

MASTER PIECES



**Magazine of Mid-America Running Association
March - April 2018**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

MARCH - APRIL 2018

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Cover Photo: Young runner Steven Hiobik in the Annual 'Pie Run' held on January 1st.

Photo by: Michael Chaffee

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



Renee Kidwell
Editor



Where's Your Focus?

I often enjoy going for a longer run on a Saturday as that day usually provides me a bit more time to journey farther up or down the roads and trails. I was out on one of those runs this past Saturday, which included a fairly steep 1/2 mile long hill as I made my way back home. I've run this route numerous times before and sometimes dread that hill because it does provide a major challenge when one's energy levels are not at optimum. As I started going up the winding curves, I mentally told myself to not look up the road too far. Don't get discouraged on how far you still have to go. Just focus on the road and pavement immediately in front of me. I make a game of trying to keep a good strong pace all the way up. Doesn't always work so well, as there have been times when a fast walk has soon replaced the slow run. I began to ponder, what is better? focusing up the hill as far as I could see, or keeping my eyes on the few feet in front of me? Haven't come to any conclusions just yet. I guess I'll have to keep working on my strategy to conquer that hill. There are positives for both approaches and I'm certain if I took a poll from those of you who enjoy running hills I would have support either way. So, Where's Your Focus when the road gets tough?!

*Wishing You a Very Wonderful,
Healthy & Happy Spring
of running, walking, hiking!!*

Sustaining Memberships are listed on page 2

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



Karen's Column

By Karen Raymer
President of MARA

March - April 2018

As I sit here writing this article, it is thundering while sleeting. According to Native American folklore, "if it thunders in winter, it will snow seven days later". I will put my trust in the Native American (especially since I am of Cherokee Indian descent!) predictions over a rodent any time!!!

It has been a difficult couple of months, weatherwise, if you are one that prefers to run or walk outside. I am one of those, but you need to remain safe, both from the footing under you and the cold. I hate having to do my running on a DREAMMILL, but I have had to resort to it more this winter than I remember in the last few winters. Hopefully, by the time this issue of Master Pieces is available, the weather will have turned to more pleasant temperatures.

I was scanning the issue of Master Pieces from this time last year, it amazes me just how many races there are now in the Kansas City area. You certainly have a lot of choices, it seems there is an event for everyone, from the distance you want to cover to the charity you wish to support. It also makes me wonder how some of the long-standing events have endured with all of these other events being offered. I salute their tenacity and dedication to their cause and event. One of these is the Ground Hog Run. It has always been hailed as the "beginning of the new year running season". 2018 is the 36th year for this underground race.

If you peruse the MARA calendar of events, you should be able to find the race(s)
that you wish to participate in this year.

Wishing happy and healthy running and/or walking.

Karen

MARA Sustaining Members



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Pomona, KS
Overland Park, KS
Kansas City, MO
Shawnee, KS
Shawnee Mission, KS





Cupid Run 5K

2-10-2018
North Kansas City High School



Photos by: Michael Chaffee

MORE PHOTOS ON PG 4



Cupid Run 5K



First Female



Leaders at 2 miles

Photos by: Michael Chaffee

The Shawnee Mission East Annual Pie Run was held on January 6, 2018. Tippin's Pies are awarded to the fastest male and female, to the male and female who come closest to their estimated time, to the youngest male and female, and to the oldest male and female. The field is usually heavy with Lancers, ex-Lancers, and Lancer family members, but contingents from Shawnee Mission Northwest and St. James have appeared at times to pound the Lancers and eat the pie. Members of the general public are welcome to participate in this loosely measured 5K.



Race officials: David Pennington,
Joann Chaffee, Jana Graham



Kate Kowalik, Ingrid Worth



Dana Hlobik



Andrew Moore, Griffen Keeter,
Ricky Hacker, Jack Fisher



Fisher, Hacker



Marty Brown



John Garrison



Worth, Pennington, Kowalik



Matt Eastlack

Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

SPRING VEGETABLES

Welcome Spring! Spring officially begins on Tuesday, March 20th. Soon we will see signs of spring all around. This is a great time to make use of the fresh, vibrant fruits and vegetables that become available. Spring typically is a time or season of growth or development. In the Italian language, "Primavera" (pree-muh-Vehr-uh) means spring style. With foods, it generally refers to fresh vegetables. After a seemingly long, cold winter (though some may still be dealing with winter weather), it is certainly nice to contemplate warm, sunny days and the fresh foods that spring brings. From the markets and out of the gardens come the first sweet offerings of spring veggies and fruits. While for many, spring is certainly a good time to ramp up our training programs and to spring clean, it can also be a great time to freshen up our diet and energize our bodies with some great fresh produce. Some of the fruits and veggies that are in season in the spring include: apricots, artichokes, asparagus, carrots (though we enjoy

them year round), kale, kiwi,

peas (garden & sugar snap), radishes,

rhubarb, strawberries and spinach.

Dig in with these yummy spring recipes to get you started.

Oven Roasted Asparagus

Toss fresh asparagus spears with olive oil and arrange in a single layer on a baking sheet. Sprinkle with parmesan cheese, garlic salt or powder and pepper.

Bake at 425 degrees for 12-15 minutes or until tender.

Sprinkle with lemon juice, serve.



