

Master Pieces

Magazine of Mid-America Running Association

March - April 2014

www.mararunning.org



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MARCH - APRIL
2014

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

*Cover Photo: Rikki Hacker-
10 Mile Winner at 2014 Psycho Wyco
Wyandotte County Lake Park*

*Photo Courtesy of:
Mile 90 Photography*



FUEL your PASSION

By: Renee Kidwell



We can finally see the finish line of that long grueling event called Winter and thankfully set our sight toward the Spring season with all the beauty and warmth it provides. It's definitely time to get off the winter treadmill and embrace the roads, tracks, trails and miles outdoors with energy and enthusiasm. Although, I will admit that I really do like to shovel snow. I think of it as a great cross-training workout. No doubt, I'll find something else to replace the shovel scoop and lifts - enough already!

Within this issue, our writers, editors, and story contributors have provided, once again, great articles and information to help stimulate your own spring training and goals. You might notice as well that there is also a distinct theme from many of our fitness and food experts around the need and importance of good nutrition. Most folks likely have heard that old saying "you are what you eat". Not so sure about that. However, what is very often the case, your personal athletic results and abilities can often be directly contributed to the foods you eat or don't. It might be worth giving some of their advice and nutrition suggestions a try as you start or continue to ramp up your training this year. There is definitely a tremendous amount of options to choose from in order to assist our athletic endeavors and goals and how we fuel the body and the passion to keep on doing them well!

*Let's Keep on Making 2014
a safe, inspiring and energizing year!*

New MARA Members and Sustaining Memberships are listed on page 5



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January 18, 2014 * Topeka to Auburn Half Marathon



Pack at one half mile

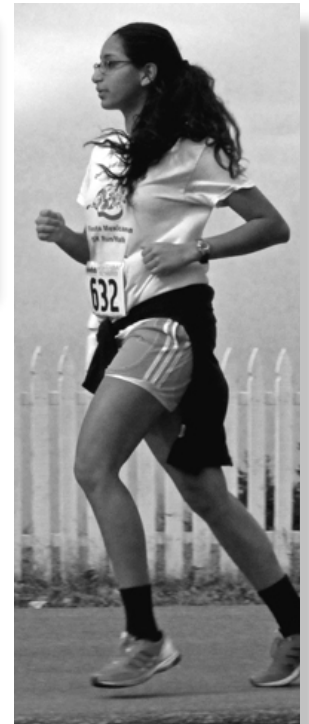
Officially 337 finishers, about 400 total signed up to run.



Dee Boeck, Lawrence, KS keeps smiling



Tesa Green (Lawrence)



Manuela Garcia (Topeka) was 1st in the F17-19 category.



Brad Rhoden (567, Topeka), Hannah Merl (904, Wamego), and Shannon Koerner (676, Manhattan)



Michael Langston (Wichita) won the M40-44 category.

Photos by: runLawrence.org



Leigh Myers (Lawrence) at the top of the Urish Hill. Leigh was the top male among the graded male masters. His 1:29:10 age-graded to 1:18:51.



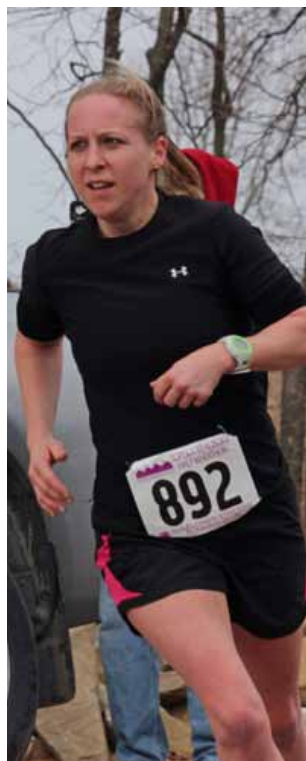
Lezlee Jones (Topeka) was the overall 3rd female with a 1:37:52 time.



Horses viewing the runners as they pass by at Urish Rd and SW 53rd St



Joe-Heikes-
1st Male



April Calaway (Wichita) repeated as the top female winner with a 1:32:35 time.



There was a turnaround on Lagito Dr, so runners were going in both directions. 847 is Luke Wiens (Topeka).



Marissa Christensen took second in the F16 & under category with a time of 1:56:12.



Matthew Britton (Lawrence) flexed for the photographer near the top of Urish Hill. Britton took 3rd in the M25-29 category.

Photos by: runLawrence.org

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kansasheartandsole.com

Register On-
Line at:
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**HAPPY BIRTHDAY
KAREN
RAYMER !!
* MARCH 1ST ***

**WISHING YOU MANY
WONDERFUL MILES
AND YEARS AHEAD!**

*Happy
Birthday*





Karen's Column

By Karen Raymer
President of MARA

March / April 2014

Finally, it was over 32 degrees today, the first in over two weeks. My friend, Terry Mann and I usually run 10 miles every Thursday but the last couple of weeks, the weather has been too cold and too much ice and snow on the streets to run outside. I am good for about 4, and a maximum of 6, on the "dreadmill" as Sandi Weston, calls the treadmill!

Speaking of Sandi, she is part of the 50-50 club. You know- the 50 marathons in 50 states club. She has completed 24 and is training for her 25th this spring. She actually was due for a 14 mile run last Sunday, and did it on the "dreadmill". I give her a lot of credit, as I just do not think I could have done that, even if someone had a gun to my head!!!

Actually on March 1st, I will be celebrating my 65th birthday and my friend, Mary Haley will be 70, on the same day. Last fall, Mary and I had thought about running the Little Rock Marathon on March 2nd to celebrate our combined birthdays. Then Mary ended up with a stress fracture in her foot, so I was off the hook!!!! I swore after my 60th birthday, when I ran the Gasparilla marathon, that I was finished with marathons. You know the "been there, done that" concept. But if Mary had not had her injury I would have followed through with our original plan.

I am just as happy with running half marathons. I love the saying "half the distance, twice the fun"! I really do identify with that saying. I have been running for 43 years and I am hopeful that I will be able to continue to run for many, more years. One of my idols is Mary Otte, who just celebrated her 89th birthday on January 30th, is still participating in 5K's. Mary just did the Groundhog Run on January 26th. She is an inspiration to many and has one of the "youngest" attitudes on life, of anyone I know.

I hope these next few days, with the temps being in the 40's, 50's and even 60's next week, will melt away all of the ice and snow. Even though Punxsutawney Phil saw his shadow, I am hopeful that spring will be here soon.

Wishing you happy and healthy running and/or walking.

Karen

Welcome New MARA Members:

Amy Stucky
Michael Diederich

Overland Park, KS
Overland Park, KS

Sustaining MARA Members

Anna & John Allen
Lexa Alley
Diane Bahr
Dee Boeck & Gene Wee
Dave Boone
Mary Boyce & Mary Desch
Herbert & Janet Brown
Rainey Cadenhead
John Cookinham
Bill & Judy Dalton
Charles & Mary Haley
Alan & Robin Higley
Wayne Hobelman
Rick Hogan
Ben Holmes
Terry & Keith Mann
Ed McCay
Kent & Carolyn Mitchell
HARRY MOELLER
Ann Nelson
Russ & Rosalie Niemi
Howard Nies
Brett & Gay Purcell
Karen & Keith Raymer
Barb Rinne & Family
Gretchen & Stevan Ryan
Garth & Nancy Smith
Richard Stainbrook & Family
Marla Thompson
Kermit Trout
Doug Van Auken
Sandra & John Weston
Tim Wigger
Eugene & Marsha Wren
UltraMax Sports

