

# MASTER PIECES



**Magazine of Mid-America Running Association  
May - June 2018**

# Master Pieces

Magazine of Mid-America Running Association

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

MAY-JUNE 2018

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### Cover Photo:

Tough Trio on bike path that cuts through the  
Rock Chalk Park.  
SPL/Bobcat 5K

Photo by: Gene Wee

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



Renee Kidwell  
Editor



*Jerry Morrison*

We dedicate this issue to the wonderful Husband, Father, Grandfather, Ambassador for Running, Navy Veteran, Volunteer, Supporter, Tough Competitor, Organizer, Gentleman to all, Wonderful Friend to so many: ***Jerry Morrison***. May the beautiful memories many of you have shared on pages 3-7 live on and inspire us forever.

Thank You Jerry for your  
amazing spirit and legacy!  
You ran this race of life as the  
Champion you are!

**Sustaining Memberships are listed on page 2**

### 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](http://www.mararunning.org). For advertising information and deadlines, contact: Renee Kidwell at [runnay19@yahoo.com](mailto:runnay19@yahoo.com).



## Karen's Column

By Karen Raymer  
President of MARA

May-June 2018



## Remembering Jerry Morrison

On April 3rd, the running community lost a wonderful ambassador, Gerald "Jerry" Morrison. Jerry would have been 95 on June 10th. He was not only an accomplished runner and was also involved with the race production for many of the runs in the Kansas City area. Jerry was the race director for the Riegelman Memorial 5K and the Heartland 5K/10K. I have known Jerry for over 30 years and worked with him on many running events. He was also the senior writer for Master Pieces for many years, contributing many interesting articles.

He was always a very upbeat person and was willing to do any job that needed to be done. He was a good friend to Keith and me, for many years. He will be missed by many.

*Karen*

## MARA Sustaining Members



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Raymore, MO  
Olathe, KS  
Overland Park, KS  
Pomona, KS  
Overland Park, KS  
Kansas City, MO  
Shawnee, KS  
Shawnee Mission, KS





**GERALD MORRISON** Gerald (Jerry) B. Morrison, of Scottsdale, AZ was born June 10, 1923 in Edinburgh, Scotland, and he passed away at age 94 on April 3, 2018, in his home. Jerry moved from Scotland to Brooklyn, NY and served in the Navy from 1943-1946, in World War II. He spent his career with Trans World Airlines from 1946 until retirement in 1983. Jerry moved his family from New York to Kansas City, MO, in 1971 and lived there until Oct. 4, 2014. Jerry was married to the late Muriel Morrison. He was preceded in death by his son, Charles Morrison. Jerry is survived by his daughter, Susan Altrock; sister, Jeanne Smith; grandchild Sean Morrison, and great grandchild Landon Morrison, grandchild Heather Altrock and daughter-in-law Teresa Morrison. Jerry was well known in the Kansas City area as a runner and was heavily involved in MARA (Mid America Running Association). Jerry ran in many marathons and served on the race committee at Hospital Hill among other local events. He volunteered with the Bell Road Barn Players, and was also involved in the St Andrews Society in KC. Jerry moved to Scottsdale AZ, in Oct 2014 to live with his daughter Susan. The family invites donations in Gerald's name to Hospice of the Valley [www.hospicevalley.org](http://www.hospicevalley.org)

A memorial for Jerry, in Scottsdale AZ, will be held at a later date.  
Published in Kansas City Star on Apr. 6, 2018