Vegetable Primavera (from Better Homes & Gardens)

- 3 Tablespoons chicken broth
- 1 Tablespoon Dijon-style mustard
- 1 Tablespoon olive oil
- 2 teaspoons white wine vinegar
- 1-1/2 cups sliced yellow squash
- 1 cup packaged peeled baby carrots
- 1 cup chopped red sweet bell pepper
- 3 cups broccoli flowerets
- 2 Tablespoons snipped parsley

In a small bowl, combine 1 T. of the chicken broth, the mustard, olive oil and vinegar & set aside. In a large skillet sprayed with nonstick coating, cook and stir squash, carrots, and red pepper about 5 minutes or until nearly tender. Add broccoli and remaining chicken broth to skillet. Cook, covered or until broccoli is crisp-tender. Stir in mustard mixture and heat through.

Serve sprinkled with parsley. Makes six 3/4-cup servings.



Fresh Broccoli Salad

- 2 heads of broccoli, cut into flowerets
- 6 strips of bacon or turkey bacon, cooked crisp and chopped (don't add until ready to serve)
- 1 cup Craisins or raisins
- 1 cup chopped onion
- 1 cup sunflower seeds (don't add until ready to serve)

Dressing:

- 1/2 cup mayo
- 3/4 cup plain Greek yogurt
- 1/3 cup sugar
- 1 Tablespoon white vinegar
- Salt & pepper to taste

Mix all dressing ingredients together and toss with broccoli, onion and Craisins (or raisins). Add chopped bacon and sunflower seeds and serve.

EXERCISE, NUTRITION AND MEDICINE

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

CRISPR: What is CRISPR? (Clustered Regularly Interspaced Palioandromic Repeats) The introduction of a recent book by Jennifer Doudna and Samuel Sternberg chronicling the developing and implementation of the genetic changes that are possible with CRISPR begins like this. "Not since the atomic bombs has a technology so alarmed its inventors that they warned the world about its use." (A CRACK IN CREATION-Gene editing, and the unthinkable power to control evolution-Houghton Mufflin Harcourt, 2017.)

CRISPR is string of DNA sequences which along with proteins associated with the DNA can be used to cut human or plant DNA in specific areas. It can be used to replace or inactivate specific genes. It is already being used in medicine and in agriculture.

A recent example of inactivating a specific gene that is associated with an increase in cardiovascular disease was published in the New England Journal of Medicine this past September. Inactivating this gene resulted in a significant decrease in the incidence of cardiovascular disease and death in a high risk group of patients.

Using CRISPR to alter the genes in human embryos is now possible, and there is the rub. Will we allow scientists to alter the human embryo to get a bigger, faster, smarter, prettier human?

The Chinese have already used CRISPR for this purpose. Currently the U.S. does not fund this type of research with embryonic tissue. COMMENTARY: I originally learned about CRISPR in an article in Forbes magazine 4 or 5 years ago. Recently the New York Times explained a little about CRISPR in the children's science section of the paper. I thought you might be interested. Doudna and Steinberg's book is thoughtful and beautifully written. Doudna's father was professor of English at the University of Hawaii at Hilo. His influence on her writing skills is apparent. CRISPR will improve our lives but it will also raise tough questions for our future.

CHANGING SEX HORMONES
REPRESENTS A CARDIOVASCULAR
DISADVANTAGE TO WOMEN.

Women who undergo menopause at 52 yr are 18% less likely to die of cardiovascular disease , (CVD), than women who go thru menopause at 44 years old. (Am J Epidemiol; 155: 339-45.). Recently Kerie Moreau and Cernal Ozernekr, reviewed the effect of estrogen on vascular function in menopausal women. (Exercise & Sport Science Reviews-April 2017) Postmenopausal women were unable to improve vascular function,(endothelial dilatation, antioxidant and antiinflammatory function) to the same extent as aged matched men. Giving estrogen seems to restore vascular function.

In an exercise study fitness, (Vo2 max), improved in menopausal women given estrogen, but did not improve in women women not receiving estrogen.

Continued on page 8

COMMENTARY: In 1957, when I was an intern, we knew that early menopause was associated with early heart disease. At that time women in their late 30s who had excessive uterine bleeding were offered complete hysterectomies, if they no longer wanted children. They were seldom offered explanations regarding the possibility of early heart disease and a marked decrease in libido. Through the 1979s and 1980s, the majority of observational studies, found a decrease in heart disease and no increase in breast cancer with estrogen therapy. It was known that estrogen replacement therapy (HRT) improved bone density.

Sceptics said we needed a controlled study to document these findings. In the late 1990s the Women's Health Initiative (WHI) study was started. Women were either given just estrogen if they did not have a uterus or estrogen and a progesterone medication if their uterus was intact. They were matched with age and weight (BMI) matched controls who did not receive estrogen. The design of the study was well planned but the execution was, (in my opinion,) was a disaster. The average age of the women started on estrogen was 64 years. A number of the subjects were in their late 40s or early 50s, which means around half of the women were from 64 to their early 70s. Estrogen was rarely started after the late 50s prior to this study. Note, this means that the women given estrogen were without the potential benefit for 14 to 20 years, during which time they were living without the factors that might prevent heart disease.

In 2002, the New England Journal of Medicine published a large study demonstrating a strong relationship between a women's BMI and the incidence of Breast Cancer. If this study is valid then the findings in The WHI are open to question, since the incidence of breast cancer in the women not on estrogen in the study was much lower than in the BMI breast cancer study.

