith@lmh.org, Lawrence Memorial Hospital Endowment Association
8/11/2012	Sat		Olympic 5,000 - Men	London, UK	<a href="http://www.london2012.com">www.london2012.com</a>	
8/12/2012	Sun	11 AM London time	Olympic Marathon -Men	London, UK	<a href="http://www.london2012.com">www.london2012.com</a>	
8/12/2012	Sun	7:30 AM	Susan G. Komen Kansas City Race for the Cure - 5K	Union Station Kansas City, MO	<a href="http://www.komenkansascity.org">www.komenkansascity.org</a>	Carli Good cgood@komenkansascity.org 816-842-0410
8/18/2012	Sat	7:30 AM	Sophie's Run at Lake Waukomis 5K Run/Walk, 1 mi walk	Lake Waukomis I-20 & 72nd St., Lake Waukomis, MO	<a href="http://www.sophiesrunatlakewaukomis.com">www.sophiesrunatlakewaukomis.com</a>	Theresa Edwards / 816-419-8836 or tke147@gmail.com
8/18/2012	Sat	8:00 AM	The Rivalry Run 5K, Kansas vs Missouri	Sprint Center, 1300 Grand, Kansas City, MO	<a href="http://www.therivalryrun.org">www.therivalryrun.org</a>	<a href="mailto:register@therivalryrun.org">register@therivalryrun.org</a> <a href="http://www.sportkc.org">www.sportkc.org</a>
8/18/2012	Sat	10:00 AM	Parkville Days 5k Run by the River	English Landing Park, Parkville, MO	<a href="http://www.active.com">www.active.com</a> (May not be listed there yet)	tarahnicole@gmail.com
8/19/2012	Sun	tba AM	Jackson County Triathlon	Longview Lake, Lees Summit, MO	<a href="http://www.jacksoncountytathlon.com/">http://www.jacksoncountytathlon.com/</a>	
8/25/2012	Sat	7:00 AM	34th annual Tiblow Trot, 5 Mile Run or 2 Mile Walk	Kelly Murphy Park, 2nd & Elm, Bonner Springs, KS	website address to follow soon.	Bonner Springs Rotary Club, Bruce Coleman, 816-810-9912, bruce@colemanequip.com
8/25/2012	Sat	8:00 AM	small town BIG CAUSE 5k run/walk	Baldwin City Golf Course, 1500 South St, Baldwin City, KS	<a href="http://www.lmhendowment.org">www.lmhendowment.org</a>	Sarah Smith at 785-505-3315 or at Sarah.Smith@lmh.org, Lawrence Memorial Hospital Endowment Association
8/25/2012	Sat	9:00 AM	Heartland Open/Masters Outdoor Track & Field Meet, <b>MARA GP (3000 meters)</b>	JCCC Track Overland Park, KS	<a href="http://www.heartlandathleticservices.com">www.heartlandathleticservices.com</a>	Editors note: 3000 Meters is PRE registration only. Please review the event website in advance of this event.
8/25/2012	Sat	9:00 AM	Mud and Muck 5K	Unity Village, 1901 NW Blue Pkwy, Lee's Summit, MO	<a href="http://www.psychowco.com/mudandmuck/">http://www.psychowco.com/mudandmuck/</a>	Dirt road & Mud Pit
8/25/2012	Sat	6:00 PM	1st Run For The Red, White and Blue (Run - Walk - and Wheelchair Race)	Liberty Memorial, Kansas City, MO	<a href="http://www.RunForVeterans.org">www.RunForVeterans.org</a>	GinaTownley@gmail.com Gina Townley 913-271-4405 Fireworks at 9 pm.
8/26/2012	Sun	tba AM	Midwest Meltdown Triathlon & Duathlon	Lake Miola, Paola, KS	<a href="http://www.midwestmeltdowntriathlon.com/">http://www.midwestmeltdowntriathlon.com/</a>	
<b>SEPTEMBER 2012</b> This race schedule is a service of Mid-America Running Association. Support MARA and join today!						



## Dr. Ralph Hall's BLOG

Nutrition/Exercise/etc.  
Ralph R Hall M.D.

University of Missouri at Kansas City School of Medicine  
Fellow American Collee of Physicians  
Fellow American College of Sports Medicine

### Food Allergies:

Anita Solmski, JAMA, Jan 25, 2012---There has been a marked increase in food allergies in recent years. One of the hypotheses is that parents have unwittingly made their children more prone to food allergies by following World health Organization to exclusively breast feed for the first 6 months.

In a 2008 study by Glideon Lack, at King's College, London, reported that Jewish children in Israel who are typically weaned at 6 months with a peanut food called Bamba, were one-tenth as likely to develop peanut allergy compared to Jewish children in the United Kingdom, who typically are not given peanuts when they are infants." Lack and others are now studying whether introducing milk, peanuts, eggs, fish and wheat in the first year of life may protect against food allergies. Treatment rather than avoidance may be the solution. The results of studies, that will verify, this approach will be available in 2 years.

### Caffeine:

Contents per ounce.

Mountan Dew	Voltage	Red Bull	Celestial	Black Tea	Drip Coffee
Expresso	5 Hr Energy				
4.6 mg/oz		9.5 mg/oz	13.5 mg/oz	18.1 mg/oz	51.3 mg/oz
	69 mg/oz				

Taking in large amounts of caffeine in the morning can interfere with night time sleep--so that one may have to add sleeping medication -This can become a vicious circle. Then you take more caffeine to counteract the loss of sleep. A little caffeine seems to be beneficial . A cup of drip coffee has 145 mg of caffeine a cup of expresso has 400.

Here is the problem: all cells in the body contain adenosine. The blood levels of adenosine are low in the morning and rise during the day. Adenosine is a product of energy metabolism- when adenosine triphosphate (ATP) is metabolized to ADP some adenosine is left in a free state. It is believed that high levels of adenosine cause you to become sleepy. There are receptors in the brain which adenosine attach to, and the receptors carry out the message sent by the adenosine. (When adenosine is injected into animal brains they immediately become sleepy). When you drink coffee, the caffeine level in the blood rises and then after 6 or 8 hours it is out of the blood. However, it has attached to the adenosine receptors in the brain which can't distinguish between caffeine and adenosine. This prevents the adenosine from attaching to the receptors long after caffeine has left the blood. ie. This prevents you from sleeping.

So even if you drink your coffee in the morning its effects are still present in the brain for many hours after it has left your blood. If you are drinking 3 or 4 cups of coffee in the morning and are not sleeping --you now know the most likely cause.

Filtered coffee is probably beneficial if taken in moderation.

## REPORT FROM CA-A Cancer Journal for

**Clinicians:** Jan-Feb 1012

In the U.S., of 1000 women screened for breast cancer via mammogram, 10% or 100 will be called for additional evaluation of a possible abnormality. About 2/3 or 67 in the recall group will be found to have nothing of concern (false positive), and 18 will be asked to return in 6 months for follow up of a probably benign lesion. The remaining 15 women will have a suspicious lesion and undergo biopsy, and 3-5 of the original 1000 will be diagnosed with breast cancer. Those with a benign biopsy (10-12 women) will also be considered to have a false positive result.

There is great concern about the emotional toll from the increased testing and waiting in those with benign lesions.

Clinical breast examination detect a small group of cancer that may be missed with mamography and as a result the American Cancer Society still recommends clinical breast exams.

Comment. One of the observations is that the institutions with the most false positives also has the highest cure rate. There is still a lot to learn!

