



# Master Pieces

Magazine of Mid-America Running Association

March-April 2016

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



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MARCH-APRIL 2016

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*Cover Photo: Margaret Chamas  
Winner of the 20 Miler  
Psycho Wyco Run Toto Run*

*Photo by:  
Michael Chaffee*

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## *Springing Forward!*

By: Renee Kidwell



As you begin to review and peruse the various articles, stories and race updates from the previous few months, you will, no doubt, sense and feel the anticipation of spring's arrival. Even if this past winter has not been as cruel as previous years, we are still eager to store those winter gloves and jackets, and eagerly anticipate running in shorts and T-shirts again. I, for one, am also enjoying the slow extension of daylight minutes each day as well. No need to take my dog for a long walk with the flashlight and reflectors in the evening! As you are increasing your outdoor running, walking or biking, while looking forward to a new or favored 5K, 10K or half-marathon race, you will have plenty to choose from. MARA's Race Calendar coordinator and creator, Stevan Ryan, does a great job in compiling and distributing the area upcoming races throughout the year. The abundant list of race options for March through early June amazes me (see pages 18-24). Make sure you check it out and target a few new races to train for. Whatever your particular exercise regimen, speed or activity.....***please have a safe and wonderful time enjoying the beautiful blossoms and sweet fragrances of Spring!***

## **Sustaining Memberships are listed on page 2**

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## Karen's Column

By Karen Raymer  
President of MARA

March - April 2016

We may have had a milder winter so far this year, but I certainly cannot remember when! Of course winter is not technically over until March 20th, the first day of spring. However, I do recall some of our worst snow storms have occurred in March and April, in the past.

We moved to the Kansas City area from Oklahoma when I was 10 in 1959. We had a huge snow storm in April and I hated it! We just did not have much snow in the part of Oklahoma where we were from, therefore we did not have any good snow gear. I remember telling my parents, that if they really loved me they would let me go back to Oklahoma and live with my grandparents! I have never liked cold weather. Give me heat and humidity any day and I am a happy camper.

The point of this story related to running is, due to our mild winter, I have enjoyed doing most of my running outside and very few times on the "dreadmill", this winter so far. Another thing, when I have run outside, thank goodness, we have such good cold weather wicking fabrics that keep us warm and not wet! When I think of how the athletic clothing has changed over the last 20 years, it makes me wonder just how much it could be improved upon in the future!

I know several people, who have been training all winter for early spring marathons. It has been very good for them this winter. I have done 2 marathons, both in early March. One year in particular, the training in the winter was just brutal. I only hope this mild winter weather will continue and we will have a lovely spring.

Wishing you happy and healthy  
running and/or walking.

*Karen*

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Raymore, MO  
Lee's Summit, MO  
Olathe, KS  
Overland Park, KS  
Pomona, KS  
Overland Park, KS  
Fairway, KS  
Shawnee Mission, KS





JANUARY 16, 2016



Runners descending the first hill after the start.



Julie Thornton (Manhattan)  
the first female.



Menco Schurrman (Lawrence)  
the first male in.

The 34th edition of the Topeka to Auburn Half-marathon took place January 16th, 2016. The race has been staged the third Saturday of January over the years and featured a 10 AM start time in hopes of utilizing the mildest part the day. This race is one of the most challenging half-marathons around considering the course and the uncertainty of mid-January weather in Kansas.

The race course is point-to-point, starting at Indian Hills Elementary and finishing at the Auburn Fire Station on east 10th Street in Auburn.

If the course is not daunting enough, the conditions the day of the race may be. The unpredictability of Kansas weather is a certainty, even during the middle of winter.



Dee Boeck (Lawrence) is escorted in by friends Kathleen Johnson (Shawnee) and Karen Hyde (Lawrence).



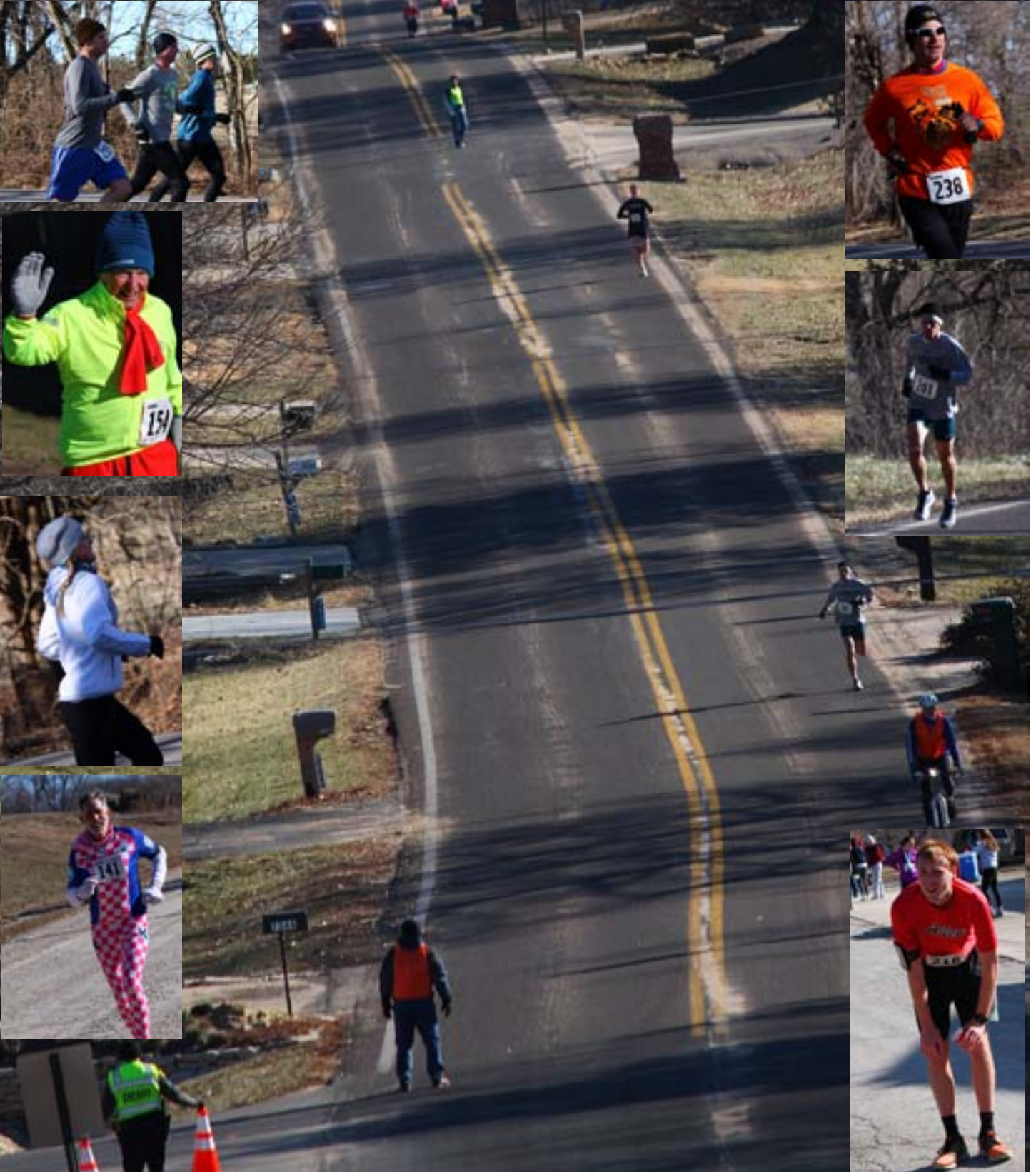
Austin Winn was the  
bear on the course.

Photos By: Gene Wee [www.runlawrence.org](http://www.runlawrence.org)



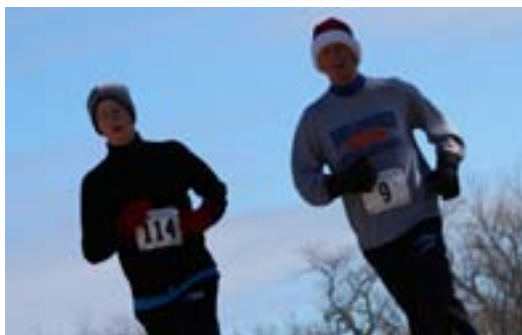
## Topeka to Auburn Half Marathon Saturday, January 16, 2016 • Topeka, KS

*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.*



Photos By: Michael Chaffee





Photos By:  
Michael Chaffee



## Nutrition and Running By Sally Berry MA RD CSSD CLT

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

### Calories and Fat - Weight Control Solutions?

Today, we are experiencing one of the rare and wonderful warm winter "spring-like" days. I see people working in their yards, biking, running... and even wearing shorts! No one is complaining about weather, especially year round outdoor runners. As we start peeling off the layers of clothing and focusing on spring, I often see a surge of clients scramble to get their nutrition reset - to discover the true antidote for losing weight and improve their training program. Some of runners common questions include these:

#### ***Do Calories really matter?***

Is a high fat diet part of a runner's weight loss solution?

What is the real solution to maintaining weight while training?

Many of the popular media nutrition gurus from Dr. Mark Huston to Gary Taubes have been driving home messages regarding why we are fat. They have some interesting information often extracted from epidemiological studies surrounding obesity, health and macronutrients. Many popular authors are focusing on the benefit of fats. Even the new 2015 Dietary Guidelines have taken the pressure off of fat by recommending more lipid into our daily plan and downplaying the "shame" of the egg!

***Is there a fat, carb, insulin connection?*** Most nutritional professionals agree that processed carbohydrate, such as concentrated sugars, soft drinks, packaged refined foods and flours will raise blood sugars faster, especially if there is decreased amounts of fat. Carbohydrates generally cause an increase in the hormone, insulin. Insulin is a fat producing hormone. You need some insulin... just not an overabundance. However, we have more than just one hormone - our bodies are not that simple. Although excess insulin definitely plays a role in obesity, metabolic syndrome and the inflammatory chronic diseases, just looking at one pathway will not completely solve any problem. We have numerous hormones in our bodies, numerous cofactors, nutrients, and our environment all working in synchrony.