The first publication of the WHI found that there was not a decrease in heart disease in the study and that there was an increase in breast cancer. A later study indicated that there was decrease in heart disease in those given estrogen in their late 40s or early 50s.

The news a reports resulted in a drastic decrease in the number of women who receive estrogen at the time of menopause. One result was physicians were not trained to prescribe estrogens.

A Harvard study, The Nurse's Health Study, which has followed women for over 30 years, found that women who had been given estrogen lived longer than those not given estrogen. So now estrogen therapy is back. The current guidelines written by the most knowledgeable group of researchers was published in 2017 by The North American Menopause Society. The guidelines are online, at their web site. I encourage those who are interested to visit this site. Women, who are in their menopausal years, still actively competing in athletic activities, should follow these recommendations in view of the recent findings about poor response to exercise training, in menopausal women not receiving estrogen.

The 36th annual Topeka to Auburn Half-marathon was held on January 20, 2018. The race has been staged the third Saturday of January over the years and features a 10 AM start time in hopes of utilizing the mildest part the day. This race is one of the most challenging half-marathons around considering the course and the uncertainty of mid-January weather in Kansas.



Dee Boeck



Photos by: Michael Chaffee

Continued on Page 10-11



Lead Group



Eventual winner-Jacob



1st place winner Jacob Thomas



2nd place winner
Ryan Liston



First Five Finishers

Photos by: Michael Chaffee



Brad Rhoden



Photos by: Michael Chaffee

Who Will the Americans Face at the 2018 Boston Marathon?

By Erin Strout THURSDAY, JANUARY 11, 2018, 10:59 AM



If you're running the Boston Marathon on April 16, a capable field that includes six past champions and 23 Olympians will be forging the way to Boylston Street for you, officials announced on Thursday.

John Hancock, the principal sponsor of the race, is charged with putting together the elite team of competitive athletes. This year, the previously announced American women's field—including Shalane Flanagan, Jordan Hasay, Desiree Linden, and Molly Huddle—look to have a fair shot at ending a 33-year drought since the last time the U.S. saw a female champion (Lisa Rainsberger).

Tom Grilk, executive officer of the Boston Athletic Association, called the professional athletes “a stunning collection of talent,” in a written statement. “This international field, combined with the previously announced Americans and defending champions, will make for a very memorable race day with historic potential,” Grilk said. In the women's race, Edna Kiplagat, 38, of Kenya, will be defending her title, coming off of a busy year of racing since the 2017 Boston Marathon. Most recently she was fourth at the New York City Marathon, where Flanagan became the first American woman to win in 40 years. Kiplagat, whose 2:19:50 personal best is from the 2012 London Marathon, also won the silver medal at the 2017 world championships.

Eunice Kirwa, 33, originally from Kenya but competing for Bahrain, is the 2016 Olympic marathon silver medalist. That medal will likely be upgraded to gold following Jemima Sumgong's failed drug test and subsequent four-year competition ban. Kirwa set her PR of 2:21:17 at the 2017 Nagoya Marathon in Japan. She will be joined by Aselefech Mergia, 32, from Ethiopia, who brings the fastest time to the field, 2:19:31, from the 2012 Dubai Marathon, which she's won three times. Mergia also won the 2016 London Marathon.

Other women included in the international field to watch include two Ethiopians: Mamitu Daska, 34, who was third at the 2017 New York City Marathon and is a two-time winner of the Frankfurt Marathon, and Buzunesh Deba, 30, who owns the Boston Marathon women's course record of 2:19:59, which she set in 2014. She placed 11th in New York this year in 2:32:01.

Caroline Rotich, the 2015 Boston winner, is back as well and Gladys Chesir, with a half marathon PR of 1:06:57, will take her first stab at the Boston course. The duo represents Kenya.

The American men, including Galen Rupp, Dathan Ritzenhein, Abdi Abdirahman, and Shadrack Biwott, will toe the line with nine Kenyan and Ethiopian men who tout personal bests under 2:07, including Geoffrey Kirui (Kenya), who won the 2017 Boston Marathon and the IAAF World Championships marathon. Of the Americans, Ritzenhein has the fastest personal best (2:07:47 at the 2012 Chicago Marathon), though Rupp, runner-up in Boston last year, won Chicago in 2017 and the 2016 Olympic marathon bronze.

Lelisa Desisa, 27, of Ethiopia, is back again. He's won Boston twice (2013 and 2015) and the 2013 world championships. Most recently he was third at the 2017 New York City Marathon after struggling through his participation in Nike's Breaking2 experiment last spring. (He finished in 2:14:10.) Countryman Lemi Berhanu, 23, fourth in November in New York, won Boston in 2016 and has a 2:04:43 personal best time, set at the 2016 Dubai Marathon.

Don't discount Ethiopian Tamirat Tola, 26, who starts with the fastest time in the field (2:04:11, at the 2017 Dubai Marathon) and won the 10,000-meter bronze medal at the 2016 Olympics.

Officials also announced that Tim Ritchie, who won the 2017 U.S. marathon championships in December at the California International Marathon, has been added to the American field, as well as Elkanah Kibet, who placed 16th at the 2017 world championships.



Molly Friel approaches the finish line of the California International Marathon on December 3, 2017. She became the second-oldest woman to qualify for the Olympic Marathon Trials.

Photo by: ERIK AGUILAR

It wasn't until the final blocks of the California International Marathon in December, when she heard her husband, Michael, screaming from a corner—You're going to do it!—that Molly Friel fully believed she was about to qualify for the 2020 Olympic Marathon Trials.