### 2 New Diet Studies:

Dietary fat and beef: Roussett et al 2012 Am J Clin Nutr, 2012; 95: 9-16, concluded that adding lean beef to a diet a la either the National Cholesterol step 1 diet or to the Diet to Stop Hypertension, (DASH) diet in persons with high blood fats will result in the lowering of the cholesterol and some of the noxious lipoproteins. The DASH diet is the gold standard for preferred diets. It has only small amounts of beef in order to reduce the amount of saturated fat. However by substituting lean beef for other proteins the cholesterol will be lowered

They note that selecting cuts of lean beef can be difficult, however new rules which are being implemented will clearly document the fat content of beef and pork and should make this selection less difficult. Another simple solution is to choose grass fed beef which has a much more favorable fat content -with more polyunsaturated and less saturated fat.

Losing less muscle while on a diet: two reports on the same study by reputable scientists, one reported in the New Engl J Med 2009; 360: 859, the other in a 2012 A J Clin Nutr article failed to show any difference in the effects of diets, one with 15% protein and one with 25% protein on the amount of weight lost and the amount of lean body mass lost. The study was of one years duration and the participants were vigorously counseled.

The 2009 study received considerable press coverage. However, close analysis of the study by Astrup and Pederson and reported in an editorial (AM J Clin Nutrition 2012; 9: 535-6) that the urinary nitrogen, a particularly reliable marker of protein intake stayed lower in the high protein group than in the low protein group. A sign that the participants did not eat the diet they were prescribed. Therefore, the conclusion reached by the authors is not valid.

Comment: Most of the studies, although less well designed, show a lessor loss of lean body mass in patients eating a higher protein intake. This is especially true if a resistance program is included in the weight loss program. I have increased the amount of resistance training I have been doing during my weight loss program. Perhaps the increase in lean body weight will make it appear that I am losing less fat than i actually am. I have decreased my waist circumference as indicated by the change in belt notches.

It is also of note, that an English Text book of medicine, in 1848, said about the same thing!

**Parting Thought:** "I have done my best," that is about all the philosophy of living one needs. Lin YuTag--Chinese writer.

# Bridge The Gap Health Run



Start Up Hamshire Hill



Caleb Brackett - 3rd in the 10K



Half-Marathon Winner  
Matt McClelland



5K winner  
Isaal Steffensmeier



Tracy Lake, cancer survivor had pink balloons released as she cross the Half-Marathon finish line!



Olympian  
Jackie-Joyner  
Kersee and  
Caren Kemner



photos by thomasphotographic.com



## Nutrition and Running By Sally Berry

MA RD CSSD ISSN

### *Body Weight & Running: What's Your Relationship with Food?*

There are many perks to running... the feeling of well being, increase of positive mood, improved health, and better sleep to name a few. Some runners will assume that starting a running program will help them lose weight. And some runners will decrease weight. But others will increase their weight. Too much too little or just right? What is a normal relationship with food and weight for the runner?

Increasing weight.

Studies show that 90% of marathoners increase weight while training for a marathon. The reason for weight gain varies from person to person. **Here are a few common scenarios:**

- \* Appetite increases so calories are increased
- \* Reward syndrome occurs and post workout "deserves" a treat
- \* Some over estimate the amount of food they need for the run
- \* Increase muscle efficiency can lead to less calorie utilization
- \* Studies indicate that there is a hormonal difference in how women process carbohydrates, leading to increased weight

Solutions can be as varied as the reason for the increased weight.

An analysis is always a starting point but **here are some quick tips:**

- \* Be aware of what you eat and why.
- \* Eat more on big training days and less on other days
- \* Use healthy carbs - fruits, vegetables, low-fat dairy instead of sugary snacks
- \* Eat "real food" rather than recovery special products after a run
- \* This could save you as much as 400-500 kcal per day
- \* Stop eating at night and eat when you need calories for the daily training
- \* Stop "reward" eating for running/exercising.
- \* Don't overdo the gels, sport drinks, and bars

#### **What about too much weight loss or disordered eating in runners?**

BUT is lower weight better? Often runners feel that decreasing weight will make them more efficient runner...but how much weight loss is too much?

Some runners may decide to start eating "perfect" to help them improve their performance. Or a runner may compare themselves to another elite runner's physique that they may feel is "ideal". Whatever the reason, the calories and meal pattern that they decide on does not support their personal nutritional needs. This is loosely called "disordered eating". Disordered eating in running ranges from recreational athletes to elite level and professional runners. They can be easily hidden in the crowd. After all, eating healthy is "good"... isn't it? Many things can make a disordered eater. One reason may be food sensitivities or intolerances. Athletes who have limited foods they can tolerate need to work extra hard to get the calories in without slipping into disordered patterns. Other runners may have lost weight in the past and have a huge fear of regaining that weight once again. You may personally know a friend that is struggling, but is covering up their strict focus on food, weight, and body image.

Often times a runner can decrease calories to a very low amount and still be able to run, even below 800 calories. When calories go below the "basal" needs (typically 1500-2600 kcal) the muscles and tissues

will start to break down, without recovering, and the metabolic rate will slow. Eventually, the body will break down. Some physical signs of a struggling body are injury, pulled muscles, dizziness, dry or itchy skin, unable to sleep or overly fatigued, anxiety, depression, fear of skipping a practice, increased digestive issues, and nausea. Food and behavior related signs may be constantly thinking about food, avoiding social events, limiting one or more food group, over drinking water.

As you can tell by this list, some of the symptoms may be common in runners. However, disordered eating can spiral a runner down to another darker area of disordered eating with severe consequences and poor outcomes. Not getting enough fuel can lead to overtraining syndrome which takes a few seasons to recover.

The nutritional solution involves working with a team of specialists that include a caring coach, sports dietitian, medical and therapist all who understand disordered eating with athletes. Education can help. The more you know, the more you can succeed or help.

If you know someone who may be struggling, how can you help?

Tell them your concern in an empathetic way.

Tell them your observations rather than accusing them (example: "I notice that you never go out with us or I noticed that your shorts are very loose.... or sick a lot or injured / dizzy a lot, etc. ... are you okay?") Let them know your concern and possibly give them a name of someone who can help ( help evaluate with their performance)

Don't be alarmed if they make excuses or deny any behaviors. Disordered eating may be shameful.

#### **Signs of disordered eating in runners:**

- \* Frequent "weigh-ins". The scale may determine a good or bad day.
- \* Total time of thinking about food, exercise or body composition very high (more than 70% of the time)
- \* Fear of gaining weight
- \* Guilt around eating a dessert or other empty calorie food
- \* Not eating unless stomach is making noises
- \* Running extra miles to burn off food eaten
- \* Have foods that are absolutely "bad" foods left uneaten
- \* Eating the very same food every day
- \* Know all the calorie amounts of foods
- \* Only eating carbohydrates during long run days or extra workouts
- \* Missing a social or special event to run
- \* Avoiding eating out with friends or family due to fear of eating

#### **Here are some running tips and solutions** to prevent and to halt disordered eating in runners:

Runners need fuel.. it's more than calories in and out.

Know how much you need and when. Less is not always better! Adding the right choice of calories at the right time will help increase energy, spare the muscle mass and increase good energy and body composition.

Stop Restriction! Avoiding calories and meals may cause cravings, overeating and an unhealthy over-focus on food.

Eating the right balance of good fats, can help satisfy the athlete and prevent injury causing deficiencies.

Restricting may cause iron deficiency, leading to anemia, poor oxygen carrying capacity, shortness of breath and increased risk of illness.

Get help if you are struggling. The earlier the better.