***What about fat?*** Adding or balancing more fats (lipids) in the diet will increase satiety of a meal. Lipids also help absorb fat soluble vitamins (A, D, E, K), blunt the insulin response to a meal, soothe digestion, provide essential fatty acids, precursors to sex hormone, brain development among other roles. As always, quality of fat matters. Quality also means balance more of Omega 3's (wild seafood, nuts, seeds, flax) relative to Omega 6's (polyunsaturated oil, processed baked goods). Quality lipids will also include more monounsaturated lipids (avocado, nuts), using fats from clean, uncontaminated sources.

Unfortunately, fat can be a carrier for heavy metals, pesticides and the like... so again, were looking at quality. This is not high protein, but more fat. So it's not a Paleo type 200 grams protein diet (e.g. slab of meat in every meal).

But let's get back to the runner. How does dietary fat affect the runner? Doesn't the runner need carbs for replenishing glycogen stores especially for fast bursts and prevention of "bonking" (energy crash) in the race? The short answer is "yes" - which indicates that our bodies will need small amounts of slow acting carbs. Carbs may be more critical pre and post intensive training and competition session. This is NOT an open invitation to high sugar laden foods or supplements just because you are in training. A good balance and healthy dose of lipids through the day along with choosing a modest dose of timed healthy carbs would be the best solution.

This may be over the top for readers, but I like to look at the real whole foods and how it affects to our overall wellness. First of all, if it was as easy as Calories in, Calories out, we would all be able to obtain that ideal weight. We could "run" ourselves out of weight gain. Or, we could accidentally slide over or under our weight goal too quickly leading to an unstable weight problem. Our bodies are smarter than that. Just focusing on macronutrients (fat, carb, protein) is way too simple. Instead of trying to micromanage our diets, why not cast a wider net? Here are some thoughts to ponder when going over reasons for resistant weight loss...

***Sources of food.*** Quality of the carbs, (black bean - vs liquid yogurt drink with corn syrup) Quality of the fat (oil on baked cookies/chips vs. avocado slices or olive oil). Quality of protein (beef from factory fed coop corn fed meat vs wild fish). Small amounts of quality carbs (beans, starchy squash, peas, quinoa)

***Digestion*** - You are not what you eat, but what you digest and absorb!!!!

***Conscious habits*** - Eat chewing, digesting, unstressed environment, giving yourself time, honoring your hunger/fullness?

***Environment*** - Toxic load of plastics, heavy metals, water supply, living environment, etc.

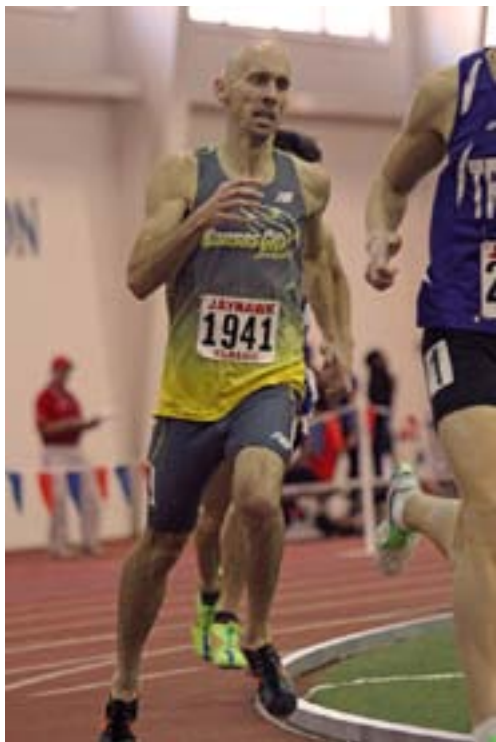
***Lifestyle*** - Relaxation, stretching, life balance, emotional, spiritual, family and financial stress, activity, sleep?

#### **Do you get the picture?**

Fuel Your Body ... for Life  
[www.ebodyfuel.com](http://www.ebodyfuel.com)







**Randy Wasinger, Kansas City Smoke, took second in his one mile race at the Jayhawk Indoor Classic on Jan 29 2016 at KU's Anschutz Pavilion.**

A digital scoreboard from The University of Kansas. The top section shows a time of 4:33.3 for the Men 1 Mile Run AM SESSION. Below this is a list of runners and their times.

THE UNIVERSITY OF KANSAS		
4:33.3		
Men 1 Mile Run AM SESSION		
		H I
1	Pavey TRST 4:21.48	1
4	Wasinger KCSM 4:21.99	2
5	Pollum CEAR 4:22.12	3
7	Lawson COLI 4:23.67	4
2	Hassim UKS	
3	Claassen EMST	
6	Liebmann UNA	
8	Schenck COLI	



**Kansas Jayhawk Indoor Invitational  
January 28th-29th 2016 Lawrence, Kansas**



**Eugene Wren (Shawnee) and Wally Brawner (Tonganoxie) are often work as volunteers at indoor track meets as here at the Jayhawk Indoor Classic.**



**Blessing Oparaji from UMKC  
competes in the long jump**

Photos By: Gene Wee [www.runlawrence.org](http://www.runlawrence.org)



## The Middle Ages Musing on this Marathon we call Life

By: LA Times Contact Reporter Chris Erskine



Chris Erskine at the finish line of the 2016  
Los Angeles Marathon.

I'm still suffering leg cramps, and my brain doesn't seem to be working at 100%. I know, I know, how could I tell, right?

In any case, I survived my second marathon. It still hurts to move; it also hurts to not move.

One friend described a marathon as "a crazed act." Fair enough. Another remarked of my six hours of agony: "Great finish for an old guy."

In marathons, all finishes are great finishes.

I'm not sure we need marathons, with life being such a long, demanding slog to begin with. What is it about the human psyche that seeks out additional punishment?

If you've never done one, a marathon is nothing like a spirited two-hour hike or even a tough run in the sand. Those kinds of activities leave you blitzed but with an aura of achievement ... a relaxed weariness ... a healthy glow.

A marathon just destroys you. Typically, 20% of participants don't finish. The other 80% vow to never do it again.

Interesting that the L.A. Marathon came on Feb. 14. My funny Valentine and all that. There's really nothing humorous about running 26.2 miles, yet as with funerals and other dire situations, everything becomes a little funny. In Mile 4, there was a family handing out free chili dogs to runners. You hear a lot of advice on how to survive a marathon. Rarely do you see chili dogs mentioned. I mean, what did I have to lose? Besides my life, that is. So I passed on the free chili dog, perhaps the only time I will ever do that.

A marathon reminds us that there is something within us that resists the ticking of the clock. Two of the greatest athletes of our time, Peyton Manning and Kobe Bryant, are currently finding out that they couldn't outfox the clock. There is a melancholy in their smiles, a wistfulness in the way they carry themselves. A little self-reflection never hurt anybody, especially fading demigods.

*Young people need marathons, for they need to appreciate what big challenges can do for you -- that big challenges are the best challenges.*

"We have defective mythologies that ignore masculine depth of feeling, assign men a place in the sky instead of earth, teach obedience to the wrong powers, work to keep men boys," wrote Robert Bly. So?

Look, all I know is that standard definitions of male virility reach back thousands of years to punishing endeavors like this. There is something in any long endurance race that scratches some animal itch. These days, as many women run them as men, proving that animal itches plague all of us. Was there ever any doubt?

Yep, you just have to laugh at marathons, just like everything else. On the back of my race number, where runners list emergency contacts, I listed Cagney & Lacey. I figured that both have police powers, which would help in an emergency situation. And though I don't really know them, I still stand a far better chance of them showing up than my own busy wife.

During Sunday's marathon I never had the feeling that I was harming myself, other than with every tortured step. By Mile 10, I was running on torn blisters. Probably not the best way to spend a Sunday morning. But I've been to youth soccer tournaments in San Bernardino that were far worse. Not to mention most weddings.

Speaking of kids, it was great to see so many teens running the marathon. Young people need marathons, for they need to appreciate what big challenges can do for you — that big challenges are the best challenges. That life's no sprint.

But the middle-aged? They know all about challenge. Not sure they need another one.

Because an adult would be the first to tell a teenager this: Marathons aren't that difficult.

Know what's difficult? Real stuff. Risking everything to start your own small business; providing for a family every day for 30 years; caring for your kids while caring for your aging folks and not being sure whether you have enough love, energy and resources to cover everyone.

Know what's difficult? Watching a loved one struggle with illness; losing a great and special friend.

Compared with all that, a marathon is 26.2 glasses of chilled champagne. Compared to life, a marathon is a big, marvelous chili dog.



# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## *Slow Cookers – One Solution for Our Fast-Paced Lives*

These days so many of us find ourselves and our time stretched thin due to so many commitments. Between family, friends, home, community, work, church, school and exercise (not necessarily in that order), there sometimes does not seem to be enough hours in the day. Cooking a balanced meal after a long day also sometimes proves to be challenging.

Slow cookers (AKA “Crock Pot”) have been around for many years and time and time again can provide a simple solution to having a hot meal ready when you get home in the evening or even when you get up for breakfast. Just a little pre-preparation in the morning or the night before and your meal can cook all day while filling your home with tantalizing aromas. The flavors and tender products you wind up with are certainly worth coming home to in the evening. You can also use your slow cooker overnight to cook breakfast items, such as a healthy pot of steel cut oatmeal. With so many recipes and ideas for slow cookers available on Pinterest, in libraries & bookstores and on online, there are lots of options, so slow cooked food does not have to taste all the same or be boring. Slow cookers are also considered to be safe to be left alone all day. I have personally used them successfully for years and have many friends and patients that also do.

*Here are some ideas to get you started.*

### **SLOW COOKER OATMEAL**

A great breakfast to wake up to in the morning!

