

# Master Pieces



Magazine of Mid-America  
Running Association  
March - April 2015  
[www.mararunning.org](http://www.mararunning.org)

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March / April 2015

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

*Cover Photo: Michelle Andrew topping Urish Hill during the Topeka to Auburn Half-Marathon*

*Photo by:*

**Ben McCall**

**Run and Shoot Freelance Collective**



## **WINTER STRONG SPRING READY**

By: Renee Kidwell



**A**re you ready to finish this long Winter Marathon? Whew, what a difficult few months it has been for so much of our country. It will be so good to run in shorts again with the warm sun and blue sky beckoning us to go a few more miles today. Can't wait to be absorbed in listening to nature coming out for this year's Spring party. I do believe though, this past winter has made me a bit stronger, mentally and physically. When you obey the alarm clock's chimes on a very cold winter morning, pull on layers of clothing to get those early miles in before work, it makes you stronger. And, when the conditions were too bad, we often had those true strength training workouts in the gym or at home with a Kettle Bell. Some friends told me years ago that I could become a stronger, better runner if I incorporated more strength training. They were absolutely right! So, are you as ready as I am to say good-bye to the snow, ice, freezing rain, minus zero wind chills? I think we are all Spring ready and there's endless miles waiting for us to run, bike, walk, and hike. Check out the race calendar starting on page 19. No doubt you will find a few races that you are drawn to or those annual favorites just waiting for Spring to welcome us to their start line once again.

Wishing you a healthy, happy, rewarding Spring of Fun!

## **New MARA Members and Sustaining Memberships are listed on page 2**

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Have you seen the commercial for Celebrex, for arthritis? The tag line for the commercial is, “a body in motion tends to stay in motion”.

A person who is a testimony to that analogy is Mary Otte (pronounced Oh-tea). Mary turned 90 on January 31st. There was a party held for her at her favorite local establishment, The Daily Limit, in the Red Bridge Shopping Center.

The party started at 1:00PM in the afternoon and went until ??????. I could only be there for a little while as I had another engagement to attend. Mary was dancing up a storm almost the entire time I was there. This woman at 90 can still “cut a mean rug”. From what I heard after the party, Mary continued to party and dance long into the evening. At her party they were handing lapel buttons that had Mary’s picture on it for everyone to wear. The button said “90 is fine if you look 39”! She is my hero. This woman still runs 5Ks and sometimes even longer distances.

On those days when I am having a difficult time getting motivated to get out the door for my run, I think of Mary. And then I tell myself, if this 90 year old woman can still get out there and run, then I have no excuses at all. The next time you are having doubts about your next workout, just think of Mary out there at 90 years old and get your body in motion!

Of course with the frigid weather we have been having, I have had to do more indoor treadmill (or as Sandi Weston calls it, the dreadmill ) running! It is difficult to fathom that spring is only 30 days from now, because as I write this article is it 14 degrees. Darn groundhog saw his stupid shadow!

Wishing you happy and healthy running/walking.

*Karen*



## Sustaining MARA Members

<i>Anna &amp; John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, KS</i>
<i>Diane Bahr</i>	<i>Leavenworth, KS</i>
<i>Dee Boeck &amp; Gene Wee</i>	<i>Lawrence, KS</i>
<i>Dave Boone</i>	<i>Overland Park, KS</i>
<i>Mary Boyce &amp; Mary Desch</i>	<i>Wichita, KS</i>
<i>Herbert &amp; Janet Brown</i>	<i>Independence, MO</i>
<i>Susan Clayton</i>	<i>Loch Lloyd, MO</i>
<i>Charles &amp; Mary Haley</i>	<i>Kansas City, MO</i>
<i>Alan &amp; Robin Higley</i>	<i>Omaha, NE</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Home Team Inspection</i>	<i>Leawood, KS</i>
<i>Terry &amp; Keith Mann</i>	<i>Fairway, KS</i>
<i>Kent &amp; Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Marie Modglin,</i>	<i>Westwood, KS</i>
<i>Ann Nelson</i>	<i>Fairway, KS</i>
<i>Russ &amp; Rosalie Niemi</i>	<i>Wake Forest, NC</i>
<i>Howard Nies</i>	<i>Kansas City, KS</i>
<i>Karen &amp; Keith Raymer</i>	<i>Raymore, MO</i>
<i>Barb Rinne &amp; Family</i>	<i>Lee's Summit, MO</i>
<i>Gretchen &amp; Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Garth &amp; Nancy Smith</i>	<i>Overland Park, KS</i>
<i>Richard Stainbrook &amp; Family</i>	<i>Pomona, KS</i>
<i>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Sandra &amp; John Weston</i>	<i>Kansas City, MO</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene &amp; Marsha Wren</i>	<i>Shawnee Mission, KS</i>

**THANK YOU!!**



# Run Local. Give Local.



*Join us on Sunday, April 26 as a runner, walker, sponsor or volunteer!*



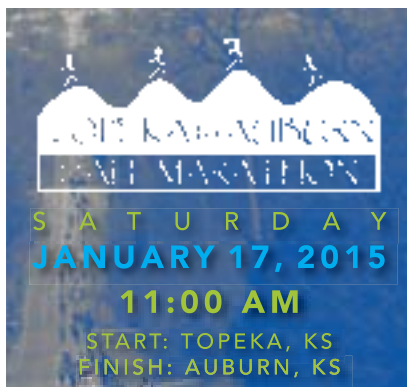
## Register Now! [trolleyrun.org](http://trolleyrun.org)

**CCVI Trolley Run** is one of the nation's largest four-mile time runs and the largest annual fundraiser for the Children's Center for the Visually Impaired, whose mission is to prepare young children who are blind or visually impaired, including those with multiple disabilities, to reach their highest potential in the sighted world. Learn more at [www.ccv.org](http://www.ccv.org).



Children's Center for the Visually Impaired





One of the region's most challenging half-marathon events thanks to its often bitterly cold and windy Kansas winter weather, the Topeka to Auburn Half Marathon takes runners from residential neighborhoods just outside the downtown area of the state's capitol to the more rural areas in the nearby city of Auburn, just to the southwest of Topeka.



Pre Race Pep Talk !



Gene Wee



It's a thumbs UP Day!



Bailey McCollum is ready to Run!



Over 300 Runners Ready at the Start Line



Jay O'Neill is ready to Go!



Matt Ledell / Chase Johnson on Course



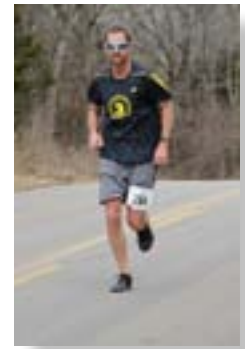
Bekah Phelps-Roper Staying Strong



Paul Wagner tops the Hill

Photos Provided By: Ben McCall \*Run and Shoot Freelance Collective





Oh... the Excitement of reaching the top of Urish Hill !!



**Kory Cool**  
1st Male  
1:13:42



**Ramsey McCarter**  
1st Female  
1:33:52



**Jacob Thomas**  
2nd Male  
1:16:24



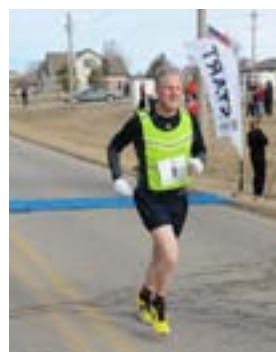
**Michelle Andrew**  
2nd Female  
1:35:10