After all, running should be FUN!! Think of why you enjoy the feeling of running and the accomplishments beyond weight

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## Running in Carolina

By Russ Niemi



As the old song goes “Nothing could be ‘fine-ah’ than to be in Carolina in the morning”- especially for a run. Rosalie and I arrived in early December to our new home in Wake Forest, NC (part of the Raleigh-Durham metro area). No, Wake Forest University is not located anymore in Wake Forest, NC. The university started here, but RJ Reynolds (tobacco fortune) decided that Winston-Salem, NC needed a university so he moved the location 90 miles to the west. The old campus is now the home of Southeastern Baptist Seminary. We are saturated with basketball with Duke, North Carolina and North Carolina State news filling the sports pages during the winter and early spring. Similar to Kansas City, running takes a backseat.

The weather in North Carolina this winter has been much like other parts of the country-very mild. Temperatures in January and February were 15 degrees warmer than average. We did have one cold morning when it reached 25 degrees! I don't remember running in shorts too many times in January and February during our 46 years in KC.

Running in Wake Forest can be very challenging on several hilly routes around our neighborhood. Our development, called Heritage-Wake Forest, has developed a series of running/walking trails through the green areas and have surfaces of either wood or asphalt. The trails go through woods and pine forests providing a shady route. The city of Wake Forest in the next few years will be extending trails to meet other trails in Raleigh and other surrounding communities.

Runners in the greater Kansas City area should appreciate the large number of race choices you have each week. In the Raleigh-Durham region of just under a million residents, there were two races in April and only 12 scheduled for May. *Master Pieces* listed 39 races in April and 38 in May. In January thru March only one race was listed for this metro area. The local newspaper, *Raleigh News & Observer*, does publish road closings in advance before major races compared to an occasional notice in the *Kansas City Star*. I did see participants in a local triathlon biking up one of our hills while I was on a run. Of the 40 or so bikers who I passed, many were walking their bikes up the long steep hill.

Having taken thousands of photos of runs and runners over three decades, I am now focusing (pun) on other subjects such as gardens and other scenic opportunities. The two photos to the right were taken at the Duke Gardens this spring. Rosalie and I are anxious to explore the rest of North Carolina including the mountains and the beaches.

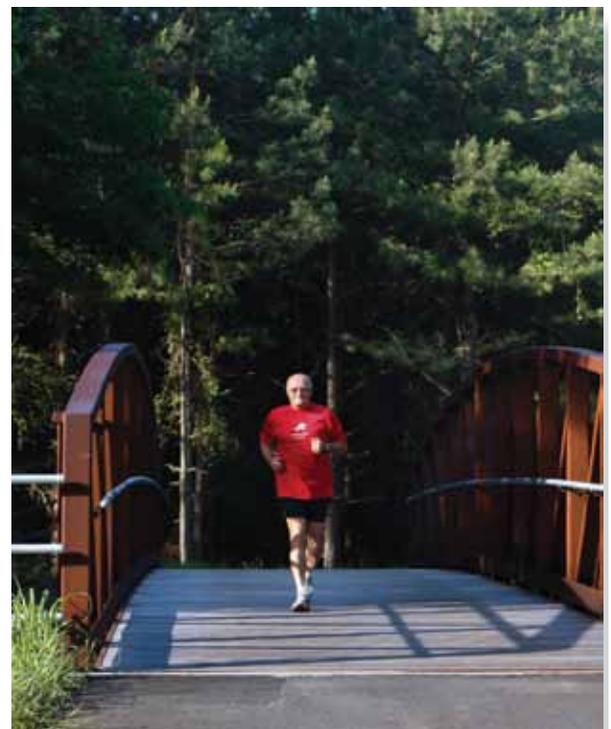
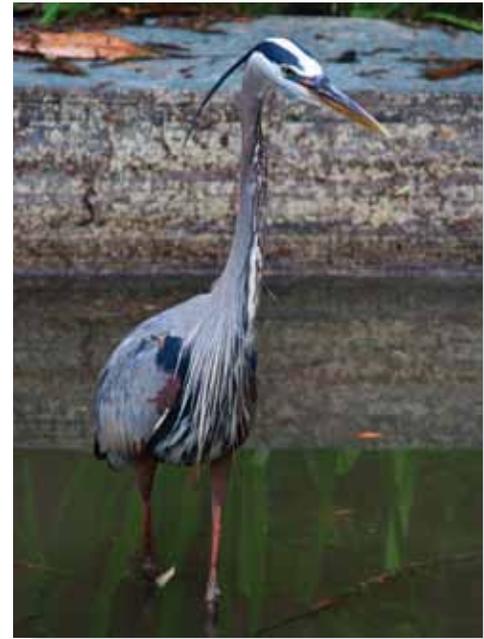
We miss all of our friends in the Kansas City area but we are happy to be closer to our daughters (in Atlanta and Herndon, Virginia) and able to see our only grandson more often than we were before. All we need now is a southern accent.

### Photos:

**Top right:** The resident Great Blue Herring “cools his heels” in the pond at Duke Gardens.

**Center:** Springtime brought many visitors to enjoy the Duke Gardens which are located on the campus of Duke University.

**Bottom:** Russ Niemi crosses a bridge on one of trails in Wake Forest, NC.





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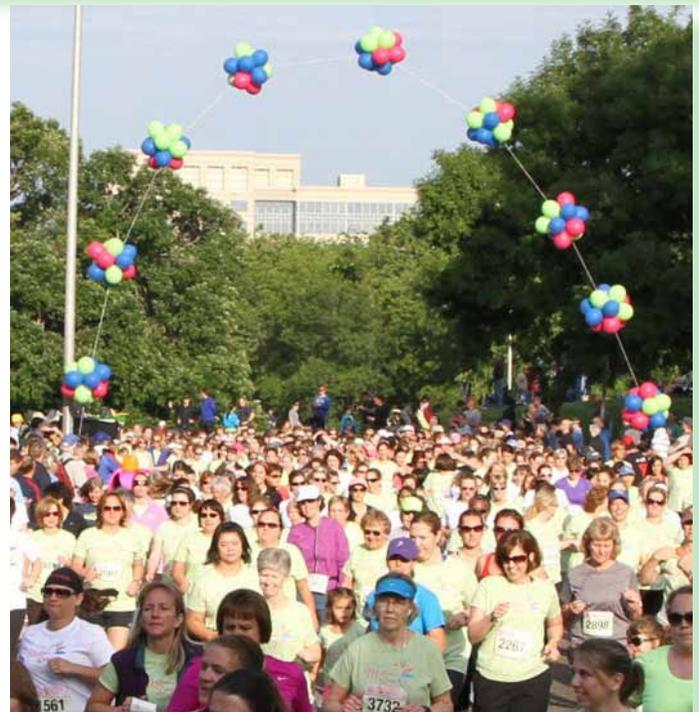
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May 13, 2012  
Congratulations to the 3000+ women and girls who completed the 8th annual **Mother's Day 5K**. Thank you to the many volunteers who made this exciting event possible. We hope to see you again next year, and at one of our upcoming KC Express activities:.



**Overall Winner - Michelle Andrew from Topeka KS**



Photos by: Mark Coffey- ActionSportsImages.com



BREW to BREW  
APRIL 1, 2012  
44 MILES  
SOLO OR TEAMS UP  
TO TEN RUNNERS !!





FINISH LINE  
IN SITE  
TIME TO  
CELEBRATE!!



Photos by: seekcrun



## Bob Anderson Still a Pacesetter at a Marathon or at the Office

Story by:  
**PETE GRATHOFF**  
From  
**The Kansas City Star**  
April 12, 2012

**T**here is a calmness to the voice on the phone, which makes sense since the call is coming from southern California. There's no trace of the frenetic energy and determination that made Bob Anderson one of the most successful entrepreneurs in Kansas City history — one you've probably never heard of. And, well, what's there to be stressed about these days? Anderson is living the good life.

"It's one of those things," says Anderson, 64. "You have a dream as a kid, and you think in terms of what you want to do and go out and do it."