5 cups water

1 cup steel oats

½ teaspoon salt, if desired

Spray a 4-5-quart slow cooker with cooking spray. In a large bowl, mix water and oats and pour into slow cooker. Cover and cook on low setting 6 hours or until oats are cooked completely and water is absorbed. Stir in salt just before serving.

Serve with a variety of toppings of your choice, such as peanut butter, brown sugar, chopped nuts, raisins, craisins, other sliced fruit or berries, shredded coconut, etc., etc. My sister calls it “a breakfast party in a bowl.”



### **SLOW COOKER CHICKEN CHOW MEIN**

3-4 boneless, skinless chicken breasts (about 1 1/2 lbs.)  
can use chicken thighs if desired

Brown chicken on both sides in a skillet with oil  
about 5 minutes.

In a large slow cooker put chicken, 2 medium carrots, sliced diagonally, 2 medium stalks celery, chopped, 1 onion, chopped, 1 (8 oz) can sliced and drained water chestnuts, and 2 cloves garlic, finely chopped.

In a small bowl, mix 1 cup chicken broth, 2 Tablespoons soy sauce and ½ teaspoon finely chopped ginger root.

Pour over chicken in slow cooker.

Cover and cook on low heat setting for 6-8 hours.

In a small bowl, mix 2 Tablespoons cornstarch and 3 Tablespoons cold water. Stir into chicken mixture. Stir in 1 cup snow (Chinese) pea pods and 1 cup sliced fresh mushrooms. Cover and cook 15 minutes. Serve with steamed rice and/or chow mein noodles.

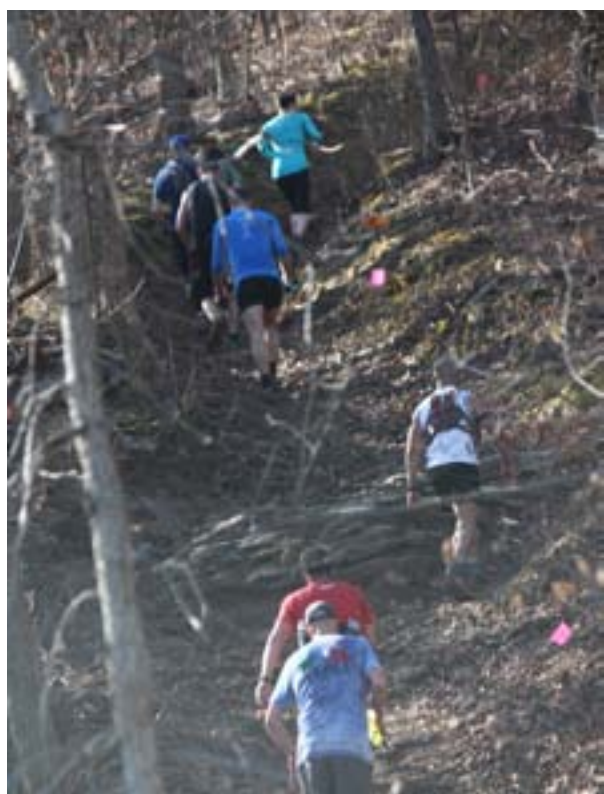




**Feb 20, 2016**  
**Psycho Wyco Run Toto Run.**  
**Wyandotte County Lake Park.**  
**10 Miler \* 20 Miler \* 50K**



A challenging loop course on rocky, rooty, and hilly  
 bridle trails & single-track trails. "But it's Kansas,  
 how tough could it be?" Each loop is a wheel-  
 measured 10.35 miles long. So, 2 loops for  
 20 miles, and 3 loops for 50-kilometers.



Photos By: Michael Chaffee



Feb 20, 2016  
Psycho Wyco Run Toto Run.  
Wyandotte County Lake Park.  
10 Miler \* 20 Miler \* 50K



Photos By: Michael Chaffee



## 2015 Year-end Awards & Changing of the Guard at Heartland Racewalkers

By: Alan Poisner



Once again, veteran racewalker Alan Poisner won a number of year-end awards, just as he did in 2013. He won the Phidippides Award that is earned for long-distance running (even though he did all of his racing by racewalking). These awards are based on a runner's total number of races, distances and established criteria. Since this was the 5th year in a row that he earned this award he was presented with a special 5-year award by National Masters News.

In addition, he won the USATF National Masters Racewalker of the year award in the 80-84 age division for his racing in 2015. This was presented at the annual meeting of the USATF in Houston in December. This was based on his cumulative success in indoor and outdoor racing. He also won this award in 2013 in the 75-79 division. In March, he took first in the USATF National Masters Indoor Championships in the 3000-meter walk in a time of 19:58 which beat the all-time record in the 80-84 division (and also the times of all three of the men in the 75-79 division). However, since one of the 5 judges was pulled away at the last minute, it was not certified as an all-time record since certification requirements are more stringent than championship requirements. Alan was not deterred since he had other races scheduled later in the year. His next opportunity on the national stage was the National Senior Games in St. Paul in July. He had previously taken Gold Medals when he was in the 75-79 division so he was the favorite going in to the races. He lived up to the expectations by easily winning the 1500-meter race in a time of 9:47 and setting a new Senior Games record. The next day, he took another Gold in the 5K walk on a course alongside the Mississippi River in a time of 35:09 which was 2 minutes faster than the second-place finisher and faster than all 13 finishers in the 75-79 division. It was also the second fastest time ever recorded in his age division.

These races are held every two years and began in 1989. Later in July, Alan traveled south to Jacksonville, FL for the USATF National Masters Outdoor Championships at the University of North Florida. That part of Florida in late July is known for heat and humidity and it supplied plenty of both. In fact, they had to schedule the 10,000-meter race at 6:00 am in order to protect the safety of the competitors. It was still quite uncomfortable and the race had to be

staged on the track instead of the expected road because there were road repairs going on at the time. That meant that the walkers had to complete 25 laps on the track while be scrutinized by the judges. Needless to say, a significant number of the racers were disqualified, including some who were quite experienced. Alan survived and took home another Gold medal in this 6.2 mile race.

His final race of the year was the National State Games of America where he represented Kansas in the 3000-meter walk in Lincoln, NE. He had won Gold Medals in the biannual event on several occasions and he came through again beating all competitors who were 65 and above.

Along the way, in addition to setting two national records, Alan also won three All-American Awards from National Masters News. He has won a large number of these over the years in a category that requires runner or walkers (or those in field events) to achieve a value of 80% of higher when compared to the world records. He has now won these in the following distances: 1500-meters, 3000-meters, 5K and 10K.



Another significant achievement was Alan completing his 20th year as President of the Heartland Racewalkers (and his 20th year of racewalking). Although there are no term limits, he decided to pass on the baton to another generation of walkers and found an excellent successor in BJ Thornburg, another veteran racewalker.

Alan's achievements over the years are marked not only by the medals and awards but also by the many walkers who have taken up the sport while he has been the leader in the Kansas City area. The Heartland Racewalkers are now one of the larger racewalking clubs in the U.S. and have supplied many medal winners in national and even International Competition. Alan won two Gold Medals at the World Masters Athletics Championships in 2011 in Sacramento, a biannual competition rarely held in the U.S.

Under Alan's presidency, the Heartland Racewalkers have become well known in this area because of their frequent participation in local road races and relays, such as the Brew to Brew and the Patriots Day Run,

The club remains active today and has weekly clinics at the Jewish Community Center Campus in Overland Park. Those interested in learning racewalking can find information at [www.heartlandracewalkers.com](http://www.heartlandracewalkers.com)



“In 1970, America’s Grassroots environmental movement was burgeoning as 20 million people poured into the streets to mark the first Earth Day April 22. Cattle raising was dragged as a villain into the public square along with the worst industrial polluters. Beef was increasingly regarded as an ecosystem destroyer and a primary cause of starvation around the globe; it was becoming the zeitgeist to believe that no genuine environmentalist or humanitarian would eat beef.”

So begins the Manifesto of a former vegetarian and environmental lawyer, Nicolette H. Niman,

**DEFENDING BEEF.** This is a timely history in view of the new guidelines for nutrition and the controversy regarding beef, much of which is political.

If you are hesitant to eat beef because of environmental or nutritional concerns you need to learn the other side of the story. DEFENDING BEEF, is both scientifically sound and interestingly readable. As Betty Fussell, food author, so aptly puts it, “The prosecution will never rest after the case presented by this unusually well-armed defense lawyer.”

Beef is an important source of nutrition in one of the best studied diets, the DASH diet. (Diet to Stop Hypertension). The DASH diet lowers the blood pressure as much as any one medication used to treat high blood pressure. Red meat contains all of the essential amino acid, as do dairy products and eggs. Therefore, the highest quality of protein comes from dairy, meat and egg products.

Hahn Niman points out that there are problems with water use due to the water ponds used to manage animal wastes and antibiotic use when the cattle are kept in large feed lots. Cattle raised on grasslands do not need antibiotics. However, those raised in large feed lots will not flourish without antibiotics because of infections that result from overcrowding.

The book documents the declining use of beef during the same years that saw an increase in obesity. During that same period the average number of calories consumed per person increased by 528 calories per day. So beef is not the problem.

Commentary: In summary, Hahn Niman notes there is no data that lean unprocessed beef and pork are harmful. Further, a diet without them is likely to result in nutritional deficiencies of iron, Vitamin B 12 and others. How we prepare beef is important.

Ecologically, cattle raised on grass have many advantages. Antibiotics and growth hormones are not needed. The hoofs of cattle, deer, elk and bison increase the moisture content of land by a significant extent due to their prodding. Their eating (pruning) the grass and their added waste (urine and feces fertilizes the grass) and results in a much greater carbon sink. If you are concerned about carbon dioxide this is a real plus. The current number of hoof bearing animals on our land is far, far, less than in years past. In contrast the environmentalists falsely claimed that cattle destroyed the grass and would result in blighted land. The amount of water used in grass feed beef is far less than in feed lot raised animals. This has been another of the environmental objections to beef.