After all, she had a few things working against her. She had been training through some high hamstring pain, which had curtailed a few of her workouts. And she's 50—quite a few years beyond what's considered a marathoner's prime.

With her run, Friel, who lives in Fresno, California, becomes the second-oldest woman ever to qualify for the marathon trials. (The oldest, Sister Marion Irvine, was 54 when she earned a spot at the 1984 Olympic Trials, but back then the qualifying standard was more than six minutes slower than the 2:45 it is today.)

How remarkable is Friel's achievement? A few stats show it: She finished in 2:43:57, well under the time she needed. She averaged 6:15 pace for the 26.2 miles. And she did those miles evenly—slowing only 9 seconds on the back half after a first-half split of 1:21:54.

"She's got grit, you know?" said Ian Torrence, Friel's coach for the past five years. "She knows how to push through the pain."

California Woman Qualifies for Olympic Marathon Trials at Age 50

Molly Friel went well under the 2:45 she needed.

By Sarah Lorge Butler

TUESDAY, JANUARY 9, 2018, 6:05 PM

Ask Friel how she did it, and she's blunt about what works—and doesn't work—for her.

Her training is based on a lot of miles. Mostly in single sessions, but she sometimes doubles back for an extra 3 miles in the afternoon. Her mileage ranged from 90—100 per week throughout her buildup to CIM, but Torrence says every third or fourth week, he cut her back to 60 or 70 miles.

Her longest long run was 24 miles.

She doesn't feel old, but she feels old-school. "I'm horrible at stretching," Friel said. "I can't really stand to stretch." Sometimes she finds herself doing the 1980s high school gym class standby, touch your toes, reach to the left, reach to the right. No cross-training, either.

"I did some TRX two weeks ago and could barely move for like a week," she said.

Hard days aren't set in stone on the calendar. Torrence said when her hamstring was bothering her, and he'd give her an extra easy day between quality sessions. "Just moving things around and being flexible [about timing] goes a long way to adding to your lifespan as a runner," he said.

Her nutrition is suspect. If her husband isn't around, she'll eat cereal for dinner. "I eat a lot of crap," she said. "I like junk food. I like candy. I like cookies."

She has human training partners—and canines as well. One of her three dogs, Flynn, can run up to 14 miles at a time. Another, Buster, is good for about five. The third, Pogi, stays home. "The easy runs are supposed to be easy; they should be enjoyable,"

Torrence said. "The only way you're going to get through a marathon cycle like that is to enjoy your running. For Molly, that's running with her pups."

She skips the rat race. Friel works 20 hours per week as a legal secretary. She doesn't get up at the crack of dawn to train unless she has to. She's never been to the Boston Marathon—she has no interest in the travel and bus to the start that's required.

She still gets nervous for races. "I get pretty worked up," she said. "That hasn't changed. I've been like that since I was 20." The night before a race, she finds herself thinking, Why are you doing this to yourself again?

The joy is in the preparation. All those miles, all those workouts? She digs it. "I love the training," she said. "I love the process more than the end result."

She trusts her coach. Said Torrence: "It's really cool for a coach to put together a plan, and have the athlete follow the plan and work with you on the plan—and not against you. Molly is one of my less complicated athletes. She knows how to take care of herself.

I just point the bus in the right direction, and she drives it."

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

This race schedule is a service of Mid-America Running Association. Support MARA and join today!

Send additions, changes, & corrections to MARA.Calendar@gmail.com

New race submissions should include the information shown below.

This schedule includes Running Races in KC Metro or a short drive from KC, and, select other events.

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

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

Races that have dates **highlighted with yellow** are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
March 2018					
Mar 3	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 3	Sat	8:00 AM	Cookie Run 5K Run/Walk	Waterfall Park Independence, MO	Cookie Run 5K Run/Walk
Mar 3	Sat	8:00 AM	Wagon Wheel 5K Run/Walk & Superhero Dash	Community of Christ Auditorium Independence, MO	Wagon Wheel 5K
Mar 3	Sat	8:30 AM	Race to the White House 5K/10K & 1 M Fun Run	Crocker High School Crocker, MO	Race to the White House
Mar 3	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Olathe, KS	Storybook Run
Mar 3	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's Lawrence, KS	Shamrock Shuffle
Mar 3	Sat	10:00 AM	ATSU Wellness 5K Run/2K Walk	Take Root Cafe Kirksville, MO	ATSU Wellness 5K Run/2K Walk
Mar 3	Sat	1:00 PM	Brews, Clues and Running Shoes	Wichita, KS	Brews, Clues and Running Shoes
Mar 4	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 10	Sat	7:30 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 10	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 10	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Timber Lodge Ranch Amity, AR	Beer & Bagel Off-Road Races
Mar 10	Sat	8:15 AM	Go Green Leprechaun Run 10K & 2 Mile Fun Run	Dyck Arboretum of the Plains Hesston, KS	Leprechaun Run
Mar 10	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School Peculiar, MO	Lucky 13.1
Mar 10	Sat	9:00 AM	Clean Water 5K	919 N. Seneca Wichita, KS	Clean Water 5K