**Brett Rinehart**  
3rd Male  
1:17:15



**Jaclyn Long**  
3rd Female  
1:37:03



**Mark Elliot**



**Post Race Food\*Fun\*Celebrations**



**Norma Weiser**



**Kelly Courtney**



**Lee Speirs**



**Photos Provided By: Ben McCall  
Run and Shoot Freelance Collective**

## Standings Thru Sweetheart Shuffle 5K

M (20-24)	Aaron Pope	10	F(20-24)	Ramsey McCarter	10
	Nathan Vogel	10		Rachael Norfleet 10	
	Tim Phelps	10		Ali Webb	10
M(25-29)	Kory Cool	10	F(25-29)	Bekah Phelps Roper	10
	T Bear Runner	10		Kathryn Brake	10
	Kevin Willis	10		Sarah Rapp	10
M(30-34)	Brett Reinhart	10	F(30-34)	Jaclyn Long	10
	Lee Dixon	10		Nicole Schile	10
	TC Wigger	10		Sarah Riney	10
M(35-39)	Jeremy Garrett	10	F(35-39)	Bobbie Luttjohann	10
	Shannon Springer	10		Maeluen Gruman	10
	Tim Kuebler	10		Jamie Collins	10
	Matt Johnson	10			
M(40-44)	Aaron Meek	10	F(40-44)	Michelle Andrew 10	
	Bob Hornung	10		Rachel Hoyer	10
	Greg Stein	10		Julie Stein	10
M(45-49)	Joe Heikes	10	F(45-49)	Rachelle Bartel	10
	Ken Moran	10		Candy Anerson	10
	David Marshall	10		Anna Marie Suarez	10
M(50-54)	Alan Haverkamp 10		F(50-54)	Kelly Cortney	10
	Rodney Pixler	10		Cheryl Parrett	10
	Mark Westfall	10		Dianne Schaefer 10	
M(55-59)	Jimmy Stanziola	18	F(55-59)	Virginia Harmer	10
	Keith Long	10		Diane Lambert	10
	Terry Seiter	10		Debra Thompson10	
M(60-64)	Don Fitzgerald	30	F(60-64)	Sandra Weston	16
	Jeffrey Elmer	10		Norma Weiser	10
				Sharon Costello	10
				Nancy Mueller	10
				Teresa Christenson	10
M(65-69)	Tim Wigger	20	F(65-69)	Donna Romans	28
	Jeff Behrens	14		Dee Boeck	10
	Greg Hartman	12			
	Tom Snook	10			
M(70-74)	Rick Hogan	10	F(70-74)	Mary Haley	28
	Eugene Wren	10		Susie Turner	10
	Ralph Johnson	10			
M(75-79)	Carl Vasant	20	F(75-79)	Ann Nelson	20
	Herb Brown	10		Carolyn Mitchell 10	
	Donald Hughes	8		Mary Murphy	8
M 80+	Lou Joline	28			
	Alan Poisner	10			
	Kent Mitchell	8			

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# 2015

## MARA Grand Prix Scoring System & Rules

### Mid-America Running Association

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- 1) Anyone running a MARA Grand Prix race at any point in the season and placing in the top five in their age group is a part of the circuit. Standings are updated and published online in Masterpieces magazine and on the MARA website ([www.mararunning.org](http://www.mararunning.org).) as the season progresses.
- 2) Active MARA membership must be in place by Dec. 1, 2015 to receive final recognition and awards at the Chili Run – no exceptions. (Membership is available online at the website.)
- 3) Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4) Scoring is five deep in each age group in all races as follows:
  - a. 10 points for 1st place
  - b. 8 points for 2nd place
  - c. 6 points for 3rd place
  - d. 4 points for 4th place
  - e. 2 points for 5th place
- 5) Best ten race scores will count, with 100 points the maximum score possible encouraging quality over quantity of races.
- 6) Circuit races range from 5K to Half Marathon. Road races are on USATF- certified courses.
- 7) Chip time will be used to determine place finish and award grand prix points.
- 8) In any race with more than one distance (such as both a 5K and 10K there will be only one designated MARA Grand Prix race.
- 9) When moving from one age group to another during the year, points can be scored in both age groups and will be added together and counted in the age group where the most points have been scored.
- 10) In the case of a tie, the winner will be determined by 1) head-to-head competition or 2) the 11th best race. If a tie still exists, the tie will remain.
- 11) Points must be scored in at least 3 MARA Grand Prix races to be eligible for Prizes.
- 12) Prizes will be awarded to the top five point- finishers at the MARA Chili Run the second Saturday in December. Everyone is invited to participate in the circuit and attend the Chili Run Festivities.
- 13) Thanks to MARA, Our Sponsors and Grand Prix Circuit Races who have contributed over \$27,000 in prizes over the last four seasons.





## 2015 Grand Prix Schedule (*dates subject to change*)

January 17	Topeka to Auburn Half
January 25	Groundhog 10K
February 7	Sweetheart Shuffle 5K
April 11	Rock the Parkway Half
April 26	Trolley Run 4 miler
May 25	Amy Thompson 8K
June 6	Hospital Hill Half
July 4	Lenexa Freedom 10K
July 11	Eudora Horse Thief 5K
August 8	Farmstead Challenge 5K
September 7	Leawood Labor Day 5K
September 13	Plaza 10K
October 17	KC Half Marathon
November 1	Cliffhanger 8K

### ***Race Point Totals:***

5K = 4  
 4 Miles = 1  
 8K = 2  
 10K = 3  
 Half Marathon = 4

## WOW Wellness Fest 5k

Get your running shoes ready for the WOW Wellness Fest 5k run/walk on Saturday, March 28th.

Check-in begins at 8:30 a.m. at the Eudora Police and Fire Station, and the race will take off at 9 a.m.

\$20 Early Registration

\$25 after March 11th

\$30 Running Parent and  
Child under 18

Kids, strollers, bikes and pets on leashes  
are all welcome.

People of all ages are able to take advantage of free information and activities (including free vision screening) following the race.

The health fair will be open from  
10 am-1 pm.

The 5k run/walk will be sponsored by the Eudora Lions Club. The money raised will be donated back to the Eudora Parks and Rec. for community equipment.

Register by calling

Audrey Bell - 785-230-2185

or register online at [active.com](http://active.com)

"search for wild over wellness fest"

Trudy Nepstad grew up in Aberdeen South Dakota and graduated from the University of South Dakota. She has lived in Kansas for the past 55 years, teaching in the Shawnee Mission schools for many years and later working for a company that markets institutional food. She has been a runner since 1953 when she joined David Virtue's Fit City training group. She has three sons and one daughter. Besides running and her hobby of traveling the world, she enjoys painting, reading and gardening. Trudy has written a very special feature about her latest adventure!

## ICELAND IN FEBRUARY!

*A must read on page 10*



# 2015 KCTC New Year's Day Run

JANUARY

FEBRUARY

MARCH

APRIL



W	T	F	S
4	5	6	7
11	12	13	14
18	19	20	21

M	T	W	T	F	S
1	2	3	4	5	6
8	9	10	11	12	13
15	16	17	18	19	20



S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

S	M	T	W	T	F	S
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			



F	S
3	4
10	11
17	18
24	25
31	

S	M	T	W	T	F	S
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29



F	S
2	3
9	10
16	17
23	24
30	31



Photos By: Dick Ross





**Volcanic Eruption**

## ICELAND IN FEBRUARY!

By Trudy Nepstad

Think about visiting Iceland in February! What a fascinating country, it has over 30 volcanos, lakes, mountains, waterfalls, pastures of horses and sheep, and friendly people. The population is 320,000 plus one million tourists! That's 3 visitors for each native! It is the size of Kentucky and the second largest island in Europe. The industries are fishing, raising sheep and tourism. It was settled by Vikings, mostly Norwegians, about 874 AD, and it got independence in 1944 from Denmark. Erik the Red, a native of Norway, grew up in Iceland. Exiled for manslaughter in 980, he founded a colony in Greenland which lasted over 20 years until it was ravaged by disease and died out. His second son, Lief Eriksson, is thought to be the first European to reach North America.

Iceland is a geologist's Nirvana, with interesting rocks, lava flows and volcanos. The Eurasian and North American tectonic plates did at one time meet, but are now several feet apart and moving further apart at the rate of 2 mm a year. The path between them is a UNESCO site and I hiked it. Iceland has it's utilities provided by geo-thermal energy, with zero pollution. Our group visited a huge plant that uses geo-thermal energy to generate electricity.

The rolling hills a peppered with small, shaggy but speedy horses. There has been a ban since 1250 AD against the import of other breeds to maintain the purity of these native horses.

The famous Blue Lagoon is a pond, about 1.25 acres in size, 4.5 feet deep, and full of salty blue water. It is 98 degrees warm, heated by underground springs and hot lava rocks. Our afternoon there was lots of fun.



Besides the array of seafood, burgers and pizzas, there are other interesting items on the menu: horse meat steak, fermented seal meat and sheep gonads. The local hot dogs are 100% lamb and there is a famous stand where Bill Clinton dined on one. Some treats that I brought home: dried salted codfish which one dips in melted butter, Icelandic black salt, and chocolate covered licorice. A young friend invited my roommate and me to his home for pancakes (paper-thin) with rhubarb preserves and coffee. Some interesting and laudable things about Icelandic society: the only army the nation has is the Salvation Army, the population is very open and welcoming to everyone (recently there was a lesbian Prime Minister). There is a summer program to woo 13 and 14 year olds away from computer games with a chance to earn and budget money. Expectant mothers are granted 9 months off work and the father is also granted 9 months. They can add their 4 to 6 weeks of vacation so that the new child is about 2 years old when both parents are back at work.