Hahn Niman documents that the breed of cattle, the age and time of year cattle are slaughtered all influence their taste. There is a great deal that can be done to improve beef’s quality.

Very little attention has been paid to these factors.

More from this book later.

**SPICE--WHAT IS SO DANGEROUS ABOUT SPICE ?** Soon after Colorado had legalized marijuana, the news media noted that spice, whatever it was, was causing some serious reactions and that the packaging of marijuana products could be deceiving. Spice was sold in the same stores that sold marijuana. I soon learned that it was not marijuana. What is spice? Spice is a synthetic version of cathinones which occurs naturally in the Khat plant. It can be swallowed, smoked, snorted or injected. The leaves of the plant are often chewed in some African countries. Spice as well as most street drugs has no quality control ---the concentration could be a little of the drug or a there could be a lot. The DEA finally ruled that it was a Schedule One controlled substance. ---- So now come the new ones. The Chinese and others design them as chemical variants to the older versions, which is why they call them designer drugs---the laws can’t keep up with the changing chemical makeup. The ones called bath salts and potpourri have a strong tendency to cause paranoia. Hallucinations are common and they can cause body temperatures to soar.

Spice in unknown amounts is sprayed on tobacco or some other leafy material like herbs, with mint or some other product added for smell or flavor. Despite the labels containing the warning “Not for human consumption,” users continue to buy and consume it. Spice is easier and quicker to produce than growing marijuana.

**TREATMENT FOR KNEE OSTEOARTHRITIS.** A combination of 400mg of chondroitin sulfate and glucosamine hydrochloride 500mg given thrice daily was as effective as Celecoxib at 6 months, for the treatment of moderate to severe pain in knee osteoarthritis. (Ann Rheum Dis Jan 2016). If you are going to use it, make sure the preparation you use is biosimilar to the combination used in the study.

#### **CHIPOLTE MEANS NATURAL:**

A January Wall Street Journal carried two Op Eds regarding Genetic foods and Chipolte’s CEO. The fast food company had “announced with great fanfare that it would take all GMO ingredients off its menu.” As the Journal pointed out, it was all downhill after that. A lawsuit filed in California accused Chipolte of false advertising since its soft drinks and cheese contain genetically modified ingredients and its meat comes from animals fed with genetically modified grains. Their CEO had said, “They say these ingredients (GMOs) are safe but we all know that we’d rather have food that doesn’t contain them.” He implied that “natural was much better.” Now Chipolte has had both viral and bacterial epidemics identified as coming from their foods. Score: Chipolte 300++ infections-GMOs 0. (according to an oral report to me from a Kansas epidemiologist, a large number of Kansas Chipolte-related infections have not hit the press at this time.) Maybe “Natural” isn’t such a great thing.)

**FINAL THOUGHT;** A mentor and friend of mine, C.Y. Thomas M.D. is establishing a lecture ship at the University of Kansas examining “critical thinking” as a needed tool in medicine. He is concerned that egocentric and socio-centric thinking keep us from making better decisions. I have been impressed that the medical publications such as THE NEW ENGLAND JOURNAL OF MEDICINE, discuss Obama Care as a great improvement in medical care but ignore the financial chaos it has caused—socio-centric thinking. Politicians are into egocentric thinking.



# Running in the Winter

## Advice from a Boston Marathon Winner



WRITTEN BY  
AMBY BURFOOT

Amby is a marathon enthusiast. Winning the 1968 Boston Marathon and completing the Manchester Thanksgiving Day Road Race 51 years in a row! He is currently editor at large for Runner's World magazine.

Amby Burfoot's Author Profile  
PUBLISHED ON January 30, 2016

Many experienced runners believe winter is a better season for running outdoors than summer. After all, there's little any of us can do about July's heat and humidity. You can only "dress down" so much to avoid dehydration and a rising body temperature – the leading causes of fatigue among endurance athletes. In winter, on the other hand, you can "dress up" to match the conditions. Still, cold windy weather can prove intimidating. Here's what you need to know to run safe and comfortable in winter.

### Dress In Layers

This age-old advice remains true, but deserves reinterpretation. On most cold days, modern athletic fabrics enable runners to dress in just two layers, not the three of yesteryear. You need a wicking (or "breathable") base layer next to your skin, and an additional wicking/insulating/ wind-blocking layer as outerwear. This outer fabric is often called a "soft shell." You'll need a third layer for extra protection in only the most frigid conditions.

Layering works because it allows you to avoid sweating by adding or subtracting a layer. That's really the primary goal of winter running: prevent sweat buildup. You want to wear the smallest amount of clothing that will keep you warm without sweat.

Here's why: Once you begin sweating, the moisture on your skin could cause you to chill rapidly if the temperature drops or the wind picks up. Evaporation is a cooling process – not what you want in an outdoor winter climate.

Layering for a Run					
Temperature	50+	40 to 50	30 to 40	20 to 30	less than 20
Fahrenheit					
Celsius	10+	4 to 10	-1 to 4	-6 to -1	less than -6
Base Layer	Short-sleeve or sleeveless shirt Shorts	Long-sleeve light shirt Capri or full-length running pants	Long-sleeve shirt Running pants	Long-sleeve shirt Running tights*	Long-sleeve shirt Running tights
Insulating Layer		Light sweater*	Sweater or fleece	Fleece Pants	Fleece Pants
Protective Layer				Lightweight running jacket	Lightweight running jacket
Accessories			Light mittens or gloves Ear warmers	Hat Warm gloves	Hat Two pairs of gloves Neck warmer
	*Optional			Source: Spark People	



### Understand Wind Chill

Running on a still, windless, 20-degree day can be an absolute pleasure, particularly if there's crisp snow underfoot. On the other hand, add a 20 mile-per-hour wind to the same run, and the feel and effect of the temperature is a piercing 4 degrees F.

A low wind chill makes you much more susceptible to hypothermia and frostbite. The danger is magnified many times if you have wet skin from sweating, as just mentioned above.

To prevent sweat buildup, wear a wool/acrylic hat or hoodie, and select an outer layer with a full zipper. These will allow you to adjust your body temperature as the temperature and wind dictate. Unzip and remove your hat when the wind is at your back; zip up and replace your hoodie when you turn into a stiff, cold headwind.

### Protect Your Extremities

The body parts most susceptible to cold damage are those farthest from your core and most exposed to the elements: fingers, ears, and a certain male-only organ just below the belt. Be sure these receive plenty of insulation on the coldest, windiest days.

Gloves are fine for moderate cold, but your hands will be happiest if you wear mittens on especially bitter days when frostbite is a threat. Depending on the conditions you face, you may need mittens that include a wind-block, like nylon.

Be sure to have several wool or acrylic caps you can pull on, and over your ears, before a cold-weather run. A jacket with a warm hood also works great, protecting the back of the neck and the head. Even on moderate winter days, run with earmuffs or other ear cover. In extreme weather, consider a balaclava for maximal head and ear warmth. Men are advised to wear protective underwear on the

### Make Yourself Visible

The short daylight hours of winter are more challenging than the cold weather. Almost all runners will have to do some training in morning or evening darkness when they'll be sharing the road with cars and trucks. To be safe on dark roads, especially in the glinting light of dawn and dusk, you must make it easy for drivers to spot you.

A few years ago, a reflective strip, vest, or jacket seemed sufficient. However, more is better. Today you can choose from a variety of headlamps and LED lights that enhance your visibility on the roads. Lights attached to your arms, legs or shoes are particularly effective, as drivers will readily notice a moving, blinking source of light.



To maximize your own vision in bright sun and snow, be sure to wear 100 percent UV protective sunglasses. These can be particularly important at high altitudes, like ski resorts, which feature an intense sun glare.

### Befriend a Treadmill

Treadmills used to be clunky, jerky, ugly pieces of equipment that couldn't offer the steady, rhythmic "ride" all runners desire. As a result, almost no one ran on treadmills. No longer. Modern treadmills are a world apart from their ancestors, making them a favorite purchase for home use, especially when there are several runners in the family.

In health clubs, even long rows of treadmills may not be sufficient to meet the demand during peak hours. That's because treadmills have become smooth, enjoyable, and programmable. They offer rapid speed and elevation changes, just like running outdoors, and provide a growing array of digital enhancements.

Best of all, treadmills keep you away from the cold and dark while providing a 99.9 percent real-world running simulation. While physicists and purists may argue about the final 0.1 percent, there's no practical difference between outdoor road-running and indoor treadmill running. Beginning joggers and Olympians alike appreciate the benefits. For runners with child-care and other domestic responsibilities – and who doesn't fall into this group? – a home treadmill also gives you the flexibility to hop on and off as needed to check on the kids, the laundry, and the dinner in the oven.



# 2016 Summer Olympics Watch

## Olympic Marathon Men's Trial Results

As Reported from: LOS ANGELES (AP)  
Galen Rupp's dominating victory Saturday, February 13, 2016 in hot conditions in the U.S. Olympic marathon trials raised the possibility of an unprecedented Olympic double.

"I think the double in Rio is certainly possible," said Rupp, who earned a spot on the U.S. Olympic team by easily winning his marathon debut in steamy conditions in 2 hours, 11 minutes, 10 seconds.

"The first step was obviously to qualify for this. I didn't want to get ahead of myself. Everything up until this was all about the marathon."

Runners competed in record heat, with the official temperature at 66 degrees at the start. The trials record was 61 degrees in 1960. The temperature rose to 75 by the end of the race.

The 29-year-old Rupp, a silver medalist at 10,000 meters in the 2012 London Games and a seven-time national champion at the distance, could attempt to compete in the marathon and 10,000 in Rio in August, races scheduled eight days apart.

"There's a lot of time between the 10K and the marathon," Rupp said. "The 10K being first, being the shorter event, if the marathon was first it would pretty much be impossible to double back from that." The Olympic 10,000 is scheduled Aug. 13 and the marathon is set for Aug. 21.