# In Loving Memory



Jerry Morrison

## *My Memories of Jerry Morrison*

*Jerry moved to Kansas City in 1971 when he was 48 and I was 28 . I met Jerry a few years later, probably on the track at Parkville where he often ran. He told me while he was working in NY, he looked out his window one day and saw a guy running. He thought to himself, I could do that. He was a heavy smoker, but he soon trashed that and starting walking, then jogging and then running. Eventually over time and many miles on the track/roads he became a very strong runner. Jerry set several local and national age group records during his career. He wasn't the type that ran on his toes, but rather a flat footed runner. You could hear him coming up behind making that clopping sound as he often passed me before the finish line. Jerry was a determined & serious runner and worked very hard training and racing. I remember the 20K race that Carl O. directed at Shawnee Mission Park in the early 80's that took us around the lake twice to cover 12.4 miles. Jerry was ahead of me with maybe three miles to go. I saw him turn right on a road that would take him out of the park. When I got to the turn, I hollered, "you are going the wrong way"! He turned around and here came the clopping sound. He passed me and made it to the finish line just before I arrived! Jerry volunteered and assisted with several area events including: Hospital Hill Run, Parkville Trail Run, Groundhog Run, Scottish Highland Games, The Red Barn Theater Playhouse and many others. I asked him once about his diet and he said he ate what he wanted, but always had a jigger of the finest scotch every night before retiring. In addition, he said he was a fan of the South Park TV series that provided the humor & relaxation he needed. In March of 2017 we were vacationing in Phoenix, and took the time to stop by and visit with Jerry where he had been living with his daughter since 2014 in Glendale, AZ. He remembered many names and ask several questions regarding his old running friends in KC. Jerry was a dear friend and quite a character.*

*I remember April 3rd the day he died was on my birthday.*

Rich Ayers

*Jerry Morrison, loving husband and father, runner, race director, MARA board member.*

*He cared for his invalid wife for many years before her passing*

*I knew Jerry as a board member of MARA for years, and he was not only insightful, but fun. And he had to have his ONE scotch or beer nightly :) He race directed the Parkville Ted Riegelman 5 km for all its years, and that course still holds the Missouri 5 km women's all-comer's best. But that was not enough, he also race directed the Heartland 8 km and 5 km, the Groundhog 5 and 10 km and the Children's Mercy 5 and 10 km.*

*And he directed these races often for decades, not just for years.*

*He might have done more than that, but I'm not certain of others.*

*He also honored me by turning over the MO state records keeping to me. I have tried to manage that in the good intentions he'd initiated. As a runner, what a series of performances he left, so here are a few, and only the ones I know of from Missouri USATF certified courses, there can certainly be others. All the records below he still holds, and remember, when he passed away, he would have been 95 in June, so these have passed the test of time and times of tests.*

*state single age 10 km records at age 60 (36:53), 61 (37:03), 63 (38:13), 65 (39:16 aided course), 67 (43:04), 69 (44:50). The 36:53 is also a MO state AGE-GROUP 60-64 record!*

*state single age 1/2 marathon records at age 60 (1:25:13) and 62 (1:28:47)*

*state single age marathon records at age 57 (2:52:10, aided course), 58 (2:57:10, aided course), 59 (3:05:48).*

*What a runner, what a man.*

*Mike Lundgren*



*Jerry was one of the many "rocks" I could lean on as a Race Director.*

*The word "no" was not in his vocabulary!*

*Because it was "back in the day", we used Jerry's Ham Radio operators to help with communications during many running events. This was invaluable since "back in the day" we did not have cell phones.*

*The other mode of communications was walkie talkies!*

*Where Jerry went you could find Muriel. Between them I can't imagine how many volunteer hours they gave the running community!*

*Thank you Jerry for being a friend and a loyal member of the MARA and the running community. I will miss you and all the good times we shared. Your service to the running community will not be forgotten!*

*Betsy Titterington*



*I was the founder of the Parkville Turkey Trail Trot.  
Jerry and I, along with my wife Nancy,  
enjoyed our running in Parkville  
and our many KC running friends.*

*This is a picture of Jerry from 1998 when he was awarded the  
Turkey Trot award for his dedication to running.  
Having served with him on Hospital Hill and many other races  
he will truly be missed.*