Boston is the city of departure if you are headed to Iceland. I had a lovely visit with a friend I had met on a trip to the Caucasus. Boston had too much snow this year to allow me much sight seeing, although I did get to the newly re-furbished Fogg Museum on the Harvard campus. On my return trip another nice evening in Boston with a friend from KU days. Leaving on Monday morning was a challenge, as 503 flights were canceled, mine included, along with more snow. But luckily, a brave Delta plane, heading west, had two seats available. It was another great trip, my 107th nation, but it is always good to get home.

(trudynepstad@gmail.com)



**Trudy standing on the gap between the Eurasian and North American Tectonic plates.**





**Dr. Robert Sindorf,  
DC, MS, ART**  
Elite Chiro Care  
Chiropractic-Rehab-Sports  
Therapy

### *Don't let Shin Splints slow you down*

If you are running and starting to develop shin splints you may need to strengthen your **tibialis anterior muscle**. This muscle is on the front of your shin. This is not always the culprit for shin splints but if you strengthen this muscle it can help to keep you from developing them or help to resolve them.



About 70% of all runners fall into the category of runners known as heel strikers. Which means when you are running the first part of your foot to touch the ground is your heel. When you run like this it is not uncommon to strain the tibialis anterior because this muscle has to work harder to hold your foot up so you can hit your heel on the ground, and it also has to work harder to help control your foot on the way down towards the ground.

If this muscle is not working correctly you may see runners who “slap” their foot on the ground as they run.

The following exercise is designed to help you strengthen the muscle on the front of the shin. Remember your running form is also important to help minimize this injury.

**This exercise is performed to strengthen  
the front part of the shin.**

### **Setup:**

1. Place a band around step or stack of books (make sure it is a stable base).
2. Place the band around the top of the foot (with your foot between the band and the step/books).
3. While maintaining heel contact, raise the forefoot and toes off the base.
4. Perform 30-50 reps/side/day.

### **Notes:**

1. Maintain a quick pace during exercise.
2. Be sure the base that band is on is stable.
3. Do not move the rest of your body.
4. It can be helpful to place some body weight on your bent knee to increase difficulty.

Stay safe and have fun,

Dr. Robert Sindorf, DC, MS, ART  
Elite Chiro Care  
Chiropractic-Rehab-Sports Therapy

913-499-1027  
[www.elitechirocare.com](http://www.elitechirocare.com)

7121 W. 95th St,  
Overland Park, KS 66212



May 16, 2015 • 8:00am • Merriam, KS

Register now at [www.sportkc.com](http://www.sportkc.com)



**May 16, 2015 • 8AM • Merriam, KS**

**INDIVIDUAL ENTRY**

\$25.00 Thru May 1st

\$30.00 After May 1st

\$35.00 After May 13th

**TEAMS OF 4**

\$80.00 Thru May 1st

\$90.00 After May 1st

\$100.00 After May 13th

**YOUTH SPRINT**

\$5.00 Thru May 1st

\$7.00 After May 1st

\$12.00 After May 13th

**CHIP TIMING & RESULTS • INDIVIDUAL FINISHER MEDALS**

AWARDS FOR OVERALL MALE & FEMALE 1ST, 2nd and 3rd PLACE FINISHERS IN EACH AGE GROUP. ALL PARTICIPANTS RECEIVE A FINISHERS MEDAL. THE FIRST 300 RUNNERS RECEIVE A DRAW STRING BAG.

REGISTER NOW AT  
[WWW.SPORTKC.ORG](http://WWW.SPORTKC.ORG)

Race held at the Irene B. French Community Center  
5701 Merriam Dr., Merriam, KS

For information call  
913.322.5550



May 16, 2015 • 8:00am • Merriam, KS

Register now at [www.sportkc.com](http://www.sportkc.com)





## Lou's Reminiscence

### The Joys of winter running

By Lou Joline

It was a tough assignment. David Virtue had invited me to speak at the weekly Big Miles meeting. The topic: *The Joys of Winter Running!* It would be a very short talk. Fortunately, I had a month in which to gather material. During that month, I kept an eye peeled for veteran winter runners. Whenever I saw the tell-tail signs (fingers and toes missing at the second joint, permanent snow blindness in one or both eyes), I took out my pad and recorded their thoughts. Here is what I came up with:

**Winter running builds memories!** What do the old men talk about as they sit all day on those benches outside the courthouse? They talk about their experiences in the Big War, they talk about the Great Depression, they talk about the hard times! If you missed out on the Bataan Death March, Agent Orange, and life in the Dust Bowl, what are you going to talk about when it's your time on those benches? What stories are you going to tell your grand kids as they gather round your rocker? Why, Winter Running Stories, of course! When there are no hard times to be had, you must create your own hard times!

**Winter running builds character!** I cannot read my notes on this item, so I am not sure whether winter running builds character, or builds characters. I think it is the former. I recall a February run with Frank Folbecker, Len Roth, and Jake Amberson. It was 28 degrees, windy, and pouring rain. Twelve miles of muddy roads lay ahead before we would reach breakfast at Mrs. "A's." Jake was wearing a two dollar clear plastic rain suit. Before we had gone a mile, Jake's suit began to crack along the seams as the plastic grew brittle in the cold. By mile eight, Jake's suit hung in such tatters that he tore off and discarded what was left. He was soaked to the skin, but he slogged on the final four miles. Frank and Len, being much stronger runners than Jake and I, were just finishing their order of hotcakes when we came stumbling in. Jake built so much character that day, that it took two weeks in bed to return him to normal.

**There are fewer dogs!** Dogs are softer nowadays; when the weather gets rough they stay inside and watch television. A dog that would normally chase us in July, is loath to show his fangs in February because the cold hurts his teeth.

**We get to strut our stuff!** You can store an entire June running outfit in the pocket of your car, and that includes the shoes. It takes winter to put on a fashion show. Tights, gloves, jackets, reflective vests: where would the running stores be if it were not for winter? And if our bodies are not like the ones featured in the *Sports Illustrated* calendar, we can at least create a reasonably close illusion with the help of our friends, Lycra and Spandex.

**The eyes of the blind are opened!** Ever wonder what lies at the end of that tantalizing driveway that disappears into the trees? Winter strips away the leaves and lets us see. Houses, barns, ponds, junk cars, and whatnot, once hidden by the leaves, are revealed to our inquiring eyes. Running routes that were claustrophobic and tunnel-like in the summer, open up to show all in the Fall.

**A first line of Defense!** When you take a tumble, and if you run in the winter, you surely will, there will be a layer of something between you and the pavement. You can return home looking like nothing happened, at least until you take off the tights and survey the damage.

**Company loves misery!** The worse it gets, the more we must band together. Now is when we really need the support of our friends at Big Miles, at HealthPlus, and at the Wednesday Night Run. If it were not for the socialization, we would never shove our shivering bodies out the door. That's why there are eighty runners turning out for the Blue Springs Winter Series.

**Separate the sheep from the goats!** Run past Mill Creek Park on a fine spring evening, and there will be so many persons on the jogging path that you will need to take a number to get on. Come February and only you remain. Now we see who the true runners are!

**Time to train!** There are so many races in the spring and fall, there is no time left to train. Finally December arrives and you can run on Saturday, because there is no 5K Race-to-Save-the-Aardvark on Sunday. And since you can't run fast dressed like a moving coat rack, you might as well run long.

**Nowhere but up!** Focus on this happy thought as you feel your cheeks and nose turning numb in the biting wind: it can't get any worse than this; from here on out, every day will be better!

**Promote your macho image!** Do we run in winter to prove how tough we are? Or, like the fellow who sits on hot radiators, do we do it because it feels so good when we stop?