Amy Cragg pulled away late to win the women's division in 2:28:27.

"Four years ago, it was pretty heartbreaking finishing fourth," Cragg said. "I worked really, really hard for four years to move up one position (and make the team)."

On the men's side, 40-year-old Meb Keflezighi finished second — about a minute behind Rupp — to become the oldest U.S. Olympic marathon runner. "I'm thrilled to be on the team," Keflezighi said.

"Fourth time is the charm."

Jared Ward was third to take the final Olympic spot. Desiree Linden was second, and Shalane Flanagan third in the women's race.

Rupp and Keflezighi raced as a pair through the final six miles before Rupp pulled away over the final three miles. Ward passed Tyler Pennel for third with about eight miles left.



**Galen Rupp wins the  
Men's Race in 2:11:10**

For the women, Linden rallied in the final mile to finish second at 2:29:00. Flanagan, who won the trials four years ago, made her fourth Olympic team by finishing in 2:29:26.

Cragg and Flanagan, who are training partners, ran to the early lead together. Linden overtook Flanagan in the final three miles.

"We've got two incredible teams going to Rio so I'm really excited to get out there and represent," Craig said.



**Mens Top 3 - Galen Rupp, Meb Keflezighi, Jared Ward**





# 2016 Summer Olympics Watch

## Olympic Marathon Women's Trial Results

LOS ANGELES (AP)

By Christopher Chavez reporting for Sports Illustrated

Amy Cragg, Desi Linden, and Shalane Flanagan will be the three women representing the United States in the 2016 Olympic marathon in Rio de Janeiro on August 12 after their one-two-three finish in Saturday's U.S. trials race in Los Angeles.

Cragg crossed the finish line in 2:28:20 as the hot temperatures on the course resulted in a race where she and Flanagan used shaded areas to build a lead in the first half of the race. Linden and Flanagan followed her up in 2:28:54 and 2:29:19, respectively. Kara Goucher, a member of the 2012 Olympic marathon team, finished fourth and missed a spot on the Olympic team by 65 seconds.



**Amy Cragg, two-time U.S. Olympian**

Cragg's first-place finish on Saturday is a much sweeter reward than her fourth-place finish at the 2012 trials in Houston, when she fell 17 seconds short of making her first Olympic team.

Cragg, 32, went on to make the Olympic team for London in the 10,000 meters on the track later that summer. In her first Olympics, she finished 11th but was the first American across the finish line. In her preparation for the 2016 trials, she moved to Portland and started training with Flanagan. She was college roommates with Linden at Arizona State. Cragg holds a personal best of 2:27:03, which she has run at the 2011 Houston Marathon and 2014 Chicago Marathon.



**Cragg, Linden and Flanagan make U.S. Olympic marathon team for Rio**

### Desi Linden, two-time U.S. Olympian

Linden told reporters that she struggled to call herself an Olympian after she dropped out of the 2012 Olympic marathon in London after two miles due to a femoral stress fracture. Linden will be out for redemption in Rio as she contests her second Olympic marathon.

At the 2008 U.S. Olympic Marathon Trials, Linden was a distant 13th place finisher in 2:37:50. She was the runner-up behind Flanagan at the 2012 trials in Houston, where she ran 2:25:55. In Saturday's race, she made up ground in the final three miles to catch Flanagan for a runner-up finish.

Linden was once the fastest American woman to run the Boston Marathon with her 2:22:38 second-place finish in 2011. Her 2:25:39 run at Boston last year was the fastest by any American in 2015.

After making the Olympic team in the marathon, Linden says she believes she is retired from competing on the track.

### Shalane Flanagan, four-time U.S. Olympian (2008 bronze medalist at 10,000 meters)

Flanagan, 34, will be running her second Olympic marathon, after finishing 10th in London four years ago. Flanagan continues to climb in the results from 2012, at least one finisher ahead of her has been disqualified for performance enhancing drugs.

Flanagan holds a personal best of 2:21:14, the second-fastest time ever by an American, behind Deena Kastor's U.S. record 2:19:36. Flanagan is an 18-time U.S. champion (six road, six track and six cross country titles.) Flanagan owns a bronze medal in the 10,000 from the 2008 Olympics in Beijing. At 34, Flanagan is most likely headed to her last Olympics. She has a chance of adding another medal in what she believes could be the "cleanest marathon" of her international career.

## Mid-America Running Association

### Schedule of Kansas City Local and Regional Races

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

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

New race submissions should include the information shown below.

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

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

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

Races that have dates **highlighted with yellow** are tentative. Race held last year but have not received data for this year.

Updated: 19 February 2016

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
<b>March 2016</b>					
Mar 5	Sat	7:00 AM	Band Together 5K	PCR3 High School Platte City, MO	<a href="#">Band Together 5K</a>
Mar 5	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	<a href="#">Leprechaun Lane 5K &amp; 10K</a>
Mar 5	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Theater in the Park Shawnee Mission Park Overland Park, KS	<a href="http://www.openmindscdc.com/5k/">www.openmindscdc.com/5k/</a>
Mar 5	Sat	9:00 AM	Truffle Shuffle 5K	JoCo Community College Overland Park, KS	<a href="#">Truffle Shuffle 5K</a>
Mar 5	Sat	10:00 AM	Beer & Bagel Off Road Race Series 4 Miles	Saddlebock Brewery Fayetteville, AR	<a href="http://www.beerandbagel.com">www.beerandbagel.com</a>
Mar 6	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	<a href="http://www.littlerockmarathon.com/marathon/">www.littlerockmarathon.com/marathon/</a>
Mar 6	Sun	8:00 AM	1st Total Care 5K	New Life Church Olathe, KS	<a href="#">1st Total Care 5K</a>
Mar 6	Sun	9:00 AM	Great Plains 10K	Longview Lake Kansas City, MO	<a href="http://www.greatplains10k.com/">www.greatplains10k.com/</a>
Mar 12	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	<a href="http://www.wichitastpats5k.com/">www.wichitastpats5k.com/</a>
Mar 12	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublins Pass Springfield, MO	<a href="http://www.shamroxrun.com">www.shamroxrun.com</a>
Mar 12	Sat	8:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	<a href="http://www.irishfestfunrun.com/">www.irishfestfunrun.com/</a>
Mar 12	Sat	8:00 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	<a href="http://trailhawks.com/races/2016/mar/12/pi-day-river-rotation-6/">trailhawks.com/races/2016/mar/12/pi-day-river-rotation-6/</a>
Mar 12	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's 401 N. 2nd Street Lawrence, KS	<a href="http://lawrencestpatricksdayparade.com/5Krun.html">lawrencestpatricksdayparade.com/5Krun.html</a>
Mar 12	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">www.raypec.k12.mo.us/index.aspx?NID=560</a>
Mar 12	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	<a href="http://www.sportkc.org/big-12-run">www.sportkc.org/big-12-run</a>
Mar 12	Sat	10:00 AM	St. Patrick's Day Road Races 10K & 2 Mile	Aggieville Manhattan, KS	<a href="http://letsgorun.com/">letsgorun.com/</a>
Mar 12	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.stpatricksdays4milerun.com/">www.stpatricksdays4milerun.com/</a>
Mar 12	Sat	11:00 AM	Norty's Shamrock Run	St. Joseph, MO	<a href="#">Norty's Shamrock Run</a>
Mar 13	Sun	8:00 AM	ShamRox Columbia 15K & 5K	Les Bourgeois Rocheport, MO	<a href="http://www.shamroxrun.com">www.shamroxrun.com</a>
Mar 13	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS Kansas City, MO	<a href="http://runsignup.com/Race/KS/WichitaWichitaWichitaBrewingCoRelayMara">runsignup.com/Race/KS/WichitaWichitaWichitaBrewingCoRelayMara</a>
Mar 13	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	<a href="http://www.whiskeyrun5k.com">www.whiskeyrun5k.com</a>
Mar 13	Sun	10:00 AM	ShamRock & Run 5K	Liberty Community Center Liberty, MO	<a href="http://rockandrunbrewery.com/shamrock-run/">rockandrunbrewery.com/shamrock-run/</a>



