



MASTER Pieces

Magazine of Mid-America
Running Association
March - April 2017

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

MARCH-APRIL
2017

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Topeka to Auburn Half-Marathon

Photo by:
Gene Wee

Note: Please send all articles, photos,
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Morning Moonlight Memories

By: Renee Kidwell



The majority of my daily runs throughout the past 30 plus years have been completed in the early morning hours. Partly because, if I didn't get a run in early, it wasn't going to happen the rest of the day. Initially, it was often a struggle to get out of the warm cozy bed and head out the door for a 5 miler or so. I would tell myself, it's mind over mattress and you know you will be so happy once it's completed. What I have since learned and been blessed to observe have been some of the most beautiful sunrises, shooting stars streaming across the sky, and the most amazing phases of the moon. A few weeks ago, there was a brilliant full moon that lit up my route so well, I didn't need to use my faithful flashlight. Yes, at 5:00AM in the winter, one needs a flashlight. For a few days that moon kept things 'lit up' so perfectly during those early hours and I enjoyed my morning runs even more. As I listened to a hoot owl in the distance and observed the shadows cast across my path from that huge full moon I realized this would be a special memory to treasure for many years to come.

*Wishing you a very memorable, happy, healthy,
New Spring of Running!*

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

March - April 2017

Last night (February 18th), we attended a birthday celebration for a very dear friend, Barbara Bridges. Barb will be turning 75 on February 22nd. We met Barb and Ken Bridges about 30 years ago. We used to attend the Wednesday Night Run, regularly. For many years we ran with the Bridges. We also rode bikes with them and went on many ski trips with them.

These 30 years have gone by way to swiftly. Barb and Ken no longer run, they have taken up Ballroom dancing over the last several years and are quite good. However, Barb had back surgery last year and they have had to curtail their dancing for a while.

Also at the celebration were many other long time friends that we met through running, bicycling or skiing. The years pass, but the friendships remain. Of course, some friends have moved away and we have lost some friends, but the friends you meet that you have shared a common bond with seem to be the friendships that endure through all the stages of your life.

I read once, that if you have a friendship that lasts 5 years, the odds that you will have that friend forever are 90%. Those are pretty good odds!

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

Karen

Sustaining MARA Members



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Olathe, KS
Overland Park, KS
Pomona, KS
Overland Park, KS
Shawnee, KS
Shawnee Mission, KS*





The 35th edition of the **Topeka to Auburn Half-Marathon** took place January 21, 2017. The race has been staged the third Saturday of January over the years and features a 10 AM start time in hopes of utilizing the mildest part the day. This race is one of the most challenging half-marathons around considering the course and the uncertainty of mid-January weather in Kansas.

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. With the course traversing mainly north to south and with a predominately north or northwesterly wind, there is usually a tail or side wind. That normally means colder temperatures. Race day has featured temperatures as low as the single digits and readings well below zero with the wind chill factored in. Conversely, there has been occasion when the sky has been clear and under bright sunshine mid-day temperatures reached into the 50s or 60s and shorts and singlets were the apparel norm. Snow, sleet, or even rain before or during the event is also a possibility and that means there could be some footing issues to consider. Paved roads are generally manageable, but the country roads can often become a sloppy mess or may be mostly ice covered.



Asher Delmott 1st Overall Male (Lebo KS) Lead from Start



Rick Garey (Olathe, KS) was 1st in M40 and 3rd male overall



It's....Bacon... In the Run



Brooke Watson with Michelle Andrew

Photos By: Gene Wee - RunLawrence.com

Cont'd on page 4



On Urish Road - Emma Hauser, (Lawrence, KS) Keith Long (Beaumont, KS) and Lucas Treiber (Topeka, KS)



Emma Hauser -Overall Female Winner



Past directors - John Rinehart and Brad Rhoden

Photos By: Gene Wee - RunLawrence.com

MEDICINE, SPORT SCIENCE, & NUTRITION

Ralph R Hall M.D. FACP, FACSM

Professor of Medicine Emeritus, University of Missouri at Kansas City

JANUARY 2017—Special Edition “THE STATINS”

WHY STATINS?: Cardiovascular disease (CVD) is the leading cause of mortality and morbidity in the US. It accounts for 1 of every 3 deaths among adults. The potential for statins to prevent or delay CVD is important. But to whom and why should they be prescribed? The United States Preventative Task Force,(USPTF) has issued new guidelines for the primary prevention of new onset cardiovascular disease,(CVD), ie, People who have not had a stroke or heart attack. The guidelines recommend using risk factors to prescribe statins calculated from data developed by the American Heart Association/ American College of Cardiology (AHA/ACC). Based on the 10% risk of developing CVD in the next ten years the task force recommends moderate to low dose statins therapy. In those patients with a 7.5% to 10% risk of a CVD event in the next 10 years it recommends that physicians discuss the potential of a small benefit of taking statins for the remainder of their lives.

(Journal of The American Medical Association, Nov. 16, 2016.(JAMA).

EVIDENCE REVIEW: The USPSTF reviewed the evidence on the benefits and harms of screening for and treatment of dyslipidemia in adults 21 years and older; the benefits and harms of statin use in reducing CVD events and mortality in adults without a history of CVD; whether the benefits vary by subgroup, clinical characteristics, or dosage; and the benefits of various treatment strategies in adults 40 years or older without a history of CVD. The task force reviewed 19 trials with 71,344 participants as a source for their recommendations.

SUMMARY OF RECOMMENDATIONS

AND EVIDENCE: The task force recommends use of low to moderate-dose statins in adults 40 to 75 years without a history of CVD (ie, symptomatic coronary artery disease or ischemic stroke) who have 1 or more CVD risk factors (dyslipidemia, diabetes, hypertension or smoking) and a calculated 10-year CVD event risk of 10% or greater (B recommendation – a B recommendation means that there is high certainty that the benefit is moderate, or that there is moderate certainty that the net benefit is moderate to substantial).). The USPSTF recommends that clinicians selectively offer low-to moderate dose statins to adults 40 to 75 years without a history of CVD who have 1 or more CVD risk factors and a calculated 10 year CVD event risk of 7.5% to 10% (C recommendation-A C recommendation means that there is at least moderate certainty that the net benefit is small). The USPSTF concludes that the current evidence is insufficient to assess the balance of benefits and harms of initiating statin use in adults 76 years and older. (However, please note that all patients 75 or older fit this last category because age is such a strong risk factor.)

The task force concludes with moderate certainty that initiating use of low or moderate dose statins for the prevention of CVD events and mortality in adults 40 to 75 years without a history of CVD who have 1 or more risk factors and a calculated 10 year survival rate of 7.5% to 10% has a small net benefit. The decision to initiate therapy in this population should reflect an assessment of patients' specific circumstances and their preference for a potential small benefit relative to potential harms and inconvenience of taking a lifelong daily medication.