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

2014 MARA GRAND PRIX STANDINGS

Results through Sweetheart Shuffle

2/9/14

Contact: Mike Lundgren (mikerunkc@gmail.com) for questions or corrections

Male 20-24				Female 20-24			
Ryan	Hahn	10		Brittney	Scott	10	
Dalton	Moberly	10		Jennifer	Ewan	10	
Dane	Goodman	10		McKayla	Beattie	10	
Mike	Hake	8		Chelsey	Huddleston	8	
Michael	Witten	8		Sarah	Bell	8	
Cameron	Mahner	8		Jade	Brown	8	
Male 25-29				Female 25-29			
Seth	Kutikoff	10		Rebekah	Phelps-Roper	10	
Matt	O'Reilly	10		Amber	Sargent	10	
Lee	Dixon	10		Bethany	Kruger	10	
Brian	Winterringer	10		Imagene	Harris	8	
Carl	Specking	8		Rachel	Dent	8	
Carl	Carney	8		Danielle	Laris	8	
Male 30-34				Female 30-34			
Kyle	Schults	10		Kathryn	Merrill	10	
Jack	Curran	10		Maeluen	Gruman	10	
Matthew	John	10		Aimee	Truetken	10	
John	Tripp	8		Kelly	Harvey	8	
Ryan	Hartford	8		Katrina	Radenberg	8	
Shaun	Kreisler	8		Sydney	Goodman	8	
Male 35-39				Female 35-39			
Scott	McVey	10		April	Calaway	10	
William	Kershner	10		Valerie	Hughes	10	
Drake	Vidrine	10		Catherine	Clutter	10	
Jeremy	Garrett	10		Bobbi	Wendt	10	
James	Kanary	8		Rachel	Hoger	8	
Robby	Baber	8		Angie	Williams	8	
Male 40-44				Female 40-44			
Michael	Langston	10		Lezlee	Jones	10	
Ken	Moran	10		Sharon	Ice	10	
David	Cole	10		Julie	Stein	10	
Bart	Allen	8		Michelle	Andrew	8	
Jason	Levine	8		Candy	Anderson	8	
David	Marshall	8		Dallas	Perry	8	
Male 45-49				Female 45-49			
Joe	Heikes	10		Jennifer	Oprisu	10	
Bill	Goble	10		Angela	Eberly	10	
Miles	Marshall	10		Nancy	Hill	10	
Michael	Swords	8		Lynnette	Stueve	8	
Marvin	Master	8		Jill	Coffey	8	
William	Hoffman	8		Tara	Swaney	8	
Male 50-54				Female 50-54			
Leigh	Myers	10		Karen	Hyde	10	
Ken	Cameron	10		Cindy	Deprenger	10	
Kent	Friend	10		Kathleen	Johnson	10	
John	Wily	8		Kelly	Courtney	8	
Michael	Fontes	8		Nancy	Stitzer	8	
Sean	Gordon	8		Amy	Shunick	8	
Male 55-59				Female 55-59			
Rob	Harber	20		Virginia	Hamer	10	
Brian	Daldorph	10		Jan	Wideman	10	
Bryan	Gross	8		Anna	Allen	10	
Doug	Trampe	8		Marla	Rhoden	8	
Jimmy	Stanzola	8		Pam	Bertels	8	
Male 60-64				Female 60-64			
Bruce	Gilbert	20		Sandra	Weston	18	
John	Ball	10		Dee	Boeck	10	
Kurt	Mueller	8		Sharon	Costello	10	
Stephen	Rechtien	8		Cathy	Spencer	8	
Gayle	Van Durme	8		Teresa	Christeson	8	
Male 65-69				Female 65-69			
Tim	Wigger	20		Mary	Haley	16	
Larry	Rink	16		Paula	Labart	10	
Tom	Snook	8		Jean	Garber	10	
Kermit	Trout	8		Claire	Phillips	8	
Greg	Hartman	8		Susan	Robinette	8	
Male 70-74				Female 70-74			
Ken	Tillery	10		Sylvia	Taylor	10	
Eugene	Wren	10		Marcile	Lewis	10	
Ralph	Johnson	10					
Ron	Grauer	8					
Bill	Wright	4					
Male 75-79				Female 75-79			
Herb	Brown	30		Ann	Nelson	20	
Robert	Kirkman	8					
Donald	Hughes	6					
Male 80-84				Female 80-84			
Lou	Joline	20		none			
Male 85+				Female 85+			
none				none			

**2014 MARA
Grand Prix Directors:
Mike Lundgren
Sandi Weston**



2014 MARA GRAND PRIX Schedule

1-18	Topeka to Auburn 1/2 Marathon
1-26	Groundhog 10K
2-08	Sweetheart Shuffle 5K
3-15	Mrs. Robinson Romp 5K Trail
4-05	Run for Life 10 Miler-race <i>cancelled, will not be replaced</i>
4-12	Rock the Parkway 1/2 Marathon
4-27	Trolley Run 4 Miler
5-03	KS Heart and Sole 10K
5-26	Amy Thompson 8K
6-7	Hospital Hill Half-Marathon
6-29	Double Road Race 5K & 10K
7-04	Lenexa Freedom Run 10K
7-12	Eudora Horse Thief 5K
8-02	KC Cross Country Challenge 5K
8-09	Farmstead Challenge 5K
9-01	Leawood Labor Day 5K
9-07	Broadway Bridge Half
9-14	Plaza 10K
10-18	Kansas City Marathon
11-02	Cliffhanger 8K
11-08	UltraMax 15K



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2014

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

1. Anyone who runs in any MARA Grand Prix race at any point in the season and who places in the top 5 in their age group is automatically a part of the circuit. Standings are updated and published in Masterpieces magazine and on the MARA website: (www.mararunning.org) as the season progresses.
2. Active MARA membership must be in place by Dec 1 to receive final recognition and awards at Chili Run – no exceptions. (membership forms are available online at www.mararunning.org and at local specialty running stores).
3. Points are based on performance in 5-year age groups from 20-24 thru 80+.
4. Scoring is 5 deep in each 5 year age group except as noted in item 5.
 - * 10 points for 1st place
 - * 8 points for 2nd place
 - * 6 points for 3rd place
 - * 4 points for 4th place
 - * 2 points for 5th place
5. Trolley Run will be single points, 10 deep (10, 9, 8, 7...)
6. Your 10 best race scores will count, with 100 points the maximum score possible, encouraging quality racing over quantity of races.
7. Circuit races range from 5 km to half marathon. Road races are run on USATF certified courses.
8. Chip time will be used to determine place finish and award grand prix points.
9. In any race with more than one distance (such as both a 5K and 10K) there will be only one designated MARA GP race.
10. When moving into a new age group during the GP season, points can be scored in both age groups. The age group where the most points are scored is the age group where all points will be added and counted at year's end.
11. In case of a tie, the winner will be determined by: 1) head-to-head competition; 2) the 11th best race. If a tie is not broken by these tiebreakers, the tie remains.
12. To qualify for year's end recognition and awards you must score points in at least 3 MARA GP races.
13. Each Mara GP race will contribute 7 free entries. Each 2nd place finisher will receive one free race. The remaining free entries will be divided evenly among 1st place age group finishers.
14. The Top Five point finishers in each age group will also receive awards additional to that listed above. Thanks to MARA, our Sponsors and Grand Prix Circuit Races who contributed over \$27,000.00 in prizes over the last four seasons. These are distributed at the Chili Run each year in December. Everyone is invited to participate in the circuit and attend the Chili Run festivities.

Run D'Haiti 2014

"We have a burro on retainer." I've never had a reason to say that, until now.

For the second year in a row, Coco Tieghi and I had the privilege of race directing the 2nd annual Run D'Haiti Trail Run, for the Global Orphan Project, in Croix Des Bouquets, Haiti.

I was introduced to GO Project by my friend, I.V. Whitman. He serves as the overall trip, planning, and logistics director for all "GO Adventures" trips, as well as serving in many other capacities for the organization. Global Orphan Project (and GO Adventures) helps sustain local pastors, orphanages, and family advocacy groups, worldwide. And by traveling to distressed foreign destinations and meeting people from other cultures on their home turf, Americans (and others) can, and do have Life-Paradigm-Shifting experiences. At least for me, it made it abundantly clear what is important in life. (Hint: it's not material wealth).

This particular event required a lot of up-front planning by our team to execute it smoothly in a country like Haiti, which has a lack of basic infrastructure. There are no Home Depots, Walmarts, or supermarkets to purchase even the most basic of race necessities. But our team can (and did) perform miracles!

In advance of the race, we had obtained another valuable team member: E.R. doctor, trailrunner, and fellow Trail Nerd, Gay Siriwangchai Purcell. Gay had experience with helping at other Trail Nerd races, most notably attending to heat-stressed runners at our annual Psycho Summer 50K. For Haiti, Gay had acquired and packed-up a large bag of medical marvels and state-of-the-art healthcare gadgets. She had an AED unit could make a downed runner leap-up like frogs in a dynamite pond. She had Cipro and Doxycyclene and Aspirin... oh, my. With her sutures and full assortment of tape and bandages, she could patch-up a runner, or (in a pinch), perform a facelift or tummy-tuck, I'm sure.

This year, I.V., Coco and I decided to fly out to Haiti, early. Our intent was to come up with a new, even more rural course, to further show-off the beauty of the Haitian countryside. For 2014, a 25K and 50K distance had been added to persuade "serious" trailrunners to consider traveling to our special event. We decided upon a double out-and-back for the 50K, so that the runners would become somewhat familiar with the course, and so that we would have enough staffing, logistics, and safety redundancies built-in. The 50K got five entrants, while the other distances attracted 53 other runners.

In Haiti, a race director has to come up with "atypical" marking strategies for a trail run. Otherwise wonderful marking materials such as pink-glow engineering tape, quickly becomes "pretty ribbons" for little Haitian girls' hair. Along with our alternate marking strategies, we made a list of turns for each runner for each course, based on landmarks, since most roads and streets aren't marked with road signs.

The only "solid" aid station was at the 10K finish point, in the small hamlet of Dumay. There, we had stationed two transport buses as our base of operations (and to drive the 10K runners back). At Dumay, Coco was in charge of tracking the 25K & 50K runners' progress with cell phone and a walkie-talkie. Communication was key. Coco is very fluent in French, which helps in a country where French is the second language of choice, and with Haitian Creole being a language steeped in French.