Anderson's dream took root when he was teenager at Shawnee Mission West in the 1960s. Armed with \$100 and an idea, he nurtured that vision into a multimillion-dollar venture. Runner's World magazine.

First, about that \$100. It wasn't a gift from a relative. Anderson worked for that money in a way that teens long before and since have — by mowing lawns and baby-sitting.

"In those days, as you earned money, you saved every penny you earned," Anderson says. "When I came up with the idea, that was the money I had — every penny I had at the time."

Anderson didn't set out to become a publisher. In 1965, he was just a teenager who wanted to run a marathon.

"There was no such thing as Rock the Parkway half-marathons," said Anderson, who will run that race Saturday. "There were basically two or three races per year outside of school."

He ran on his high school cross-country team, but Anderson knew that wouldn't prepare him for the rigors of a marathon.

But there was a dearth of distance-running information available back then. Anderson found a newsletter on the East Coast called Long Distance Log, and through that, he wrote various people asking for training tips.

"Sure enough, I started getting letters back from all of these runners across the country, and they were giving me all sorts of advice," Anderson recalls. "I had collected all that information and people were sending me what were effectively articles, but they wrote it for me."

Anderson still had to do the hard part, compiling the articles on an old manual typewriter. He also took a couple of photos and found a local printer, whom Anderson convinced to take \$100 to print 1,000 copies on 5½-by-8½ pages. Anderson collated, stapled and folded the pages, and a magazine was born

in January 1966. A two-issue subscription to Distance Running News cost \$1 a year. "People loved it," Anderson said. "I started having runners writing, 'I can't wait for the next issue.' I know the subscription price is \$1, but here is an additional \$4. Enclosed is a check for \$5. Use the additional \$4 however you see fit." Issue two came out that summer, and then Anderson was off to college.

Anderson attended Kansas State, but the real education he received was at a part-time job in Manhattan.

A printer named Dean Coughenour, who later became a mayor of Manhattan, showed Anderson how to professionally design the magazine. After school and work at the printer, Anderson burned the midnight oil on Distance Running News (which changed to Runner's World in the 1970s).

"He literally gave me the key to the building," Anderson says. "I'd listen to a talk radio station out of Utah at night, and it was just me and the light tables and the 5-cent Coke machine."

By 1967, Anderson was publishing six issues per year, and the pages were a traditional 8½-by-11. The circulation eventually jumped to 10,000 when he realized there was more running activity on the coasts than in the Midwest. Anderson packed his bags late in 1969 and moved to California for good.

By 1985, when Anderson sold the Runner's World company, it was a \$25 million venture. Shortly thereafter, he started a women's swimwear line called Ujena. He is the CEO, publisher and chief photographer. That's right: not long after turning that \$100 into a fortune, Anderson started a second career of photographing bikini-clad women.

No wonder he sounds so relaxed.

But don't call Anderson laid-back, particularly when it comes to running. This weekend, 50 years after running his first race, Anderson will return to Overland Park as part of a larger goal. He's running 50 races this year and wants to be able to cover at least 350 of those miles in under 7 minutes a mile. Men half his age would love to keep that pace, and Anderson is off to a flying start. Anderson's website ([alongrun.com](http://alongrun.com)) is tracking his progress, and his son is doing a documentary on the project.

"I'm very competitive," Anderson says. "When I'm running the Rock the Parkway half-marathon, I'm going to win the age group. That's my plan."

Given his success, it's probably not a good idea to bet against it.

---

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# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## ***FRESH SUMMER FRUITS RIPE FOR THE PICKING!***

When we were growing up, there was a clever advertising jingle played on the radio: "Fresh summer fruits - a bite of fresh sunshine - just ripe for the picking." Then and now I realize how true that slogan really was. One of the highlights of the season that I and many others look forward to every summer is a fresh variety of delicious, juicy, nutritious fruit. The variety seems almost endless. Just think of plums, cherries, berries, peaches, melons, nectarines and strawberries bursting with flavor. It becomes easy to realize how easy it is to reach one's goal of increasing fruit and vegetable intake. There are so many from which to choose and quite an array of ways to serve fresh fruits.

Besides being tasty and often a good thirst quencher, fruit is fat-free, relatively low in calories and sodium, while being high in good carbohydrates and fiber. Fruit is also a good source of some essential nutrients, especially Vitamins A & C and potassium. Your local supermarket brings the convenience of a large variety of fresh fruits to you year-round. Another fun outing is to visit one of the pick-your-own produce farms or farmers' markets in the area. This is a great way to help kids learn to appreciate truly FRESH fruit. The following recipes can help to get your imagination started about all the wonderful uses of fresh summer fruits.



## **FRESH PEACH COBBLER**

\*\*Two healthful basics (fruit and bread) combine in this yummy dessert. I have always preferred to use a lower fat biscuit-type topping, as opposed to the traditional Southern passtry topping.

1/4 - 1/2 cup sugar  
1 tablespoon cornstarch  
1/2 teaspoon ground cinnamon  
4 cups sliced peaches (about 6 medium)  
1 teaspoon lemon juice  
3 tablespoons margarine  
1 & 1/2 cups flour (can use part whole wheat if desired)  
1 & 1/2 tablespoons sugar  
2 teaspoons baking powder  
1/2 teaspoon salt  
3/4 cup skim milk

Heat oven to 375 degrees F. Mix 1/4 - 1/2 cup sugar, cornstarch and cinnamon in a medium saucepan. Stir in peaches and lemon juice. Cook, stirring constantly, until mixture thickens and boils. Boil and stir for one minute. Pour into ungreased 2-quart casserole or baking dish. Mix flour, remaining sugar, baking powder and salt. Cut margarine into flour mixture until it looks like fine crumbs. Stir in milk. Drop dough by 6 spoonfuls onto hot peach mixture. Bake until biscuit topping is golden brown (about 25-30 minutes). Serve warm, and if desired, with low fat vanilla ice cream or frozen yogurt or a glass of cold milk. Enjoy!



## **SUMMER FRUIT MAGIC**

\*\*It is kind of magical how rich this drink tastes without the addition of milk or ice cream. Try any of your favorite berries, or toss in some other favorite summer fruits, such as melon cubes, peaches, pears, etc. Keep the banana in the recipe, since this is what gives this smoothie its creamy smoothness.