Continued on page 6

CONSIDERATION FOR IMPLEMENTATION:

To determine whether a patient is a candidate for statin therapy, clinicians must first determine the patient's risk of having a CVD event. However the clinicians' ability to determine the true risk is imperfect because the best currently available risk estimate tool from the American College of Cardiology/American Heart Association has been shown to over-estimate actual risk in multiple external validation reports. It is heavily influenced by age. Because of the lack of precision the current risk tool should be used as a starting point to discuss with the patient their desire for lifelong therapy. There is a simple App for the calculation of CVD risk.

These recommendations do not apply to patients with LDL cholesterol concentrations of greater than 190 mg/dl or those with known familial hypercholesterolemia; these patients are at higher risk and are more likely to require statin use. They do not apply to patients who have had a heart attack or stroke. (ie, Secondary Prevention.)

The task force makes the following statement regarding harms. There may be a small risk of developing diabetes. The evidence for cognitive harm is small and further research is needed. One trial found that here may be an increased need for cataract surgery.

Three editorialists in the same issue of the JAMA differ on the incidence of side effects such as muscle pain, suggesting rates of muscle pain from as high as 20 % to as low as minimal and varying incidences of other side effects such as diabetes.

COMMENTARY: Remember this discussion is about the prevention of CVD and does not apply to those who have had a cardiovascular event. The evidence for treating these patients is strong.

There is ample evidence that cholesterol lowering delays and sometimes prevents CVD in the majority of patients treated. However, as Rodrigues and Harrington from the Cardiovascular Division of Medicine at Stanford point out, "Clinical risk scores and calculations, while useful in facilitating patient conversations and decision making, have limitations because they are population based ." The calculation is a mean in a population and may not represent the individual's risk. Also the 10 year risk that is used for the recommendations is an arbitrary choice and fails to consider life time risks.

What is striking is that the pooled data from all of the studies used by the task force is that the number needed of patients needed to treat (NNT) to prevent 1 death from CVD was 233 after 2 to 6 years, depending on the particular study. In one study where the patient baseline risk was high, the NNT was 94 in people younger than 70 years and 62 in those 70 and older. We do not have reliable figures on the number needed to harm.

As Navar and Peterson, from Duke University note, treatment strategy based largely CVD risk alone is a difficult message for physicians to accept. A generation of physicians has considered high cholesterol levels, rather than generalized CVD risk, the target for statin treatment. Management approaches for other CVD risk factors such as diabetes and hypertension focus on reaching certain thresholds, regardless of risk.

Why should cholesterol treatment be different?

One other controversial issue is side effects. Although side effects are required to be reported to the FDA, they are frequently not reported. The effort required to report drug reactions takes considerable physician time.

I believe statins are over prescribed and diet and exercise and efforts to help patients to stop smoking are underutilized. However, it takes less time to prescribe a statin and patients often prefer statins. All the editorials and the task force recommend shared decision making. This is difficult, especially with the lower risk populations. The numerical scores and treatment thresholds are difficult to explain in the short time allotted for patient visits.

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

SENSATIONAL SIDES

When people begin to plan a meal, the first thought is often of the entrée, or main course. Yet, a meal generally has other important components to be considered, in order to make it memorable. Side dishes can certainly be star performers on a lunch or dinner plate if well planned and prepared. Side dishes not only add color, interest, and variety in terms of taste and texture to a meal, but can also be great nutritional contributors. This holds true especially for key vitamins, minerals, and fiber. Making half the plate colorful, especially with non-starchy veggies, is always a great way to help people of all ages to eat healthy, balanced and in moderation.

Here are a few ideas to get you started:

Nutty Vegetable Pilaf

Makes 6 servings

1 tablespoon	vegetable oil
2 cups	coarsely chopped broccoli
2 medium	carrots, julienned
1 medium	onion, chopped
1 cup	sliced fresh mushrooms
2 cloves	garlic, minced
1/2 teaspoon	dried basil leaves
1/2 teaspoon	salt
1/4 teaspoon	ground black pepper
3 cups	cooked brown rice (cooked in low-sodium chicken broth)
1/2 cup	chopped pecans, toasted
1/2 cup	shredded Parmesan cheese (optional)

Broccoli Slaw

6-8 servings

1 12 oz bag ready-made broccoli slaw	2 tbsp low fat coleslaw dressing
2 cups shredded green or red cabbage (or both)	1/2 cup dried cranberries
1 avocado, smashed	1/2 cup pumpkin seeds (pepitas)
2 tbsp low fat mayonnaise	

Place cabbage, broccoli slaw, dried cranberries and pepitas in large bowl. Whisk the avocado, mayonnaise, dressing, and hot sauce in separate bowl. Mix together and enjoy!

SWEET POTATO FRIES

Makes 2 servings

1 large sweet potato (about 8 ounces)
2 teaspoons olive oil
1/4 teaspoon coarse salt
1/4 tsp black pepper
1/4 tsp ground red pepper
Honey or maple syrup (optional)



1. Preheat oven to 425* Lightly spray baking sheet with nonstick cooking spray.
2. Peel sweet potato; cut length-wise into long spears. Toss with oil, salt, black pepper and ground red pepper on prepared baking sheet. Arrange potato spears in single layer not touching.
3. Bake 20 to 30 minutes or until lightly browned, turning halfway through baking time.

Serve with honey, if desired.



Running in Cuba, or ";Corre, Forrest, Corre!"

By: Gene Wee & Dee Boeck

Dee and I were on an 8-day tour of Cuba in late January. We managed to get in two runs and a bike ride in between all the tour group times.

The only time we saw runners was in Havana and then, they were more than likely, tourists like ourselves.

The trip was great. Cuba was in more disrepair and run down than we expected, but had perfectly adequate facilities for travelers. Our *casas particulares* (guesthouses) were always neat, clean, air conditioned, with hot water showers, etc. The beds were sometimes more like futons, but we always slept well. They were only \$30 - \$40 per night including breakfast.

We got two runs in - one in a smaller town (Viñales - 10,000 pop.) where we got up before dawn and were running down the deserted asphalt main road when we heard something behind us and looked back to see five or six young guys on horseback galloping full speed down the street towards us! We did step out of their way. Instead of drag racing cars or even BMX bikes, they were on horseback. It did surprise us to see how many horses there were - mostly being ridden or pulling carts for transportation. There were also wagons pulled by oxen on the roads alongside old military style troop transport trucks which are used as public transportation and shiny new tour buses.

There were also a lot of bicycle and tricycle carts everywhere - as well as the 1950's American autos. We rented decent mountain bikes (Dee's was a Specialized - they also had Treks) for \$6 and went on a 20 mile ride out of Trinidad to the Ancon Beach and back. The road we were on was very lightly traveled and in decent condition.