Coco Tieghi, IV Whitman, Gay Purcell at Aid Station



Gay P, Kristi W and Entourage



Laura Range running through Dumay



Laura navigates the rocks

From the 10K point of Dumay, the 50K & 25K courses continued another 1.5-miles and 1,000-foot climb up a mountain to the turnaround point, at the very small village of Bondon (pronounced bow-doe). At Bondon, a local staff member was stationed to turn the runners around. Half-way up the mountain, we had also stationed a local staff member/translator with Sarah Belz, our over-achieving high school student and crew member. So just in case someone crashed & burned on the mountain trail, we had two strong guys, Sarah, and the aforementioned Burro on Retainer to handle the situation. Sarah was to serve as a mountain guide to help any slightly-distressed runners up and down the steep part of the mountain trail.

Along the course route, we had 4-wheel drive vehicles displaced among the ever-expanding pedestrian peloton, each loaded with a translator, security person, and race staff member. We had also hired local motorcyclists to serve as "domestiques" and course monitors. Their job was to keep everybody on course and to also be roving water aid stations. I.V. and others were also traveling the course route on mountain bikes, each with two forms of electronic communication.

Participants were encouraged to learn and use simple greeting phrases, or at least know how to say, "bonjou" while passing any local person. In Haiti, it's considered rude to not greet passing strangers. Haitians have not lost their sense of politeness (that we once may have had). The local villagers had ample notice from us that, for some crazy reason, "anpil Blans" (many whites) would be running, walking, or plodding through "Ayiti cheri" (their dear Haiti). A strange concept, indeed! Very few Haitians run for recreation; they get plenty of exercise in their daily lives, as it is. Little kids along the course route had ample time to practice their favorite English phrase, "hey, you!" Running in 95-degree heat on a course with 10% shade is something you have to train for. But for the runners in our race that was a luxury beyond reach, in January! Many had flown out of sub-zero temps at home and had arrived later the same day in Haiti, to a 100-degree heat index. There isn't much that can prepare you for that. And our 50K runners would have to climb a mountain, twice!

Ultimately, we had two, very tough 50K finishers: Laura Range from St. Louis, Missouri and Kristi Walthall, from Boulder, Colorado. Laura is a veteran ultrarunner, who first cut her "ultra teeth" on the Psycho Psummer course, five years ago. Laura had a tough go of it on the first part of her second out-and-back, but Gay and I got to play pacer to her for a while, while she regained her composure and wrapped her head around finishing. She finished strong, in 8-hours, 16-minutes.

Kristi is a very fit personal trainer, and this was going to be her 50K race debut. She had been leading the 50K race for 25-kilometers, but just three miles from the finish, she cramped-up horribly and hit the ground. Up to that point, I had been pacing her for a couple of miles and had (luckily) just given her an electrolyte capsule. I enlisted help from the motorcycle Domestiques, and we kept her calves stretched-out, until the electrolytes could take effect. During Kristi's ordeal, Laura Range passed by and would later comment, "her legs were up in the air and they were flexing her feet to try to relax those muscles. It looked more like a labor and delivery to me!" (I'm sure that passing locals thought the same). Gay had been following Laura's progress in a truck, and jumped-out to help us with Kristi. But Kristi no longer needed our help. She cautiously got up, and then started dancing! One of our motorcyclists had a sound system on his bike, and was playing dance music. Kristi started running toward the finish line with Gay, me, and her motorized entourage in tow. We ran and danced to the finish line with her. And what a finish line...a human arch consisting of all the other runners! Kristi finished in 8:27:00.

Some highlights from this year's trip:

Playing catch and interacting with kids at the orphanage, next door.

Sunday church service (in Haitian Creole) on the exact 4th anniversary of the 2010 quake.

While marking the course on the mountain, an old man used his machete to make Coco a walking stick.

If you ever want to run in an event that will challenge your body, mind, soul, and your existing concepts of life itself, sign-up for next January's race. You will definitely come back as a different person. Guaranteed!

***Happy Trails,
Ben Holmes***



Laura on the trail



Kristi Walthall on Trail



Human Arch Finish



Kristi with Gay P after recovery



Sunday / April 27  **children's**
center for the
visually impaired

*Join us as a runner, walker,
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Sabates Eye Centers Trolley Run is the largest annual fundraiser for the Children's Center for the Visually Impaired and the nation's largest four-mile timed run!

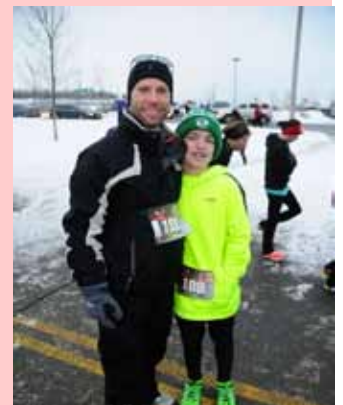
REGISTER NOW! trolleyrun.org



Learn more about the Children's Center for the Visually Impaired at www.ccv.org

Shook,
Hardy &
Bacon LLP

Sweet Scenes from the February 8, 2014 Sweetheart Shuffle



Photos by: SeeKCrun



Nutrition and Running
By Sally Berry
MA RD CSSD CLT

**Board Certified Sports Nutrition
Food Sensitivities - Certified LEAP
Lifestyle Changes & Integrative Eating**

A Controversial Nutrition Topic

As I write this, I imagine most of you are very ready for the winter weather to thaw. It's time to get back out on the road or trail. The winter often brings many excuses to slow down and eat more "comfort" foods. I am almost afraid to admit where I spent the past month (almost) - as I see the rest of my midwest friends buried in mounds of the white stuff and "chilling" air! Let's just say I was someplace that was mild enough to run outside without a jacket and swim outside in a 50 meter pool. Please, don't wring my neck- I was working not all fun and games. But, I have to admit that the environment was good!

While on my travels, I was able to stop in at a symposium on GMO's - Genetically Modified Foods. I'd like to share with you a summary of this event. The panel consisted of several experts with different view points on the controversial and emotional topic. The panel members and audience brought up many interesting points ranging from economics, global food supply, safety, and the right for consumers to be informed. By definition, genetically modified organisms have their genetic material altered, typically exchange of genetic material using genetic engineering techniques. The modified list includes, bacteria, yeast, plants, insects and mammals. GMO's can be part of modified foods or in non-food products, such as cotton. Greater than 99% of all genetically modified foods are Round Up resistant or contain BT pesticide in each cell of the plant.

How does GMO relate to runners? It relates due to a runner's need and desire for high quality nutrition. The global food supply and water resources make up one of the primary future society concerns. Although I cannot start to summarize all of the concerns in this paragraph, I challenge you to learn more about our food supply. If you decide to eat more non-genetically engineered (genetically modified) foods, here are some current suggestions.

Go Organic- current food labels do not indicate if the food is genetically modified. However, to be certified as USDA organic, the food cannot be genetically modified. Caution: there is a difference between saying something is organic and being certified organic. Know the difference!

Take caution when you eat corn, soy, cotton, sugar beets, or canola. Greater than 90 % of these products produced in the US are from genetically modified seed. To avoid genetically modified organisms, consume organic of these grains, or go without.

Processed and packaged foods are typically foods that will contain genetically modified food sources. Some packaged ingredients to avoid would be sugar (beets, dextrose, sucrose), corn products (maltodextrins or corn in any form), canola oils, cottonseed oils, or soy products not labeled organic. Conventionally grown alfalfa, squash, papaya can also be genetically modified.

You may be able to find labeled processed foods that are not organic, but claim to be "non GMO". Read up and learn more (some references from symposium below). Be informed on your food sources and where they come from. Look at all sides of the issue to see what the fuss is about. Support your local foods and farmers. In Kansas City, I suggest that you take a peek at CultivateKC.org, a local group of farmers and advocates for whole sustainable farming and eating locally.

How can I help?

Consumers typically can move the market through their purchasing dollars. One example of consumer voice is the recent change in General Mills. Partly due to consumer voice, they recently reformulated their original Cheerios to be non GMO.

How do I focus on spring training and stay nutritionally healthy?

Now, it's time to focus on the upcoming season of ramping up your nutrition and training. For most runners, it's not time to bring out the sugared sport products. I challenge you this season to glorify your plan with some good home fresh cooking. If you focus on simple cooked meals, you may rediscover some of the slow movement benefits. Here are some of the simple ideas that I discovered on my travels.

No matter where you are and where you live or your lifestyle, it matters where your food comes from.

Runners need to give specific attention to replenish what nutrients are lost in training. These include antioxidants to protect their immune system (A, C, E selenium). Best way to replenish these is through the local sources of colorful fruits, vegetables, oils and seeds.

Runners need more than sport drinks and gels. Focus on the real food first!

Do you know how to cut vegetables (using a knife)

Do you know how to roast, steam food? No matter how busy your lifestyle, runners can benefit from learning simple cooking techniques.