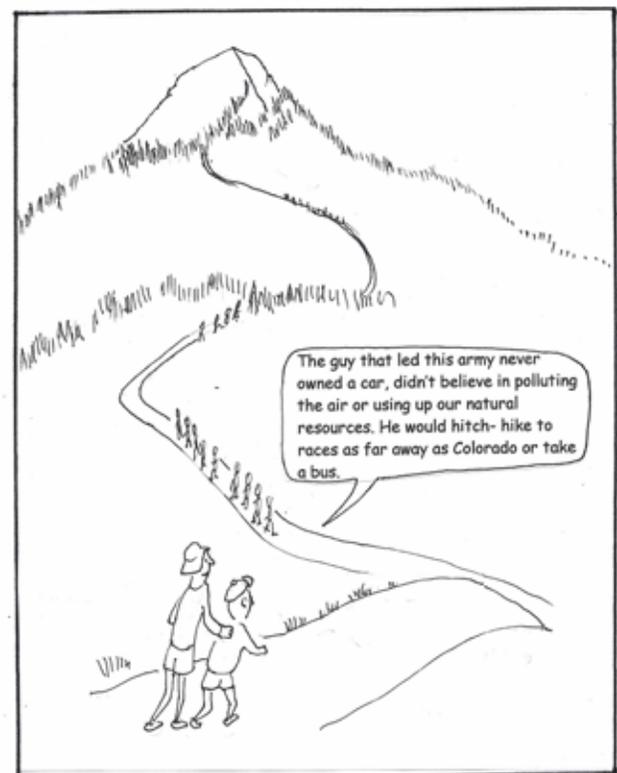
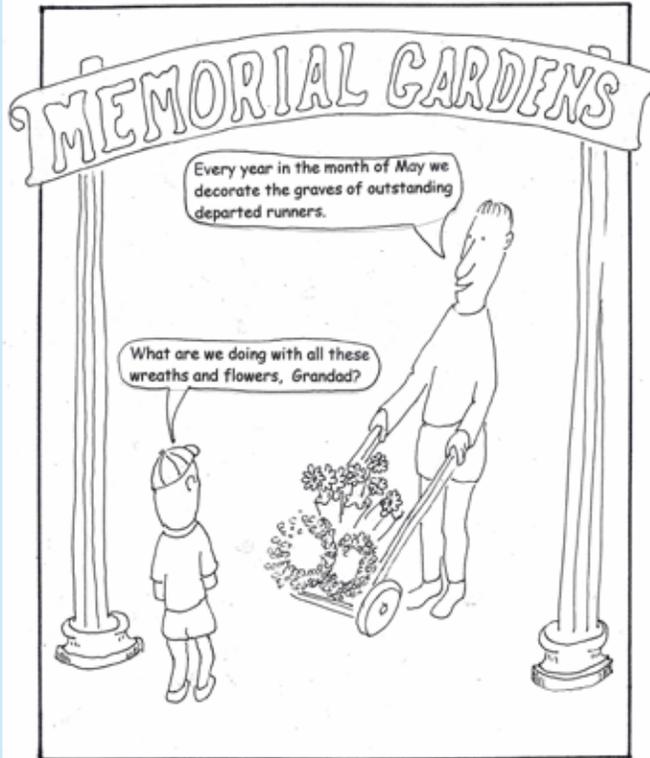
1 & 1/2 cups blueberries or other berries  
1 small banana, cut in pieces  
1/2 cup unsweetened pineapple juice  
1/2 teaspoon vanilla  
4 ice cubes

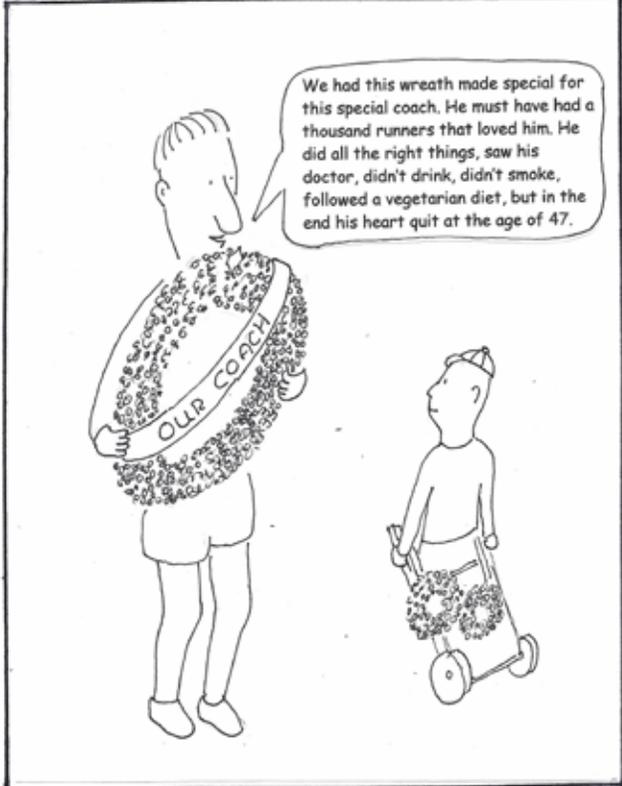
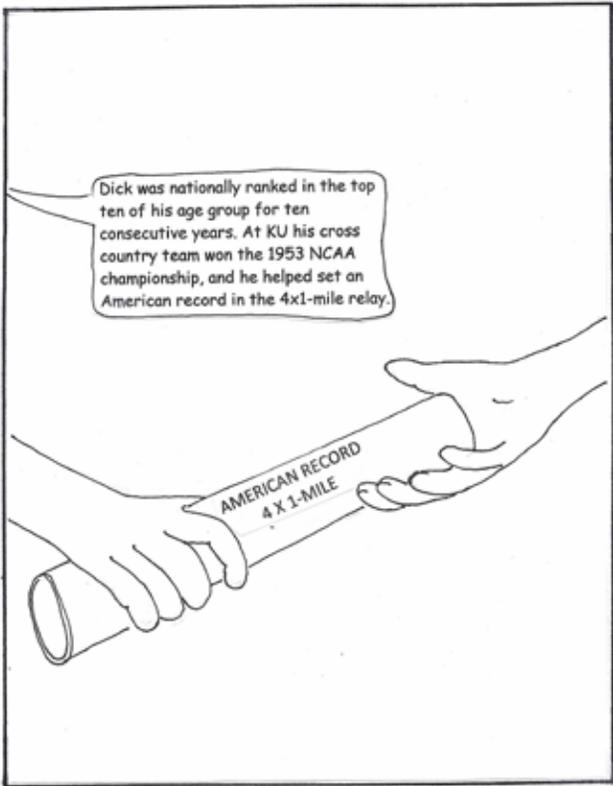
Combine all ingredients in a blender and blend until thick and smooth. Pour into a tall glass and enjoy!



# Lou's Cartoons In Living Color

By Lou Joline





# 5K, 10K, 13.1, 26.2, 5,000 miles

## An amazing journey...

intro. by Julie Worthington  
journey by Dale Ziegler

5K, 10K, 13.1, 26.2, 5,000 miles... Only a runner can understand this kind of language!

My husband and I were enjoying a Saturday evening dinner out, when this stream of people came walking thru Tanners with 5K, 10K, 13.1, 26.2, 5,000 miles on the front of their t-shirts. After about six of these shirts passed right by our table, my "running curiosity mind" got the best of me. I had to stop the next gentleman in line and asked what the shirts and what the "event" were all about.

"Glad you asked," said Sam Rosenberg. "Let me share with you about this amazing journey of my good friend Dale Ziegler."



*Hi...I'm Dale Ziegler.  
This is my story of a  
7-year journey of  
self-discovery,  
insanity, and recovery,  
which will forever  
explain my  
adult life.*

In the Spring of 2005, one year into my stint in the grind of Corporate America, I was washing my hands in the restroom when a co-worker approached me and said "hey Dale, puttin' on a little weight?" My first thought, naturally, while looking at HIS gut was...well, it's not appropriate for this medium. But then I looked at myself in the mirror and thought "yep, you've put on some weight." One year prior, I was a scraggly 140 pounds at only 5-foot-7. I had been married for less than a year and knew that at 23, neither the grocery nor newspaper delivery gigs were in my cards. So I quit...both. I took a leap of faith and applied to a temporary placement agency, and was brought into this company for a 6-month term. Going from 18 straight hours of on-your-feet to 8 hours of behind a desk really messes with your habits, mostly eating. Between March of 2004 and May of 2005, I had gone from 140-pounds to a nickel short of 200, all on a "strict" diet of full-sugar soda, M&M's, and all the office birthday cake a guy could wish for. So "putting on some weight" turned into a wake-up call.

I ran track in high school, but was strictly a sprinter. My one year of a cross-country was an absolute nightmare, but was at least bearable due to the constant joking that our coach had been to one too many pasta feeds. I ran a few miles here and there when I was in college...mostly to sweat off the previous night's shenanigans...but was pretty much completely out of shape by the time my "awakening" occurred. But running just seemed like the right thing to do. So on May 30, 2005, I bought a cheap pair of Asics and ran. The sweat felt unbelievable! Using my work's license of Microsoft MapPoint, I measured my route to 1.91 miles... the first 1.91 miles of my road to life.