Food was plentiful and cheap if not exactly healthy. Lots of white bread, cheese, root vegetables, rice & beans. Fish and chicken were always available, too. Lots of guavas and pineapple. Meals were under \$5 for lunch and around \$10 - \$15 for dinner. Beer, bottled water & coffee was often just \$1 and \$2- \$3 for a mixed drink. The water system is bad - even the locals boil it or use a filtration system.

We stuck to bottled.

We learned so much about the history of Cuba. It is a shame how the country was allowed to disintegrate in so many ways after the Soviet Union left and cut off all support. It obviously was pretty grand in a lot of ways as you can tell by the older buildings, but they have been allowed to deteriorate terribly.

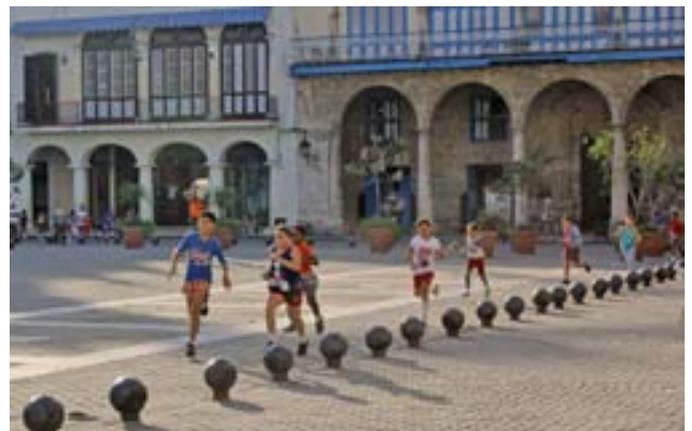
It was surprising to see many Soviet style huge concrete block apartment buildings in the large cities (especially Havana) that have seen better days.

However, we never felt unsafe anywhere (except perhaps for a fear of being run down by a motor scooter!).

Lots of the countryside looks kind of like the Florida Everglades. We traveled through the western half of the country from Viñales to Havana to Trinidad. We saw tobacco fields and large sugar cane fields.



The last morning in Havana, we went out before sunrise from our casa in Old Havana and ran along the Malecon.



A group of school children were running morning laps around the Plaza Vieja in Havana. Those are cannon balls to mark the rectangle around the plaza; no orange cones needed. It reminded us of the marathon club programs we have in Lawrence (KS) where kids earn a t-shirt for completing 26.2 miles of running during the school term.

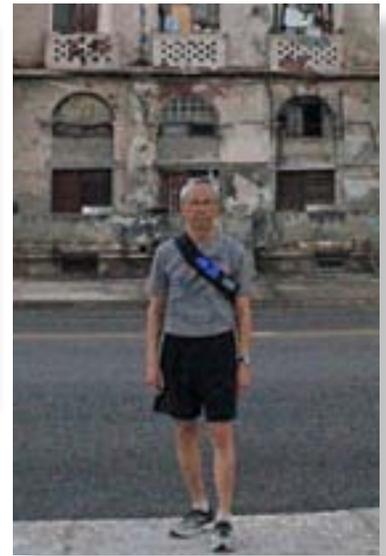
Photos By: Gene Wee



Dee in front of one of the many refurbished buildings along the Malecon.



This runner passed a girl on her way to school. This was on the corner of our casa (Hostal Matos Galán, on the corner of Chacon and Aguiar).



Gene in front of the building next door not as up-to-date.



An interesting tourist note: in front of the Havana Museum in the Plaza de Armas, the street is lined with wooden bricks to muff the carriage noise so the governor could sleep better.



Local runner's morning workout



bike riders on training rides as seen from our tour bus.



The Marabana Havana Marathon & Half-Marathon, 10K, 5K is November 19 this year if anyone is interested in a Cuban race.

But beware, here's a 2016 report from Marathon.com:

“Fun (especially for a US resident) to run in Cuba . . . but organizational problems abound! The website said where to pick up the race packet - but the place was locked, and the people behind the gate said to go somewhere miles away - luckily a passing German runner told us that that information was incorrect too, and gave us the correct info - turns out the Spanish website you connect to when you register didn't update the info, so unless you went to the separate Cuban website you would never know! The 10k and half-marathon and full marathon runners all start together, with no corrals, so the start is a mess with people bumping into each other all over . . . very few people do the full marathon, so on the 2nd time round the half-marathon course there are very few spectators, and there was very poor organization at the end to separate out the finishing half-marathoners from the full marathoners, who seem to be treated as a bit of an after-thought. The roads were not very well cleared, and the famous Havana diesel pollution didn't help. But all in all it is worth doing.”

Photos By: Gene Wee

The

**REAL PURPOSE
OF RUNNING
ISN'T TO**

WIN A RACE

**IT'S TO TEST THE LIMITS
OF THE HUMAN HEART**

- Bill Bowerman

FINISH LINE ... FACTS * FEATURES * FUN

18 Household Items Runners Should Toss—And 5 to Keep For better running health and less clutter around your home, purge these gadgets and trinkets that aren't helping make you fitter.

Article Featured in Runner's World Magazine:

By Cindy Kuzma

You might log most of your miles in the park, on the trail, or at the gym. But the environment in which you reside, even when you're not running, matters to your injury risk, performance, and overall well being. Here are 18 household items to get rid of to aid you in your question for a happy, healthy running life—and five others you should be sure to keep around.



1. Your worn-down running shoes

After regular use—one common rule of thumb is 300 to 400 miles—your kicks become less supportive. This stresses the Achilles tendon and plantar fascia, the tough band of tissue that runs along the bottom of your foot, says Colleen Brough, DPT, director of the Columbia RunLab and assistant professor at Columbia University Medical Center in New York. You can donate your old pairs to organizations like Soles4Souls. Some specialty running stores will send them there for you. While you're there, get properly fit for a new pair.

2. Cotton socks

What goes inside those sneaks also plays an important role in foot health, says John Gallucci, DPT, president and CEO of JAG Physical Therapy in West Orange, New Jersey. Cotton traps moisture, making it easier for blisters to form. So toss any old tube socks you still have and replace them with synthetic, moisture-wicking materials.

3. Broken devices

The decade-old stopwatch that won't start. The GPS watch that no longer picks up satellites. They're not doing you any good sitting on the top shelf of your closet or cluttering your garage, says Tim Bradley, the distance running coach at Saint Louis University. See if you can repair them and either use them or give them to a running buddy—if not, find a place to recycle them through the National Center for Electronics Recycling.

4. Ab crunch gadgets

OK, fine, the six-packs in the infomercials tempted you. But there are far better ways to work your core at home—planks, side planks, and Pilates moves like the Hundred, just to name a few, Brough says.