Runners tend to have particularly sensitive gastrointestinal systems. Eating the right foods, such as fermented foods can help decrease runner's gut and keep one on the trails and out of the port-o-potty.

Here are some spring recipes to help with your spring running goals. All of these have antioxidants for helping the immune system, good protein, fiber, carbohydrate, and healthy fats. Enjoy!

Fresh Sweet Salsa

1 cup chopped red onion
1 diced mango
1 ½ cup chopped tomatoes
1 tablespoon chopped fresh cilantro
1 small clove garlic, minced
1 tablespoon freshly squeezed lime juice
¼ teaspoon salt

Mix all ingredients and enjoy!

Serve as condiment to whole grain tortilla wrap.

Use non GMO sprouted corn tortilla, black beans, chicken or fish, avocado, dark leaf greens as the filler. You can also use as a topping over poached cod or halibut or other entree.

Kansas Rainbow Kale Slaw

Chocked full of antioxidants, Kale is found in Kansas most times of the year. The cabbage is a great liver cleanse and when fermented, high in good bacteria for the digestive system. This is a great accompaniment to a bean soup, main dish of any type!

1 bunch dinosaur kale, leaves thinly sliced
4 cups shredded red cabbage (about 1 small head, quartered and cored)
2 navel oranges or Clementines, peeled and segmented
1 small red onion, thinly sliced
1 large red bell pepper, cored, seeded and thinly sliced
1/3 cup sunflower seeds
1/4 cup Dijon mustard
1/4 cup freshly squeezed orange juice (from about 1 small orange)
1/4 cup balsamic vinegar
1/2 teaspoon ground black pepper

In a large bowl, combine kale, cabbage, orange segments, onion, bell pepper and sunflower seeds. Mix together mustard, orange juice, vinegar and pepper. Pour marinade over the kale mixture and toss to coat. Serve immediately or refrigerate before serving. Add white or red beans for added protein and high fiber carbohydrate.

Fuel Your Body ... for Life!

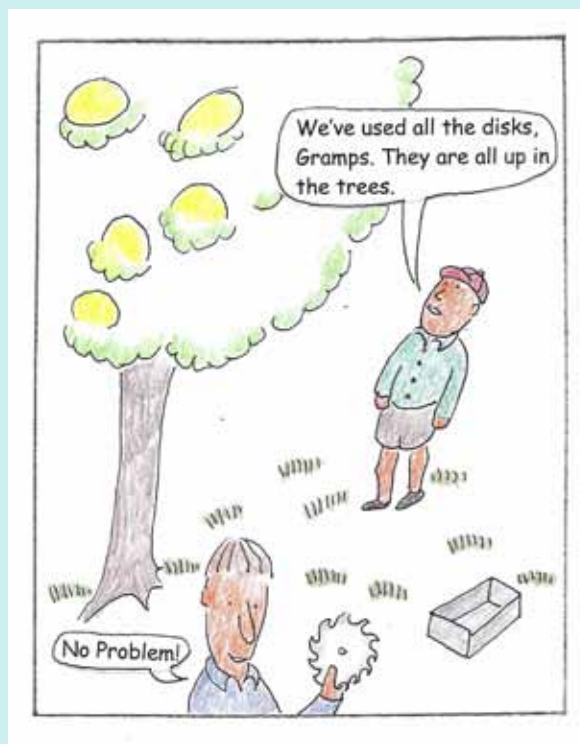
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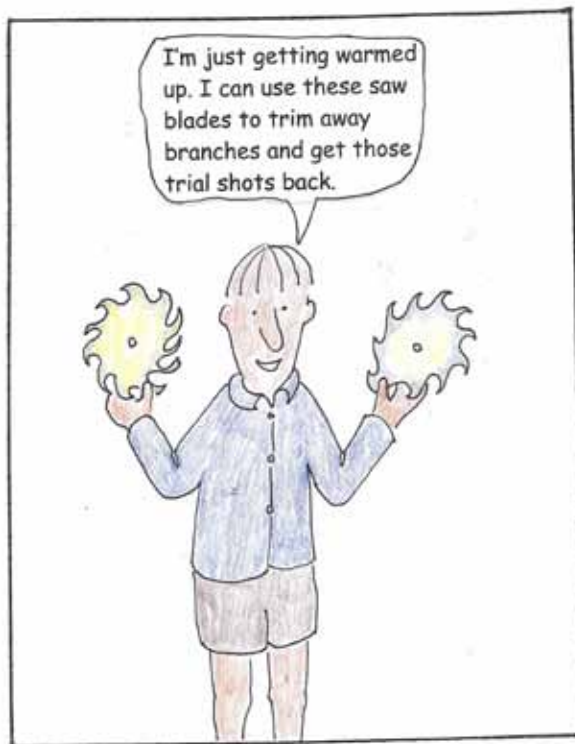


References from the symposium:
<http://geneticroullettemovie.com>
<http://www.earthopensource.org>
<http://www.cspinet.org/biotech/faq.html#4>



Lou's Cartoons In Living Color By Lou Joline







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

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Kansas State University**

Eat Smarter To Train Harder

With a busy day to day life it is easy to grab a meal from a fast food restaurant and not think twice about it. If you are very busy this may happen several times a week. Without noticing you could be ingesting thousands of calories and a lot of nutrients that will leave you feeling sluggish and tired. This is a diet full of fats and empty calories. In the running community it is not uncommon to be very lean while eating almost anything you want. When you eat anything you want but don't gain weight you may not think twice about what your diet is doing to your body. Your diet can serve as the building blocks of your energy source. If you don't have the correct type of energy it makes it a whole lot harder to run. To perform at your peak you need to not only train properly when you are running, but also train yourself to eat properly.

To help yourself achieve a new level of fitness that you never dreamed imaginable try clean eating. Clean eating is centered around all natural products; a simple rule of clean eating is, if it grows from the ground or falls from a tree then you can eat it. Therefore eating to improve your training should focus on fruits and vegetables, whole grains, lean protein, healthy fats, and plenty of water.

Fruits and vegetables are a great source of fiber which can help you feel more satisfied with your meal and keep you feeling fuller longer. Whole grains are a fun and easy way to introduce some variety to your diet. Try incorporating some quinoa or steel cut oats into your diet. Protein is essential for all athletes and if you find a lean protein such as fish or chicken it is easier for you to digest than red meat. Red meat is still a great source for nutrients and in most diets for athletes is incorporated in at least once a week. Not all fat is bad for you. Fat can be a scary term but some is actually good for you. There are healthy fats such as omega 3 fatty acids and monounsaturated fats that have been linked to decreasing cholesterol. Monounsaturated fats are found in avocados and olive oil. Try using either of these two ingredients in your next dish.

Finally make sure you are staying hydrated. Your body is composed primarily of water so it is essential that you have a steady intake of water throughout the day.

There is an old saying that has stuck with me for years and it is: "You can't run your way out of a bad diet".

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Official Chiropractor:
Kansas City Tbones baseball,
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NEW for 2014 Friday Night 5K And Hospital Hill Re-Run June 6 – 7, 2014

- A distance for everyone half marathon, 10K and UMKC School of Medicine 5K
- Runner and walker friendly
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- Post-race party open to all with beer, BBQ and music
- All three distances sold out prior to race day in 2013, don't miss out on the fun, register early!



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**All participants receive a
sports backpack!**





Ralph R. Hall M.D.

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

Endurance Training: How to train for races 5 K or longer!

I am writing about this subject out of frustration! I see sophisticated coaches who are concerned about both the health and wellbeing of their athletes and who apply practical, scientific, techniques in the training regimens. Then there are those who simply train their charges in the same way they were trained. They fail to recognize the extent that individuals vary and some may need training that corrects the individual's particular weaknesses. Some of us are not training to become an elite athlete but we are training for fun and future health and want to be the best we can be. We want to know the best training technics. What do we need to know?

The Heritage Family Study, led by Dr. Claude Bouchard, was completed in 2004. Families were recruited that included the biological mother and father and three or more of their children. The families completed a battery of tests before and after a 20 week program of aerobic training with each session supervised by an exercise physiologist. The average VO₂ max increased by 18%, but the range varied from 0 to 53%. The increase was influenced by genetics but not by age, sex, and race.

One of the best introductions and reviews of endurance training was published in "Running Research News." 28:(10);2004. Because there are still disagreements among coaches and physiologists about how much training should be carried out at various intensities Drs. K Stephen Seiler and Glen Kjweland at Agder University in Norway examined what they believed are the two different patterns utilized by elite athletes.