Mar 19	Sat	8:00 AM	Journey for Sight 5K/10K & 5K Walk	Combat Air Museum Topeka, KS	<a href="http://www.level3.topekawebdesign.com/">www.level3.topekawebdesign.com/</a>
Mar 19	Sat	8:30 AM	All for the Children 5K Run/Walk	Metro Comm. College - Blue River Independence, MO	<a href="http://www.mcckc.edu/events/all-for-the-children/">www.mcckc.edu/events/all-for-the-children/</a>
Mar 19	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	<a href="http://www.eurekarotary.org/">www.eurekarotary.org/</a>
Mar 19	Sat	9:00 AM	World Vision Global 6K for Water	English Landing Park Parkville, KS	<a href="http://www.teamworldvision.org">www.teamworldvision.org</a>
Mar 19	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.psychowyc.com/id99.html">www.psychowyc.com/id99.html</a>
Mar 20	Sun	9:00 AM	Great Plains 10K - Kansas City	Kemper Arena Kansas City, MO	<a href="http://www.greatplains10K.com">www.greatplains10K.com</a>
Mar 26	Sat	8:00 AM	Missouri Race Series 5K, 10K & 10 Miles	Lee's Summit, MO Kansas City, MO	<a href="http://www.missouriraceseries.com/#/kansas-city/croo">www.missouriraceseries.com/#/kansas-city/croo</a>
Mar 26	Sat	7:30 AM	Wicked Marathon & Half Marathon	Wamego, KS	<a href="http://wickedmarathon.org/">wickedmarathon.org/</a>
Mar 26	Sat	8:00 AM	Easter Escapade 5K & 10K Run	Lee's Summit, MO	<a href="http://Easter Escapade 5K &amp; 10K Run">Easter Escapade 5K &amp; 10K Run</a>
Mar 26	Sat	8:00 AM	Pathways 5K	Wallace Park Paola, KS	<a href="http://www.paolapathways.org">www.paolapathways.org</a>
Mar 26	Sat	8:00 AM	Easter Egg 5K	South Creek Office Park Overland Park, KS	<a href="http://www.easteregg5k.com">www.easteregg5k.com</a>
Mar 26	Sat	8:30 AM	Royal Bunny Tracs 5K Kids Rabbit Dash with Easter Egg Hunt	Northeast Community Park Manhattan, KS	<a href="http://royalbunnytracs5k.com/">royalbunnytracs5k.com/</a>
Mar 26	Sat	9:00 AM	High on Grass 5K	Platte Ridge Park Platte City, MO	<a href="http://High on Grass 5K">High on Grass 5K</a>
<b>April 2016</b>					
Apr 2	Sat	8:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Unity Village Lee's Summit, MO	<a href="http://therunningwellstore.com/localevents">therunningwellstore.com/localevents</a>
Apr 2	Sat	8:00 AM	Waves Indoor Triathlon	High Blue Wellness Center Belton, MO	<a href="http://Waves Indoor Triathlon">Waves Indoor Triathlon</a>
Apr 2	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll for Hunger 5K	Elms Hotel and Spa Excelsior Springs, MO	<a href="http://www.goodsamaritancenter.com/events.html">www.goodsamaritancenter.com/events.html</a>
Apr 2	Sat	8:00 AM	Munson Mayhem Duathlon and 5K	Fort Leavenworth Leavenworth, KS	<a href="http://Munson Mayhem Duathlon and 5K">Munson Mayhem Duathlon and 5K</a>
Apr 2	Sat	8:00 AM	MaxTrax Duathlon	Derby Ridge Elementary School Columbia, MO	<a href="http://www.ultramaxsports.com/maxtrax">www.ultramaxsports.com/maxtrax</a>
Apr 2	Sat	8:00 AM	St. Pat's Irish Fest 5K/10K Trail Fun Run	St. Patrick's Church Atchinson, KS	<a href="http://St. Pat's Fest 5K/10K Fun Trail Run">St. Pat's Fest 5K/10K Fun Trail Run</a>
Apr 2	Sat	9:00 AM	Run/Walk 5K For Guatemala	Staley High School Kansas City, MO	<a href="http://Walk/Run for Guatemala">Walk/Run for Guatemala</a>
Apr 2	Sat	10:00 AM	Bridge & Dam Half Marathon & 10K	Bagnell Dam Lakeside, MO	<a href="http://bridgeanddamhalfmarathon.com">bridgeanddamhalfmarathon.com</a>
Apr 2	Sat	10:00 AM	Run for 1 5K Run/Walk	Community America Ballpark Kansas City, KS	<a href="http://www.runfor1.com/">www.runfor1.com/</a>
Apr 2	Sat	9:00 AM	Run for Life 10-Mile Run & Team Relay and 2-Mile Fun Run	Washburn University Campus Topeka, KS	<a href="http://www.runforlifeks.com">www.runforlifeks.com</a>
Apr 3	Sun	6:00 AM	Brew to Brew	Boulevard Brewery Kansas City, MO	<a href="http://www.brewtobrew.com/">www.brewtobrew.com/</a>
Apr 9	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	<a href="http://www.eisenhowermarathon.com">www.eisenhowermarathon.com</a>
Apr 9	Sat	7:30 AM	Rock the Parkway Half Marathon & 5K	Burns & McDonell World Hdqts Kansas City, MO	<a href="http://www.rocktheparkway.com">www.rocktheparkway.com</a>
Apr 9	Sat	8:00 AM	Hilltop Hustle	Rock Chalk Park Lawrence, KS	<a href="http://hilltop.ku.edu/hilltop-hustle">hilltop.ku.edu/hilltop-hustle</a>

Apr 9	Sat	8:00 AM	Go Girl Run Half Marathon & 5K	Springfield Expo Center Springfield, MO	<a href="http://www.gogirlrun.com">www.gogirlrun.com</a>
Apr 9	Sat	8:00 AM	GO! St. Louis Marathon 5K & Fun Run	Downtown St. Louis, MO	<a href="http://gostlouis.org">gostlouis.org</a>
Apr 9	Sat	8:00 AM	Golden Eagle 5K	Community of Christ Auditorium Independence, MO	<a href="http://GoldenEagle5K.com">Golden Eagle 5K</a>
Apr 9	Sat	9:00 AM	Color Vibe 5K Run	Berkley Park Kansas City, MO	<a href="http://www.thecolorvibe.com/kansascity.php">www.thecolorvibe.com/kansascity.php</a>
Apr 9	Sat	10:00 AM	Eye on the Eagle 5K	28901 NE Colbern Rd. Lee's Summit, MO	<a href="http://runsignup.com/Race/MO/LeesSummit/EyeontheEagle5KFunRunWalk?">runsignup.com/Race/MO/LeesSummit/EyeontheEagle5KFunRunWalk?</a>
Apr 9	Sat	10:00 AM	Beer & Bagel Off Road Race Series 4 Miles	Jester Park Des Moines, IA	<a href="http://www.beerandbagel.com">www.beerandbagel.com</a>
Apr 10	Sun	7:00 AM	GO! St. Louis Marathon, Half Marathon, & Marathon Relay	Downtown St. Louis, MO	<a href="http://gostlouis.org">gostlouis.org</a>
Apr 16	Sat	6:00 AM	Garmin Marathon in the Land of Oz Full, Half and 5K	Embassy Suites Hotel & Conference Center Olathe, KS	<a href="http://www.ozrun.org">www.ozrun.org</a>
Apr 16	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 16	Sat	8:00 AM	Great Plains 10K	Downtown Wichita, KS	<a href="http://www.greatplains10k.com/#/wichita-ks/ci2r">www.greatplains10k.com/#/wichita-ks/ci2r</a>
Apr 16	Sat	8:00 AM	Lucy Franklin Leopards 5K Run/Walk	Lucy Franklin Library Blue Springs, MO	<a href="http://LucyFranklinLeopards5KRun/Walk">Lucy Franklin Leopards 5K Run/Walk</a>
Apr 16	Sat	8:00 AM	Free State Trail Run 100K, 40M, 26.2 Trail Marathon & 1/2 Marathon	Clinton Lake State Park Lawrence, KS	<a href="http://www.psychowyc.com/id1.html">http://www.psychowyc.com/id1.html</a>
Apr 16	Sat	8:00 AM	Clinton Education Foundation 5K	600 E. Clinton St. Clinton, MO	<a href="http://www.clinton.k12.mo.us">www.clinton.k12.mo.us</a>
Apr 16	Sat	9:00 AM	God's Country Off-Road Duathlon	Lawrence River Trails Lawrence, KS	<a href="http://fattireduathlon.blogspot.com">fattireduathlon.blogspot.com</a>
Apr 16	Sat	9:00 AM	Bridge2Bridge 5K	Downtown Topeka, KS	<a href="http://on.fb.me/1QUyJsj">http://on.fb.me/1QUyJsj</a>
Apr 16	Sat	9:00 AM	Women on the MOVE 5K	English Landing Park Parkville, MO	<a href="http://WomenontheMOVE5K">Women on the MOVE 5K</a>
Apr 17	Sun	8:00 AM	Run Like a Girl 5K & Lil' Girls Run	Zona Rosa Kansas City, MO	<a href="http://RunLikeaGirl5K">Run Like a Girl 5K</a>
Apr 17	Sun	9:00 AM	5K Wedding Run	Downtown Lee's Summit Lee's Summit, MO	<a href="http://www.5kweddingrun.com">www.5kweddingrun.com</a>
Apr 17	Sun	9:00 AM	5K Wedding Run	Ritz Carlton Overland Park, KS	<a href="http://www.5kweddingrun.com">www.5kweddingrun.com</a>
Apr 17	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 23	Sat	7:00 AM	Run for the Children Half Marathon	Eldon, MO	<a href="http://millercochildadvocacy.weebly.com/">millercochildadvocacy.weebly.com/</a>
Apr 23	Sat	7:00 AM	KC Northland Heroes for Hope Half Marathon, 5K Run/Walk	Sam's Club 8130 N. Church Road Kansas City, MO	<a href="http://www.heroesforhopekc.org/">www.heroesforhopekc.org/</a>
Apr 23	Sat	7:30 AM	Noah's Crown Town 5K	Corporate Woods Overland Park, KS	<a href="http://www.noahsbandageproject.com">www.noahsbandageproject.com</a>
Apr 23	Sat	8:00 AM	Race for Hunger 5K	Lake Shawnee - Shelter House #1 Topeka, KS	<a href="http://runsignup.com/Race/KS/Topeka/RaceAgainstHunger?">runsignup.com/Race/KS/Topeka/RaceAgainstHunger?</a>
Apr 23	Sat	9:00 AM	Our Health is Our Wealth 5K	Jesse James Park Kearney, MO	<a href="http://www.nhcapatroits.com">www.nhcapatroits.com</a>
Apr 23	Sat	8:00 AM	Bands on the Run 5K	Clinton Parkway & Kasold Drive Lawrence, KS	<a href="http://BandsOntheRun5K">Bands on the Run 5K</a>
Apr 23	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 23	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 23	Sat	10:00 AM	Speedy Spoofhound 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 24	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 24	Sun	7:45 AM	Trolley Run 4 Mile Run/Walk	75 <sup>th</sup> and Wornall Kansas City, MO	<a href="http://www.trolleyrun.org">www.trolleyrun.org</a>
Apr 24	Sun	8:00 AM	Mile for Meals	Zona Rosa Kansas City, MO	<a href="http://pssi.platteseniors.org/content/?id=46">http://pssi.platteseniors.org/content/?id=46</a>
Apr 24	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	<a href="http://www.queens5kromp.com">www.queens5kromp.com</a>
Apr 30	Sat	7:00 AM	Rural Route 13.1 Half Marathon & 10K	Esbon, KS	<a href="http://RuralRoute13.1">Rural Route 13.1</a>
Apr 30	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 30	Sat	7:45 AM	Corinth Dragon Dash 5K	Corinth Elementary School Prairie Village, KS	<a href="http://corinthdragons.com/fundraisers/dragondash/">corinthdragons.com/fundraisers/dragondash/</a>
Apr 30	Sat	8:00 AM	Jadon's Hope Bug Run 10K, 5K Run/walk, Bitty Bug Run	Rolling Ridge Elementary Olathe, KS	<a href="http://www.jadonshope.org">www.jadonshope.org</a>
Apr 30	Sat	8:00 AM	Triangle Run	South Patrol Police Station Kansas City, MO	<a href="http://TriangleRun">Triangle Run</a>
Apr 30	Sat	8:00 AM	Tower 2 Tower 5k	WaterOne Lenexa, KS	<a href="http://www.waterone.org/5k">www.waterone.org/5k</a>
Apr 30	Sat	8:00 AM	Luv Dub Run 10K/5K Run/Walk	Bothwell Regional Health Center Sedalia, MO	<a href="http://www.brhc.org/foundation/foundation_events.aspx">www.brhc.org/foundation/foundation_events.aspx</a>
Apr 30	Sat	8:00 AM	FREE Park Trot 5K Run/Walk	Waterfall Park Independence, MO	<a href="http://www.independencparktrot.com">www.independencparktrot.com</a>
Apr 30	Sat	8:00 AM	PLMS Tigers for Hearts 5K Run	Independence Square Independence, MO	<a href="http://PLMSTigersforHearts5KRun">PLMS Tigers for Hearts 5K Run</a>
Apr 30	Sat	8:30 AM	Miles for Meals	Zona Rosa Kansas City, MO	<a href="http://pssi.platteseniors.org/content/?id=46">pssi.platteseniors.org/content/?id=46</a>