Mar 10	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 10	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport Road & Pennsylvania Ave. Kansas City, MO	Westport St. Pat's Run
Mar 11	Sun	8:00 AM	Sham Rock & Run 5K and 10K	Rock & Run Brewery Liberty, MO	Sham Rock & Run
Mar 11	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 11	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 17	Sat	7:30 AM	Overland Parks St. Paddy's 5K	Corporate Woods Overland Park, KS	Overland Parks St. Paddy's 5K
Mar 17	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	Leprechaun Lane 5K & 10K
Mar 17	Sat	8:00 AM	Wichita St. Patrick's 5K	Old Town Wichita, KS	Wichita St. Patrick's 5K
Mar 17	Sat	8:00 AM	ShamRox Columbia 15K & 5K	Downtown Columbia, MO	ShamRox Columbia 15K & 5K
Mar 17	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublins Pass Springfield, MO	ShamRox Springfield
Mar 17	Sat	9:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 17	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 17	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 17	Sat	9:00 AM	St. Pat's 5K Run & 1.5M Run/Walk	Dukum Inn Kirksville, MO	St. Pat's 5K Run
Mar 17	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 17	Sat	11:00 AM	Norty's Shamrock 5K Fun Run	Grand Ave. & 11th Street St. Joseph, MO	Norty's Shamrock 5K Fun Run
Mar 17	Fri	12:15 PM	Ad Astra Running IRISH MILE	Ad Astra Running Lawrence, KS	IRISH MILE
Mar 18	Sun	9:00 AM	Great Plains 10K	Kemper Arena Kansas City, MO	Great Plains 10K
Mar 24	Sat	6:00 AM	Prairie Spirit Trail Ultra Races 100 Mile, 50 Mile & 50K	Ottawa, KS	Prairie Trail Ultra Races

Mar 24	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 24	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 24	Sat	8:00 AM	Eagle Egg 5K	Summit Christian Academy Lee's Summit, MO	Eagle Egg 5K
Mar 24	Sat	8:30 AM	MCC-Blue River All for the Children 5K	MCC-Blue River Independence, MO	MCC-Blue River All for the Children 5K
Mar 24	Sat	9:00 AM	Sedalia Half Marathon & 5K Fun Run	Skyline Elementary School Sedalia, MO	Sedalia Half Marathon & 5K Fun Run
Mar 24	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	Victorian Classic 10K/2M
Mar 24	Sat	9:00 AM	Wild over Wellness 5K	Eudora, KS	Wild over Wellness 5K
Mar 24	Sat	9:00 AM	Run2Believe 5K	Maize High School Maize, KS	Run2Believe 5K
Mar 24	Sat	9:00 AM	Quota International of Kirksville 5K	Wooden Nickel Kirksville, MO	Quota International of Kirksville 5K
24-Mar	Sat	9:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Unity Village Lee's Summit, MO	Funny Bunny 5K-9
Mar 24	Sat	9:30 AM	St. Joseph Outlaw Adventure Run	St. Joseph, MO	St. Joseph Outlaw Adventure Run
Mar 25	Sat	8:00 AM	Wichita Run - 12K & 5K	Downtown Wichita, KS	Wichita Run
Mar 25	Sat	8:00 AM	Great Plains 10K - St. Joseph	Benton High School St. Joseph, MO	Great Plains 10K - St. Joseph
Mar 30	Fri	7:30 AM	Dust Bowl Series Marathon	Ulysses, KS	Dust Bowl Series Marathon
Mar 31	Sat	8:00 AM	Easter Egg 5K & Lil' Bunny Fun Run	South Creek Office Park Overland Park, KS	Easter Egg 5K
Mar 31	Sat	8:00 AM	Easter Escapade 5K/10K	Paradise Park Lee's Summit, MO	Easter Escapade 5K/10K
Mar 31	Sat	8:00 AM	Bunny Hop 5K	Riverside Elementary School Emporia, KS	Bunny Hope 5K
Mar 31	Sat	8:00 AM	Second Wind Foundation 5K	Bonner Springs, KS	Second Wind Foundation 5K
Mar 31	Sat	8:00 AM	Pink Up the Pace 5K	Downtown Manhattan, KS	Pink Up the Pace 5K

Mar 31	Sat	8:30 AM	Easter SunRun	Sedgwick County Park Wichita, KS	Easter SunRun
Mar 31	Sat	8:30 AM	CRMC Foundation Spring Chicken 5K	Coffeyville Regional Medical Center Coffeyville, KS	CRMC Foundation Spring Chicken 5K
Mar 31	Sat	9:00 AM	Happy Camper Scamper	Downtown - Riverwalk St. Joseph, MO	Happy Camper Scamper
Mar 31	Sat	9:00 AM	Resurrection Run	2220 E. Grand Springfield, MO	Resurrection Run
Mar 31	Sat	9:00 AM	Forrest Gump 5K	B & B Theater Ozark, MO	Forrest Gump 5K
Mar 31	Sat	9:00 AM	5K Healing-Run	Shawnee Mission Park Shawnee, KS	5K Healing-Run
April 2018					
Apr 6	Fri	4:30 PM	Kansas City Corporate Challenge Walk	Truman Sports Complex Kansas City, MO	Corporate Challenge Walk
Apr 7	Sat	5:30 AM	Camp Barnabas Big Party Half Marathon & 5K	Jordan Valley Park Springfield, MO	Big Party Half Marathon
Apr 7	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	Eisenhower Marathon
Apr 7	Sat	7:00 AM	GO! St. Louis Marathon 5K	Downtown St. Louis, MO	GO! St. Louis Marathon 5K
Apr 7	Sat	7:00 AM	Autism Society - Heartland 5K & 1K	Schlitterbahn Waterpark Kansas City, KS	Autism Society - Heartland 5K & 1K
Apr 7	Sat	7:00 AM	Rockin K Trail Runs 50 Mile Trail Run & Trail Marathon	Kanopolis State Park Ellsworth, KS	Rockin K Trail Runs
Apr 7	Sat	8:00 AM	Topeka Lions Journey for Sight 10K	Combat Air Museum Topeka, KS	Journey for Sight 10K
Apr 7	Sat	8:00 AM	Jadon's Hope Bug Run 10K, 5K Run/walk, Bitty Bug Run	Rolling Ridge Elementary Olathe, KS	Jadon's Hope Bug Run
Apr 7	Sat	8:00 AM	Pathways 5K	Wallace Park Paola, KS	Pathways 5K
Apr 7	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll	Elms Hotel and Spa Excelsior Springs, MO	Tortoise and Hare
Apr 7	Sat	8:00 AM	Run for Radiation Research	Shawnee Mission Park Overland Park, KS	Run for Radiation Research
Apr 7	Sat	8:00 AM	April Fool's Run	Tomahawk Creek & 114th St. Leawood, KS	April Fool's Run