One pattern involves moderate amounts of training at or just under lactate threshold (LT) and small quantities just above threshold and a major portion at quite slow speeds. The other pattern of training pays scant attention to LT (Lactate threshold), and instead uses large volumes of training at low intensities and significant quantities of work at high intensities. The researchers called this "Polarized Training." Owen Anderson, Editor of "Running Research News," notes that this kind of training has been observed in elite rowers, gold-medal-winning cyclists, and elite marathoners. (see "Team Cycling World Record Pursuit: Theoretical and Practical Aspects," *Medicine & Science in Sports and Exercise*, 2002: 34; 1158-63). In reviewing these studies researchers have noted that successful athletes spend approximately 75% of their time at low intensity and around 20 % at high intensity. A minimal amount of time is spent near LT. Owens points out, that this is especially surprising, since they actually compete at intensities that are quite close to LT.

Seiler and Kjerland studied 12 of the best high school skiers at a Norway "skiing high school." Their mean average VO₂ Max was a not too shabby 73 ml/kg/min. Using respiratory rate, during treadmill testing they established the first ventilatory threshold which can reasonably be called the aerobic threshold. (AT). That is, above aerobic threshold (AT) ventilation rate increased at a faster rate as a function of speed than it had done below AT. They then established a measure of the lactate threshold (LT).

In this elite group, AT was found at 74% of the VO₂ Max and LT was found to occur at 89 % of VO₂ max. (note; this is a very high lactate threshold), From this data they established three training zones. One below AT (74%), one between AT and LT (74% to 89%), and one above 89% of VO₂ max. The amount of training each athlete conducted at each of the three zones was quantified over a 32 day period. These were fantastically fit athletes, some of whom later became world and Olympic champions.

Continued on page 19



In brief, a unique, total time in zone, software program provided by Polar determined the amount of time spent in each zone for every work out. They also used lactate and pulse rate data to support time in zone training. Anderson documented some of the potential flaws in these methods but noted that the quality of the study exceeded other previous studies.

The results were that 75% of the training time was spent below AT, 5 to 10% of the time was spent between AT and LT and 15 to 20 % of the time was spent above LT. The 75-5-20 distribution of training has been used by successful runners and coaches— But, is it optimal?

Anderson's comments are important. "Seiler and Kjerland hypothesize that it approximates an optimal intensity distribution of training of high performance endurance athletes. However, as they admit comparative studies which actually analyze the performance of athletes who perform this polarized model with similar athletes, who follow a threshold model are sadly lacking. It can be misleading, and it is scientifically weak to argue that "This is how many successful athletes are doing it; therefore it must be the right way to train." Success does not automatically prove rightness, as flourishing athletes might be even more impressive with a different scheme."

Commentary: To reach the length and intensity of training of the elite skiers, takes years. For the average recreational runner it is obvious that both the length and intensity should be gradually increased. Less obvious is what percent of time spent in interval training in shorter races should be in which of the three zones. Constructing the right training program for beginning and moderately trained runners, swimmers, or cyclists requires that we consider several, well known training factors.

First, individuals respond differently to training. Some runners respond to running 20 miles a week at 60% of their maximum oxygen uptake with dramatic increases in their fitness. Others improve only slightly. There are high and low responders. Second, the response to exercise is highly specific to the volume and intensity of the type of exercise performed. You will not do well in the marathon if all your training was done swimming. It is not specific to what your training goals are.

The data presented in the text book of "Physiology of Sports and Exercise" by Kenney, Wilmore and Costell, outline the variables in interval training. The rate, distance, and the number of intervals need to be planned. In addition the duration of the rest or recovery interval is important as is the activity during the recovery period, i.e. walking or jogging. The frequency of training periods per week needs consideration. Last, but not least, what distance the athlete is training for.

For the 5,000m, perhaps 60% of the training should be at low intensity, 20% at lactate threshold and 20 % at the high intensity zone? However, Kenney et al. suggest 40, 40, and 20 for the 3000m and 70 20 and 10 for the 5000m, which I believe has too little high intensity training for a race which requires such an intense last 400m.

And, how about resistance training? It improves running efficiency and in events such as cyclocross are essential for carrying the bike, often up hills. Then, how do we prevent overtraining?

In the next issue, we will discuss how you can plan to use all the variables if you are training for a 5K or a 10 K. We will include comments from several world class runners and cyclists.



Monster Mash (Potatoes)

For the **10th annual Psycho Wyco Run Toto Run** trail race, we pulled-out all of the stops: Great swag, spinning-tornado medals, 45-gallons of homemade chili (by the RD's daughter & son-in-law), two kegs of homebrew (by the RD), awesomely Trail-Nerd- worthy aid stations, shoe-screwing-stations, ropes installed on the steep sections of trail (thanks, Bob & Travis!), phantastic photos, and great premiums and prize money. We were prepared for anything; anything, that is, except for Monster Mash Potatoes! Let me explain. A few days prior to the race, we had zero-degree weather, and then got 12 inches of fluffy snow. The combo of very frozen ground combined with dry snow, made for snow that would not pack down, on the three-loop 50K course. Yes, it had the consistency of mashed potatoes, and it never got any better with thousands of foot-falls. If anything, it got worse with the resultant Podiatric Cuisinart Effect.

We had 478 entrants show-up on race day, from 23 different states, despite the weather! (The race is limited to 500 entrants).

50K Race:

Long story short: race times for the 50K front runners were 50-60 minutes slower, and we had 71 finishers in the 50K, out of the 144 that had signed-up. Matt Flaherty took the mashing in stride. He was our only sub-five-hour finisher, consuming the men's race in 4:48:13. He also consumed way more of my homebrew than I thought was possible by a 8-1/2 stone speedster! Mark Thompson of Iowa City, Iowa slid in at 5:22:18; while Jeremy Morris got the Au Gratin 3rd place award in 5:30:14.

Emily Renner of Minnesota took first place honors and was the only woman finisher in under seven hours, in 6:51:01. Local Lawrence (Kansas) phenom Kelly Cool kept hers, and took 2nd place in 7:04:48. Jill Becker of Sioux City, Iowa claimed third in 7:17:51.

20-Mile Race:

Times were off by over 2 minutes per mile.

- 1 PETE KOSTELNICK 3:30:51.5
- 2 STEVE WOOD 3:46:45.6
- 3 MARK CAREY 3:53:38.0

- 1 STEPHANIE CUNDITH 4:36:08.3
- 2 STEPHANIE GARCIA 4:36:55.8
- 3 ANNE ALTORFER 4:39:46.8

10-Mile Race:

Rikki Hacker had the fastest lap of the day, about 24 minutes off of his first lap, last year!

- 1 RIKKI HACKER Planet Mars 1:35:40.0
- 2 JUSTIN WENNER OLATHE KS 1:36:35.6
- 3 JARED NORMAN OAK GROVE MO 1:38:02.3

- 1 JULIE JOHNSTON CEDAR RAPIDS IA 1:54:37.3
- 2 NATALEE THOMPSON IOWA CITY IA 1:58:21.3
- 3 KRISTIN BOOTHBY OMAHA NE 2:07:37.7

Here's a big homebrew toast to anybody that stuck with it, and put up with this year's cold mashed potatoes! 50K winner, Matt Flaherty adds, "I couldn't asked for a better season opener. It was a lot of fun, and it's got me excited for the coming year!"

Happy Trails,
Bad Ben Holmes

Photos By: Mile 90 Photography



Matt Flaherty
Wins 50K in 4:48:13



Jonathan Pope



Mark Koester



Pre-race Preparations



Jamie Metzl says: I'll have S'MOR Please!



A little Ale for runners at the Aid Station!

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

Updated February 3, 2014

Send additions, changes, corrections, by email to Ben at badbendr@yahoo.com. Put "RACE UPDATE" in the email subject line.

Please include the information as seen in the spreadsheet below...I will not search the web for information for YOUR race.

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

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

Events are listed in order of Date-Day, and then by Start Time, so that on any given day, the Evening events are listed after the Morning events.

SEARCH TIP: On your Internet Tool Bar, Use EDIT, FIND ON THIS PAGE, then enter a text you want to find, and that text will then be highlighted throughout this list.

USATF schedule including Television schedule: <http://www.usatf.org/calendars>

USATF searchable list of certified courses, with course maps for your review: <http://www.usatf.org/events/courses/search/>

RRCA Road Runners Club of America, searchable national schedule: <http://www.rrca.org/events/find/>

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.

NEW! "Type" of Event. Legend: R = Road Race, T = Trail Race, X = Cross-country Race, 3 = Triathlon, 2 = Duathlon, O = "Other", ie: Warrior Dash or untimed event.