## May 2016

May 1	Sun	7:00 AM	Independence Half Marathon	Independence Events Center Independence, MO	<a href="http://IndependenceHalfMarathon">Independence Half Marathon</a>
May 1	Sun	7:00 AM	Lincoln Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	<a href="http://www.lincolnmrathon.org/">www.lincolnmrathon.org/</a>
May 1	Sun	7:00 AM	Bufflo Bell Stampede	Warren Middle School Leavenworth, KS	<a href="http://www.leavenworthhistory.org/Bufalo_Bell/index.html">www.leavenworthhistory.org/Bufalo_Bell/index.html</a>
May 1	Sun	7:00 AM	TriZou Triathlon	Stankowski Field Columbia, MO	<a href="http://www.ultramaxsports.com/trizou">www.ultramaxsports.com/trizou</a>
May 1	Sun	7:30 AM	Prairie Fire Spring Half Marathon Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	<a href="http://www.prairiefiremarathon.com/spring-race/races-registration/half-marathon">www.prairiefiremarathon.com/spring-race/races-registration/half-marathon</a>
May 1	Sun	7:30 AM	Roller Coaster Race - 5K & 10K	Six Flags St. Louis Eureka, MO	<a href="http://www.rollercoasterrace.com/stlouis">www.rollercoasterrace.com/stlouis</a>
May 1	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 1	Sun	8:00 AM	Buffalo Bell Stampede Half Marathon, 10Km 5K	Warren Middle School Leavenworth, KS	<a href="http://www.leavenworthhistory.org/Bufalo_Bell/index.html">www.leavenworthhistory.org/Bufalo_Bell/index.html</a>
May 1	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	<a href="http://www.lakc.net/lakc5K">www.lakc.net/lakc5K</a>
May 1	Sun	8:00 AM	GCA Rhonda's Run 2015	Chieftain Park Tonganoxie, KS	<a href="http://GCARhonda'sRun2015">GCA Rhonda's Run 2015</a>
May 7	Sat	6:00 AM	Cowbell Uncorked: OFF ROAD	Kondike Park Augusta, MO	<a href="http://www.cowbelluncorked.com/">www.cowbelluncorked.com/</a>
May 7	Sat	8:00 AM	Run for LITTLE Hearts 10K Run, 5K Run, Awareness Walk, Kid's Dash	Downtown Lee's Summit, MO	<a href="http://runforlittlehearts.com">runforlittlehearts.com</a>

May 7	Sat	8:00 AM	The Color Run	Arrowhead Stadium Kansas City, MO	<a href="http://www.thecolorrun.com/kansas-city">www.thecolorrun.com/kansas-city</a>
May 7	Sat	7:00 AM	Truman Heritage Festival 5K	Grandview, MO	<a href="http://trumanheritagefestival5k.itsyourrace.com/event.aspx?id=5190">trumanheritagefestival5k.itsyourrace.com/event.aspx?id=5190</a>
May 7	Sat	7:30 AM	Corporate Challenge 5K	Burns & McDonnell Headquarters Kansas City, MO	<a href="http://www.kccorporatechallenge.com/events/5k">www.kccorporatechallenge.com/events/5k</a>
May 7	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 7	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Lone Elm Park Olathe, KS	<a href="http://www.angeldayrunwalk.com/Race_Info.htm">www.angeldayrunwalk.com/Race_Info.htm</a>
May 7	Sat	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	<a href="http://trailhawks.com/races/2016/may/07/skyline-shuffle-8/">trailhawks.com/races/2016/may/07/skyline-shuffle-8/</a>
May 7	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 7	Sat	8:00 AM	Luck Frankin Leopards' 5K Run/Walk	Lucy Franklin Elementary School Blue Springs, MO	<a href="http://runsignup.com/Race/MO/BlueSprings/LFF5KRunWalk?">runsignup.com/Race/MO/BlueSprings/LFF5KRunWalk?</a>
May 7	Sat	8:30 AM	iBelieveKC Duathlon	Liberty Community Center Liberty, MO	<a href="http://www.ibelievekc.com">www.ibelievekc.com</a>
May 7	Sat	9:00 AM	Cinco de Mayo 5-Qué	Guadalupe Center Kansas City, MO	<a href="http://www.cincodemayo5que.com">www.cincodemayo5que.com</a>
May 7	Sat	9:00 AM	Sophie's Run 5K	Lake Waukomis Kansas City, MO	<a href="http://Sophie's Run">Sophie's Run</a>
May 8	Sun	8:00 AM	KC Express Mother's Day 5K	Corporate Woods Overland Park, KS	<a href="http://mothersdayrun.com/">mothersdayrun.com/</a>
May 8	Sun	8:00 AM	Run for Ronald 5K Run/Walk	Lake Shawnee Topeka, KS	<a href="http://Run for Ronald 5K Run/Walk">Run for Ronald 5K Run/Walk</a>
May 14	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	<a href="http://runningwiththecows.com/">runningwiththecows.com/</a>
May 14	Sat	7:30 AM	HP3 Heritage Park Duathlon, 10K, 5K	Heritage Park Olathe, KS	<a href="http://www.jcprd.com/special_events/hp_duathlon.cfm">www.jcprd.com/special_events/hp_duathlon.cfm</a>
May 14	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 14	Sat	8:00 AM	Rock on Lake Perry 50K, Half Marathon, 5K	Branded B Ranch Meriden, KS	<a href="http://www.psychowco.com/lakeperrytrailruns/id3.html">www.psychowco.com/lakeperrytrailruns/id3.html</a>
May 14	Sat	8:30 AM	PurpleStride 5K	Frank A Theis Park Kansas City, MO	<a href="http://purplestride.kintera.org/faf/home/default.asp?ievent=1148681">purplestride.kintera.org/faf/home/default.asp?ievent=1148681</a>
May 14	Sat	9:00 AM	Foam Glow 5K	Crickett Wireless Amphitheater Bonner Springs, KS	<a href="http://www.foamglow.com/kansas-city/">www.foamglow.com/kansas-city/</a>
May 14	Sat	9:00 AM	Hillcrest Hawaii 5K	Town Square in Zona Rosa Kansas City, MO	<a href="http://www.enter2run.com/search/event.aspx?id=31877">www.enter2run.com/search/event.aspx?id=31877</a>
May 14	Sat	9:00 AM	Granny 5K Fun Run	Edgewood Manor Raytown, MO	<a href="http://Granny 5K Fun Run">Granny 5K Fun Run</a>
May 14	Sat	5:00 PM	Ferguson Twilight Run One-Mile Fun Run, 5K and 10K	Plaza at 501 Ferguson, MO	<a href="http://www.fergtwilightrun.com">www.fergtwilightrun.com</a>
May 14	Sat	8:30 PM	Foam Glow - 5K	Crickett Wireless Amphitheater Bonner Springs, KS	<a href="http://www.foamglow.com/">www.foamglow.com/</a>
May 14	Sat	4:00 PM	Martini Mile	Martini Corner Kansas City, MO	<a href="http://www.martinimile.com/index.php#situation">www.martinimile.com/index.php#situation</a>
May 15	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	<a href="http://www.kansascitytriathlon.com/">www.kansascitytriathlon.com/</a>
May 15	Sun	8:00 AM	Mothers' Day 5K	Corporate Woods Overland Park, KS	<a href="http://mothersdayrun.com/about-kansas-city-express">mothersdayrun.com/about-kansas-city-express</a>
May 21	Sat	7:00 AM	Bill Snyder High Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	<a href="http://www.billsnyderhighwayhalf.com/registration/">www.billsnyderhighwayhalf.com/registration/</a>
May 21	Sat	7:00 AM	FroYo 5/10K	Liberty Memorial Kansas City, MO	<a href="http://www.froyo5k.com">http://www.froyo5k.com</a>



