

MASTER PIECES



**Magazine of Mid-America
Running Association
March-April 2020**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

MARCH - APRIL 2020

This Issue

- 2- *Karen's Column*
- 3 - *Sustaining Members*
- 4-5 *Remembering Rosalie Niemi*
- 6-7 *Resolution Rush 5K/10K*
- 8-9 *Roberta's Recipes-JICAMA*
- 10 *SoCal Track Club does it Again!*
- 12-13 *Special Olympics Polar Plunge*
- 14-24 - *March-May Race Calendar*

Cover Photo:

**The "Say Freeze" Group gets up
their courage for The Polar Plunge!**
by: Michael Chaffee

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



Renee Kidwell
Editor



I am sure to echo the sentiment of many of our MARA members, "Spring cannot come fast enough this year!"

I was so glad to start working on the March/April issue becomes it gets me excited for the approaching warmer, sunny days, less layers of clothing for my early & late run/walks with my dogs. They don't seem to mind but those bitter wind chills and cold downpours of rain, I am not a fan of at all!

Can't wait to bring out all my cooler running gear and find a nice drawer to put away all the winter gear, YEAH!!

I wish you a very wonder & delightful Springtime of running, biking, hiking & walking!

Stay safe and happy out there.
WELCOME SPRING!!!!

Master Pieces Staff:

Editor: Renee Kidwell
Webmaster: Stevan Ryan
Photographers: Gene Wee,
Michael Chaffee,
Calendar and Distribution Editor: Stevan Ryan

Writers:

Karen Raymer,
Roberta Washburn



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



Karen's Column

By Karen Raymer
President of MARA
March-April 2020

First of all, I want to address something from my article in the last issue of Master Pieces. I evidently offended some readers with some of my comments. I am sorry if I did, however, I was only calling things as I see them and as others have expressed to me. I realize that not everyone is not going to see things the same way.

I am so looking forward to nicer weather, as I am sure that most of you are as well. It seems that I have had to do a lot more miles on the “dreadmill” this winter, than in previous winters. If Punxsutawney Phil is correct, then on March 8th, we should start having nicer weather. But I don’t put much faith in the predictions of a rodent, that supposedly has lived to make weather prognostications since 1886!!! But perhaps we should be studying Punxsutawney’s longevity, as the average life span of a groundhog in the wild is roughly 6-8 years, not 134!

On a more serious note, the 38th annual Ground Hog run took place on January 26. This event has been classified as the beginning of the racing season for each new year. It helps that it takes place in the underground

Hunt Midwest caves, where the temperature is a consistent 68 degrees.

Congratulations to the winners of the 5K: Krista Loughran & Jeremy Garrett

and ***winners of the 10K:*** Claire Els & Brooks Ballou

Wishing you happy and healthy running and /or walking.

Karen

MARA Sustaining Members



Anna & John Allen - Leawood, KS
Lexa Alley- Merriam, KS
Diane Bahr-Leavenworth, KS
Dave Boone-Overland Park, KS
Mary Boyce & Mary Desch - Wichita, KS
John Cookinham - Kansas City, MO
Joe Duncan - Lee's Summit, MO
Bill Glauz - Leawood, KS
Rick Hogan - Leawood, KS
Renee Kidwell - Zirconia, NC
Howard Nies - Overland Park, KS
Carl Owczarzak - Lenexa, KS

Karen & Keith Raymer - Raymore, MO
Gretchen & Stevan Ryan - Olathe, KS
Catherine Saxon Family - Lawrence, KS
Kermit Trout - Overland, Park, KS
LeRoy Unruh - Overland Park, KS
Sandie Weston - Kansas City, MO
Eugene & Marsha Wren - Shawnee Mission, KS



Rosalie Niemi

January 30, 1943 ~ December 30, 2019 (age 76)
Tribute & Services (Held January 13, 2020)

Rosalie Niemi, 76, of Wake Forest, North Carolina, passed away on December 30, 2019 from complications of amyotrophic lateral sclerosis (ALS). Her loving husband of 54 years, Russ Niemi, predeceased her on October 17, 2019. Rosalie battled ALS for two years with her usual optimism and positive outlook, which inspired us all.

Rosalie is survived by her daughters Wendy Niemi Kremer (Ian) of Herndon, Virginia and Gloria Niemi Bowden (Scott) of Park City, Utah, grandson Lucas Kremer of Herndon, Virginia, sisters Harriett Lindstrom of Downer's Grove, Illinois and Marlene Morrison (Lester) of Macomb, Illinois, plus four nieces, their spouses and many great-nieces and nephews. Nothing was more important to Rosalie than her family; she delighted in every milestone of the children in the entire extended family.

Rosalie was born January 30, 1943 in Hancock County, Illinois, the middle of three daughters of June and Eugene Gross. She fondly remembered her upbringing in the western Illinois farming community. She enjoyed showing sheep at 4-H shows, baking custard pie for the county fair, and watching American Bandstand after school.

Growing up, she and her sisters enjoyed farm life and had a special bond. They remained close throughout their adult lives, holding weekly "sister calls" where they chatted, laughed and caught up on family news.

At Colchester High School, Rosalie was homecoming queen, a cheerleader, President of the Future Homemakers of America and an enthusiastic participant in virtually every club her school had to offer.

Rosalie then enrolled at the University of Illinois to study home economics. At Illinois, she lived in the 4-H House and met the love of her life, Russ, through their roommates. Russ and Rosalie hit it off and began a lifelong adventure after their marriage in 1965. They spent 46 years in the Kansas City area, making many friends through their neighborhood, church, running group and work.