5. Race shirts you don't wear

Nip this problem in the bud, says Nancy Haworth, a runner and a professional organizer in Raleigh, North Carolina. As soon as you hit the expo or get your goody bag home, try on the shirt for fit and size. If you don't think you'll wear it often, donate it to charity right away. (If you're sentimental, you can gather old race shirts into a memory quilt, Haworth suggests.)

6. Swag bags

And about those bags—some are reusable drawstring varieties. Still, you probably have a far higher-quality gym bag, Haworth points out. Stuff clothing you're giving away inside them and donate the whole package.

7. Other extra clothing

How many running outfits do you wear between laundry days? Now count how many populate your closet or dresser drawer. Odds are the second number's far higher than the first, Haworth says. Pare down to the amount you really need for each season, and donate or discard the rest—starting with those that are stained, torn, permanently smelly, or just plain uncomfortable. That includes stretched-out sports bras. They usually last six months to a year and can be sent to The Bra Recyclers when they're relieved of service.

8. Old water bottles

Many runners wind up with a stash of not-quite-right vessels—some that leak, some that are impossible to clean, others that don't fit in the holder on the treadmill. Do a bottle inventory: Gather them all in one place, pick a few favorites, and recycle or discard the rest, Haworth recommends. Keep an extra one to freeze and run under your feet to ease plantar fascia pain, Brough advises, or you can use small paper cups for the same purpose.

Continued on page 12

9. Cheap drugstore sunglasses

You need to protect your eyes from damage—check the label for confirmation they block 99 to 100 percent of UVA and UVB rays. Even better: sunglasses with changeable lenses, including a clear or light pair that keep debris out of your eyes even when it's dark or cloudy, says Mike Norman, coach and co-owner of training program Chicago Endurance Sports.

10. Expired food

Foodborne illness can do a number on your gut and knock you off your training plan. Once a month, scan your fridge for food that's smelly, moldy, or past its due date. Do the same in your pantry at least yearly. Even shelf-stable goods like beans, rice, and spices have an expiration date, says Allison Parker, L.D.N., a Chicago-based runner and licensed dietitian. Replenish your cabinet with healthy staples like brown rice, whole grain pasta, canned or dried beans, nuts, and seeds. If, like many people, you grocery shop weekly, Parker recommends buying fresh produce for meals at the beginning of the week and frozen for later. (It's almost as nutritious and lasts longer.)

11. Extra-large serving dishes, bowls, or cups

Runger is real—and the bigger the container you eat out of, the more likely you are to overserve yourself, Parker says. Trade oversized dinnerware for more modest appetizer-sized plates and small bowls, and measure portions of foods like rice, pasta, peanut butter, and ice cream using measuring cups and spoons. You'll eat the right amount, and when it's served in a smaller dish or bowl, it seems more satisfying, she says.

12. Junk food

Consider what your triggers are. For Parker, it's chips and cookies: "If either are in the apartment, I'm definitely grabbing those over the carrot sticks and apple slices," she says. "Sometimes it's best to just not have those items in the house to eliminate temptation."

And pour out the pop. Soda adds nothing but empty calories to your diet.

13. Old cutting boards

Look for cracks, divots, or chunks missing, especially on boards used for both meat and produce. Bacteria can hide out in those crevices, making you sick. Invest in a few high-quality boards and use some for fruits and veggies only and others for meat, Parker says. Also on the toss list? Subpar appliances, like crummy old toasters or dying blenders, which aren't functioning properly.

14. Years-old reusable containers

Parker likes having glass jars and high-quality Tupperware handy to make prepping a week of healthy meals easier. But ditch those that are cracked or have morphed in shape or color over time. And never nuke foods in plastic that isn't marked microwave-safe. You risk exposure to potentially toxic chemicals, such as BPA and melamine.

15. The TV in your bedroom

A good night's sleep is critical to your recovery and overall health, Bradley says. TVs—or really, any backlit electronic devices—interrupt it by keeping your brain buzzing and emitting blue light that suppresses the sleep hormone melatonin.

16. Saggy old mattress

The mattress you crashed on in college might place extra strain on your spine, affecting range of motion or causing pain that may interfere with your running performance, Norman says. A high-quality, supportive mattress helps you slumber more soundly, so you awake refreshed and in proper alignment. The average mattress lasts seven to 10 years, Gallucci says.

17. Old medals and trophies

Take photos if you need reminders of your glory days. Then pass them along to a worthy organization like Medals4Mettle, which awards them to adults and children fighting debilitating illnesses.

18. Unsupportive family members

You probably can't kick out your spouse, parents, or kids just because they hate on your running habit. Still, it's important to recognize and neutralize their influence so it doesn't drive you off track, Bradley says. Try explaining your deeper motivations—to stay healthy so you're around longer, to build confidence you'll use to succeed in other areas of your life—and invite them to come join you at a group run or cheer you on at a race. (Showing interest in their passions in return wouldn't hurt, either.)



Registration is filling up fast!

*The race will cap at 3500 runners & registration will close. In past years, this has occurred as early as one month prior to the race. *

Registration is \$40 per runner until 3/3/17 & then \$50 per runner.

\$10 of the fee plus race profits are donated directly to Cystic Fibrosis Foundation.

Register a Team

Round up your running friends and form a team of 2 to 10 runners. Each leg is about 4 miles so you can recruit even non-runners today and they can train in time for race day. Can you only find 6 or fewer friends?

Register for the Six Pack Special!

Be creative with your team name and win the BEST TEAM NAME beer mug award. Team managers receive a Brew To Brew logo pint glass for putting up with their friends!

Register a Team



Solo Runner

Solo runners may run all 44 miles or sign up for the Six Leg Special. Solo runners receive a Brew to Brew clay medallion at the finish. Brew to Brew will provide: boiled/salted potatoes, salt tabs, bananas, peanut butter & jelly, candy, cookies and more for solos runners at our aid stations.

Solo runners start at 6:00 a.m.



Want To Volunteer?

Brew to Brew needs over 300 volunteers for Friday night March 31, Saturday April 1 and Sunday April 2nd. To volunteer sign up at the link or email kctcrunner@gmail.com

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

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

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

New race submissions should include the information shown below.