Date	Day	Start	Name & Distance	Type	Race Location	site / Register	Race Contact, Fun Stuff, and More
MARCH 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!							
3/1/2014	Sat	10:00 AM	Mardi Gras 5K	R	1401 W 13th St KCMO (West Bottoms in front of the The Beast)	Web	The Inaugural Mardi Gras 5K kicks off Saturday's event in the West Bottoms! Participants will enjoy a festive run through one of Kansas City's most historic districts before living it up at the post race festival featuring live music, great food, and plenty of activities for the whole family! Every participant will receive bib chip timing, live results, a comfy race t-shirt, finisher's medal, and more! Contact: Raul Flores, racedayeventsinc@gmail.com
3/1/2014	Sat	9:00 AM	Haven's Wooded Trail 5k Run	T	Havens Park 2201 Ottawa St Leavenworth, KS 66048	Web	Tabor Medill Title: Recreation Program Superintendent Email: tmedill@firstcity.org Phone: 913-758-6648
3/1/2014	Sat	9:00 AM	PJ 5K Run/Walk	R	Colonial Presbyterian Church 12501 W. 137th St, OP, KS	Web	pj5krace@gmail.com
3/1/2014	Sat	8:30 AM	Diva Dash Manhattan	R	Blue Earth Plaza Manhattan, KS		Dina Myers Dina@kcrunningcompany.com 816-569-4508
3/2/2014	Sun	8:00 AM	12th Little Rock Marathon, and Half Marathon	R	Little Rock, AR	Web	Gina Marchese Pharis 501-918-5321 gmarchese@littlerock.org
3/8/2014	Sat	8:00 AM	Leprechaun Lane 5K & 10K	R	Lee's Summit, MO	Web	Brad McCleary 816-225-6911 Brad@BodiesPersonalTraining.com
3/8/2014	Sat	9:00 AM	24h Annual Shamrock Shuffle 5K Run	R	Lawrence, KS	Web	info@lawrencestpatriksdayparade.com
3/15/2014	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K Trail Run MARA GP (5k)	T	Shelter # 14 Wyandotte County Lake Park Kansas City, KS	Web	Inexpensive, challenging, FUN. Ben Holmes badbendr@yahoo.com 816-810-0440
3/15/2014	Sat	9:00 AM	Lucky 13.1 Half Marathon and 5K	R	RayPec High School 20801 School Rd Peculiar MO	Web	Cheapest Entry Fees in KC! Entry Fee includes T-Shirt, Age Group Awards, and Finisher Medals for the Half Marathon \$40 Half Marathon \$20 5K Contact Info: Jamin Swift, rohocc@yahoo.com , 816-318-3739
3/15/2014	Sat	8:00 AM	KC Big 12 5K Fun Run/ Walk	R	Power and Light District Kansas City, MO	Web	Sarah Dee: sdee@sportkc.org
3/15/2014	Sat	10:00 AM	36th Annual Westport St. Patrick's Day Run 4 Miles	R	Corner of Westport Rd. & Pennsylvania Ave Kansas City, MO	Web	http://www.stpatricksdays4milerun.com/

3/15/2014	Sat	8:00 AM	Wichita St. Patrick's Day Run 5K	R	Old Cowtown Museum Wichita, KS	Web	Karen Fitzgerald (316) 265-7178
3/16/2014	Sun	8:00 AM	Whiskey Run 5K Run/ Walk	R	Downtown Martin City 135th and Oak St. Kansas City, MO	Web	Brad Ziegler: brad@kcrunningcompany.com
3/23/2014	Sun	9:00 AM	God's Country Off-Road Duathlon Short and Long Courses 12th Annual	2	Lawrence River Trails Lawrence, Kansas	Web	Chris Locke 816.200.1273, multisportmarketing@gmail.com
3/23/2014	Sun	8:00 AM	Dust Bowl Series Marathon - Oklahoma & Half-Marathon	R	Guymon, OK USA	Web	Clint Burleson 575-382-8869 clint@mainlymarathons.com
3/24/2014	Mon	8:00 AM	Dust Bowl Series Marathon - Kansas & Half-Marathon	R	Ulysses, KS USA	Web	Clint Burleson 575-382-8869 clint@mainlymarathons.com
3/29/2014	Sat	8:30 AM	Diva Dash 5K Women's Run/Walk	R	Park Place 116th & Ash St. Leawood, KS	Web	Brad Ziegler: brad@kcrunningcompany.com
3/29/2014	Sat	6:00 AM	Prairie Spirit Trail 100 Mile & 50 Mile Ultra	T	Ottawa, KS	Web	Eric Steele RD@PrairieSpirit100.com 800-755-8012
3/29/2014	Sat	8:00 AM	Diva Dash 5K & Lil' Princess Girls Run	R	Park Place 116th and Ash St Leawood, KS	Web	Brad Ziegler KC Running Company 816-529-5860 bziegler1003@yahoo.com
3/29/2014	Sat	8:00 AM	Body First Wicked Marathon 26.2 miles	R	Wamego, KS	Web	Pat Melgares 785-313-2743, melgares@LetsGoRun.com
3/29/2014	Sat	8:00 AM	Pathways 5k	T	Wallace Park Paola, KS	Web	Inaugural event on a new trail system. Proceeds to be used for trail expansion Contact: mark.fuchs@sbcglobal.net
3/29/2014	Sat	9:00 AM	Run or Dye 5K	O	Kemper Arena Kansas City, MO	Web	
3/30/2014	Sun	8:00 AM	A2A Arbuckles to Ardmore Race for Mercy & Half Marathon, 5K	R	Ardmore, OK	Web	Alison Smalley 580-222-6829 alison@a2amarathon.com
3/30/2014	Sun	7:30 AM	Sam's Club Hogeye Marathon & Half Marathon 4-Person Relays, 5K	R	Fayetteville, AR	Web	Tabby Holmes racedirector@hogeyemarathon.com

APRIL 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!

4/5/14	Sat	8:00 AM	Jadon's Hope 5K Bug Run	R	Olathe, KS	Web	Amy Vrbán 913-523-4739 dascvrbán@sbcglobal.net
4/5/14	Sat	6:00 AM	Rockin' K Trail Run 50-Mile & Marathon	T	Kanopolis State Park Near Ellsworth, KS	Web	Stuart Ray 316-210-6333 rockinkrd@ksultrunners.org
4/5/14	Sat	9:00 AM	Eagle Egg 5K Run/Walk	R	Summit Christian Academy 1450 SW Jefferson Lee's	Web	Sarah Coats (816) 525-1480
4/5/14	Sat	8:30 AM (10-Mile) 8:35 AM (2- Mile)	Run for Life 10 mile 2 mile run/walk & 10 mile relay MARA GP (10-MILE)	R	Topeka, KS	Web	Contact: Dave Provorse dave.provorse@washburn.edu 785-670-1565
4/5/14	Sat	8:00 AM	Run for Mercy 5K/10K Run/Walk	R	Mill Valley High School Shawnee, KS Lenexa, KS	Web	Darcy Carlstedt 913-302-3145 darcyc@oceansofmercy.com
4/6/14	Sun	6:00 AM (solo) ***** Other (Relay)	Brew to Brew 44.4-Mile Relay & Solo	R/T	Boulevard Brewing	Web	A point-to-point 44.4 mile relay and solo run, consisting of 10 legs of about four miles each on Sunday April 6th, 2014. Relay teams may have from 2 to 10 persons. Special divisions for solo men and women, women's teams, 2 person teams, race walkers, and military personnel. Also a 22 mile six -eg special that ends in Linwood Kansas. Special meal with 2 mugs of beer available at the end of both runs. A charity event benefitting the Cystic Fibrosis Foundation & St. Jude's Hospital. Over \$60,000 raised last year. **** Questions? Contact Lou Joline, 816-679-8185 or ljoline@aol.com Contact: http://brewtobrew.com/contact
4/6/14	Sun	8:30 AM	Springfield Urban Warrior 12.4K Obstacle Adventure Race	O	Hammons Field Springfield, MO	Web	Tana Aguas 417-885-4594 taguas@deepgroup.com
4/12/14	Sat	7:30 AM (Half) 8:00 AM (5K)	Rock the Parkway 1/2-Marathon, 5K MARA GP (Half)	R	Burns and McDonnell 9400 Ward Parkway Kansas City, MO	Web	Brad Ziegler: Brad@rocktheparkway.com (913) 381-2553
4/12/14	Sat	7:00 AM	Eisenhower Marathon Half Marathon, 10K, 5K	R	Abilene, Ks	Web	June DeWeese 785-263-3474 eisenhowermarathon@yahoo.com
4/19/14	Sat	8:00 AM	Flights of Fancy 5k, 10K, 1.5	R	Lee's Summit	Web	Maria Brown fofrunwalk@gmail.com
4/19/14	Sat	9:00 AM	Royal Bunny Tracs 5K	R	NE Community Park Manhattan, KS	Web	Glenda Newkirk 785-776-9260 tracs4kids@gmail.com
4/19/14	Sat	8:00 AM	Together As One Run 5k, 1 mile 1/2 mile	T	English Landing Park Parkville, MO Just minutes from Downtown KC	Web	Flat, Scenic Course. Dan Morton: 816-813-3107 dmorton@together-as-one.org
4/19/14	Sat	8:30 AM	Easter Escapade 5K & 10K	R	Lee's Summit, MO	Web	Brad McCleary 816-225-6911 Brad@BodiesPersonalTraining.com
4/19/14	Sat	7:00 AM 8:00 AM	Free State Trail Run 100K, 40-Mile, Trail Marathon & Half 8th Annual	T	North Shore Trails Clinton State Park Lawrence, KS	Web	Loop course on rocky & hilly single-track trails. Amenities: Food, gels, water and sports drink at the manned aid stations. Post race meal, regular and vegan. Post-race showers will be available right next to the race finish area, this year. Nicely-designed, technical event shirts, a logo'd mug, & unique finisher's "hardware." The marathon, half, and 40-mile finishers get custom medals, and the 100-Km finishers get a custom-made pewter belt buckle. Camping and showers are available within the State Park. Contact: Ben Holmes badbends@yahoo.com, 816-810-0440
4/26/14	Sat	7:00 AM	Garmin Marathon Half, 6K, Kids Run Team Relay	R	Garmin International 1200 E. 151st St. Olathe, KS	Web	
4/26/14	Sat	8:00 AM	Lub Dub 5K/10K Run and Walk	R	Bothwell Regional Health Center Sedalia, MO	Web	