Later that week, I went to my Bible study group and felt a little intimidated. There were a couple marathoners who I thought might laugh at the notion of someone being proud of less than 2 miles. But I was wrong. Instead, their response was "you're doing Race for the Cure with us in August", and they gave me websites and other information on training programs. They told me I hadn't "just run 2 miles", but that I'd run my 1st 2 miles! The feeling of acceptance was amazing. Marathoners were talking to me as if I'd been running with them for years. That gave me the fuel to do more.

The next day, I told myself if I was going to blaze the sidewalks, I needed to track my mileage somehow. So I opened a new Excel workbook and created running\_log.xls. By that point, I had 4 runs entered for a total of 6.82 miles. The odometer was ticking. I then started thinking about goals, both big and small. So in my free time between projects, I'd add "per diem" calculators, both for past runs and how much I needed to cover before a certain date. Did I mention I'm a professional nerd? And proud of it!

My company had a gym and locker room on site, so before long, I was spending all of my lunch breaks trying to get a couple miles in. The heat of summer set in fairly quickly, so my water intake steadily increased. By July, I had a goal of 64 ounces before my lunchtime escape from the world. Most days, I had no issues with drinking that much water. Then there were the days when I had meetings in the morning. God help me if those meetings ran long because for one, I was excited to get to lunch and second, I had to pee! My coworkers could see me dancing in my seat as I did everything I could to get comfortable, and I'm sure it took all their power not to laugh. But they understood. They were slowly seeing the weight drop off, and they knew I had found something that made me happy.

In August 2005, I ran my first 5K with my Bible study group, the aforementioned Race for the Cure. It was a perfect morning...not too hot, not too cool...which seemed odd, considering it was Kansas City in August. I remember finishing the first mile and wondering why everyone on the sidewalks had cow bells. One of the women in the group told me "they just do." Good enough answer for me! At mile 2, I started to realize the pride from the decision from the end of May. However, when I finished mile 3, I felt something I hadn't expected...the wall. I remember seeing a sign that read ".1 to go!", and I just mentally couldn't do it. Sadly, my legs were done. I walked the final tenth of a mile, but that only fueled my fire for things to come.

Later that month, I finished my 100th mile. It took 3 months, but I did it! I remember going to the Bible Study group that week and sharing my milestone as a joy during “Joys and Concerns” time, and only hearing back “that’s great!...When’s 1000?” One thousand?! You mean ten times further than one hundred?! Oh...holy crap! The next day, I looked at those per diem calculators in my Excel workbook, and started automating them based on current system date. I knew I could go far, so why drown myself in manually changing cells in an Excel workbook? Again...I’m a nerd...and proud of it. June 30, 2006 was a day that changed my life forever...I became a daddy! Mark was born (5 weeks early) and my perspective on everything was different...except for running. I knew that no matter what may have changed with my new parental status, running had to remain in my life. It was my outlet. It was my release. It was my “me time.” I also knew that I wanted to use it as a means to instruct and motivate my son when he got older. Running was a “you can do anything if you put your mind to it” thing for me, as well as “do what you love!”

Over the next year, I kept plugging away on my lunch breaks as my distances slowly crept up into the 4-, 5-, and 6-mile range. But I kept having to walk in the middle because my legs were zapped. I was so focused on my time that I was killing myself to hit 8-minute miles, but didn’t have the stamina to do a full run at that pace. So I would constantly ask myself “am I getting everything out of this?” I’d then look at my shoes, look at an open schedule, and head out for more. Finally July 12, 2007, a date which used to hold significance (I’ll get to that later), I crossed my 1000th mile. A great feeling of accomplishment, but I wasn’t training for anything. I didn’t have the extra time. Anytime I would want to go for an extra run before or after work, or on the weekends, SOMETHING would inevitably come up or happen, and I would be riddled with guilt about not tending to the situation. So I never put any races on the calendar because I knew I wouldn’t be able to devote more than just lunch time to training. So I just kept running at lunch. Just kept racking up the miles.

In the summer of 2008, I was introduced to a new routine. My former boss, Michael, (now working for a different team) was in the company gym one day when I saw him doing planks and push-ups with a couple of guys from IT, Marty (a dead ringer for Tony Hawk) and Eric (aka “the Hulk”). I asked what they were doing and they said “a bunch of stuff from different web sites. Not sure what to call it, but it works!” I said it sounded interesting, and an invitation was extended to join them the next week.

I showed up to the gym the next week with an open mind... and left with a heart rate through the roof. This wasn’t just an ordinary weights routine. We went from planks to curls to burpees to this God-awful thing called the Hang Clean Squat Push Press with a 50-pound barbell. Ten of those and you could see your heart jumping out of your chest. But after exactly 4 seconds to rest, there was more...sit-ups, tricep curls, pull-downs, and walking lunges.

After possibly 6 additional seconds...nay, 2 seconds...to rest, more...push-ups, shoulder raises, dips, more curls...then my mind blanked and I somehow woke up doing the push-up/pulldown ladder...2 push-ups and 1 pulldown, followed by 4 push-ups and 2 pulldowns, followed by 6 push-ups and 3 pulldowns, all the way up to 10 push-ups and 5 pulldowns... twice through. I couldn’t move. My body was wrecked, and I didn’t think I’d ever run again. Then I learned Marty was a former Marine and that he liked to yell. He asked if I was going to quit or come back for more. With what little energy I had left (and some borrowed from future reserves), I mumbled “I’m comin’ back for more!” After a month of 2 or 3 workouts per week, I realized I had been bored with running, and I had needed something to spice up my routine. I finally found it. Running was something to look forward to again because it was just part of the mix. The workouts steadily became more intense, and the name “Pain Locker” was attached to it because no one could move when it was done. Eventually, a few more people joined. Amber, Wes, Jenny...eventually, they’d become like family to me in difficult times...but again, I’ll get to that later.

In December of 2008, I crossed the 2000 mile threshold. Again, with nothing to really look forward to or tie it to. I was working two jobs again, the 2nd being a part-time position at a gym. Between the first job, being a dad, the second job, being a husband, and Pain Locker, I had no energy. I had no drive for anything, but I couldn’t get rid of anything either. So I just kept doing what I was doing. All of it. But I kept a smile on my face, and I fought all the battles that came with being an adult. I did everything I could to ensure everything would be OK.

If you were to look at my running log, you’d notice a 2-week gap between July 29, 2009 and August 12, 2009. That’s because my world as I knew it completely collapsed. On the afternoon of July 30, I came home early to watch Mark so that my wife could go to her part time job of teaching cake decorating at the crafts store. Instead of what should have been a quick but happy “hi – bye” exchange was a sentence I never expected to hear...“I want a divorce.” Nothing, including her recent Facebook posts of how lucky she was to have me in her life, gave me any indication that anything like that could happen. Nearly 3 weeks after our July 12th anniversary and I was forced to spend the next 3 days trying to get answers that seemingly didn’t exist. Then that Sunday (August 2), I was asked to leave the house.

For the next two weeks, all I could do was try to figure out how to piece my life together. I had a wife wanting to leave me, and she was going to keep my son with her. Running didn’t exist. Pain Locker didn’t exist. All I had were pieces of vase that were broken down so fine, calling them powder would be an exaggeration of their size. I spent 4 nights in a hotel. I didn’t sleep. I just laid there. I cried. I prayed. I walked around the block several times at 2:30 in the morning because at least it was something to do. I then asked to at least sleep on the living room floor. I stayed out of the way. I never knew I was in the way to begin with, but I stayed clear.