**Run silent, run deep!** Last but not least of the joys of winter running, is the experience of running on new fallen snow. The silence is awesome, and there are only your footprints as you run noiselessly through a sparkling, newly minted world. Rare enough in our mild Missouri climate to never become commonplace, it is an experience that never comes to those who shirk our winters by moving to Florida. □

### Numbers not to call

Here are two numbers I have yet to call. One I copied off the rest room wall. It reads: "For a good time, call Lulu at 358-9300." The other is the number for Flybymoon Sporting Goods, found at the bottom of their ad in every issue of *Runners World*. Now, I pinch a penny as hard as the next guy, but I think you can do just as well at our local store as your friends do at Flybymoon:

1. As a track club member, you get at least 10% off every purchase.
2. You get to try on several pair and test them up and down the Mall. Those who do this with no intention of buying are stealing just as clearly as if the grabbed \$10 out of the cash drawer.
3. You get your stuff today, not in a week, and you know it fits.
4. You can often get last year's models for as little as \$29.
5. You get to deal with guys and gals who really run and bike, including two who are among the best in the nation.
6. If your shoes should fall, as one pair of mine have, you get quick satisfaction; no need to wrap them up, write a letter, and take them to the post office.
7. You can get the latest entry forms and free literature without feeling like a thief in the night.
8. You get the satisfaction of supporting dealers who back our events with merchandise prizes, back our local magazines with their advertising, and even organize and sponsor local events. Even if you saved five bucks on that last pair of shoes from Flybymoon, ask yourself, was it really worth it? Do you want to be thought of as a cheapskate who doesn't support local running? More to the point, do you want to be remembered as someone even cheaper than Lou Joline? □

### FOUND

A pair of mens Florsheim brown tassel loafers, size 9 1/2, with maroon socks, were left at the home of Ken and Margi Sells. These were left after the Wednesday night Thanksgiving run in 1991, one year ago. An examination of the shoes reveals that the owner slightly pronates, weighs about 165 pounds, earns over \$40,000 a year, runs the 10K in about 44 minutes, and has a good wardrobe. If this is you, you had better sneak quickly, as the shoes are headed for Good Will Industries. □



# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## *PUT A LITTLE MORE SPRING IN YOUR STEP WITH LIGHTER BAKED GOODS*

While many people I talk to lately really are attempting to be more mindful of their eating habits, most of us still have a bit of a sweet tooth. There are probably very few of us who wouldn't occasionally enjoy a cookie or muffin warm from the oven to finish off a balanced meal or snack. Certainly, most all foods can fit into a healthy way of eating if done so in moderation. Yes, we should be aware of, and try to control our intake of the simple carbohydrates and bad fats in our diets. Yet, it is my educated opinion that we certainly do not have to give up all the pleasures of eating. By modifying simple sugar and fat content and incorporating some basic healthy ingredients in recipes, we can still "have our cake", so to speak, to enjoy once in a while. To this end, baking at home doesn't necessarily have to take up lots of time. Simple recipes and small batches can often be put together in a relatively short amount of time. Plus, baking at home can certainly help us save money and, often more importantly, maintain control of the ingredients in a particular item. I recently ran across one of these recipes in a local newspaper and the others are from my files over the years.

**Enjoy!**



**FRESH APPLE MUFFINS**

3 large shredded wheat biscuits or 1-1/2 cup spoon size wheat biscuits, finely rolled      1-1/4 cup all-purpose flour  
1/4 cup firmly packed light brown sugar      1 Tbsp baking powder  
1/2 - 1 tsp. cinnamon (depending upon taste preference)  
3/4 cup chopped apple (1 med.)      2/3 cup nonfat or 1% milk  
1/4 cup margarine or butter, melted      1 egg  
In medium bowl, combine all dry ingredients. In another bowl, combine all other ingredients. Stir in flour mixture just until blended. Spoon batter into 12 muffin cups (coated with pan spray).

Bake at 375 degrees F for about 25 minutes or until done.



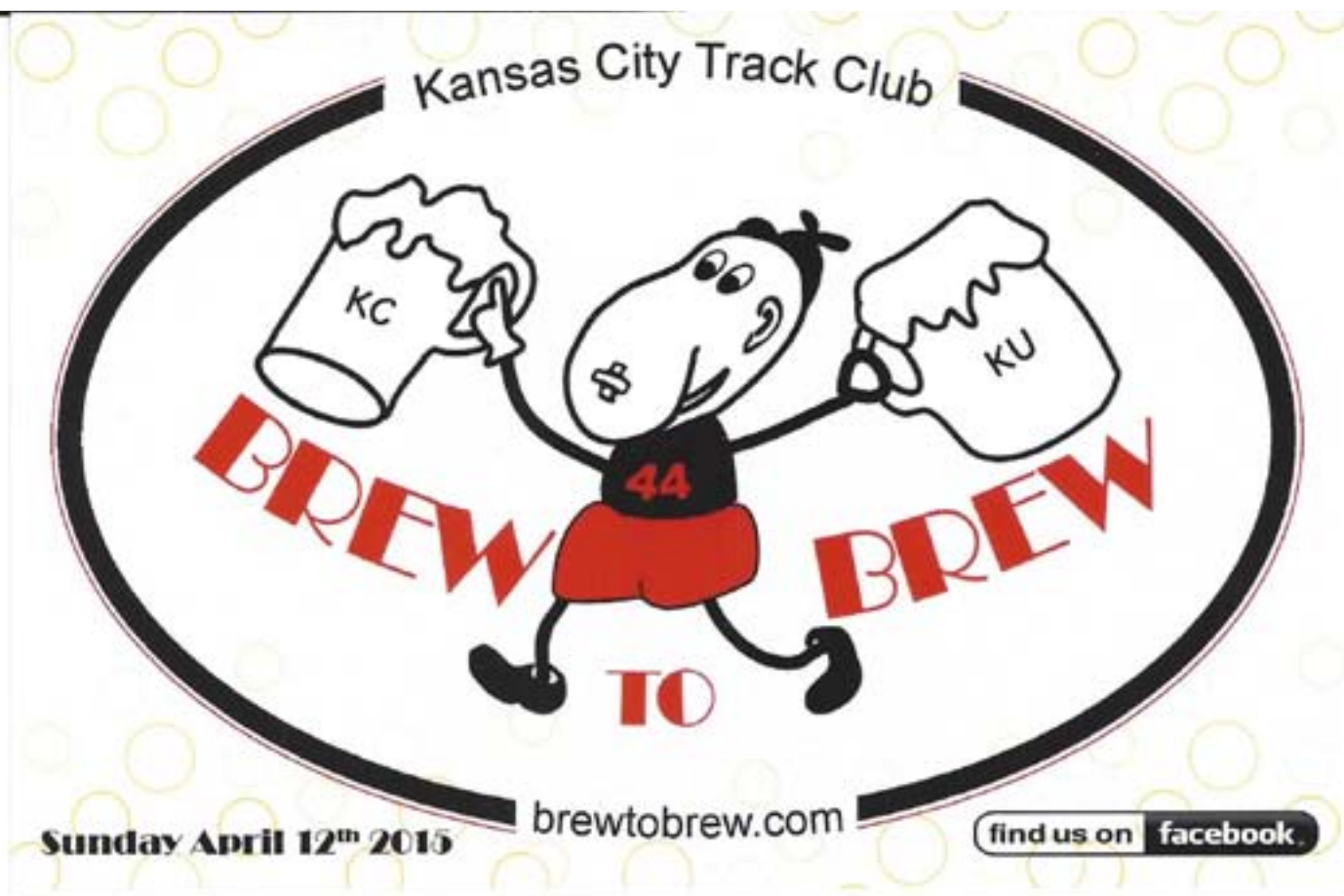
### **WHOLE WHEAT OATMEAL COOKIES**

1/2 cup margarine or butter      2 eggs  
1/2 cup brown sugar      1/2 cup granulated sugar  
1-1/2 cup whole wheat flour,      1 tsp. baking soda  
1/2 teaspoon salt      1/2 teaspoon ground nutmeg  
1 tsp. ground cinnamon,      2 cups rolled oats (dry)  
1/2 cup chopped nuts      1 cup raisins  
Cream margarine or butter with sugars until light and fluffy. Beat in eggs. Stir together flour, soda, salt and spices. Add to creamed mixture. Stir in oats, nuts and raisins. Drop by teaspoonfuls onto cookie sheet sprayed with pan coating spray. Bake at 350 degrees for 8-10 minutes.

### **LIGHT CARROT CUPCAKES**

1 cup all-purpose flour      1/4 cup canola oil  
1 cup whole wheat pastry flour      3/4 cup low-fat buttermilk  
1 teaspoon baking powder      2 teaspoons vanilla extract  
1 teaspoon baking soda      2 cups grated carrots  
2 teaspoons ground cinnamon      3 egg whites  
1/2 teaspoon salt      1 cup crushed pineapple in juice, drained  
1/2 cup raisins      1/4 cup chopped nuts, toasted  
Icing: 3 cups powdered sugar, 4 ounces Greek-yogurt cream cheese, softened,      1/2 teaspoon vanilla extract  
Heat oven to 350 degrees. Spray 24 muffin cups with nonstick cooking spray or use paper liners. Set aside. Combine the flours, baking powder, baking soda, salt and cinnamon, set aside. In a large bowl, lightly beat the egg whites with a fork. Add the oil, buttermilk, sugar and vanilla and beat to combine. Add the carrots, pineapple, raisins and nuts. Stir to thoroughly combine. Add the flour mixture and stir just until moistened. Fill the muffin cups 3/4 full. Bake for 15-18 minutes or until top of a cupcake springs back when you touch it lightly. Let cool. Make the icing by beating the powdered sugar into the softened cream cheese and vanilla until fluffy. Ice the cooled cupcakes.