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

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

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

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
March 2017					
Mar 4	Sat	7:00 AM	Shamrock Shake-Up Triathlon	Gladstone Community Center Gladstone, MO	Shamrock Shake-Up Triathlon
Mar 4	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Community Center Liberty, MO	Liberty Hospital Half Marathon
Mar 4	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Frontier Park Indian Creek Parkway Olathe, KS	Storybook Run
Mar 4	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's 401 N. 2nd Street Lawrence, KS	Shamrock Shuffle
Mar 4	Sat	9:00 AM	Truffle Shuffle 5K	Johnson County CC Overland Park, KS	Truffle Shuffle
Mar 4	Sat	9:00 AM	MH1K (Manhattan Hill)	Goodnow Park Manhattan, KS	MH1K
Mar 5	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 5	Sun	8:00 AM	68's Inside Triathlon	68's Inside Sports Overland Park, KS	68's Inside Triathlon
Mar 5	Sun	9:00 AM	Great Plains 10K - Kansas City	Kemper Arena Kansas City, MO	Great Plains 10K
Mar 11	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 11	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublins Pass Springfield, MO	ShamRox Springfield
Mar 11	Sat	8:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 11	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Timber Lodge Ranch Amity, AR	Beer & Bagel Off-Road Races
Mar 11	Sat	8:00 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 11	Sat	8:00 AM	St. Patrick's Day 5K	Columbia, MO	St. Patrick's Day 5K
Mar 11	Sat	9:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School 20801 School Rd Peculiar, MO	Lucky 13.1
Mar 11	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 11	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run

Mar 11	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport Road & Pennsylvania Ave. Kansas City, MO	Westport St. Pat's Run
Mar 11	Sat	1:00 PM	Red Carpet Fun Run 5K	Washburn Rural High Topeka, KS	Red Carpet Fun Run
Mar 12	Sun	8:00 AM	Sham Rock & Run 5K and 10K	Rock & Run Brewery Liberty, MO	Sham Rock & Run
Mar 12	Sun	8:00 AM	ShamRox Columbia 15K & 5K	Les Bourgeois Rocheport, MO	ShamRox Columbia 15K & 5K
Mar 12	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West Wichita, KS	Wichita Brewing Co. Relay/Marathon
Mar 12	Sun	8:30 AM	Whiskey Run 5K	135th & Oak Kansas City, MO	Whiskey Run 5K
Mar 17	Fri	12:15 PM	Ad Astra Running IRISH MILE	Ad Astra Running Lawrence, KS	IRISH MILE
Mar 18	Sat	8:00 AM	Leprechaun Lane 5K & 10K	Unity Village Lee's Summit, MO	Leprechaun Lane 5K & 10K
Mar 18	Sat	9:00 AM	Victorian Classic 10K/2M	Eureka Springs, AR	Victorian Classic 10K/2M
Mar 18	Sat	9:00 AM	Mrs. Robinson's Romp 5K, 10K, Trail Run	Wyandotte City Lake Park Kansas City, KS	Mrs. Robinson's Romp
Mar 18	Sat	9:00 AM	Sedalia Half Marathon & 5K Fun Run	Skyline Elementary School Jefferson City, MO	Sedalia Half Marathon
Mar 18	Sat	9:00 AM	Sedalia 5K Fun Run	Skyline Elementary School Jefferson City, MO	Sedalia 5K
Mar 18	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 19	Sun	2:00 PM	Sweet Escape 10K	Sedgwick County State Park Wichita, KS	Sweet Escape
Mar 24	Fri	7:30 AM	Dust Bowl Series Marathon	Ulysses, KS	Dust Bowl Series Marathon
Mar 25	Sat	6:00 AM	Prairie Trail 100 & 50 Mile Trail Ultra Races	Ottawa, KS	Prairie Trail Ultra Races
Mar 25	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 25	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 25	Sat	6:00 AM	Prairie Spirit Trail 100M, 50M & 50K	Ottawa, KS	Prairie Spirit Trail
Mar 25	Sat	8:00 AM	3 Years on the Run 5K	Haven's Park Leavenworth, KS	3 Years on the Run 5K
Mar 25	Sat	8:00 AM	Easter Egg 5K	South Creek Office Park Overland Park, KS	Easter Egg 5K
Mar 25	Sat	9:00 AM	Wild over Wellness 5K	Eudora, KS	Wild over Wellness 5K
Mar 26	Sun	9:00 AM	St. Pat's Irish Fest 5K/10K	St. Patrick's Church Atchison, KS	St. Pat's Irish Fest
Mar 26	Sun	9:00 AM	Great Plains 10K - Longview	Longview Lake Kansas City, MO	Great Plains 10K - Longview

April 2017

Apr 1	Sat	5:30 AM	Big Party Half Marathon & 5K	Jordan Valley Park Springfield, MO	Big Party Half Marathon
Apr 1	Sat	8:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Unity Village Lee's Summit, MO	Funny Bunny 5K-9
Apr 1	Sat	8:00 AM	Jadon's Hope Bug Run 10K, 5K Run/walk, Bitty Bug Run	Rolling Ridge Elementary Olathe, KS	Jadon's Hope Bug Run
Apr 1	Sat	8:00 AM	Pathways 5K	Wallace Park Paola, KS	Pathways 5K
Apr 1	Sat	8:00 AM	Waves Indoor Triathlon	High Blue Wellness Center Belton, MO	Waves Indoor Triathlon
Apr 1	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll for Hunger 5K	Elms Hotel and Spa Excelsior Springs, MO	Tortoise and Hare
Apr 1	Sat	8:00 AM	Munson Mayhem Duathlon and 5K	Fort Leavenworth Leavenworth, KS	Munson Mayhem Duathlon and 5K
Apr 1	Sat	8:00 AM	Wichita Run - 12K & 5K	Downtown Wichita, KS	Wichita Run
Apr 1	Sat	8:00 AM	April Fool's Run	Tomahawk Creek & 114th St. Leawood, KS	April Fool's Run
Apr 1	Sat	8:00 AM	4.01K Race for Financial Fitness	Southcreek Office Park Overland Park, KS	4.01K Race
Apr 1	Sat	8:00 AM	High on Grass 5K	Platte Ridge Park Platte City, MO	High on Grass
Apr 1	Sat	8:00 AM	El Dorado Half Marathon	El Dorrado, KS	El Dorado Half Marathon
Apr 1	Sat	8:00 AM	Clinton Education Foundation 5K	600 E. Clinton St. Clinton, MO	Clinton Education Foundation 5K
Apr 1	Sat	8:00 AM	Miles for Marilyn School2School Memorial 5K	Tonganoxie, KS	Mile for Marilyn School2School
Apr 1	Sat	9:00 AM	Glade Top Trail Run 4.25 & 10.25 Trail Run	Mark Twain National Forest Ava, MO	Glade Top Trail Run
Apr 1	Sat	10:00 AM	RunFor1 5K Run/Walk	Community America Ballpark Kansas City, KS	RunFor1 5K
Apr 1	Sat	12:00 PM	Dog-N-Jog 5K, 10K, 1.5K	KSU Veterinary Health Center Manhattan, KS Kansas City, KS	Dog-N-Jog
Apr 2	Sun	6:00 AM	Brew to Brew	The Roasterie Kansas City, MO	Brew to Brew
Apr 2	Sun	8:00 AM	Great Plains 10K - Des Moines	Gray's Lake Terrace Des Moines, IA	Great Plains 10K - Des Moines
Apr 8	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	Eisenhower Marathon
Apr 8	Sat	7:30 AM	Rock the Parkway Half Marathon & 5K	Burns & McDonnell World Hdqts Kansas City, MO	Rock the Parkway
Apr 8	Sat	8:00 AM	GO! St. Louis Marathon 5K & Fun Run	Downtown St. Louis, MO	GO! St. Louis Marathon 5K & Fun Run
Apr 8	Sat	8:00 AM	Lace Up for Literacy 5K	ESU WAW Library Emporia, KS	Lace Up for Literacy