*Mike and Nancy Beery  
Duluth MN*



*I first met Jerry Morrison and Russ Niemi at a race at Shawnee Mission Park. I had finished well back of most of the runners. After the race I talked with Jerry and Russ and was very impressed by their knowledge about exercise, diet, and health.*

*Even at that time Jerry was a whole grain, vegetable and good carbs guy.*

*The following week I had a meeting with Dr. Grey Dimond, Provost for Health Sciences at UMKC, about the race and that the runners knew more about diet and the benefit of exercise than most physicians and that we should have a postgraduate course to bring physicians up to date.*

*A few weeks later Dr. Dimond called and asked me to organize a race and a postgraduate course to be held just before the race. I called Russ Nieme to see if the group that ran the Shawnee Mission race could organize and manage the race. I don't remember the details but MARA agreed to organize and manage the race. In essence Jerry and Russ were the stimulus for the first run in downtown Kansas City. Dr. Dimond gave it the name of Hospital Hill.*

*Jerry could have won his age group in the Hospital Hill races or perhaps even the entire race every year, but he chose to help plan and manage the race instead.*

*The last race I ran with Jerry was the Garden of the Gods 10 mile race in Colorado Springs, Colorado. It was a very hilly, tough course. Jerry shattered the 60 years and over record not just a little but by several minutes. His time would have been a record for the 55 and over group! His record still stands.*

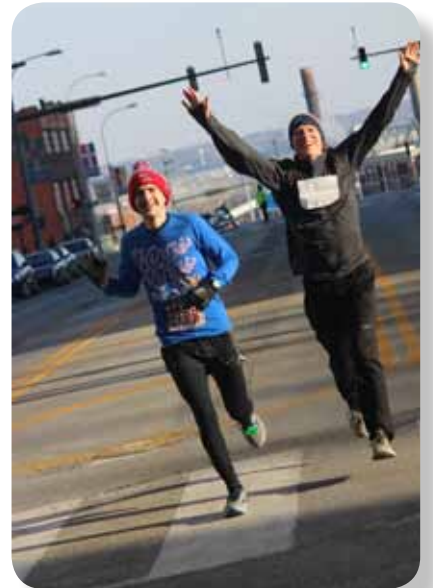
*He was a world class guy as well as a world class runner.*

*Ralph Hall, M.D.*





## Big 12 - 12K, 5K& One Mile Run -- 3-10-18



lead pack of 5K-12K

Photos by: Michael Chaffee



Big 12 12K&5K&One Mile Run -- 3-10-18 Cont'd



5K first three, policeman was not entered



5K leader with half mile to go



1st woman 5K

Photos by: Michael Chaffee

# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## Avocado – Beyond Guacamole

When most folks think of avocado, guacamole and chips typically come to mind due to their distinct popularity. Yet, the versatile avocado can be used at all meals or snacks and it boasts many health benefits, also. Avocados are classified as a stone fruit and they grow in warm climates. I found it interesting that its other names include “butter fruit” or “alligator pear” due to its pear shape and skin. Indeed, avocado has a creamy texture that lends itself well to a number of dishes and it is nutrient rich. Even though the majority of an avocado’s calories are from fat, it is healthy fat that can actually keep one more full and satisfied. So it fine to include them in your diet in moderation. In fact, avocado is the only fruit that provides a substantial amount of healthy monounsaturated fatty acids (MUFA). Additionally, avocados are a great source of Vitamins C, E, K and several B Vitamins including B-6, riboflavin, niacin, and folate, as well as magnesium, potassium, lutein, beta-carotene and omega-3 fatty acids. One serving of avocado (one-fifth of an average avocado or about 1 oz) contains about 64 calories, almost

6 grams of fat, 3.4 grams carbohydrate, less than a gram of sugar, and almost 3 grams of fiber.