Rosalie focused on raising her daughters for much of their younger years, then enjoyed a meaningful career in nutrition education and marketing at the Midwest Dairy Association. Her work promoting healthy eating included partnering with various Kansas City sports personalities and team mascots. She and K.C. Wolf, the Chiefs' mascot, were a particularly dynamic duo when visiting schools.

As a goal for her 40th birthday, Rosalie was determined to run a marathon. While not an avid runner, she trained and worked hard, ultimately finishing a marathon in Los Angeles on the course that would later be used for the 1984 Olympic Games.

After their retirements, she and Russ were actively involved in their churches and communities, and Rosalie embraced her love of gardening. Her garden at their home in Olathe, Kansas was a showpiece and she spent immeasurable hours tending to her flowers and plants.

After moving to Wake Forest in 2011, she continued her gardening pursuits and very much enjoyed the longer growing season that North Carolina had to offer. She was a proud member of the "Cracked Pots" gardening club at Wake Forest United Methodist Church, sang in the church choir and enjoyed get-togethers with friends from the neighborhood and church.



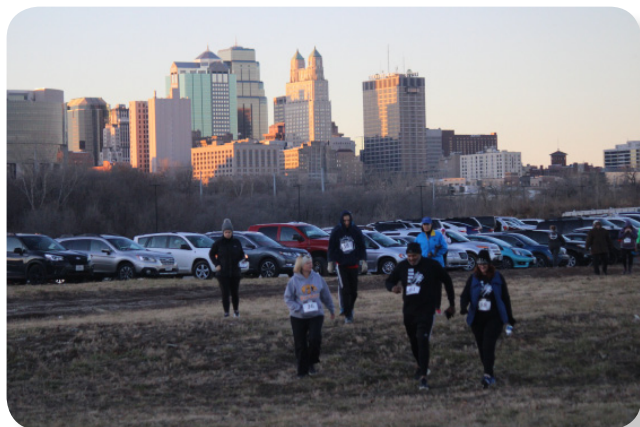
Rosalie was above all a nurturer. She made sure her family was cared for before herself. She tended to the birds in the yard and tolerated the squirrels and rabbits even when they tried to mess up her garden. She cultivated her plants and loved watching them grow. She nurtured her many friendships with her warm spirit and cheery personality. She carried faith and love for God and country in her heart.

A service celebrating Rosalie's life was held on Monday, January 13 at 11:00 AM at Wake Forest United Methodist Church. Arrangements are being handled by Bright Funeral Home, 405 S. Main Street, Wake Forest, NC 27587. Donations in her memory can be made to Tri-Area Ministries Food Pantry, 149 E Holding Avenue, Wake Forest, NC 27587 or the North Carolina chapter of the ALS Association, 4 N. Blount Street, Suite 200, Raleigh, NC 27601 or www.alsnc.org

Services
Monday
January 13, 2020
11:00 AM
Wake Forest United Methodist Church
905 South Main Street
Wake Forest, NC 27587

Resolution Rush North Kansas City 5K/10K -- Berkeley Riverfront Park -- 1-5-20

The Resolution Rush North KC is a Running race in North Kansas City, Missouri consisting of a Kids Run/Fun Run, 10K, 5K. Many signed up for the annual Resolution Rush, a New Years-themed run that is perfect for the whole family.



(continued on page 7)

Photos & Update By: Michael Chaffee

Resolution Rush North Kansas City 5K/10K -- Berkeley Riverfront Park -- 1-5-20



Only two showed up for the kids' dash --
this young lady was the winner



leader/eventual winner 5K



Update & Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

JICAMA, WITH AN “H”

Before we start talking about this tasty and fun root vegetable that has a number of uses, it is probably appropriate to clarify its spelling/pronunciation. It is spelled with a “j”, but sounds like it is spelled with an “h”. So, we read jicama, and say HICK-ah-muh. Now, on to the more important stuff.

Jicama, also known as a Mexican potato, is a crunchy, juicy tuber that is native to South America and Mexico and really thrives in warm, almost tropical climates. It is light, with very mild flavor, so it is easy to incorporate almost anywhere you might like to add a little crunch. Jicama is often paired with chili powder, citrus, such as lemon, lime or orange, ginger or even soy sauce. Even though it is sometimes referred to as a Mexican potato, it is a low-carb, low calorie root vegetable that can be eaten raw or cooked. It shares the same shape and color on the inside as a turnip, but is generally about 2-3 times the size. It has a weathered looking brown skin (that is to be peeled before eating) covering a white flesh. Jicama has a crunchy texture, similar to that of a crisp pear or water chestnut. Some people consider the taste of a jicama similar to that of a savory apple, but less sugary and more neutral. Jicama is a nutritional bargain for very few calories. One-half cup of jicama provides only 25 calories with less than 6 grams of total carbohydrates. It is rich in fiber, with 3 grams fiber per serving and has a very good amount of Vitamin C (20% of the recommended daily intake).

Jicama can be cooked and certainly can be, and often is, eaten raw. It is good simply sliced and eaten raw or can be sautéed or baked. When chopped, cut into match-stick pieces, or shredded and added to salads, it provides a nice refreshing crunch. It also works well when dipped in hummus, salsa or guacamole. A number of grocery stores now have prepared jicama in the form of pre-chopped jicama sticks, taco shells or tortillas. These are more expensive, but quite convenient.