May 21	Mon	7:00 AM	Superhero Diabetes Dash 5K & Kids 1 Mile	Prairie Life Olathe, KS	<a href="#">Superhero Diabetes Dash</a>
May 21	Sat	8:00 AM	Turkey Creek Festival 5K	Irene B French Community Center Merriam, KS	<a href="http://www.merriam.org/index.aspx?NID=421">www.merriam.org/index.aspx?NID=421</a>
May 21	Sat	8:00 AM	Girls on the Run 5K	Arrowhead Stadium Kansas City, MO	<a href="http://www.gotrkc.org">www.gotrkc.org</a>
May 21	Sat	8:00 AM	Go Girl Run Half Marathon & 5K	Flat Branch Park Columbia, MO	<a href="http://www.gogirlrun.com">www.gogirlrun.com</a>
May 21	Sat	8:00 AM	Get Your Glass in Gear 5K	Parade Park Paseo and Truman Road Kansas City, MO	<a href="http://www.enter2run.com/Search/event.aspx?id=33186">www.enter2run.com/Search/event.aspx?id=33186</a>
May 21	Sun	8:00 AM	Girls on the Run 5K	Corporate Woods Overland Park, KS	<a href="http://www.gotrkc.org/race/458-spring-2016-girls-on-the-run-5k">www.gotrkc.org/race/458-spring-2016-girls-on-the-run-5k</a>
May 21	Sun	9:00 AM	YWCA Girls on the Run 5K	YWCA Topeka, KS	<a href="#">YWCA Girls on the Run 5K</a>
May 21	Sun	9:00 AM	Rachel House Stride for Life 5K Run & 3 or 1 Mile Walk	Waterfall Park Independence, MO	<a href="#">Rachel House Stride for Life</a>
May 21	Sat	8:00 AM	Grub Run	Catherine's Landing Hot Springs, AR	<a href="http://www.higherpeaks.org/">www.higherpeaks.org/</a>
May 21	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 21	Sat	9:00 AM	Panther Scamper 5K	Oakhill Day School 7019 North Cherry Street Gladstone, MO	<a href="http://www.raceit.com/search/event.aspx?id=31616">www.raceit.com/search/event.aspx?id=31616</a>
May 21	Sat	9:00 AM	Alcove Spring Trail Fun Run/Walk/Bike On the Oregon Trail	Near Marysville & Blue Rapids Marshall County, MO	<a href="mailto:pamtrains@bluevalley.net">pamtrains@bluevalley.net</a>
May 22	Sun	8:00 AM	MGA Triple Crown Showdown 5K Run/Walk, 1 Mile Walk, Tot Trot	Towne Center Leawood, KS	<a href="http://www.mga5k.com/">www.mga5k.com/</a>
May 22	Sun	8:00 AM	Triumph Over Tragedy 5K	Garmin Headquarters Olathe, KS	<a href="http://www.kilscholarshipfund.org">www.kilscholarshipfund.org</a>
May 28	Sat	7:30 AM	Buddy Poppy 5k	Independence Square, Independence, MO	<a href="http://runsignup.com/Race/MO/Independence/BuddyPoppy5K?">runsignup.com/Race/MO/Independence/BuddyPoppy5K?</a>
May 28	Sat	8:00 AM	Memorial Day March 5K/10K & 1 Mile Walk	Grain Valley South Middle SchoolGrain Valley, MO	<a href="#">Memorial Day March</a>
May 28	Sat	8:00 AM	Castle on the Hill 5K	Linclon Preparatory Academy Kansas City, MO	<a href="http://www.castletonthehill5k.com/home.html">www.castletonthehill5k.com/home.html</a>
May 28	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 28	Sat	8:00 AM	Salsa Run	Downtown Lee's Summit, MO	<a href="http://runsignup.com/Race/MO/LeesSummit/SalsaRun?">runsignup.com/Race/MO/LeesSummit/SalsaRun?</a>
May 28	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 8	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	Mon	8:00 AM	Amy Thompson Run - 8K & 5K	Loose Park Pavilion Kansas City, MO	<a href="http://www.amythompsonrun.org/">www.amythompsonrun.org/</a>
May 30	Mon	8:00 AM	Home Run 5K	Lawrence, KS	<a href="http://www.lawrencefamilypromise.org/upcoming-events">www.lawrencefamilypromise.org/upcoming-events</a>
May 30	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">www.kcchiefs.com/community/Chiefs5K.html</a>
<b>June 2016</b>					
Jun 3	Fri	7:00 PM	Hospital Hill Run 5K	Crown Center Kansas City, MO	<a href="http://www.hospitalhillrun.com/">www.hospitalhillrun.com/</a>
Jun 4	Sat	7:00 AM	Hospital Hill Run Half Marathon & 10K	Crown Center Kansas City, MO	<a href="http://www.hospitalhillrun.com/">www.hospitalhillrun.com/</a>
Jun 4	Sat	7:00 AM	National Health Foundation River Run 10K & 2M	Downtown Wichita, KS	<a href="http://www.wichitariverfest.com/riverrun.php?page=khfr_race_series">www.wichitariverfest.com/riverrun.php?page=khfr_race_series</a>

Jun 4	Sat	7:30 AM	Crazy Cow 5K Run/Walk	Bashor City Park Bashor, KS	<a href="http://www.basehordairydays.com/registration-page/">www.basehordairydays.com/registration-page/</a>
Jun 4	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>
Jun 4	Sat	9:00 AM	Conquer the Gauntlet - Kansas City 4M Obstacle Run	Valley Speedway Grain Valley, MO	<a href="http://conquerthegauntlet.com/locations/kc/">conquerthegauntlet.com/locations/kc/</a>
Jun 5	Sun	7:30 AM	Free State Triathlon	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 10	Fri	9:00 PM	Night Flight 5K Run	Harris Park 601 SW Jefferson St. Lee's Summit, MO	<a href="#">Night Flight 5K Run</a>
Jun 11	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 11	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 11	Sat	7:30 AM	Tonganoxie Library Run - 5K/10K	Library Tonganoxie, KS	<a href="https://www.facebook.com/runforthebooks">https://www.facebook.com/runforthebooks</a>
Jun 11	Sat	8:00 AM	Miles Against Melanoma 5K	Lake Remembrance Blue Springs, MO	<a href="http://www.mamkc.com">www.mamkc.com</a>
Jun 11	Sat	8:00 AM	Leawood Rotary 5K Run	Tomahawk Creek & 114th St. Leawood, KS	<a href="http://www.leawoodrotaryrun.com">www.leawoodrotaryrun.com</a>
Jun 11	Sat	8:00 AM	Pioneer Run 10K, 5K, 1 M Kid's Fun & 2 M Walk	English Landing Park Parkville, MO	<a href="http://raceroster.com/events/2016/7499/pioneer-run">raceroster.com/events/2016/7499/pioneer-run</a>
Jun 11	Sat	8:00 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 11	Sat	9:00 AM	Watkins Mill Get Outdoors 5K	Watkins Mill State Park Lawson, MO	<a href="http://watkinsmill5k.itsyourrace.com">http://watkinsmill5k.itsyourrace.com</a>
Jun 11	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 11	Sat	12:00 AM	5K For Relay Midnight Mission	Free State High School Lawrence, KS	<a href="#">5K For Relay Midnight Mission</a>
Jun 12	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 12	Sun	8:00 AM	Dog N Jog / 2 Mile Run/1 Mile Run/Walk	The Plaza Kansas City, MO	<a href="http://www.dognjog.org">www.dognjog.org</a>
Jun 12	Sat	8:00 AM	Color Storm Run - Kansas City	English Landing Parkville, MO	<a href="http://www.colorstormrun.com">www.colorstormrun.com</a>
Jun 17	Fri	7:30 PM	Eagle Club 5K Run	Liberty North High School Liberty, MO	<a href="http://lnhs.liberty.k12.mo.us/eagle_club">lnhs.liberty.k12.mo.us/eagle_club</a>
Jun 17	Fri	12:00 AM	Midnight 5K Run	Leawood, KS	<a href="http://www.ksoo.org/events">www.ksoo.org/events</a>
Jun 17	Sat	10:00 AM	Dad and Daughter 5K	Liberty Community Center Liberty, MO	<a href="http://www.ci.liberty.mo.us/index.aspx?NID=172">http://www.ci.liberty.mo.us/index.aspx?NID=172</a>
Jun 19	Sun	7:30 AM	Tinman Triathlon	Lake ShawneeTopeka, KS	<a href="http://www.legendendurance.com/legend-tin-man.html">www.legendendurance.com/legend-tin-man.html</a>
Jun 18	Sun	8:00 AM	Kevin Gray Father's Day 5K	Avila University 11900 Wornall Road Kansas City, MO	<a href="http://runsignup.com/Race/MO/KansasCity/KevinGrayFathersDay5K?">runsignup.com/Race/MO/KansasCity/KevinGrayFathersDay5K?</a>
Jun 18	Sat	8:00 AM	Miles for Meals - 5K	Heritage Park Marina Olathe, KS	<a href="#">Miles for Meals - 5K</a>
Jun 18	Sat	9:00 AM	Summer Intro 2.8 Mile Trail Run	Wyandotte County Lake Park Shelter #14 Kansas City, MO	<a href="http://www.psychowwyco.com/id55.html">www.psychowwyco.com/id55.html</a>
Jun 19	Sun	7:30 AM	Village Shalom Father's Day Run/Walk	Village Shalom Overland Park, KS	<a href="http://www.fathersdayrun.org/home">www.fathersdayrun.org/home</a>
Jun 24	Fri	8:30 PM	Rock the Night Away Trail Run Hal Marathon, 10K & 5K	Branded B Ranch Lake Perry, KS	<a href="http://www.psychowwyco.com/lakeperrytrailruns/id14.html">www.psychowwyco.com/lakeperrytrailruns/id14.html</a>
Jun 24	Fri	8:00 PM	Evening with the Stars 5K	Tonganoxie High School Tonganoxie, KS	<a href="mailto:gkeifer@tong464.org">gkeifer@tong464.org</a>