**Kansas City Track Club  
presents  
Brew To Brew**



**Run from Boulevard Brewery to Free State Brewery**

**A point-to-point 44.4 mile relay or solo race consisting of 10 legs of about 4 miles each. Teams may have 2 to 10 runners. Can't get a large team together? Register for the Six Pack Special, a course of only 6 legs and approximately 26 miles that can easily be run solo or with a team of 2 to 6 runners ending with a party of it's own! Course includes pavement, dirt and gravel.**



**www.brewtobrew.com and follow us on Facebook!**

# MILE MOTIVATORS

"Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of a runner. He learns the harsh reality of his physical and spiritual limitations when he runs. He learns that personal commitment, sacrifice and determination are his only means to betterment. Runners get promoted only through self-conquest."

Noel Coward.

"Talk to me not of time and place; I owe I'm happy to the chase."

Shakespeare, Epistle to David Garrick, Esq.

"I like running because it's a challenge. If you run hard, there's the pain---and you've got to work your way through the pain. You know, lately it seems all you hear is 'Don't overdo it' and 'Don't push yourself.' Well, I think that's a lot of bull. If you push the human body, it will respond."

Bob Clarke, Philadelphia Flyers general manager, NHL Hall of Famer.

"The thinking must be done first, before the training begins." Peter Coe.

"The will to win means nothing without the will to prepare." Juma Ikangaa, Tanzania.

"Good things come slow---especially in distance running." Bill Dillinger, Oregon coach.

"Everyone is an athlete. The only difference is that some of us are in training, and some are not."  
Dr. George Sheehan.

"Relish the bad training runs. Without them it's difficult to recognize, much less appreciate, the good ones." Pat Teske

Someone reportedly asked Jack Daniels, coach of Div. III women's cross-country powerhouse Cortland State, about what kind of training was currently popular among distance runners. Daniels simply responded: "Overtraining."

"In my dictionary, the word 'overtrain' falls just a page away from the word 'overkill', defined as 'to obliterate with more nuclear force than required.' Consider the connection: If your target is top running performance, then to overtrain means to apply more force than is required to hit that target. In fact, overtraining may literally obliterate your target, or at least leave you without the will to pursue it." Jack Daniels.

"Any idiot can train himself into the ground; the trick is working in training to get gradually stronger."

Keith Brantly.

"Fear is the strongest driving force in competition. Not fear of one's opponent, but of the skill and high standard he represents; fear, too, of not acquitting oneself well. In the achievement of higher performances, of beating formidable rivals, the athlete defeats fear and conquers himself."  
Franz Stampfl, "Stampfl On Running."

"Have a dream, make a plan, go for it. You'll get there, I promise."

Zoe Koplowitz, Achilles Track Club member with multiple sclerosis, who required 24 hours on crutches but finished the 1993 New York City Marathon.



# MORE MILE MOTIVATORS

"Make your last thought before the start of a marathon: 'If I'm not worried that I'm running a little too slow in the first half, then I'm probably running too fast.'"

Jim Fortner

"Running hills breaks up your rhythm and forces your muscles to adapt to different stresses. The result? You become a stronger runner."

Eamonn Coughlin.

"Men, today we die a little."

Emil Zatopek, on the starting line for the Olympic Marathon.

"To describe the agony of a marathon to someone who has never run it is like trying to explain color to someone who was born blind."

Jerome Drayton.

"Why couldn't Pheidippides have died here?"

Frank Shorter's comment to Kenny Moore at the 16-mile mark in one of Shorter's first marathons.

"For optimum progress and peak performance, practice the three P's of running: Patience, Perseverance and a Plan."

Jim Fortner

"Mind is everything: muscle---pieces of rubber. All that I am, I am because of my mind."

Paavo Nurmi.

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

Ken Doherty

"In my 1976 Training Diary there is a photo of Jack Nicholson from 'One Flew Over the Cuckoo's Nest.' It's a facial shot of him trying to pull out the drinking trough and use it to smash one of the barred windows to escape. One of the other patients said: 'Don't be stupid, you can't do that.' Jack replied, 'Yes I can, anything is possible.' He strained his guts out working at it for a few minutes with the veins sticking out of his neck. Of course he couldn't move the bloody thing. They all said: 'We told you that you couldn't do it.' Nicholson looked at them and said: 'At least I tried, you bastards.' To me that summarizes what I think about life."

Chris Wardlaw, 2:11 Australian marathoner.

"Mental will is a muscle that needs exercise, just like the muscles of the body."

Lynn Jennings.

"To keep from decaying, to be a winner, the athlete must accept pain----not only accept it, but look for it, live with it, learn not to fear it."

Dr. George Sheehan.

"Great is victory, but the friendship of all is greater."

Emil Zatopek.

"There is no finish line"

Nike advertising slogan.

Most of the quotes came from "The Quotable Runner", compiled and edited by Mark Will-Weber.

# Blanca Ramirez, 12, To Set Record: 7 Marathons In 7 Continents

BY KELLY CARRION

One 12-year-old Latina from California is busy running around the world - literally - pursuing her dream of becoming the youngest female runner to complete seven marathons in seven different continents.

Blanca Ramirez, of La Puente, California will complete her record on February 15, after running a marathon in Antarctica.

"I came to my dad with the idea of doing this two years ago after running in Disneyland. He thought I was crazy, but after a while he let me because he thought I could do it. So, I'm doing it," said the 7th grader to NBC News.

Dimas Ramirez recalls his youngest daughter asking him to complete this world record and thought she was just joking around at first.

"It seemed like it was something impossible," said the proud dad, who is a California native of Mexican (from Guadalajara) descent. "I told her to prove to me she could run a marathon. She ran a 5K, then a 10K and a half marathon and then I let her do the Los Angeles Marathon," he said.

This is where her journey started. Blanca has run in Rwanda, New Zealand Paraguay, China, and most recently her sixth marathon was in Paris, France.

She said her most memorable and most challenging race was in New Zealand.

"New Zealand was the most challenging because there were a lot of mountains and hills to run up and down on," she said.

Her upcoming run comes with different challenges. "Keeping warm is going to be hard. I hate the cold," she said. Dad will be running along her side in about 30 degree weather, an average temperature for summers in Antarctica.

Blanca said the thing she is most excited about after finishing the race is to get to go back home to her bed and rest.

All the travel and race costs have been self-funded by the Ramirez family.

"We've had to cut back on some things along the way," said Dimas Ramirez, who works in real estate. "But, I didn't want money to be an obstacle for her not to pursue her dream."

He said that he has seen growth in his daughter's confidence aside from her newly formed athleticism. "

This California girl is not only running to complete a world record. As she states in her Team Blanca web page, she also hopes to bring awareness to one organization, Operation Smile, a non-profit that provides free surgeries to repair, cleft palate and other facial deformities for children around the globe.

"I want to see every kid smile," she said.

After completing the marathon and returning to the states, Blanca will go back to school and her normal routine. But, she does have a new goal in mind, running a marathon in all 50 states.

*First published February 13th 2015*

**Kelly Carrion** is a freelance journalist who covers news, education, immigration, pop culture and Latino community news. She is a May 2014 Boston University graduate and a former intern for NBC News.



Blanca Ramirez, 12, of La Puente, California, wants to beat the record and become the first girl to run marathons on all 7 continents.