So, if you are on a mission to eat more vegetables and/or are craving crunchy food, jicama is a perfect veggie for the spring and summer since

(cont'd on page 9)

it is extra crisp and refreshing! Jicama that is peeled, cleaned and cut into uniform sticks (or slices) is perfect for dipping, snacking or salads. Here are a couple ways to incorporate it in recipes.

Spinach Jicama Salad

1 bunch, spinach, washed and torn into pieces
6 oz. mandarin orange slices
½ cup poppy-seed dressing (can use low fat or fat-free if desired)
½ cup jicama, peeled and shredded

Put spinach in a serving or salad bowl. Add remaining ingredients and mix.
Serves 4

Baked Jicama Fries

(these do have to bake awhile, but are low-carb, paleo, vegan and keto-friendly)

1 medium jicama, peeled and cut into thin slices (about ¼” thick) – about 4-5 cups
1 Tablespoon oil
½ tsp. turmeric
½ tsp. each: garlic powder, onion powder and salt
¼ tsp. black pepper

Place jicama in a large bowl, add oil and spices/seasonings and toss to coat evenly. Spread on a baking sheet (can line with parchment paper if desired). Make sure the slices are not crowded as they need space to get crispy. If crowded, they will steam and get soft. Bake 30 minutes, turn slices over and bake another 20-30 minutes or until a little brown and have the desired texture.

Optional step: can boil the slices for 8-10 minutes. Pat dry before coating with oil and seasonings and baking.



In the Fall of 2018 Master Pieces reported on the SoCal Track Club outdoor 4 X 800 relay age group world record.

To quote Britney Spears, we did it again but without the "opps"! Last Saturday, January 25, the SoCal Track Club shaved about 36 seconds off the indoor 4 X 800 relay age group (70-79) *Record running a time of 10:57.99*. The old record was 11:33.66. This time Nolan Shaheed (70) joined Tim Wigger (71), Grady Cash (72) and Gary Patton (74) for the record. Salih Talib (member of the outdoor record team) was out alternate. The race was the Bill Butterworth Meet at Wichita State University.

So, we have 4 X 800 relay bookends!



Left to right: Nolan Shaheed (age 70), Tim Wigger (71), Gary Patton (74) and Grady Cash (72)

Nolan is from California, Tim from Kansas, Gary from Northern Iowa,
Grady from Tennessee, and Salih from New York.

Photo & Update Provided By: Tim Wigger

If it's February, it must be Special Olympics Polar Plunge time! SM Park 2-8-20



6387 Cruella de Ville & the Dalmatians



**the SM East jump squad had helped with the
5k earlier**

Photos & Update By: Michael Chaffee

If it's February, it must be Special Olympics Polar Plunge time! SM Park 2-8-20



**Start of the mascot race between the Special Olympics Polar Bear
and the Shawnee Mission South Raider ultimately won by
*Polar Bear***

Photos & Update By: Michael Chaffee

If it's February, it must be Special Olympics Polar Plunge time! SM Park 2-8-20



The "Say Freeze" group gets up its courage: Greater KC Public Safety Credit Union



Photos & Update By: Michael Chaffee

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

Send additions, changes, & corrections to Stevan.Ryan@Outlook.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

Races that have dates highlighted with yellow are tentative.

Updated: 26 February 2020

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
March 2020					
Mar 1	Sun	8:00 AM	Fight for Air Climb 42 Floor/902 Steps	One Kansas City Place Kansas	Fight for Air Climb
Mar 1	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 7	Sat	8:00 AM	Liberty Hospital Half Marathon & 5K Run/Walk	Liberty Communi ty Center Liberty	Liberty Hospital Half Marathon
Mar 7	Sat	8:00 AM	Whobilation 5K	Tri- County of the Ozarks 100	Whobilation 5K
Mar 7	Sat	8:00 AM	Special Olympics 5K for Freedom	Rothwell Park Rd. Moberly 100	5K for Freedom
Mar 7	Sat	8:00 AM	Special Olympics 5K for Freedom	Rothwell Park Rd. Moberly Frontier	5K for Freedom
Mar 7	Sat	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Park Olathe, KS	Storybook Run
Mar 7	Sat	9:00 AM	Shamrock Shuffle 5K & 10K	Johnny's Lawrence , KS	Shamrock Shuffle
Mar 7	Sat	9:00 AM	VC to DC Fun Run/Walk	Sedgwick County Park Wichita	VC to DC Fun Run/Walk
Mar 7	Sat	9:00 AM	Run with the Wind 25K & Relay	TBD Joplin, MO	Run with the Wind 25K & Relay
Mar 7	Sat	12:00 PM	Hutchinson Plunge	TBD Hutchins on, KS	Hutchinson Plunge
Mar 8	Sun	8:00 AM	Wichita Brewing Co. Relay Marathon	Wichita Brewing Co. - West W1024	Wichita Brewing Co. Relay/Marathon
Mar 8	Sun	8:00 AM	Mizzou Engineering Week 5K & 10K	Laferre Hall	Mizzou Engineering Week 5K & 10K