Apr 8	Sat	8:00 AM	Molly's Miles 5K	Columbia, MO	Molly's Miles 5K
Apr 8	Sat	8:00 AM	Hiawatha Hustle 12K & 1.5M	Hiawatha Camp Wichita, KS	Hiawatha Hustle
Apr 8	Sat	8:30 AM	Royal Bunny Tracs 5K Kids Rabbit Dash with Easter Egg Hunt	Northeast Community Park Manhattan, KS	Royal Bunny Tracs 5K
Apr 8	Sat	9:00 AM	God's Country Off-Road Duathlon	Lawrence River Trails Lawrence, KS	God's Country Off-Road Duathlon
Apr 8	Sat	9:00 AM	Go Big or Go Home 5K	Warrensburg, MO	Go Big or Go Home
Apr 8	Sat	10:00 AM	Eye on the Eagle 5K	28901 NE Colbern Rd. Lee's Summit, MO	Eye on the Eagle 5K
Apr 8	Sat	10:00 AM	Beer & Bagel Off Road Race Series 4 Miles	Jester Park Grammer, IA	Beer & Bagel Off Road Race
Apr 8	Sat	10:00 AM	Jiggle Butt Run	Schilling Bridge Winery Pawnee City,KS	Juggle Butt Run
Apr 8	Sat	10:00 AM	Run/Walk for the Paws 5K	Bode Ice Arena St. Joseph, MO	Run/Walk for Paws 5K
Apr 9	Sun	7:00 AM	GO! St. Louis Marathon, Half Marathon, & Marathon Relay	Downtown St. Louis, MO	GO! St. Louis Marathon 5K & Fun Run
Apr 15	Sat	7:00 AM	Flint Hills 50 Miler & Marathon	Green Valley Community Center Manhattan, KS	Flint Hill 50 Miler & Marathon
Apr 15	Sat	8:00 AM	Go Girl Run Half Marathon & 5K	Springfield MO	Go Girl Run Half Marathon
Apr 15	Sat	8:00 AM	Easter Escapade 5K/10K	Lee's Summit, MO	Easter Escapade 5K/10K
Apr 15	Sat	8:00 AM	Easter Egg 5K	Southcreek Office Park Overland Park, KS	Easter Egg 5K
Apr 15	Sat	8:00 AM	Free State Trail Run 100K, 40M, 26.2 & 1/2 Marathon	Clinton Lake State Park Lawrence, KS	Free State Trail Run
Apr 15	Sat	8:00 AM	Redneck Run 5K	Olathe, KS	Redneck Run 5K
Apr 15	Sat	8:00 AM	Happy Camper Scamper 5K	Quality Camp NWMO St. Joseph, MO	Happy Camper Scamper 5K
Apr 15	Sat	8:00 AM	Stronger Together 5K	The Duece Pub & Pit Columbia, MO	Stronger Together 5K
Apr 15	Sat	9:00 AM	Spring Fling 5K	Comuter Parking Lot Jefferson City, MO	Spring Fling 5K
Apr 16	Sun	8:00 AM	Paint the People 5K	Jefferson City High School Jefferson City, MO	Paint the People 5K
Apr 23	Sun	9:30 AM	Family Timber Challenge	Zip KC Bonner Springs, KS	Family Timber Challenge
Apr 22	Sat	6:00 AM	Garmin Marathon in the Land of Oz Full, Half and 5K	Embassy Suites Hotel & Conf. Center Olathe, KS	Garmin Marathon in the Land of Oz
Apr 22	Sat	7:00 AM	Run for the Children Half Marathon & 10K	Eldon, MO	Run fo the Children
Apr 22	Sat	8:00 AM	Golden Eagle 5K	Waterfall Park Independence, MO	Golden Eagle 5K

Apr 22	Sat	8:00 AM	Thin Mint Sprint 5K & Cookie Relay	Wichita, KS	Thin Mint Sprint 5K
Apr 22	Sat	8:00 AM	Great Plains 10K - Wichita	Downtown Wichita, KS	Great Plains 10K - Wichita
Apr 22	Sat	8:00 AM	Belinder Elementary 5K	Belinder Elementary Prairie Village, KS	Belinder Elementary 5K
Apr 22	Sat	8:00 AM	Lucy Franklin Elementary 5K	Lucy Franklin Elementary School Blue Springs, MO	Lucy Franklin Elementary 5K
Apr 22	Sat	8:00 AM	Speedy Spoofohound 5K and Kids 1M Fun Run	Eugene Field Elementary School Maryville, MO	Speedy Spoofohound 5K & Kids 1M Fun Run
Apr 22	Sat	8:00 AM	Our Wealth is Our Health 5K	Jesse James Park Kearney, MO	Our Wealth is Our Health 5K
Apr 22	Sat	8:00 AM	Mustang Stampede 5K	Blue Ridge Elementary School Columbia, MO	Mustang Stampede 5K
Apr 22	Sat	8:00 AM	Lucy Franklin Leopards' 5K Run/Walk	Lucy Franklin Elementary School Blue Springs, MO	Lucy Franklin Leopards' 5K Run/Walk
Apr 22	Sat	8:00 AM	Hope for Honduras	Overland Park Church of Christ Overland Park, KS	Hope for Honduras
Apr 22	Sat	8:30 AM	Yellow Brick Run Half Marathon Run, Walk, Bike	Osborne Public Library Osborne, KS	Yellow Brick Run
Apr 22	Sat	9:00 AM	Dirty Dog Mud Run - 5K	Stocksdale Park Liberty, MO	Dirty-Dog-Mud-Run
Apr 22	Sat	9:00 AM	Warrior Wildcat 5K	General Myers Hall Manhattan, KS	Wildcat Warrior 5K
Apr 22	Sat	9:00 AM	Nitty Gritty Dirt Dash	Trusler Sports Complex Emporia, KS	Nitty Gritty Dirt Dash
Apr 22	Sat	9:00 AM	Bridge2Bridge Urban 5K	Downtown Topeka, KS	Bridge2Bridge 5K
Apr 22	Sat	9:00 AM	Chase for a Cause 5K	Junction City, KS	Chase for a Cause
Apr 22	Sat	9:00 AM	Color Vibe 5K Run	Berkley Park Kansas City, MO	Color Vibe 5K Run
Apr 22	Sat	9:00 AM	Maple Valley PTO Run, Walk, Roll 5K	Police Academy Kansas City, MO	Maple Valley PTO
Apr 22	Sat	9:15 AM	Tim Heinsz Memorial 5K & 10K Run/Walk Jim Devine Dog Walk	Hulston Hall Columbia, MO	Tim Heinz Memorial 5K & 10K
Apr 23	Sun	8:00 AM	Run Like a Girl North	Zona Rosa Kansas City, MO	Run Like a Girl 5K
Apr 23	Sun	8:00 AM	Great Plains 10K - Wichita	Sedgwick County Park Wichita, KS	Great Plains 10K
Apr 23	Sun	8:00 AM	Head for the Cure	Stephens Lake Park Columbia, MO	Head for the Cure
Apr 23	Sun	8:30 AM	Family Timber Challenge	Bonner Springs, KS	Family Timber Challenge
Apr 23	Sat	8:30 AM	Northland Half Marathon & 5K Run/Walk	Riverside, MO	Northland Half Marathon
Apr 23	Sun	9:00 AM	5K Wedding Run	Downtown Lee's Summit Lee's Summit, MO	5K Wedding Run