**Continued on page 26**

By the second week, the Pain Locker crew knew what was going on. The first words out of Marty's mouth: "we're gonna keep you looking good to get you back out there." On August 12th, they insisted I get back on the sidewalks and start logging more miles. I needed to figure out a way to wrap my mind around something... anything. At the end of the 2nd week, I moved into my 1-bedroom apartment. No matter how full of hand-me-down stuff it was, it still felt empty. Mark wasn't there. He wasn't sleeping under my roof. Nothing was right. I wasn't right. But then a good domino fell that next Monday.

Michael's wife, Jen, emailed me to say she and some co-workers were training for the Kansas City half marathon in October. She asked if I wanted to join, but that she also wouldn't take no for an answer. Group runs would be Saturday mornings, so at least it would be something happy to think about as the alarm clock went off for a 6th day of the week. If I couldn't have Mark under my roof, at least my running shoes would be waiting for me next to my bed. And when the runs were done, I'd then get to spend the day with Mark. Thinking of my boy put some extra spring in my step. Thoughts of him made the 9th, 10th, and 11th miles of training runs more bearable. For the first 6 or 7 miles of each run, I knew I was surrounded by good people who just wanted to take care of me. For the final few miles, I just thought about him. And I started to pick myself up again.

That October, I awoke one Saturday morning to very cold and rainy conditions. But it didn't matter. It was race day. Jen met me at my apartment so we could make the drive to the race site. As we got closer to downtown Kansas City, traffic slowed down. As we approached our exit, traffic stopped. Everyone was headed to the same place at 6:30 in the morning. I remember saying "next year, we should get here earlier", thinking it would get a laugh. It didn't. But that was OK. It was race day! My first half marathon! My first goal I had set for myself in my new life, and this was going to happen! We found a parking place and found a place in the chute just in time to hear the national anthem. The rain had stopped, which made everyone happy. The race started, and off we went. I couldn't tell you our pace, but everything was feeling good. As the clouds started to go away, the temperature rose...as the humidity stuck around. It was, after all, Kansas City. I couldn't escape the sweat, but I didn't care. I was running a half-marathon!



**Dale at the Hospital Hill Finish with friends**

Because the race started with temperatures in the mid 40's, I had my fleece stocking cap. We passed the 12-mile mark, and I knew I still had some life in my legs. At 12.5, we passed a friend from the earlier training runs who we weren't able to meet up with before race time. She didn't recognize me at first, so I ripped off my stocking cap, which caused a considerable amount of sweat to go flying in front of me. Maybe I should've lost the hat sooner...no matter! We were so close. With about .2 to go, I told Jen "I'm gone, I'm sprinting home!"...and I did. I didn't care if I couldn't walk for the rest of the day, I was going to sprint up that list gradual incline and finish the first day of the rest of my life MY way. And I did. 1:56:10. I would've been happy at 2 hours, and I had nearly 4 minutes to spare. After the race, Michael and his parents met up with me and Jen as we stood in line at the beer tent. While standing in line, I heard someone yelling my name...it was Danny, a good friend from my days as a Resident Assistant at KU. I'd followed him on Facebook for about a year, and I knew he was really into marathons, trail runs, and triathlons. He knew it was my first half, but we hadn't seen each other in 10 years. So he gave me a hug and asked how life was going. I told him I was 4 days away from signing my divorce papers, and like a true friend, he didn't focus on the negative. He simply said "so you're doing the full next year, right?" I laughed. He didn't. Then it hit me. I'm doing a full in 2010.

That next Monday, I sat at my desk at work and almost started to cry. I would be officially divorced in less than 24 hours, and Runner's World said I wasn't allowed to run within 7 days of my first half marathon. After experiencing runner's high, I felt the runner's low... not to mention a low point in life. Tuesday morning, we signed the papers with a notary at the credit union at my office. She hugged me on her way out the door and I'd never felt any lower in my entire life. Humiliated in life, and my co-workers got to see it as well. At that moment, I only had one thought...besides Mark. Run. Go run. Screw the training and recovery programs. Go. Run. So I took a long lunch break and headed to my apartment. I changed quickly, ran 4.39 miles, and came back to work with no voice because I yelled the entire time. And it felt great. I was still upset, but at least I gave myself an outlet. I knew I could start to move on. That Saturday, I ran another 9 miles. The legs felt great. Screw the recovery programs. Running would be my ticket to doing things MY way.

Through the end of fall and into winter, the Pain Locker crew joined me on my runs before work and during lunch. Amber and I would do 5 miles, and sometimes get Marty the Marine to join us. Sometimes at lunch, Wes would be good for 2 or 3. It was just nice to have the support. To get the crap off my chest and out of my brain. Then as winter gave way to spring, Amber suggested I try the Hospital Hill half. Sure! Why not? Then I found out Hospital Hill was the first weekend of June...and most of it was uphill. Uh...sure...why not... the end result: 1:59:10, after thinking 1:50 would be a cakewalk after doing so well in October. The KC half and Hospital Hill were like comparing apples to oranges, which is funny considering the HH course was partly the reverse direction of the KC October course. But on the plus side, I had the chance to reconnect with a friend from high school, Sarah. She had just learned about my divorce and everything from the past few years, then she introduced me to several of her friends from her running network. So my race could've been better, but I had another person in my corner who I knew would always be looking out for me.

After "disappointing" myself at Hospital Hill, I hit the roads. Hard. Until June 21st, when I crossed the 3000-mark during a 6.63 mile jaunt. I posted my accomplishment on Facebook, and talked about all of the Gatorade, band-aids, and blisters along the way. My other runner friends got it. Those who didn't run questioned it. And then there was the friend who thought I posted on Facebook too much in general...

Sometime in the middle of July, we had a happy hour on a Friday afternoon in Leawood. And Sam (from the top of this article) started the conversation about what was and was not “Facebook post-worthy”. Going to the grocery store is not post-worthy (agreed). Complaining about the weather or paying bills is not post-worthy (definitely agreed). But 3000 miles? Definitely post-worthy. After a few drinks, I could see the light bulb over Sam’s head. “You just ran 3000 miles, right?”

“Yes I did.”

“How long would it take to hit 5000 miles?”

“I don’t know, maybe 2 years. Why?”

“5000 is also called ‘5k’. A 5k is a common distance for a running race. Therefore, we need to have the Get Dale to 5k 5k...and we’ll post it on Facebook.”

“If you post that on Facebook, I’ll do it drunk.”

“DONE!”

That Sunday morning, I had an email indicating Sam Rosenberg had invited me to join the “Get Dale to 5k 5k” Facebook group. I logged in to find he was the administrator of the group, and he was already posting things on my “behalf.” Long story short, I apparently like to run in just my underwear. And when it gets hot, the birthday suit comes out. And George Michael dominates my iPod playlist.

“Oh crap. Here we go” was my only thought. But I embraced it. My friends want to do this for me? I was just running to be healthy. I was just running to pick up my life. And now my friends seriously wanted to support it with something like this? I was truly the luckiest guy in the world. Two weeks later, Michael, Sam, Zach and I met up at Llewellyn’s (stay tuned for more significance) for Michael’s birthday lunch. Sam had already been running the numbers and determined that I could get to 5000 in 9 months by running 8 miles every day, no breaks. I asked “are you <explicative> crazy?” and proceeded to order the steak and cheese sandwich...because that’s what you do at Llewellyn’s. I proposed December 31, 2011 and make it a new year’s event. I was the only one at the table to actually vote for that. I then suggested April of 2012. He seemed OK with that, so the date would stick in my mind.