Mar 14	Sat	7:00 AM	Shamrock Shake-Up Indoor Triathlon	Gladstone Community Center	Shamrock Shake-Up
Mar 14	Sat	7:30 AM	Pi Day River Rotation Half Marathon and 5K	Lawrence, KS	Pi Day River Rotation
Mar 14	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 14	Sat	8:00 AM	ShamRox Springfield 15K & 5K	Dublin's Pass Springfield, MO	ShamRox Springfield
Mar 14	Sat	9:30 AM	Go Green Leprechaun Run 10K & 2 Mile Fun Run	Dyck Arboretum of the Plains	Leprechaun Run
Mar 14	Sat	9:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 14	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 14	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 14	Sat	10:00 AM	Kansas City's Big 12 Run 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 14	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport & Pennsylvania Ave. & 11th Street	Westport St. Pat's Run
Mar 14	Sat	11:00 AM	Norty's Shamrock 5K Fun Run		Norty's Shamrock 5K Fun Run
Mar 14	Sat	1:00 PM	Run4Hope Timberrun	Leon, KS	Run4Hope Timberrun
Mar 15	Sat	8:00 AM	Leprechaun Lane North KC	1001 Argosy Place Riverside	Leprechaun Lane 5K & 10K
Mar 17	Tue	12:30 PM	Ad Astra Running IRISH MILE	Ad Astra Running Lawrence, KS	IRISH MILE
Mar 21	Sat	8:00 AM	Highline Run with Evangel	CHN Reman Springfield, MO	Highline Run with Evangel
Mar 21	Sat	8:00 AM	Beer & Bagel Off-Road Race Series	Hazel Valley Ranch Fayetteville 135th & Oak	Beer & Bagel Off-Road Races
Mar 21	Sun	8:30 AM	Whiskey Run 5K	Kansas City, MO	Whiskey Run 5K
Mar 21	Sat	9:00 AM	Run2Believe 5K	Maize High School Maize, KS	Run2Believe 5K

Photos By: Gene Wee - [RunLawrence.com](#)

Mar 21	Sat	9:00 AM	Superhero Strong Family Fun Run	Bill Burke Park Salina, KS Lake Shawnee Shelter House #1 19384 234th Rd. Atchison, KS	Superhero Strong Family Fun Run
Mar 21	Sat	9:00 AM	Trot4Tots 5K	Shawnee Shelter House #1 19384 234th Rd. Atchison, KS	Trot4Tots 5K
Mar 21	Sat	9:00 AM	St. Pat's Fun Run 5K/10K	234th Rd. Atchison, KS	St. Pat's Fun Run 5K/10K
Mar 21	Sat	5:30 PM	Do the Du: Celebrating 3.21 Day	Sedgwick County Park Wichita, KS	Do the Du
Mar 22	Sun	7:30 AM	Chisholm Trail Marathon	Downtown Wichita, KS	Chisholm Trail Marathon
Mar 25	Wed	7:30 AM	Dust Bowl Series Marathon - Day 1	Dalhart, TX	Dust Bowl Series Marathon
Mar 26	Thu	6:30 AM	Dust Bowl Series Marathon - Day 2	Clayton, NM	Dust Bowl Series Marathon
Mar 26	Thu	1:00 PM	TACP Association 24 Hours Challenge Fort Riley	Manhattan City Park Manhattan, KS	TACP Association 24 Hours Challenge
Mar 27	Fri	7:30 AM	Dust Bowl Series Marathon - Day 3	Guymon, OK	Dust Bowl Series Marathon
Mar 28	Sat	6:00 AM	Prairie Spirit Trail Ultra Races 100 Mile, 50 Mile & 50K	Ottawa, KS	Prairie Trail Ultra Races
Mar 28	Sat	7:00 AM	The Hogeye Marathon	Downtown Springdale, AR	The Hogeye Marathon
Mar 28	Sat	7:00 AM	GO! St. Louis Marathon 5K	Downtown St. Louis, MO	GO! St. Louis Marathon 5K
Mar 28	Sat	7:30 AM	Dust Bowl Series Marathon - Day 4	Ulysses, KS	Dust Bowl Series Marathon
Mar 28	Sat	7:30 AM	Bridge and Dam Half Marathon	Lake Ozark, MO	Bridge and Dam Half Marathon
Mar 28	Sat	7:30 AM	Wicked Marathon/Half Marathon	Wamego, KS	Wicked Marathon
Mar 28	Sat	8:00 AM	Queen Bee 1 Mile	Augusta High School Augusta, KS	Queen Bee 1 Mile
Mar 28	Sat	8:00 AM	Project Grad 2020 Fun Run	602 Woodland Minneapolis, KS	Project Grad 2020 Fun Run
Mar 28	Sat	8:00 AM	Jadon's Hope Bug Run 10K, 5K Run/walk, Bitty Bug Run	Rolling Ridge Elementary	Jadon's Hope Bug Run