Apr 7	Sat	8:00 AM	El Dorado Half Marathon	El Dorado, KS	El Dorado Half Marathon
Apr 7	Sat	8:00 AM	Clinton Education Foundation 5K	600 E. Clinton St. Clinton, MO	Clinton Education Foundation 5K
Apr 7	Sat	8:00 AM	Molly's Miles 5K	Columbia, MO	Molly's Miles 5K
Apr 7	Sat	8:00 AM	Tortoise & Hare 5K Run, Walk & Roll	Wabash BBQ Excelsior Springs, MO	Tortoise & Hare
Apr 7	Sat	8:00 AM	Do or Die Half Marathon & 5K	Katy Trail Booneville, MO	Do or Die Half Marathon & 5K
Apr 7	Sat	8:00 AM	GO! St. Louis Marathon 5K & Fun Run	Downtown St. Louis, MO	GO! St. Louis Marathon 5K & Fun Run
Apr 7	Sat	8:30 AM	Donum Fidei 5K	Lawrence, KS	Donum Fidei 5K
Apr 7	Sat	9:00 AM	Accept Zero Suicide Awareness 5K	Arrowhead Stadium Kansas City, MO	Accept Zero 5K
Apr 7	Sat	9:00 AM	Go Big or Go Home Race 5K	Downtown Warrensburg, MO	Go Big or Go Home
Apr 7	Sat	9:00 AM	Run/Walk for the Paws 5K	St. Joseph, MO	Run for Paws 5K
Apr 7	Sat	9:00 AM	USD 309 Panther Prowl 5K	Nickerson, KS	USD 309 Panther Prowl 5K
Apr 7	Sat	9:00 AM	Glade Top Trail Run 4.25 & 10.25 Trail Run	Mark Twain National Forest Ava, MO	Glade Top Trail Run
Apr 7	Sat	9:00 AM	Dash for Dreams Annual Dream Factory 5K	Albert-Oakland Park Columbia, MO	Dash for Dreams 5K
Apr 7	Sat	9:00 AM	Trail Run on Loess Bluffs	Loess Hills Welcome Center Mound City, MO	Trail Run on Loess Bluffs
Apr 7	Sat	9:30 AM	CCARE Color Race - Paws for a Cause 5K	Clay Center Middle School Clay Center, KS	CCARE Color Race - Paws for a Cause 5K
Apr 7	Sat	10:00 AM	Beer & Bagel Off Road Race Series 4 Miles	Jester Park Granger, IA	Beer & Bagel Off Road Race
Apr 7	Sat	10:00 AM	PTKAW April Duel II 5K	Washburn University Campus Topeka, KS	PTKAW April Duel II 5K
Apr 8	Sun	6:00 AM	Brew to Brew	The Roasterie Kansas City, MO	Brew to Brew
Apr 8	Sun	7:00 AM	GO! St. Louis Marathon, Half Marathon, & Marathon Relay	Downtown St. Louis, MO	GO! St. Louis Marathon 5K & Fun Run