4/26/14	Sat	6:30 AM	FlatRock 101 101 Kilometers	T	Independence, KS	Web	Eric Steele RD@FlatRock101.com
4/26/14	Sat	7:30 & 8:15	Ozark Mountain Ridge Runners Frisco Railroad Run Marathon & 8k, 13.1, 26.2, 50M, 50K & 50K Relay	T	Willard Middle School gym 205 N. Miller Road Willard, MO	Web	Chris Revoir 417-343-1868 chrisbuilder@aol.com
4/27/14	Sat	7:45 AM	Trolley Run 4-Miler MARA GP (4M)	R	75th & Wornall Road Kansas City, MO	Web	Emily Lykens 816-841-2284 x2016 elykens@ccvi.org.
4/27/14	Sat	6:30 AM	Oklahoma City Memorial Marathon & Half-Marathon, 5P Marathon Relay, 5K Memorial Walk	R	Oklahoma City, OK	Web	Mollie Bennett 405-235-3313 help@okcmarathon.com

MAY 2014 This race schedule is a service of Mid-America Running Association. Support MARA and join today!

5/3/14	Sat	9:00 AM	Run NKC Schools 5K Run/Walk	R	TBA	Web	Jan Lewis jlewis1@nkcschools.org
5/3/14	Sat	8:00 AM	Corporate Challenge 5K Run/Walk	R	Burns & McDonnell 9300 Ward Parkway Kansas City, MO	Web	Katie Roder Katie.Roder@jocogov.org
5/3/14	Sat	8:00 AM	Independence Park Trot	R	Bass Pro Shops 18001 Bass Pro Drive Independence, MO	Web	
5/3/14	Sat	8:00 AM	Blue Devil 5k Run & Kids Trot	R	KCKCC Campus 7250 State Ave. Kansas City, KS	Web	Joe Mundt KCKCC Wellness & Fitness Center (913)288-7370 jmundt@kckcc.edu
5/3/14	Sat	8:30 AM	Purple Stride 5K Run/Walk Pacreatic Cancer Action Network	R	Theis Park Volker and Oak St. Kansas City, MO	Web	Lindsey McDonald lmcdonald@pancanvolunteer.org
5/4/14	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk	R	Corporate Woods 9401 Indian Creek Pkwy Bldg.#40 Overland Park, KS	Web	Kelly Klover 913-685-9630 outpacingmelanoma@gmail.com
5/4/14	Sun	8:00 AM	Buffalo Bell Stampede Half Marathon, 10K and 5k	R	Warren Middle School 3501 New Lawrence Rd Leavenworth, KS		LV CO Historical Society 913 682 7759 Buffalobellstampede@outlook.com
5/4/14	Sun	8:00 AM	Run for LITTLE hearts 10K/5K	R	Unity Village, MO	Web	CHD Babies 816-500-7419 Kelly@chdbabies.com
5/9/14	Fri	6:00 PM	Neon Rush 5K Run/Walk Benefiting Oakhill Day School	O	Oakhill Day School 7019 N Cherry Gladstone, MO		Rebecca DiGerlamo rebecca.digerlamo@oakhilldayschool.org
5/10/14	Sat	8:00 AM	Rock On! Lake Perry Trail Run 50K, Half, 5K	T	Perry Lake MTB Trails Branded B Ranch Meriden, KS (Between Lawrence & Topeka)	Web	Loop course on rocky, root-bound, and hilly trails. 100% single-track trails. Every hill is runnable. Time limit: 9 hours for 50K. All entrants get a technical tee. Big finisher medals for 50K and Half. Post-race food, beverages, & beer. Showers, camping, and lodging available. Ben Holmes, badbendr@yahoo.com
5/10/14	Sat	9:00 AM	Sophie's Run at Lake Waukomis 5k	R	Lake Waukomis MO Kansas City North	Web	Theresa Edwards 816-419-8836 tke147@gmail.com
5/10/14	Sat	7:30 AM	Running with the Cows Half	R	Queen of the Holy Rosary School 227th and Metcalf Bucyrus, KS	Web	Liz Meek: liz@mbmeek.com
5/17/14	Sat	8:00 AM	Merriam Turkey Creek 5K Run/Walk	R	Merriam Community Center Merriam, KS	Web	Dave Smothers daves@merriam.org
5/17/14	Sat	10:00 AM	Mom's Day Fun Run	R	Franklin Park Prairie Village	Web	Alicia Worley 913-534-8955
5/17/14	Sat	8:00 AM	Waldo Run 5K Run/Walk	R	Leavenworth, KS Landing 4 Theaters	Web	Christian Meadows waldorun@gmail.com
5/17/14	Sat	8:00 AM	The Coach John Chavez Memorial 5k Run and Walk	T	Krug Park 3500 St. Joseph Avenue St. Joseph, Missouri	Web	Online registration
5/17/14	Sat	6:30 AM	Berryman Trail Marathon/50 mile	T	Berryman Campground Potosi, MO	Web	David White 573-763-5035 slugrd@yahoo.com



Bob Schluben

Bob Schluben Completes 57 Marathons in 2013

Introduction By: Renee Kidwell

For those of you that haven't crossed paths or marathons with Bob Schluben, you may not have heard about his initial goal and ultimate incredible accomplishment in 2013.

Bob's story is amazing and inspiring in multiple ways. I started gathering information and hooked up to the website that Bob created in order to share his story and marathon updates. What is truly awesome about the original commitment of 52 marathons in 2013 was the underlying reason - to raise awareness for 2 special organizations - Sunflower House and the SAFE Fund - Surviving Spouse and Family Endowment Fund. With Bob's permission, I have taken a few clips and photos from his own writing and details to share a part of his achievement with you. With limited space in this MP issue - I encourage you to read all the details from Bob's notes, updates, race photos and more. Check out his website at www.BobSchluben.com.

My name is Bob Schluben, and I am a police officer for the City of Lenexa Kansas. I am currently assigned to the Patrol Division. I have been a police officer for the Lenexa Police Department since 2000. I was a police officer with the Merriam Kansas Police Department from 1990 to 2000. I have been a police officer for 23 years. In my law enforcement career I have also been a detective, a field training officer, a warrant officer, and a bicycle patrol officer. I was also assigned to the traffic unit for six years as the DUI enforcement officer. I am currently an instructor for standardized field sobriety testing, Drug Recognition Expert, and the Intoxilyzer 8000. I have a Master's Degree in Business Administration from the University of Kansas. I also have a Bachelor of General Studies Degree in Psychology and a Bachelor of Science Degree in Business Administration from the University of Kansas. I have been an avid runner for most of my adult life. I started out running 5K and 10K races. I decided that I wanted to run a marathon, and in October of 2009, I ran the Kansas City Marathon. I have been running marathons ever since. I ran 27 marathons in 2012.

I am going to run 52 marathons in 2013. I have committed to running a marathon a week for an entire year to raise awareness and funds for two great organizations: Sunflower House and the Surviving Spouse and Family Endowment Fund (SAFE). Sunflower House protects children in our community from physical and sexual abuse through education, advocacy, forensic, and medical services. SAFE exists to support the families of Law Enforcement Officers, Firefighters, and Emergency Service Personnel in the Kansas City Metropolitan area who have perished while protecting our community and our citizens. In an effort to help ease the pain felt by these suffering families, SAFE provides emotional and financial support.

Running 52 marathons in one year is a huge challenge. But the challenge is not just running. It is making the time to not only run each race, but to plan, schedule, and travel to and from the races. I am running these marathons while still working a full time job and spending time with my family. Here are some interesting statistics about my 2013 marathons:

Total marathons ran in 2013: 57

Total marathon miles ran in 2013: 1,498.2 mile

Total training miles ran in 2013: 181.1 miles

Total miles ran in 2013: 1,679.3 miles

Total miles driven to and from the marathons: 40,413 miles

Total miles flown to and from the marathons: 21,754 miles

Total miles traveled to and from the marathons: 62,167 miles

Number of vacation days taken at work to run marathons: 41

Number of days off that I worked, for time off to run marathons: 3

Number of nights spent away from home to run marathons: 80



Bob with son Kyle



**Bob at 2013
Psycho Wyc**

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

POWER UP YOUR DIET WITH VEGETABLES A-Z !!!