Mar 28	Sat	8:00 AM	Neosho Sprint Triathlon	Freeman Family YMCA Neosho, Cedar Crest Topeka, KS Downtown Warrensburg, MO 570 YMCA Drive Salina, KS 400 Mickey Mantle Way Bartlett Park St. Jensenh. 113 S. Ash McPherson, KA	Neosho Sprint Triathlon
Mar 28	Sat	8:30 AM	Strollin' for the Colon 5K Run/Walk		Strollin' for the Colon
Mar 28	Sat	9:00 AM	Go Big or Go Home Race 5K		Go Big or Go Home
Mar 28	Sat	9:00 AM	YMCA 5K Trail Run		YMCA 5K Trail Run
Mar 28	Sat	9:00 AM	Community Access Center 5K		Community Access Center 5K
Mar 28	Sat	9:00 AM	It's A Great Day to be an Eagle - 5K		It's A Great Day to be an Eagle
Mar 28	Sat	9:00 AM	Bluestem PACE Race 5K		Bluestem PACE Race 5K
Mar 28	Sat	9:30 AM	St. Joseph Outlaw Adventure Run	St. Joseph, MO 401 N. Jennie Barker Rd. Bill Snyder Family Stadium 2nd and Merchant Emporia, KS The Roasterie Kansas City, MO Downtown St. Louis, MO Danschutz Pavilion Lawrence, KS	St. Joseph Outlaw Adventure Run
Mar 28	Sat	10:00 AM	Run with the Pack for CASA		Run with the Pack for CASA
Mar 28	Sat	10:00 AM	Manhattan Plunge		Manhattan Plunge
Mar 28	Sat	8:00 PM	Holiday Resort 5K Glowing Dash		Holiday Resort 5K Glowing Dash
Mar 29	Sun	6:00 AM	Brew to Brew		Brew to Brew
Mar 29	Sun	7:00 AM	GO! St. Louis Marathon & Half Marathon		GO! St. Louis Marathon 5K
Mar 29	Sun	9:00 AM	Paul Goebel Champions 1K, 5k		Paul Goebel Champions 1K, 5k
April 2020					
Apr 4	Sat	6:00 AM	Ozark Foothills Trail Races 100M/50M/50K/25K	Greensfelder County Park	Ozark Foothills Trail Races
Apr 4	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	Eisenhower Marathon
Apr 4	Sat	7:00 AM	Rockin K Trail Runs 50 Mile Trail Run & Trail Marathon	Kanopolis State Park Ellsworth	Rockin K Trail Runs

Apr 4	Sat	7:00 AM	Run for Missions Half Marathon, 5K, Fun Run	1 Legget Rd. Carthage, MO	Run for Missions
Apr 4	Sat	7:30 AM	Rock the Parkway Half Marathon & 5K	Burns & McDonnell World Hunts Combat	Rock the Parkway
Apr 4	Sat	8:00 AM	Topeka Lions Journey for Sight 10K	Air Museum Topeka Molly	Journey for Sight 10K
Apr 4	Sat	8:00 AM	Molly's Miles 5K/10K	Bowden Memorial Park Elms	Molly's Miles 5K/10K
Apr 4	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll	Hotel and Spa Excelsior	Tortoise and Hare
Apr 4	Sat	8:00 AM	El Dorado Half Marathon	El Dorado, KS	El Dorado Half Marathon
Apr 4	Sat	8:00 AM	Wichita Easter Egg 5K & Lil' Bunny Fun Run	330 N. Broadway Wichita, KS	Wichita Easter Egg 5K
Apr 4	Sat	8:00 AM	LFE Leopards' 5K Run/Walk	Lucy Franklin Elementary School Wabash	Lucy Franklin Leopards' 5K Run/Walk
Apr 4	Sat	8:00 AM	Tortoise & Hare 5K Run, Walk & Roll	BBQ Excelsior Springs 1400 S.	Tortoise & Hare
Apr 4	Sat	8:00 AM	Dove Dash 5K	183rd St. W	Dove Dash 5K
Apr 4	Sat	8:00 AM	Sock & Undie Rundie 5K	Goddard Midwest Technical Institute Springfield	Sock & Undie Rundie 5K
Apr 4	Sat	8:00 AM	Do or Die Half Marathon & 5K	Katy Trail Boonville, MO	Do or Die Half Marathon & 5K
Apr 4	Sat	8:00 AM	Freeman 5K	Joplin YMCA Joplin, MO	Freeman 5K
Apr 4	Sat	8:00 AM	Wichita Easter Egg 5K Lil' Bunny Fun Run	First United Methodist Church KSU	Wichita Easter Egg 5K
Apr 4	Sat	8:30 AM	Dog-N-Jog 5K, 10K, 1.5K	Veterinary Health Center	Dog-N-Jog
Apr 4	Sat	8:30 AM	Run for Life 5K	RecPlex Branson, MO	Run for Life 5K
Apr 4	Sat	9:00 AM	Wildcat Warrior 5K	General Myers Hall Manhatta	Wildcat Warrior 5K
Apr 4	Sat	9:00 AM	Badge of Honor Benefit Run	Three Rivers College Ponlar	Badge of Honor Benefit Run

Apr 4	Sat	9:00 AM	Clean Water 5K	919 N. Seneca Wichita, KS 10419	Clean Water 5K
Apr 4	Sat	9:00 AM	Donut Dash! 5K Fun Run/Walk	Perry Park Dr. Perry, KS FUMC	Donut Dash! 5K Fun Run/Walk
Apr 4	Sat	9:00 AM	Westward Ho 5K & 1K Fun Run	West Campus Lawrence 7900	Westward Ho 5K
Apr 4	Sat	9:00 AM	fabMama Diaper Dash 5K	Renner Rd. Lenexa Jordan	fabMama Diaper Dash 5K
Apr 4	Sat	9:00 AM	Springfield Seize the Day 5K	Valley Park Springfield Waterfall	Seize the Day
Apr 4	Sat	9:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Park Independence, MO Mark	Funny Bunny 5K-9
Apr 4	Sat	9:00 AM	Glade Top Trail Run 4.25 & 10.25 Trail Run	Twain National Forest Jester	Glade Top Trail Run
Apr 4	Sat	9:00 AM	Beer & Bagel Off Road Race Series 4 Miles	Park Granger, IA	Beer & Bagel Off Road Race
Apr 4	Sat	2:00 PM	Brews, Clues and Running Shoes	Wichita, KS	Brews, Clues and Running Shoes
Apr 4	Sat	4:00 PM	GEM 5K	500 W. Grand Ave. Havsville	GEM 5K
Apr 4	Sat	8:00 PM	Finley River Night Light 5K	Ozark, MO	Finley River Night Light 5K
Apr 4	Sat	8:30 AM	All for the Children 5K	MCC-Blue River Independence, MO Truman	MCC-Blue River All for the Children 5K
Apr 10	Fri	4:00 PM	KC Corporate Challenge - Walk	Sports Complex Kansas Wichita	KC Corporate Challenge - Walk
Apr 11	Sat	7:30 AM	Roaring Flame 5K	Wind Surge Stadium English	Roaring Flame 5K
Apr 11	Sat	8:00 AM	Legalize It 5K	Landing Park Parkville	Legalize It 5K
Apr 11	Sat	8:00 AM	YMCA Indoor Triathlon	YMCA Cameron, MO	YMCA Indoor Triathlon
Apr 11	Sat	8:00 AM	Project Remember Missouri - 5K	First Bible Baptist Church Downtown	Project Remember Missouri
Apr 11	Sat	8:00 AM	Easter Escapade 5K	Lee's Summit	Easter Escapade 5K