## 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](mailto: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.

**MARA GP** indicates a MARA Grand Prix event with GP distance for multiple races.

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.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
<b>March 2016</b>					
Mar 1	Sun	8:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	<a href="http://www.littlerockmarathon.com/marathon/">www.littlerockmarathon.com/marathon/</a>
Mar 1	Sun	9:00 AM	Great Plains 10K	Kemper Arena Kansas City, MO	<a href="http://www.greatplains10k.com/">www.greatplains10k.com/</a>
Mar 7	Sat	7:00 AM	Crossfirst Bank PJ5K Run/Walk	Colonial Presbyterian Church Overland Park, KS	<a href="http://www.runnersworld.com/race/DFE35E70-11E1-49B8-A10F-2B7FE7E23209/2nd-annual-crossfirst-bank-pj5k-runwalk">www.runnersworld.com/race/DFE35E70-11E1-49B8-A10F-2B7FE7E23209/2nd-annual-crossfirst-bank-pj5k-runwalk</a>
Mar 7	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	<a href="http://www.bodieshealthandfitness.com/races/leprechaun-lane-5k-10k-run-bodies-holiday-run/">www.bodieshealthandfitness.com/races/leprechaun-lane-5k-10k-run-bodies-holiday-run/</a>
Mar 7	Sat	8:30 AM	Truffle Shuffle 5K Family Fun Run / Walk	Johnson County Community College Overland Park, KS	<a href="http://www.enter2run.com/Search/event.aspx?id=30696">www.enter2run.com/Search/event.aspx?id=30696</a>
Mar 7	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's 401 N. 2nd Street Lawrence, KS	<a href="http://lawrencestpatricksdayparade.com/5Krun.html">http://lawrencestpatricksdayparade.com/5Krun.html</a>
Mar 14	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	<a href="http://www.wichitastpats5k.com/">http://www.wichitastpats5k.com/</a>
Mar 14	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Shelter # 14 Kansas City, KS	<a href="http://www.psychowico.com/id99.html">http://www.psychowico.com/id99.html</a>
Mar 14	Sat	10:00 AM	Kansas City Big 12 Run - 5K & 12K	Sprint Center Kansas City, KS	<a href="http://kcbig12run.com/">http://kcbig12run.com/</a>
Mar 14	Sat	10:00 AM	St. Patrick's Day Road Races 10K & 2 Mile	Aggieville Manhattan, KS	<a href="http://www.manhattanrunningco.com/event/37th-annual-st-patricks-day-road-races/?instance_id=960#.VMK2uXYr6ym">www.manhattanrunningco.com/event/37th-annual-st-patricks-day-road-races/?instance_id=960#.VMK2uXYr6ym</a>
Mar 14	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Corner of Westport Road & Pennsylvania Ave. Kansas City, MO	<a href="http://www.stpatricksday4milerun.com/">http://www.stpatricksday4milerun.com/</a>
Mar 14	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School 20801 School Rd Peculiar, MO	<a href="http://www.raypec.k12.mo.us/index.aspx?NID=560">http://www.raypec.k12.mo.us/index.aspx?NID=560</a>
Mar 15	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	<a href="http://www.kcrunningco.wix.com/whiskey-run-5k">www.kcrunningco.wix.com/whiskey-run-5k</a>
Mar 21	Sat	8:00 AM	Missouri Race Series 10K & 10 Miles	Arrowhead Stadium Kansas City, MO	<a href="http://www.sunflowerstriders.org/events/2015/31st-annual-journey-for-sight-5k-10k-5k-walk">http://www.sunflowerstriders.org/events/2015/31st-annual-journey-for-sight-5k-10k-5k-walk</a>
Mar 21	Sat	8:00 AM	Journey for Sight 5K/10K Run & 5K Run/Walk	Topeka Regional AirportTopeka, KS	<a href="http://www.missouriraceseries.com/#!kansas-city/croo">http://www.missouriraceseries.com/#!kansas-city/croo</a>
Mar 22	Sun	3:00 PM	Runnin' in the Rough 5K Run & 2.5K Run/Walk	Manhattan Country Club Manhattan, KS	<a href="http://www.themanhattancountryclub.com">www.themanhattancountryclub.com</a>
Mar 28	Sat	7:30 AM	Wicked Marathon & Half Marathon	Wamego, KS	<a href="http://www.bodyfirst.com/wicked.html">http://www.bodyfirst.com/wicked.html</a>
Mar 28	Sat	7:30 AM	Diva Dash 5K and Girls Run	Corporate Woods Overland Park, KS	<a href="http://www.divadash5k.com">www.divadash5k.com</a>
Mar 28	Sat	8:00 AM	Barefoot Bunny 5K	EBC 10100 Metcalf Ave. Overland Park, KS	<a href="http://www.runsignup.com/Race/KS/OverlandPark/BarefootBunny5K?">www.runsignup.com/Race/KS/OverlandPark/BarefootBunny5K?</a>
Mar 28	Sat	8:00 AM	Easter Escapade 5K & 10K Run	Lee's Summit, MO	<a href="http://www.bodieshealthandfitness.com/races/easter-escapade-5k-10k-run-bodies-holiday-run">www.bodieshealthandfitness.com/races/easter-escapade-5k-10k-run-bodies-holiday-run</a>



Mar 28	Sat	8:00 AM	Pathways 5K	Wallace Park Paola, KS	<a href="http://www.paolapathways.org">www.paolapathways.org</a>
Mar 28	Sat	8:00 AM	Ability 5K Run, Walk, Roll	Swope Park Kansas City, MO	<a href="http://www.enter2run.com/Search/event.aspx?id=30916">www.enter2run.com/Search/event.aspx?id=30916</a>
Mar 28	Sat	8:30 AM	April Fool's Run around the Augusta Lake	Downtown Augusta, KS	<a href="http://www.downtownaugustainc.com">www.downtownaugustainc.com</a>
<b>April 2015</b>					
Apr 4	Sat	8:00 AM	Easter Egg 5K	South Creek Office Park Overland Park, KS	<a href="http://www.easteregg5k.com">www.easteregg5k.com</a>
Apr 4	Sat	9:00 AM	Funny Bunny 5K & Autism Egg Hunt	Unity Village Lee's Summit, MO	<a href="http://www.facebook.com/events/1501199966781453/">www.facebook.com/events/1501199966781453/</a>
Apr 11	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	<a href="http://www.eisenhowermarathon.com">www.eisenhowermarathon.com</a>
Apr 11	Sat	7:30 AM	Rock the Parkway Half Marathon and 5K MARA GP (H)	Ward Parkway Kansas City, MO	<a href="http://www.rocktheparkway.com">www.rocktheparkway.com</a>
Apr 11	Sat	8:00 AM	Jadon's Hope Bug Run	Rolling Ridge Elementary Olathe, KS	<a href="http://www.jadonshope.org">www.jadonshope.org</a>
Apr 12	Sun	6:00 AM	Brew to Brew	Boulevard Brewery Kansas City, MO	<a href="http://www.brewtobrew.com/">www.brewtobrew.com/</a>
Apr 18	Sat	6:00 AM	Garmin Marathon in the Land of Oz Full, Half and 5K	Garmin Headquarters Olathe, KS	<a href="http://www.ozrun.org">www.ozrun.org</a>
Apr 18	Sat	8:00 AM	Eagle Egg 5K Run/Walk	Summitt Christian Academy Lee's Summit, MO	<a href="http://www.sca-eagleegg5k.com">www.sca-eagleegg5k.com</a>
Apr 18	Sat	8:00 AM	Great Plains 10K	Downtown Wichita, KS	<a href="http://www.greatplains10k.com">www.greatplains10k.com</a>
Apr 18	Sat	8:00 AM	Free State Trail Runs 100K, 40M, Marathon, Half Marathon	Clinton Lake State Park Lawrence, KS	<a href="http://www.psychowyc.com/id1.html">www.psychowyc.com/id1.html</a>
Apr 18	Sat	9:00 AM	Bridge2Bridge 5K	Downtown Topeka, KS	<a href="https://www.facebook.com/pages/Bridge2Bridge-5k-Run-and-Walk-Downtown-Topeka/348793341925840">https://www.facebook.com/pages/Bridge2Bridge-5k-Run-and-Walk-Downtown-Topeka/348793341925840</a>
Apr 19	Sun	9:00 AM	Spring Migration Triathlon	Emporia State University Emporia, KS	<a href="http://www.rohopublishing.com/tri.html">www.rohopublishing.com/tri.html</a>
Apr 25	Sat	7:30 AM	That 80's Run 10K & 5K	St. Charles Community College Cottleville, MO	<a href="http://www.stchas.edu/events/run/">www.stchas.edu/events/run/</a>
Apr 25	Sat	8:00 AM	Bands on the Run 5K	Clinton Parkway & Kasold Drive Lawrence, KS	<a href="http://www.eisenhowermarathon.com">www.eisenhowermarathon.com</a>
Apr 25	Sat	8:00 AM	Luv Dub Run 10K/5K Run/Walk	Bothwell Regional Health Center Sedalia, MO	<a href="http://www.brhc.org/foundation_lubdub.html">www.brhc.org/foundation_lubdub.html</a>
Apr 25	Sat	8:00 AM	Atlas Race Obstacle Course	Clinton State Park Lawrence, KS	<a href="http://www.AtlasRace.com">www.AtlasRace.com</a>
Apr 25	Sat	8:00 AM	Stride for Life 5K	Pierson County Park Kansas City, KS	<a href="mailto:jroyal@7th-streetcasino.com">jroyal@7th-streetcasino.com</a>
Apr 25	Sat	8:00 AM	Run for 1 5K	Theater in the Park Shawnee, KS	<a href="http://www.enter2run.com/Search/event.aspx?id=30122">www.enter2run.com/Search/event.aspx?id=30122</a>
Apr 25	Sat	10:00 AM	Speedy Spoofoound 5K Run/Walk and Kid's Fun Run	Eugene Field Elementary School Maryville, MO	<a href="http://www.efes.maryville.k12.mo.us/speedy-spoofhound-5k">www.efes.maryville.k12.mo.us/speedy-spoofhound-5k</a>
Apr 26	Sun	6:30 AM	Oklahoma City Memorial Marathon Full, Half, Relay, 5K, Kids	Oklahoma City, OK	<a href="http://www.okcmarathon.com">www.okcmarathon.com</a>
Apr 26	Sun	7:45 AM	Trolley Run 4 Mile Run/Walk MARA GP	75 <sup>th</sup> and Wornall Kansas City, MO	<a href="http://www.trolleyrun.org">www.trolleyrun.org</a>