We often tell people to eat more vegetables and there is a good reason for this as there are numerous health benefits of vegetables, which are naturally low in calories & fat, as well as relatively low in carbohydrates and natural sugar. This makes veggies a very important part of our daily diets. A number of important vitamins and minerals, such as potassium, beta-carotene, iron, calcium, magnesium, Vitamins A, C, B-complex and K can be found in a wonderful selection of vegetables to suit just about all tastes. Vegetables also are packed with soluble and insoluble dietary fiber, which can reduce the risk of developing cardiovascular disease and some cancers, while helping to regulate digestion. Phytonutrients are also found in those yummy veggies. These nutrients are not considered to be immediately necessary to the human body, but have a number of benefits, such as disease protection, as evidenced in numerous dietary studies.

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- A** - Arugula, Asparagus
- B** - Broccoli, Brussel sprouts
- C** - Cabbage, Cucumber, cauliflower
- D** - Dasheen (a large, round root vegetable, that is starchy, somewhat like a potato)
- E** - Eggplant, Endive
- F** - Fennel, Fiddlehead ferns
- G** - Greens (for salad or cooking)
- H** - Horseradish root
- I** - Icicle or white radishes
- J** - Jicama
- K** - Kale, Kohlrabi (a member of the cabbage family that looks & tastes somewhat like a turnip)
- L** - Lettuce (various kinds to try, such as Romaine, Boston, Bibb, etc.)
- M** - Mushrooms, Mustard greens
- N** - Napa (Chinese) cabbage
- O** - Okra
- P** - Parsnips as well as peas & potatoes
- Q** - Quick and easy recipe for Cool as a Cumber Dip (see recipe with this article)
- R** - Radish, Radicchio, Red Cabbage
- S** - Spinach, Sweet potato, Shallots
- T** - Turnips, Tomato, Tomatillo (a member of the tomato family that has a paper-like husk – it is popular in Southwestern cooking, such as salads)
- U** - Undeniably good Snow Peas (great raw or in stir-fry)
- V** - Vegetable Stew
- W** - Watercress, Wax Beans (mix them with green beans for a neat color contrast)
- X** - "Xcellent" recipe for Sautéed Spinach (see below)
- Y** - Yams, Yucca Root (a root vegetable that can be a replacement for potatoes, it is easy to prepare and absorbs little oil, so it browns up nicely to make Yucca Chips)
- Z** - Zucchini (also a great vegetable that has so many different uses, try it raw, in salads, sautéed, stir-fried or grated in recipes)

Such studies also suggest that eating whole foods is considered more beneficial to the body rather than just consuming supplements or a lot of juices.

So, how can you get all these amazing benefits from such nice low-calorie foods? Aim for 5-7 servings of fresh vegetables per day with an emphasis on seasonal vegetables. Think of "eating the rainbow" as you try to bring a variety of vegetables and colorful foods into your diet. For example, orange and yellow colored vegetables are rich in Vitamin A & beta carotenes, while dark green veggies are a very good source of minerals and antioxidants, which help protect the body from oxidant stress and diseases, while helping the body to boost immunity. So, go for greens to stay fit and healthy! One way to vary your veggies is to pick from a large selection, eat them raw and cooked, such as steamed, sautéed, grilled, stir-fried or in any number of recipes. You can introduce yourself and your family to more vegetables by selecting a variety from A-Z – here are a few ideas to get you started.

Cool-As-A-Cucumber Dip

- 1 cup lowfat cottage cheese
- 1/2 medium cucumber, unpeeled, cut in pieces
- 4 radishes
- 2 scallions, including green tops
- 1 tablespoon freshly squeezed lemon or lime juice
- 1 teaspoon chopped fresh dill
- 1 teaspoon season salt
- Dash of hot pepper sauce
- In an electric blender or foodprocessor
- blend ingredients
- until smooth. Cover and chill.
- Serve with fresh cut-up vegetables.
- Makes about 1-1/2 cups.



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Saute'd Spinach and Garlic with sliced almonds

- 2 large bunches of spinach
- 1-2 Tbsp olive oil
- 3 cloves garlic
- Salt to taste
- Sliced almonds



Wash and cut stems of spinach off. Heat olive oil in skillet on medium heat. Add garlic and saute for about 1 min being careful not to burn. Add spinach, flip to coat evenly with olive oil. Cover pan and cook for 1 minute, flip spinach, cover, and cook for an additional minute. Sprinkle with salt and almonds - Serve and Enjoy!



"The greatest journeys always start with a single step."

This Fall, Go Girl Run Kansas City is moving to an all-new venue at PraireFire and ramping up the race to a spectacle never-before seen at an all-women's half marathon race: six inch finisher medals, New Balance tech shirts, etched wine glasses, a party atmosphere, and more memories than you can hope to count.

Don't wait. Join today.

 **2014**
GOGIRLRUN
— KANSAS CITY —
WOMEN'S HALF MARATHON & 5K
SEPT. 28, 2014

Online at **GOGIRLRUN.COM**



2013 Year-end awards presented to local racewalker Alan Poisner

After each calendar year, different organizations honor track and field or road running athletes with various awards. One of these is the Phidippides Award that is earned for long distance running. The description that is posted says:

“USATF, in cooperation with National Masters News and Hasty Awards would like to honor some of our most dedicated long distance runners. In order to commemorate the perseverance and fortitude of these athletes, we are now sponsoring the Phidippides Award, named after the famous Greek runner. The Phidippides awards are based on a runner’s total number of races, distances and established criteria.”

Veteran local racewalker Alan Poisner won this award for 2013 even though he did his racing by racewalking rather than running. He also won this award in 2010, 2011 and 2012. Another award that is promoted by the National Masters News is the All-American Award, open to all masters’ competitors. In order to earn this designation, athletes must perform in a road race, a track meet (track or field) or a racewalk and achieve a result that is 80% or better on the age-graded tables. For 2013, Alan won this designation for races at three different distances and this was published in the January 2014 issue of National Masters News: Track & Field ALL AMERICANS

ALAN POISNER * 1500m Race Walk – (9:19.59) / 5000m Race Walk - (34:02.78) / 10000m Race Walk (1:09:38.50)

Alan has won All-American status many times in recent years and this should become easier after October when he reaches a new age division (80-94).

Another award for 2013 was earned in a new series of races sponsored by the Ujena Racing club. They have been conducting races across the U.S. in their Double Road Race format, which is a 10K event followed a short time later (30-60 min) by a 5K race.. After many races in 2013 they ranked the winners based on age-grading and finishing times and gave prizes to the top finishers. Alan raced in Overland Park, KS on June 30, 2013 and took first place in his age division while being the only racewalker. At the end of the year, he received this message: “Congratulations! You have been awarded the 2013 Ujena Fit Club Elite Racing Top 100 medal. Ujena Fit Club members posted thousands of races they ran in 2013. 100 points were given to each race completed, 20 points for each mile raced and performance points if you placed in the top 500 of age-graded performances. You placed in the top 100!

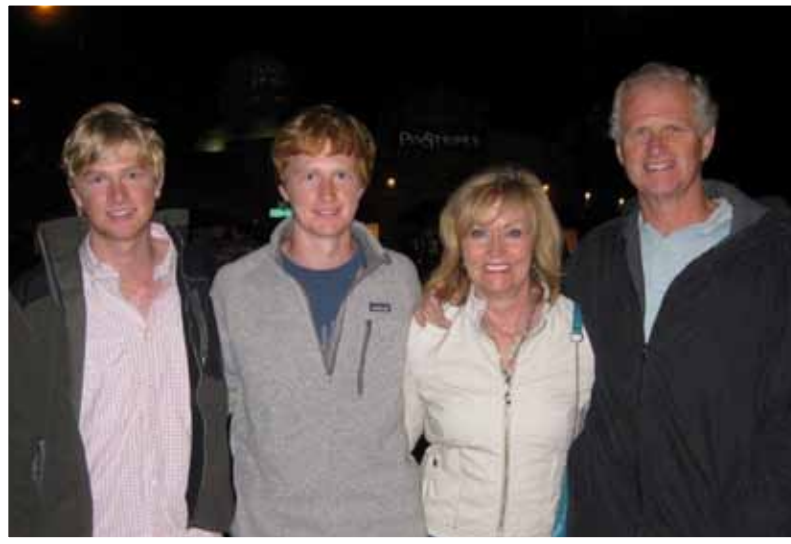
Racewalking in the Olympics is truly an endurance sport (currently 20K for men and women and 50K for men), Competition for Masters is frequently 10K or less. Alan has shown his endurance by continuing his 28-year journey of racewalking.

CONGRATULATIONS ALAN!!!!



"Have you ever felt worse after a run?"

- George Sheehan



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