Apr 11	Sat	8:00 AM	Table Rock Half Marathon, 5K & 1 Mile	Dewey Short Visitors Center Riverside Elementary School Emnoria	Table Rock Half Marathon
Apr 11	Sat	8:00 AM	Bunny Hop 5K		Bunny Hop 5K
Apr 11	Sat	8:00 AM	Run for the Son	Springfield, MO	Run for the Son
Apr 11	Sat	8:30 AM	Donum Fidei 5K	Lawrence, KS	Donum Fidei 5K
Apr 11	Sat	8:30 AM	Easter Sun Run	Sedgwick County Park Wichita Arrowhead Stadium Kansas City, MO Wichita State Innovation Campus Tonganoxie High School Tonganoxie Downtown - Riverwalk St	Easter Sun Run
Apr 11	Sat	9:00 AM	Accept Zero Suicide Awareness 5K		Accept Zero 5K
Apr 11	Sat	9:00 AM	Dream Run 2020		Dream Run 2020
Apr 11	Sat	9:00 AM	Miles4Marilyn 5K & 1M		Miles4Marilyn 5K & 1M
Apr 11	Sat	9:00 AM	Happy Camper Scamper		Happy Camper Scamper
Apr 11	Sat	9:00 AM	Springfield Catholic Easter 5K/10K	Springfield Catholic Springfield, MO Wichita Wind Surge Stadium	Springfield Catholic Easter 5K/10K
Apr 11	Sat	9:00 AM	Roaring Flame 5K		Roaring Flame 5K
Apr 12	Sun	8:00 AM	Go Girl Run Springfield Half Marathon & 5K	Springfield, MO	Go Girl Run Half Marathon
Apr 12	Sat	8:00 AM	Easter Egg 5K & Lil' Bunny Fun Run	South Creek Office Park Davidson Fitness Center Fort Garmin World Headquarters Olathe Green Valley Community Center	Easter Egg 5K
Apr 18	Sat	5:30 AM	Sergeant Audie Murphy Club Memorial 5K/10K Race		Memorial 5K/10K Race
Apr 18	Sat	6:00 AM	Garmin Marathon - In the Land of Oz Full, Half and 5K		Garmin Munchkin Marathon
Apr 18	Sat	7:00 AM	Flint Hills 50 Miler & Marathon		Flint Hill 50 Miler & Marathon
Apr 18	Sat	7:00 AM	Red Rock 5K Run/Walk	Salina, KS	Red Rock 5K Run/Walk
Apr 18	Sat	8:00 AM	Women on the Move 5K	English Landing Park Parkville	Women on the Move 5K

Apr 18	Sat	8:00 AM	Bridge2Bridge Run & Walk 5K	Downtown Topeka, KS	Bridge2Bridge
Apr 18	Sat	8:00 AM	Free State Trail Run 100K, 40M, 26.2 & 1/2 Marathon	Clinton Lake State Park Kansas	Free State Trail Run
Apr 18	Sat	8:00 AM	Kansas Mennonite Relief Sale Run/Walk for Relief 5K	State Fairgrounds Stephens	Run/Walk for Relief 5K
Apr 18	Sat	8:00 AM	Head for the Cure - Mid-MO	Lake Park Columbia, MO	Head for the Cure
Apr 18	Sat	8:00 AM	Pee Wee's Run	Bruce R. Watkins Center Kansas	Pee Wee's Run
Apr 18	Sat	8:00 AM	Gorilla Dash	Pittsburg, KS	Gorilla Dash
Apr 18	Sat	8:00 AM	5K the Free Way	200 Elm St. Lawrence KS	5K the Free Way
Apr 18	Sat	8:00 AM	Bar K 5K	Bar K Kansas City, MO	Bar K 5K
Apr 18	Sat	8:00 AM	Storm Stomp 5K & Carnival Fun Run	10631 Wornall Kansas City, MO	Storm Stomp 5K
Apr 18	Sat	8:00 AM	Speedy Spoofhound 5K & Kids 1M Fun Run	Eugene Field Elementary School 2200 W.	Speedy Spoofhound
Apr 18	Sat	8:00 AM	Joggin' for the Noggin' Olathe	Santa Fe Olathe, KS	Joggin' for the Noggin' Olathe
Apr 18	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita	Step up for KIDS 5K
Apr 18	Sat	8:30 AM	Grace Place 10K, 5K, 1 Mile Run/Walk	Liberal Recreation Youth Center Kenwood/Oakdale Park Salina	Grace Place 10K, 5K, 1 Mile Run/Walk
Apr 18	Sat	8:30 AM	Red Rock 5K Run	St. Joseph, MO	Red Rock 5K Run
Apr 18	Sat	9:00 AM	Run/Walk for the Paws 5K	St. Joseph, MO	Run for Paws 5K
Apr 18	Sat	9:00 AM	Spring Fling 5K	Commuter Parking Lot Jefferson NMSU	Spring Fling 5K
Apr 18	Sat	9:00 AM	5KXCV-KRNW Run for Radio	Wells Hall Maryville, MO	5KXCV-KRNW Run for Radio
Apr 18	Sat	9:00 AM	38th Annual Neosho Dogwood Run	500 S. Neosho Blvd. Neosho	Dogwood Run