Apr 23	Sun	9:00 AM	Spring Migration Triathlon	Emporia State University Emporia, KS	Spring Migration Triathlon
Apr 29	Sat	6:30 AM	FlatRock 101K	Elk City Lake Independence, KS	FlatRock 101K
Apr 29	Sat	7:30 AM	That 80's Run 10K & 5K	St. Charles Community College Cottleville, MO	That 80's Run 10K & 5K
Apr 29	Sat	7:30 AM	Noah's Crown Town 5K	Corporate Woods Overland Park, KS	Noah's Crown Town 5K
Apr 29	Sat	8:00 AM	Hilltop Hustle	Rock Chalk Park Lawrence, KS	Hilltop Hustle
Apr 29	Sat	8:00 AM	Triangle 5K Run/Walk	South Patrol Police Station Kansas City, MO	Triangle Run
Apr 29	Sat	8:00 AM	Cornith Dragon Dash	Corinth Elementary School Leawood, KS	Dragon Dash
Apr 29	Sat	8:00 AM	Lub Dub Run 10K/5K Run/Walk	Bothwell Regional Health Center Sedalia, MO	Lub Dub Run
Apr 29	Sat	8:00 AM	Warrior Dash Kansas City	Lexington, MO	Warrior Dash Kansas City
Apr 29	Sat	8:00 AM	Christ the King Spring Fling 5K	Christ the King Church Topeka, KS	Spring Fling
Apr 29	Sat	8:30 AM	Foundations 5K	Silverstein Eye Centers Arena Independence, MO	Foundations 5K
Apr 29	Sat	8:30 AM	Running for Others 5K & Kids Run	Wamego Recreation Center Wamego, KS	Running for Others
Apr 29	Sat	8:30 AM	Heartland4Heroes Speedway 5K & FunRun	Kansas Speedway Kansas City, KS	Heartland4Heroes Speedway 5K
Apr 30	Sun	6:30 AM	Oklahoma City Memorial Marathon Full, Half, Relay, 5K, Kids	Oklahoma City, OK	Oklahoma City Marathon
Apr 30	Sun	7:45 AM	Trolley Run 4 Mile Run/Walk	75 th and Wornall Kansas City, MO	Trolley Run
Apr 30	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	Queen's 5K Romp
Apr 30	Sun	8:00 AM	Miles for Meals	Zona Rosa Kansas City, MO	Miles for Meals
Apr 30	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	LAKC Run for Justice 5K
Apr 30	Sun	9:00 AM	5K Wedding Run	Ritz Carlton Overland Park, KS	5K Wedding Run
Apr 30	Sun	1:30 PM	ERC Birthday Bash 5K/10K Run	Emporia Recreation Center Emporia, KS	Birthday Bash 5K

May 2017

May 1	Mon	8:00 AM	The Berning Sun Run	Lakeside Kansas City, KS	Berning Sun Run
May 6	Sat	7:30 AM	Corporate Challenge 5K	Burns & McDonnell Headquarters Kansas City, MO	Corporate Challenge 5K
May 6	Sat	8:00 AM	Tower 2 Tower 5K	WaterOne Lenexa, KS	Tower 2 Tower 5K
May 6	Sat	8:00 AM	Rural Route 13.1 Half Marathon & 10K	Esbon, KS	Rural Route 13.1
May 6	Sat	8:00 AM	Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	Heart and Sole Classic
May 6	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Lone Elm Park Olathe, KS	Maguire Gilner Angel Day 5K
May 6	Sat	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	Skyline Shuffle 5K
May 6	Sat	8:00 AM	Blue Devil 5K & Kids Trot	KCK Community College Kansas City, KS	Blue Devil 5K & Kids Trot
May 6	Sat	8:00 AM	FLMWR/CGSC Triathlon (Sprint)	Ft. Leavenworth, KS	Fort Leavenworth/CGSC Triathlon
May 6	Sat	8:00 AM	Independence Park Trot 5K	Waterfall Park/Bass Pro Independence, MO	Independence Park Trot
May 6	Sat	8:00 AM	5K Walk/Run for Health	Belton, MO	5K Walk/Run for Health
May 6	Sat	8:00 AM	Global 6K for Water Run/Walk	English Landing Parkville, MO	Global 6K for Water
May 6	Sat	8:30 AM	PurpleStride 5K	Frank A Theis Park Kansas City, MO	PurpleStride 5K
May 6	Sat	8:30 AM	Tri-County Heart and Sole 5K	Happy Rock Park Gladstone, MO	Tri-County Heart and Sole 5K
May 6	Sat	9:00 AM	YWCA Girls on the Run 5K	YWCA Topeka, KS	YWCA Girls on the Run 5K
May 6	Sat	9:00 AM	Sophie's Run 5K	Lake Waukomis Kansas City, MO	Sophie's Run
May 6	Sat	10:00 AM	Cinco de Mayo 5-Qué	Guadalupe Center Kansas City, MO	Cinco de Mayo 5-Qué
May 7	Sun	7:00 AM	Lincoln Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	Lincoln Marathon
May 7	Sun	7:00 AM	TriZou Triathlon & DuZou Duathlon	Stankowski Field Columbia, MO	TriZou Triathlon & DuZou Duathlon
May 7	Sun	7:30 AM	Roller Coaster Race - 5K & 10K	Six Flags St. Louis Eureka, MO	Roller Coaster Race
May 7	Sun	9:00 AM	NAWS Woofstock Run for the Rosa	Zona Rosa Kansas City, MO	NAWS Woofstock Run for the Rosa
May 7	Sun	7:00 AM	Independence Half Marathon	Independence Events Center Independence, MO	Independence Half Marathon
May 7	Sun	7:30 AM	Prairie Fire Spring Half Marathon Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	Prairie Fire Half Marathon