Apr 8	Sun	8:00 AM	Run So They Can Ride 5K	Zona Rosa Kansas City, MO	Run So They Can Ride
Apr 8	Sun	8:45 AM	Falcon 5	Bartlett Park St. Joseph, MO	Falcon 5
Apr 8	Sun	12:00 PM	Dog-N-Jog 5K, 10K, 1.5K	KSU Veterinary Health Center Manhattan, KS	Dog-N-Jog
Apr 14	Sat	7:30 AM	Rock the Parkway Half Marathon & 5K	Burns & McDonnell World Hdqts Kansas City, MO	Rock the Parkway
Apr 14	Sat	8:00 AM	Springfield Seize the Day 5K	Jordan Valley Park Springfield, MO	Seize the Day
Apr 14	Sat	8:00 AM	LFE Leopards' 5K Run/Walk	Lucy Franklin Elementary School Blue Springs, MO	Lucy Franklin Leopards' 5K Run/Walk
Apr 14	Sun	8:00 AM	Dooby Doo Dash for #TeamRyan	Waterfall Park Independence, MO	Dooby Doo Dash for #TeamRyan
Apr 14	Sat	8:00 AM	Lace Up for Literacy 5K	ESU WAW Library Emporia, KS	Lace Up for Literacy
Apr 14	Sun	8:00 AM	Paint the People 5K	Jefferson City High School Jefferson City, MO	Paint the People 5K
Apr 14	Sat	8:00 AM	Golden Eagle 5K	Waterfall Park Independence, MO	Golden Eagle 5K
Apr 14	Sat	8:00 AM	Go Girl Run Half Marathon & 5K	Springfield, MO	Go Girl Run Half Marathon
Apr 14	Sat	8:00 AM	Kansas Mennonite Relief Sale Run/Walk for Relief 5K	Kansas State Fairgrounds Hutchinson, KS	Run/Walk for Relief 5K
Apr 14	Sat	9:00 AM	God's Country Off-Road Duathlon	Lawrence River Trails Lawrence, KS	God's Country Off-Road Duathlon
Apr 14	Sat	9:00 AM	Warrior Wildcat 5K	General Myers Hall Manhattan, KS	Wildcat Warrior 5K
Apr 14	Sat	10:00 AM	Paint the People 5K	Binder Lake Jefferson City, MO	Paint the People
Apr 14	Sat	11:00 AM	National Crime Victims' Rights Week 5K	Stephens Lake Park Columbia, MO	National Crime Victims' Rights Week 5K
Apr 14	Sat	4:00 PM	Party in the 060 5K	Haysville, KS	Party in the 060 5K
Apr 14	Sat	5:00 PM	Wicked Wine Run 5K	Seven Springs Winery Linn Creek, MO	Wicked Wine Run 5K
Apr 14	Sat	7:00 PM	Bishop LeBlond Sunset Relays	St. Joseph, MO	Bishop LeBlond Sunset Relays

Apr 15	Sun	8:00 AM	Miles for Meals	Zona Rosa Kansas City, MO	Miles for Meals
Apr 15	Sat	8:00 AM	Stronger Together 5K	The Duece Pub & Pit Columbia, MO	Stronger Together 5K
Apr 15	Sat	8:00 AM	Miles for Marilyn School2School Memorial 5K	Tonganoxie, KS	Miles for Marilyn
Apr 15	Sun	9:00 AM	Spring Migration Triathlon	Emporia State University Emporia, KS	Spring Migration Triathlon
Apr 15	Sun	9:00 AM	Women on the Move 5K	English Landing Park Parkville, MO	Women on the Move 5K
Apr 21	Sat	6:00 AM	Garmin Munchkin Marathon and Family Run Full, Half and 5K	Garmin World Headquarters Olathe, KS	Garmin Munchkin Marathon
Apr 21	Sat	7:00 AM	Flint Hills 50 Miler & Marathon	Green Valley Community Center Manhattan, KS	Flint Hill 50 Miler & Marathon
Apr 21	Sat	8:00 AM	Free State Trail Run 100K, 40M, 26.2 & 1/2 Marathon	Clinton Lake State Park Lawrence, KS	Free State Trail Run
Apr 21	Sat	8:00 AM	Great Plains 10K - Wichita	Downtown Wichita, KS	Great Plains 10K - Wichita
Apr 21	Sat	8:00 AM	Thin Mint Sprint 5K & Cookie Relay	Wichita, KS	Thin Mint Sprint 5K
Apr 21	Sat	8:00 AM	FosterAdopt Connect 5K	509 S. Cavalier Ave. Springfield, MO	FosterAdopt Connect 5K
Apr 21	Sat	8:00 AM	Power Run Laclede Electric Coop	1400 Rte. 66 Lebanon, MO	Power Run Laclede Electric Coop
Apr 21	Sat	8:00 AM	Messiah Lutheran School - 5K COLOR RUN	Waterfall Park Independence, MO	5K COLOR RUN
Apr 21	Sat	8:00 AM	5K Cammo Run	Bradbury Thompson Center Topeka, KS	5K Camo Run
Apr 21	Sat	8:30 AM	Tiger COLOR Streak	Ozark Middle School Ozark, MO	Tiger COLOR Streak
Apr 21	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita, KS	Step up for KIDS 5K
Apr 21	Sat	9:00 AM	Spring Fling 5K	Commuter Parking Lot Jefferson City, MO	Spring Fling 5K
Apr 21	Sat	8:00 AM	Thin Mint Sprint 5K & Cookie Relay	Wichita, KS	Thin Mint Sprint 5K
Apr 21	Sat	8:00 AM	Speedy Spoofhound 5K and Kids 1M Fun Run	Eugene Field Elementary School Maryville, MO	Speedy Spoofhound