Apr 18	Sat	9:00 AM	Anchors Away 5K	Platte City, MO	Anchors Away 5K
Apr 18	Sat	9:00 AM	5K KWU	Kansas Wesleyan University Salina	5K KWU
Apr 18	Sat	9:00 AM	KXCV-KRNW Run for Radio Fundraiser	Maryville, MO	KXCV-KRNW Run
Apr 18	Sat	9:30 AM	JW's Epilepsy 1 Mile Walk & 5K	5800 A River Pond Rd. Manhattan 2800 NE	JW's Epilepsy
Apr 18	Sat	9:30 AM	Grizzly Run	Shoal Creek Parkway Stockton	Grizzly Run
Apr 18	Sat	3:00 PM	Havin' A Crappie Day - Road Races	State Park Marina Corporate Woods Overland Park KS	Havin' A Crappie Day - Road Races
Apr 19	Sun	8:00 AM	Noah's Crown Town 5K	Drake Stadium Des Moines	Noah's Crown Town 5K
Apr 19	Sun	8:00 AM	Drake Road Races Half Marathon, 10K, 5K	Emporia State University Emporia 1105	Drake Road Races
Apr 19	Sun	9:00 AM	Spring Migration Triathlon	Sunset Ave. Salina 905	Spring Migration Triathlon
Apr 19	Sun	10:30 AM	Run Fasta Eat Pasta 5K Fun Run & Walk	Dickinson St. Chillicothe Willard Middle School Willard College Church of the Nazarene 301 SW 10th Ave. Topeka, KS	Run Fasta Eat Pasta 5K
Apr 24	Fri	5:45 PM	Super STEAM 5K		Super STEAM 5K
Apr 25	Sat	6:00 AM	Frisco Railroad Run 50M, 50K, Marathon, Half Marathon, 8K		Frisco Railroad Run
Apr 25	Sat	7:04 AM	704 Blue Run 7.04 Mile, 5K & 1 Mile Kid's Run		704 Blue Run
Apr 25	Sat	7:30 AM	TopCity Half Marathon		TopCity Half Marathon
Apr 25	Sat	7:30 AM	Clinton Historic Half Marathon	Clinton, MO	Clinton Half Marathon
Apr 25	Sat	8:00 AM	Kansas City Gospel Run 5K	18th & Vine District Kansas Downtown Manhattan KS Phil Welch Stadium St.	Kansas City Gospel Run 5K
Apr 25	Sat	8:00 AM	Play MHK		Play MHK
Apr 25	Sat	8:00 AM	5K Run/Walk with the Huskies		5K Run/Walk with the Huskies

Apr 25	Sat	8:00 AM	Open Range Gravel Race (OR200K)	Lemon Park Pratt, KS	Open Range Gravel Race
Apr 25	Sat	8:00 AM	Triangle 5K Run/Walk	901 Marion Dr. Kansas	Triangle Run
Apr 25	Sat	8:00 AM	T-Bird Trot 5K	Benton, KS	T-Bird Trot 5K
Apr 25	Sat	8:00 AM	Dog-N-Jog Wichita	Sedgwick County Park Wichita Mission Trail	Dog-N-Jog Wichita
Apr 25	Sat	8:00 AM	Bulldog Bolt 5K & 1M	Elementary Corinth Elementary School Leawood Stockton Dam	Bulldog Bolt
Apr 25	Sat	8:00 AM	Corinth Dragon Dash	Stockton, MO	Dragon Dash
Apr 25	Sat	8:00 AM	Matt's Run	Bothwell Regional Health Center	Matt's Run
Apr 25	Sat	8:00 AM	Lub Dub Run 10K/5K Run/Walk		Lub Dub Run
Apr 25	Sat	8:30 AM	James O'Rourke Memorial Triathlon	North Platte, NE	James O'Rourke Memorial Triathlon
Apr 25	Sat	8:30 AM	Race to Read 5K	Corporate Woods Overland Park, KS Pfister Park Coffeyville, KS	Race to Read 5K
Apr 25	Sat	8:30 AM	Making An Impact 5K	Catholic Care Campus Bel Aire	Making An Impact 5K
Apr 25	Sat	8:50 AM	Party for Parkinson's 5K 1 Mile Party Run	Roper Kia Joplin, MO	Party for Parkinson's 5K
Apr 25	Sat	9:00 AM	Breaking the Silence 5K/10K		Breaking the Silence 5K/10K
Apr 25	Sat	9:00 AM	Wilderness Trail Trek 5K	Lawson, MO	Wilderness Trail Trek 5K
Apr 25	Sat	9:00 AM	May The Forest Be With You	Wildcat Park Joplin, MO	May The Forest Be With You
Apr 25	Sat	9:30 AM	30th Emma Creek 5K	Hesston, KS	Emma Creek 5K
Apr 25	Sat	10:00 AM	What the Hil 10K	Downtown Manhattan, KS	What the Hil 10K
Apr 25	Sat	10:00 AM	Jiggle Butt Run	Schilling Bridge Winery Pawnee	Jiggle Butt Run