May 7	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	Outpacing Melanoma
May 7	Sun	8:00 AM	Ta Ta Trot	Eldon, MO	Ta Ta Trot
May 13	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	Running with the Cows
May 13	Sat	7:30 AM	HP3 Heritage Park Duathlon, 10K, 5K	Heritage Park Olathe, KS	HP3
May 13	Sat	7:30 AM	Christmas in May 5K	English Landing Park Parkville, MO	Christmas in May
May 13	Sat	8:00 AM	TWV Global 6K for Water Run/Walk	Unity Village Lee's Summit, MO	Global 6K for Water
May 13	Sat	8:00 AM	Rock on Lake Perry 50K, Half Marathon, 5K	Branded B Ranch Meriden, KS	Rock on Lake Perry
May 13	Sat	8:30 AM	Jay Dix Challenge to Cure 10K & 5K Run/Walk	Flat Branch Park Columbia, MO	Jay Dix Challenge to Cure
May 13	Sat	8:30 AM	Building Better Bones 5K & 10K	Jackson Park Atchison, KS	Building Better Bones
May 13	Sat	8:30 AM	Kansas Law Enforcement Run to Remember 5K/10K Run/Walk & 1M Fun Run	Shawnee Lake Topeka, KS	Run to Remember
May 13	Sat	9:00 AM	Platte County Mother's Day 5K	Platte Ridge Park Platte City, MO	Platte County Mother's Day 5K
May 13	Sat	9:00 AM	Girls on the Run 5K	YMCA Northeast Kansas Topeka, KS	Girls on the Run 5K
May 13	Sat	9:00 AM	Point to Pint 5K Run	Lawrence, KS	Point to Pint 5K Run
May 13	Sun	2:00 PM	80s/90s Run - Columbia	Lugoat Brewing Columbia, MO	80s/90s Run - Columbia
May 14	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	Kansas City Triathlon
May 14	Sun	8:00 AM	Mothers' Day 5K for Women	Corporate Woods Overland Park, KS	Mothers' Day 5K
May 20	Sat	7:00 AM	Bill Snyder High Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	Bill Snyder High Half Marathon
May 20	Sat	7:00 AM	Whiteman AFB Striker Life Half Marathon, 10K & 5K	Whiteman AFB, MO	Whiteman AFB Striker Life
May 20	Sat	7:00 AM	Corporate Challenge Half Marathon	South Creek Business Park Overland Park, KS	Corporate Challenge Half Marathon
May 20	Sat	7:01 AM	Kern 704 Blue Run	Mid-America Nazarene University Olathe, KS	Kern 704 Blue Run
May 20	Sat	8:00 AM	Rachel House Stride for Life 5K Run & 3 or 1 Mile Walk	Waterfall Park Independence, MO	Rachel House Stride for Life
May 20	Sat	8:00 AM	Happy Feet for Healthy Minds 5K Run	North Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
May 20	Sat	8:00 AM	Turkey Creek Festival 5K	Irene B French Community Center Merriam, KS	Turkey Creek Festival 5K
May 20	Sat	8:00 AM	Heart Association - 5K	Power & Light District Kansas City, MO	Heart Association - 5K

May 20	Sat	8:00 AM	Guns N' Hoses - 5K	KC Regional Police Academy Kansas City, MO	Guns N' Hoses 5K
May 20	Sat	9:00 AM	Girls on the Run 5K	Arrowhead Stadium Kansas City, MO	Girls on the Run 5K
May 20	Sat	5:00 PM	Ferguson Twilight Run One-Mile Fun Run, 5K and 10K	Plaza at 501 Ferguson, MO	Ferguson Twilight Run
May 21	Sun	8:00 AM	MGA Triple Crown Showdown 5K Run/Walk, 1 Mile Walk, Tot Trot	Towne Center Leawood, KS	MGA Triple Crown
May 21	Sat	8:00 AM	Run for LITTLE Hearts 10K Run, 5K Run, Awareness Walk, Kid's Dash	Downtown Lee's Summit, MO	Run for LITTLE Hearts
May 21	Sun	8:00 AM	Triumph Over Tragedy 5K	Garmin Headquarters Olathe, KS	Triumph Over Tragedy 5K
May 21	Sun	9:00 AM	Timber Challenge 5K	Bonner Springs, KS	Timber Challenge
May 21	Sun	10:00 AM	Officers Down 5K	Sedgwick County Park Wichita, KS	Officers Down K
May 27	Sat	8:00 AM	Memorial Day March 5K/10K & 1 Mile Walk	Grain Valley South Middle School Grain Valley, MO	Memorial Day March
May 27	Sat	8:00 AM	Castle on the Hill 5K	Lincoln High School Kansas City, MO	Castle on the Hill 5K
May 28	Sat	8:00 AM	Get Your Rear in Gear - Wichita	Farm & Art Market Plaza Wichita, KS	Get Your Rear in Gear
May 29	Mon	8:00 AM	Amy Thompson Run - 8K & 5K	Loose Park Pavilion Kansas City, MO	Amy Thompson Run
May 29	Mon	8:00 AM	Home Run 5K	South Park Lawrence, KS	Home Run 5K

June 2017

Jun 2	Fri	7:00 PM	Hospital Hill Run 5K	Crown Center Kansas City, MO	Hospital Hill Run 5K
Jun 3	Sat	7:00 AM	Hospital Hill Run Half Marathon & 10K	Crown Center Kansas City, MO	Hospital Hill Runs
Jun 3	Sat	7:30 AM	Go Girl Run Half Marathon & 5K	Columbia, MO	Go Girl Run Half Marathon
Jun 3	Sat	7:00 AM	National Health Foundation River Run 10K & 2M	Downtown Wichita, KS	National Health Foundation River Run
Jun 3	Sat	7:30 AM	Crazy Cow 5K Run/Walk	Bashor-Linwood High School Bashor, KS	Crazy Cow 5K Run/Walk
Jun 3	Sat	7:30 AM	Rib Run	Downtown Marysville, KS	Rib Run
Jun 3	Sat	8:00 AM	Storm the Dam Trail Marathon, Half Marathon, 10K, 5K	El Dorado State Park El Dorado, KS	Storm the Dam
Jun 3	Sat	8:00 AM	German Fest Brat Trot 5K	Sacred Heart Church Topeka, KS	Brat Trot 5K
Jun 4	Sun	7:30 AM	Legend Free State Triathlon	Bloomington Beach Clinton Lake State Park Lawrence, KS	Free State Triathlon
Jun 4	Sun	10:00 AM	Harold's National Doughnut Day 5K	Flat Branch Park Columbia, MO	Harold's National Day 5K

If you get tired,
Learn to rest,
Not quit.



“Have you ever felt worse after a run?”

- George Sheehan



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