Apr 26	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	<a href="http://www.queens5kromp.com">www.queens5kromp.com</a>
Apr 26	Sun	8:30 AM	Miles for Meals	Zona Rosa Kansas City, MO	<a href="http://pssi.platteseniors.org/content/?id=46">http://pssi.platteseniors.org/content/?id=46</a>
<b>May 2015</b>					
May 2	Sat	7:00 AM	Race4 Domestic Violence Prevention 5K	Wyandotte County Park 901 N 126th St, Kansas City, KS	<a href="http://events.r20.constantcontact.com/register/eventReg?oeidk=a07ea6kskus68327d19&amp;oseq=&amp;c=&amp;ch=">events.r20.constantcontact.com/register/eventReg?oeidk=a07ea6kskus68327d19&amp;oseq=&amp;c=&amp;ch=</a>
May 2	Sat	8:00 AM	Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	<a href="http://www.olatherunningclub.com/heart-and-sole-5k10k">www.olatherunningclub.com/heart-and-sole-5k10k</a>
May 2	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Lone Elm Park Olathe, KSs	<a href="http://www.angeldayrunwalk.com/Race_Info.htm">www.angeldayrunwalk.com/Race_Info.htm</a>
May 2	Sat	8:00 AM	Shoreline Shuffle 5K	Clinton State Park Lawrence, KS	<a href="http://www.lawrencetrailhawks.com/races/2015/may/02/shoreline-shuffle-5k-seventh-annual">www.lawrencetrailhawks.com/races/2015/may/02/shoreline-shuffle-5k-seventh-annual</a>
May 2	Sat	8:00 AM	Independence Park Trot 5K	Independence Park Independence, MO	<a href="http://www.independenceparktrot.com">www.independenceparktrot.com</a>
May 2	Sat	8:00 AM	Blue Devil 5K & Kids Trot	KCK Community College Kansas City, KS	<a href="http://www.kckcc.edu/wfc">www.kckcc.edu/wfc</a>
May 2	Sat	8:30 AM	PurpleStride 5K	Frank A Theis Park Kansas City, MO	<a href="http://www.kintera.org/fat/home/ccp.asp?ievent=1125897&amp;ccp=660091">http://www.kintera.org/fat/home/ccp.asp?ievent=1125897&amp;ccp=660091</a>
May 2	Sat	8:30 AM	iBelieveKC Duathlon	Liberthy Communithy Center Liberty, MO	<a href="http://www.ibelievekc.com">www.ibelievekc.com</a>
May 2	Sat	9:00 AM	Cinco de Mayo 5-Qué	Guadalupe Center Kansas City, MO	<a href="http://cincomayo5que.com">cincomayo5que.com</a>
May 3	Sun	7:00 AM	Lincoln Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	<a href="http://www.lincolnmarathon.org/">www.lincolnmarathon.org/</a>
May 3	Sun	8:00 AM	Buffalo Bell Stampede Half Marathon, 10Km 5K	Warren Middle School Leavenworth, KS	<a href="http://www.leavenworthhistory.org/Buffalo_Bell/index.html">www.leavenworthhistory.org/Buffalo_Bell/index.html</a>
May 3	Sun	8:00 AM	Run for LITTLE Hearts 5K/10K	Unity Village Unity Village, MO	<a href="http://runforlittlehearts.com/event-details">runforlittlehearts.com/event-details</a>
May 3	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	<a href="http://outpacingmelanoma.org">outpacingmelanoma.org</a>
May 3	Sun	8:00 AM	Run for Ronald 5K Run/Walk	Lake Shawnee Topeka, KS	<a href="http://www.sunflowerstriders.org/events/2015/5th-annual-run-for-ronald-5k-walk-and-run">http://www.sunflowerstriders.org/events/2015/5th-annual-run-for-ronald-5k-walk-and-run</a>
May 9	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	<a href="http://www.runningwiththecows.com">www.runningwiththecows.com</a>
May 9	Sat	9:00 AM	Hillcrest Hawaii 5K	Zona Rosa Kansas City, MO	<a href="http://www.hillcrestkc.org">www.hillcrestkc.org</a>
May 9	Sat	8:00 AM	Rock on Lake Perry 50K, Half Marathon, 5K	Branded B Ranch Meriden, KS	<a href="http://www.psychowyc.com/lakeperrytrailruns/id3.html">www.psychowyc.com/lakeperrytrailruns/id3.html</a>
May 9	Sat	9:00 AM	Granny 5K Fun Run	Edgewood Manor Raytown, MO	<a href="mailto:bj@bjthedi.com">bj@bjthedi.com</a>
May 10	Sun	7:30 AM	HP3 Duathlon 5K & 10K	Heritage Park Olathe, KS	<a href="http://www.icprd.com/special_events/hp_duathlon.cfm">www.icprd.com/special_events/hp_duathlon.cfm</a>
May 10	Sun	8:00 AM	Mothers' Day 5K	Corporate Woods Overland Park, KS	<a href="http://mothersdayrun.com">mothersdayrun.com</a>
May 16	Sat	7:30 AM	SCOUT Strong Challenge Half Marathon & 5K	Sporting Park Kansas City, KS	<a href="http://www.scoutstrongchallenge.com/">www.scoutstrongchallenge.com/</a>
May 16	Sat	7:30 AM	KC Northland Race for Hope Half Marathon, 5K Run/Walk	Gold's Gym 8260 N. Ditzler Ave. Kansas City, MO	<a href="http://www.raceforhopekc.com">www.raceforhopekc.com</a>