Apr 25	Sat	8:00 AM	Open Range Gravel Race (OR200K)	Lemon Park Pratt, KS	Open Range Gravel Race
Apr 25	Sat	8:00 AM	Triangle 5K Run/Walk	901 Marion Dr. Kansas	Triangle Run
Apr 25	Sat	8:00 AM	T-Bird Trot 5K	Benton, KS	T-Bird Trot 5K
Apr 25	Sat	8:00 AM	Dog-N-Jog Wichita	Sedgwick County Park Wichita Mission Trail	Dog-N-Jog Wichita
Apr 25	Sat	8:00 AM	Bulldog Bolt 5K & 1M	Elementary School	Bulldog Bolt
Apr 25	Sat	8:00 AM	Corinth Dragon Dash	Corinth Elementary School Leawood Stockton Dam	Dragon Dash
Apr 25	Sat	8:00 AM	Matt's Run	Stockton, MO	Matt's Run
Apr 25	Sat	8:00 AM	Lub Dub Run 10K/5K Run/Walk	Bothwell Regional Health Center	Lub Dub Run
Apr 25	Sat	8:30 AM	James O'Rourke Memorial Triathlon	North Platte, NE	James O'Rourke Memorial Triathlon
Apr 25	Sat	8:30 AM	Race to Read 5K	Corporate Woods Overland Park KS Pfister Park Coffeyville KS	Race to Read 5K
Apr 25	Sat	8:30 AM	Making An Impact 5K	Catholic Care Campus Bel Aire	Making An Impact 5K
Apr 25	Sat	8:50 AM	Party for Parkinson's 5K 1 Mile Party Run	Roper Kia Joplin, MO	Party for Parkinson's 5K
Apr 25	Sat	9:00 AM	Breaking the Silence 5K/10K	Lawson, MO	Breaking the Silence 5K/10K
Apr 25	Sat	9:00 AM	Wilderness Trail Trek 5K	LWildcat Park Joplin, MO	Wilderness Trail Trek 5K
Apr 25	Sat	9:00 AM	May The Forest Be With You	Hesston, KS	May The Forest Be With You
Apr 25	Sat	9:30 AM	30th Emma Creek 5K	Downtown Manhattan KS Schilling Bridge Winery Pawnee	Emma Creek 5K
Apr 25	Sat	10:00 AM	What the Hil 10K		What the Hil 10K
Apr 25	Sat	10:00 AM	Jiggle Butt Run		Jiggle Butt Run

**Run often.
Run long.
But never outrun your
*joy of running.***

**Julie Isphording
(former Olympic runner)**



Apr 25	Sat	2:00 PM	Party in the 060 5K	Haysville, KS	Party in the 060 5K
Apr 25	Sat	3:30 PM	Stadium Blitz	Kansas Memorial Stadium Lawrence	Stadium Blitz
Apr 26	Sun	6:30 AM	Oklahoma City Memorial Marathon Full, Half, Relay, 5K, Kids	Oklahoma City, OK	Oklahoma City Marathon
Apr 26	Sun	7:00 AM	Run with GEAk5	Lot 301 Lawrence, KS	Run with GEAk5
Apr 26	Sun	7:30 AM	Trolley Run 4 Mile Run/Walk	75 th and Wornall Kansas City, MO	Trolley Run
Apr 26	Sun	7:45 AM	Rallye66 Benefit 1 3 5 5K, 1M Run, 5M Adventure Race	Carthage, MO	Rallye66 Benefit 1 3 5
Apr 26	Sun	8:00 AM	Earth Day 5K	Flat Branch Park Columbia Sedgwick County Park Wichita	Earth Day 5K
Apr 26	Sun	8:15 AM	One Step Closer	Bariatric Center of Kansas City's 5K Fun Walk/Run	One Step Closer
Apr 26	Sun	9:00 AM	Bariatric Center of Kansas City's 5K Fun Walk/Run	6501W. 21st St. Wichita, KS	Bariatric Center of 5K
Apr 26	Sun	9:00 AM	Crawl Walk Run Endometriosis 5K		Crawl Walk Run Endometriosis 5K
May 2020					
May 1	Fri	7:00 PM	Girls on the Run Spring 5K	Carey Park Hutchins on KS Rutledge-Wilson Farm Park Sedgwick County Park Wichita	Girls on the Run Spring 5K
May 1	Fri	6:30 PM	Rock4Kids Series - Paint the Run	Meadowbrook Park Clubhouse	Rock4Kids Series - Zombie Run
May 1	Fri	6:30 PM	Mental Health 5K - 50 States/50 Days	WaterOne Lenexa, KS	Mental Health 5K
May 2	Sat	7:30 AM	Kansas City Corporate Challenge 5K	Midland Tech Harbison Columbia	Corporate Challenge 5K
May 2	Sat	8:00 AM	Tower 2 Tower 5K	Esbon, KS	Tower 2 Tower 5K
May 2	Sat	8:00 AM	Empower Run		Empower Run
May 2	Sat	8:00 AM	Rural Route 13.1 Half Marathon & 10K		Rural Route 13.1