Apr 21	Sat	8:00 AM	Miles For Smiles 5K	Western Conference Center Salina, KS	Miles For Smiles 5K
Apr 21	Sat	8:30 AM	BVMS Rock N Run 5K	Blue Valley Middle School Overland Park, KS	BVMS Rock N Run 5K
Apr 21	Sat	9:00 AM	Claussen-Leahy Maverick Run 10K, 5K, 5K Walk	Baxter Arena - UNO Omaha, NE	Claussen-Leahy Maverick Run
Apr 21	Sat	9:00 AM	Bridge 2 Bridge 5K Run/Walk	Downtown Topeka, KS	Bridge2Bridge 5K
Apr 21	Sat	9:00 AM	Color Vibe 5K Run	Berkley Park Kansas City, MO	Color Vibe 5K Run
Apr 21	Sat	9:00 AM	Anchors Away 5K	Platte City, MO	Anchors Away 5K
Apr 21	Sat	9:00 AM	Mac County Roundup 5K/1 Mile	McPherson High School McPherson, KS	Mac County Roundup 5K/1 Mile
Apr 21	Sat	9:15 AM	Tim Heinsz Memorial 5K & 10K Run/ Walk Jim Devine Dog Walk	Hulston Hall Columbia, MO	Tim Heinz Memorial 5K & 10K
Apr 21	Sat	10:00 AM	Park University Earth Week 5K	E. 6th Street Parkville, MO	Park University Earth Week 5K
Apr 22	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	Queen's 5K Romp
Apr 22	Sun	8:00 AM	Drake Road Races Half Marathon, 10K, 5K	Drake Stadium Des Moines, IA	Drake Road Races
Apr 22	Sun	8:00 AM	5K the Free Way	Lawrence, KS	5K the Free Way
Apr 22	Sun	8:30 AM	Family Timber Challenge	Bonner Springs, KS	Family Timber Challenge
Apr 22	Sat	8:30 AM	Northland Half Marathon & 5K Run/Walk	Riverside, MO	Northland Half Marathon
Apr 27	Fri	7:30 PM	Supercat Dash GLOW RUN	Blue Springs High School Blue Springs, MO	Supercat Dash GLOW RUN
Apr 28	Sat	6:00 AM	Frisco Railroad Run 50M, 50K, Marathon, Half Marathon, 8K	Willard Middle School Willard, MO	Frisco Railroad Run
Apr 28	Sat	6:30 AM	FlatRock 101K	Elk City Lake Independence, KS	FlatRock 101K
Apr 28	Sat	7:04 AM	704 Blue Run 7.04 Mile, 5K & 1 Mile Kid's Run	College Church of the Nazarene Olathe, KS	704 Blue Run
Apr 28	Sat	7:30 AM	That 80's Run 10K & 5K	St. Charles Community College Cottleville, MO	That 80's Run 10K & 5K

Apr 28	Sat	7:30 AM	Noah's Crown Town 5K	Corporate Woods Overland Park, KS	Noah's Crown Town 5K
Apr 28	Sat	8:00 AM	Independence Park Trot 5K	Waterfall Park/Bass Pro Independence, MO	Independence Park Trot
Apr 28	Sat	8:00 AM	Triangle 5K Run/Walk	901 Marion Dr. Kansas City, MO	Triangle Run
Apr 28	Sat	8:00 AM	T-Bird Trot 5K	Benton, KS	T-Bird Trot 5K
Apr 28	Sat	8:00 AM	Tri-County Heart and Sole 5K Run/ Walk	Zona Rosa Kansas City, MO	Tri-County Heart and Sole 5K Run/ Walk
Apr 28	Sat	8:00 AM	Bulldog Bolt 5K & 1M	Mission Trail Elementary Leawood, KS	Bulldog Bolt
Apr 28	Sat	8:00 AM	Corinth Dragon Dash	Corinth Elementary School Leawood, KS	Dragon Dash
Apr 28	Sat	8:00 AM	Mustang Stampede 5K	Blue Ridge Elementary School Columbia, MO	Mustang Stampede 5K
Apr 28	Sat	8:00 AM	Lub Dub Run 10K/5K Run/Walk	Bothwell Regional Health Center Sedalia, MO	Lub Dub Run
Apr 28	Sat	8:30 AM	Jay Dix Challenge to Cure 10K & 5K Run/Walk	Flat Branch Park Columbia, MO	Jay Dix Challenge to Cure
Apr 28	Sat	8:30 AM	Party for Parkinson's 5K & 1 Mile Party Run	Catholic Care Campus Bel Aire, KS	Party for Parkinson's 5K
Apr 28	Sat	8:30 AM	Seawolf Land & Sea Race	Clinton State Park Lawrence, KS	Seawolf Land & Sea Race
Apr 28	Sat	8:30 AM	James O'Rourke Memorial Triathlon	North Platte, NE	James O'Rourke Memorial Triathlon
Apr 28	Sat	9:00 AM	CCHC Wellness Run 5K Walk/Run	Concordia, KS	CCHC Wellness Run 5K Walk/Run
Apr 28	Sat	9:00 AM	Nitty Gritty Dirt Dash	Trusler Sports Complex Emporia, KS	Nitty Gritty Dirt Dash
Apr 28	Sat	9:30 AM	29th Emma Creek 5K	Hesston, KS	Emma Creek 5K
Apr 28	Sun	10:00 AM	Officers Down 5K	Sedgwick County Park Wichita, KS	Officers Down 5K
Apr 28	Sun	10:00 AM	Banneker's Autism Awareness 5K Run	7050 Askew Ave. Kansas City, MO	Banneker's Autism Awareness 5K Run

CAN'T WAIT FOR SOME SPRING RUNNING!!!!





SUNDAY APRIL 8, 2018

Have a blast while you help raise funding to defeat Cystic Fibrosis. Run from The Roasterie in Kansas City to the party in Lawrence on a relay team or on your own!

Benefit Organization: Brew to Brew benefits the Cystic Fibrosis Foundation. Every runner donates a minimum of \$10 to help defeat this dreaded disease. In 2016 The Kansas City Track Club was able to donate \$40,000 to the Cystic Fibrosis Foundation. The median life expectancy of someone with CF is 37 years, but we are working to add more years.

Thank you for your generosity.

"Have you ever felt worse after a run?"

- George Sheehan



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