May 16	Sat	8:00 AM	Memorial Day March 5K & 10K	Grain Valley, MO	<a href="http://bodieshealthandfitness.com/races/2716-2">bodieshealthandfitness.com/races/2716-2</a>
May 16	Sat	8:00 AM	Grub Run	Northland Abundant Life Center Kansas City, MO	<a href="mailto:grubrun@yahoo.com">grubrun@yahoo.com</a>
May 16	Sat	9:00 AM	ISD: Run for Your Life Family 5k Run and Walk	Independence, MO	<a href="mailto:harrisonlara97@gmail.com">harrisonlara97@gmail.com</a>
May 16	Sat	9:00 AM	Panther Scamper 5K	Oakhill Day School 7019 North Cherry Street Gladstone, MO	<a href="http://www.oakhilldayschool.org">www.oakhilldayschool.org</a>
May 16	Sat	7:30 AM	Scout Strong Challenge Half Marathon & 5K	Sporting Park Kansas City, KS	<a href="http://www.scoutstrongchallenge.com">www.scoutstrongchallenge.com</a>
May 16	Sat	8:00 AM	Turkey Creek Festival 5K	Irene B French Community Center Merriam, KS	<a href="http://www.merriam.org/park">www.merriam.org/park</a>
May 17	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	<a href="http://www.kansascitytriathlon.com/">www.kansascitytriathlon.com/</a>
May 17	Sun	8:00 AM	MGA Triple Crown Showdown - 5K	Towne Center Leawood, KS	<a href="http://bauerjones.com/mga5k">bauerjones.com/mga5k</a>
May 17	Sun	8:00 AM	Triumph Over Tragedy 5K	Garmin Headquarters Olathe, KS	<a href="http://www.killscholarshipfund.org">www.killscholarshipfund.org</a>
May 17	Sun	8:00 AM	Girls on the Run 5K	Corporate Woods Overland Park, KS	<a href="http://www.gotrkc.org/race/224-2015-spring-5k">www.gotrkc.org/race/224-2015-spring-5k</a>
May 23	Mon	8:00 AM	Amy Thompson Run - 8K & 5K	Loose Park Pavilion Kansas City, MO	<a href="http://www.amythompsonrun.org/index.php">www.amythompsonrun.org/index.php</a>
May 23	Mon	9:00 AM	Chief 5K Run/Walk Finish on the 50	Arrowhead Stadium Kansas City, MO	<a href="http://www.kcchiefs.com/community/Chiefs5K.html">http://www.kcchiefs.com/community/Chiefs5K.html</a>
May 25	SAT	7:00 AM	Bill Snyder High Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	<a href="http://www.billsnyderhighwayhalf.com/registration/">http://www.billsnyderhighwayhalf.com/registration/</a>
May 25	Mon	8:00 AM	Home Run 5K	Lawrence, KS	<a href="http://lawrencefamilypromise.org/upcoming-events">lawrencefamilypromise.org/upcoming-events</a>
May 30	Sat	7:00 AM	Superhero Diabetes Dash 5K & Kids 1 Mile	Prairie Life Olathe, KS	TBA
May 30	Sat	8:00 AM	Tour of Kansas City 5K	Kansas City Museum Kansas City, MO	<a href="http://www.tourofkc.com/tour-kc-5k">www.tourofkc.com/tour-kc-5k</a>
May 30	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll for Hunger 5K	Elms Hotel and SpaExcelsior Springs, MO	<a href="http://www.mamkc.com">www.mamkc.com</a>
May 30	Sat	8:00 AM	Miles Against Melanoma 5K	Lake Remembrance Blue Springs, MO	<a href="http://www.goodsamaritancenter.com/events.html">www.goodsamaritancenter.com/events.html</a>
May 30	Sat	8:00 AM	The Color Run	Arrowhead Stadium Kansas City, MO	<a href="http://thecolorrun.com/kansas-city">thecolorrun.com/kansas-city</a>
May 30	Sat	8:00 AM	Journey for Jo 5K	Lake Shawnee Shelter House #1 Topeka, KS	<a href="http://www.journeyforjo.com/race-information">www.journeyforjo.com/race-information</a>
May 30	Sat	8:00 AM	Racing for Rhett 5k Run/Walk	Harrisonville, MO	<a href="http://www.enter2run.com/Search/event.aspx?id=30424">www.enter2run.com/Search/event.aspx?id=30424</a>
May 30	Sat	8:00 AM	Rock, Rhythm and Run 5K	901 SW Ryan Rd Grain Valley, MO	<a href="http://www.enter2run.com/Search/event.aspx?id=31056">www.enter2run.com/Search/event.aspx?id=31056</a>
May 30	Sat	8:00 PM	Blacklight Run	Cricket Amphitheater Bonner Springs, KS	<a href="http://www.blacklightrun.com/kansas-city-2015">www.blacklightrun.com/kansas-city-2015</a>



## June 2015

Jun 5-6	Fri Sat	7:00 PM 7:00 AM	Hospital Hill Run Half Marathon, 10K & 5K(Fri) <b>MARA GP (Half)</b>	Crown Center Kansas City, MO	<a href="http://www.hospitalhillrun.com/events/umkc-school-of-medicine-5k">www.hospitalhillrun.com/events/umkc-school-of-medicine-5k</a>
Jun 6	Sat	7:00 AM	River Run - 10K & 2M	Downtown Wichita, KS	<a href="http://www.wichitariverfest.com/riverrun.php?page=khfrr_race_series">www.wichitariverfest.com/riverrun.php?page=khfrr_race_series</a>
Jun 7	Sun	7:30 AM	Legend Triathlon- Free State	Bloomington Beach Clinton Lake State Park Lawrence, KS	<a href="http://www.legendendurance.com/legend-free-state.html">www.legendendurance.com/legend-free-state.html</a>
Jun 12	Fri	9:00 PM	Night Flight 5K Run	Harris Park 601 SW Jefferson St. Lee's Summit, MO	<a href="http://tprice@cityofls.net">tprice@cityofls.net</a>
Jun 13	Sat	6:30 AM	Maryville Marathon Full, Half, 10K & 5K	Donaldson Westside Park Maryville, MO	<a href="http://www.chambercountryclassic.com/index.html">www.chambercountryclassic.com/index.html</a>
Jun 13	Sat	7:30 AM	Heroes for Hospice 5K Run/Walk	REI/Fresh Market Prairie Fire Overland Park, KS	<a href="http://www.heroesforhospice.com">www.heroesforhospice.com</a>
Jun 13	Sat	8:00 AM	L.I.N.K. 5K Run/Walk	Independence Academy Independence, MO	<a href="http://apps.isdschools.org/link5k/">apps.isdschools.org/link5k/</a>
Jun 13	Sat	8:00 AM	Miles for Meals- 5K	Heritage Park Marina Olathe, KS	<a href="http://www.jocogov.org/deptpage/treasury-and-financial-management/miles-meals-5k">www.jocogov.org/deptpage/treasury-and-financial-management/miles-meals-5k</a>
Jun 13	Sat	8:00 AM	Watkins Mill Get Outdoors 5K	Watkins Mill State Park Lawson, MO	<a href="http://watkinsmill5k.itsyourrace.com">http://watkinsmill5k.itsyourrace.com</a>
Jun 13	Sat	9:00 AM	Summer Intro 2.8 Mile Trail Run	Wyandotte County Lake Park Shelter #14 Kansas City, MO	<a href="http://www.psychowco.com/id55.html">www.psychowco.com/id55.html</a>
Jun 13	Sat	9:00 AM	Cross Country Chaos 5K Mud Run Obstacle Course	Osage City, KS	<a href="http://www.crosscountrychaos.com">www.crosscountrychaos.com</a>
Jun 13	Sat	12:00 AM	5K For Relay Midnight Mission	Free State High School Lawrence, KS	<a href="https://www.facebook.com/events/274137576043157/?ref=52&amp;source=1">www.facebook.com/events/274137576043157/?ref=52&amp;source=1</a>
Jun 14	Sun	8:00 AM	CASA Superhero 5K Run/Walk	Corporate Woods Overland Park, KS	<a href="http://www.casakc.org/superhero5k">www.casakc.org/superhero5k</a>
Jun 19	Fri	8:30 PM	Rock the Night Away Trail Run Hal Marathon, 10K & 5K	Branded B Ranch Lake Perry, KS	<a href="http://www.psychowco.com/lakeperrytrailruns/id14.html">www.psychowco.com/lakeperrytrailruns/id14.html</a>
Jun 20	Fri	12:00 AM	Midnight 5K Run	Leawood, KS	<a href="http://www.kssso.org/events">www.kssso.org/events</a>
Jun 20	Sat	7:30 AM	Tinman Triathlon	Lake Shawnee Topeka, KS	<a href="http://www.gosilverback.com/tinman-triathlon.html">www.gosilverback.com/tinman-triathlon.html</a>
Jun 20	Sat	8:00 AM	Father's Day Run	Sporting Park Kansas City, KS	<a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=1169">www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=1169</a>
Jun 20	Sat	9:00 AM	The Dirty Duo	Kansas Speedway Kansas City, KS	<a href="http://www.kcdirtyduo.com/race_info.asp">www.kcdirtyduo.com/race_info.asp</a>
Jun 21	Sun	7:30 AM	Father's Day Run	Village Shalom Overland Park, KS	<a href="http://www.fathersdayrun.org/home">www.fathersdayrun.org/home</a>
Jun 27	Sat	8:00 AM	Firecracker Flight 5K & 10K Run	Centerpointe Medical Center Independence, MO	<a href="http://www.bodieshealthandfitness.com">www.bodieshealthandfitness.com</a>
Jun 27	Sat	9:00 PM	Glow Run 5K Run/Walk	Arrowhead Stadium Kansas City, MO	<a href="http://www.glowrun5K.com">www.glowrun5K.com</a>
Jun 28	Sun	7:30 AM	Double Road Race	Corporate Woods Overland Park, KS	<a href="http://www.doubleroadrace.com/overlandpark/">www.doubleroadrace.com/overlandpark/</a>



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