At the same point in July, I had started training for the full marathon with the husband of another co-worker, and his buddy. Both of them were training for the Santa Barbara full, which was 3 weeks after Kansas City. Through July and August, training wasn’t an issue because we all just wanted to log miles. By September, it got interesting trying to schedule. When I had a longer run, I’d be on the trails at 4:30 in the morning to then circle back to pick them up at 5:00. When it was their week for a longer run, they’d go out at 5:00 and meet me somewhere along the way at 5:30. They were targeting a faster time than I was, but rather than bring them down, I did everything I could to train at their pace. By the time October rolled around, I thought running a 4:00 marathon would be simple. I wasn’t what you could call right.

I had read somewhere that if you should start with a pace group about 10 or 15 minutes slower than your desired time, then work your way up. So I started with the 4:15 group, and started to move forward through the first 3 miles. The marathon relay teams changed legs at about 3.5 miles. Almost immediately, I saw Jen, who was running with a group from her company. We chatted for about half a mile when she said “you know, you don’t have to go this fast.” I agreed, so she sped ahead and I tried to get back in my groove. Approaching the halfway point, I still felt great! I looked at my watch and was at 1:55. Wow! I could pull a 3:50! The 13.1 mark was also another marathon-relay handoff point, where I saw Sarah waiting for her teammates. She yelled, she jumped...I’m pretty sure she almost wiped herself out of her race before it even started. But she was cheering for me in my first marathon. I had also passed the 4:00 pace group at that point. I was killing it!

At mile 14, my calf felt a little sore. I thought I just needed a banana, and I knew the 15-mile marker had fruit. So I made my way to mile 15, grabbed some Gatorade, water, and 3 banana halves. I drank the Gatorade while lightly jogging, then stopped to eat the bananas. Whoops. As I ate the bananas, the 4:00 group passed me, and I made the mistake of getting in my own head. This can’t happen! They can’t pass me! I finished the bananas and chugged the water. Then I tried to start. And both calves completely tightened up. But I couldn’t stop. I had to catch up.

At about 15.5, one of the leaders from the 4:00 pace group had dropped back and he saw me struggling. He asked what my name was, what my target pace was, and if it was my first time. When I told him my calves hurt, he said “they’ll do that. But those won’t stop you. They can’t stop you. You’ve worked too hard to get here and they won’t take you down.” A few seconds later, he wished me well and sped back up to the group. As I tried to speed up, my quads tightened. My legs were completely locked. I couldn’t even walk, let alone try to run. That part of the course had a grassy median off to the side with several trees, so I pulled off to try stretching. After about a minute, I thought I could resume. Two steps in and my legs were locked again. I had only made it through 16 miles and I didn’t think I could finish. But I HAD to finish. My first thought was Mark won’t let me quit, then the Pain Locker crew won’t let me quit, then Sarah won’t let me quit, then Sam won’t let me quit, and so on. So I hobbled. I limped. I stopped to stretch. I took in every fluid and piece of fruit I could find. I was in agony, but I couldn’t stop. My mind started thinking about redeeming myself the next year, but I wasn’t going to quit.....

*Please stay tuned... Dale’s journey will continue in our next issue of Master Pieces - August/September 2012.*

# START2FINISH

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**5K Run-Walk • July 21, 2012 • 7 a.m.**

## Course:

Certified 5K race. Start and finish at JCCC.

## Awards:

- Medals to top three finishers in each 5-year age group
- T-shirts for all runners

## Post-run activities:

- Free food for everyone
- A short-distance kids' run by two-year age groups for ages 2 to 9. Prizes for everyone!
- Misting stations along race course
- Special gift for all race finishers

## Cost

**\$22** online through July 19, or at packet pick-up on July 20

**\$28** on race day, July 21

Special buddy discount when you register with a friend

## Registration

For more information, visit [www.sportkc.org](http://www.sportkc.org) or [iStart2Finish.org](http://iStart2Finish.org)

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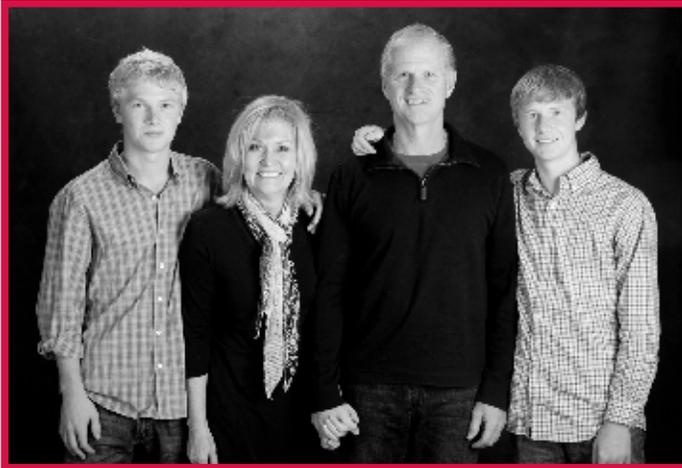
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*- Baron Hansen*



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*“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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53rd Annual

# HEART OF AMERICA MARATHON

Labor Day, September 3, 2012

Columbia, Missouri

6 a.m. start

Entry Fee: \$40

Make checks payable to Columbia Track Club.

Entry Deadline: Please, by September 2.

No entries after 5:30 a.m. race day.

Headquarters: Hampton Inn (1225 Fellow's Place).

Room Reservations: 573-214-2222

Rate: \$122, including taxes; one to four people; for September 2 only;

Must reserve by August 18; ask for group grate or use group code CHXHOA.

Register online at [columbiauniversitiesuites.hamptoninn.com](http://columbiauniversitiesuites.hamptoninn.com)

Packet Pick-up: Sunday, September 2 — 2 to 7 p.m.

Monday, September 3 — 5 to 5:30 a.m. at Hampton Inn.

Time Limit: Seven hours. The finish area will close at 1 p.m.

Aid Stations: Every two miles with water, Gatorade and ice.

Awards: Framed posters to overall male and female winners.

Running shoes (from Tryathletics) to overall winners and first age 40+ male and female.

Plaques to first three males and females in age groups

(24 & younger, 25 to 29, 30 to 34, 35 to 39, 40 to 44, 45 to 49, 50 to 54, 55 to 59, 60+).

Medals and T-shirts to all finishers.

Dave Schulte Award for the most improved 2012 HOA performance of a sub-five-hour 2011 HOA.

**COLUMBIA  
TRACK CLUB**

Post-race: Awards will be presented at a post-race gathering at

Shakespeare's Pizza (Ninth & Elm Streets) at 1:30 p.m.

Free pizza to all HOA entrants.

*The course is USAT&F certified — # MO0767 BG.*



## ENTRY FORM

Return to: Columbia Track Club, Box 1872, Columbia, Mo. 65205 (or register at [HeartOfAmericaMarathon.com](http://HeartOfAmericaMarathon.com))

-----  
*cut or tear here*

In consideration of your acceptance of this entry, I, intending to be legally bound, hereby, for myself, my heirs and assignees, waive any and all claims for damages I might have against the City of Columbia, the Columbia Track Club and any individual volunteer worker for any and all injuries suffered by me as a result of this event.

Male  Female

Print name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ Age on race day: \_\_\_\_\_

Address: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Street

City

Signature: \_\_\_\_\_ (if entrant is younger than 18, parent must sign)

Number of marathons completed: \_\_\_\_\_ Best marathon time: \_\_\_\_\_ Where? \_\_\_\_\_ When? \_\_\_\_\_

Most recent marathon: \_\_\_\_\_ When? \_\_\_\_\_ Time? \_\_\_\_\_

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LACE UP YOUR SNEAKERS  
TO HELP FIGHT  
PROSTATE CANCER!



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**10K, 5K RACE & 1 MILE FUN WALK**

**Kansas City Urology Care**

10701 Nall Ave • Overland Park, KS 66211

Sunday • September 16 • 8AM

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