As we now well know, fat-free diets are a thing of the past. Fat is essential in every single cell of the body and so healthy fats are important in our daily intake. Eating healthy fat supports skin health, enhances absorption of fat-soluble vitamins, minerals and other nutrients. A real benefit of healthy fat is that it helps us feel fuller since, when consumed, your brain receives a signal to turn off your appetite. Eating fat slows down the breakdown of carbohydrates, which can help to keep blood sugar levels stable. Plus, fat certainly helps make food taste good, in moderation of course! So, for good reasons, avocado is turning up in everything these days including breakfast, salads, wraps, smoothies and even brownies. Avocado can be pureed and tossed into pasta, spread on a sandwich or wrap, or substituted for up to half of the butter or oil in a recipe for moist, healthier baked goods. Avocados should be stored at room temperature for 4-5 days to ripen. When ripe, the outside skin will

be black or dark purple and will yield to gentle pressure. Then, it is ready to eat, use in a recipe or refrigerate.

### Colorful Avocado Salad

*Be sure to wash before cutting.*



- 2 avocados, peeled, pitted and diced
  - 1 red, yellow or green bell pepper, chopped
  - 1 large ripe tomato, chopped
  - 1 sweet yellow or red onion, chopped
  - ¼ cup chopped fresh cilantro
  - ½ lime, juiced
- Combine all ingredients in a medium bowl and toss gently. Season ifdesired with salt and pepper.

### Avocado Toast

Mash avocado with a little lemon juice, salt and pepper and spread onto a slice of whole grain toast. Get creative and add any number of other items, such as, shredded cheese, beans, egg, etc., etc.



### Southwest Tuna Melt

(Makes 2 servings)

Salsa verde gives this southwest tuna melt spice and flavor, while light sour cream gives the tuna salad its creaminess.

#### Ingredients

- 4 slices of whole wheat bread
- 1 can of tuna fish in water

#### Instructions

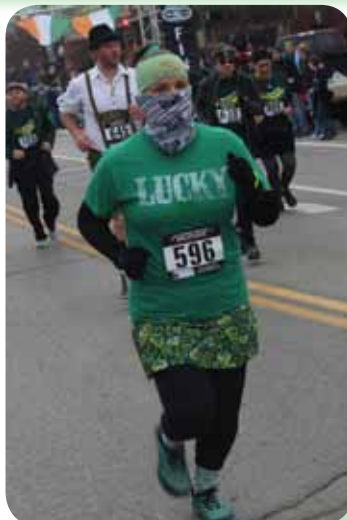
1. Mix the tuna fish, sour cream, salsa, oregano and diced chiles until smooth and creamy.
2. Place one piece of bread on a baking sheet.
3. Sprinkle with cheese and ½ of the tuna fish mixture.
4. Top with some more sprinkled cheese and a second piece of bread.
5. Repeat with the second sandwich.
6. Place the baking sheet in the oven and broil until the cheese is melted and the bread is golden brown.
7. Top with avocado slices (or mix the avocado into the southwest tuna salad).
8. If you prefer, you can also brown the sandwich in a pan over medium heat.
9. Coat the pan with a thin layer of butter. (Rub the end of a stick of butter on the pan to coat the pan without using excessive amounts of butter.)
10. Cook until the sandwich is browned on one side; flip it over and brown the other side.



## Irish Mile -- Lawrence, KS --3-17-18



The Irish Mile, hosted by Ad Astra Running Shoe Store, precedes the Saint Patrick's Day Parade. Aficionados from near and far bring in their chairs two hours ahead of time to reserve a place for enjoying the race and parade.



Photos by: Michael Chaffee





Dee Boeck



First woman



Two employees of Ad Astra who also doubled riding on the back of the pace vehicle making announcements to the crowd



Raul Flores



Photos by: Michael Chaffee



J. Berns (495) leads K. Feldhausen (427) and A. Sheldon (496) up the hill to the water station.



Drewery, age 11, was the third overall finisher, shown here within steps of the finish line.

## SPL/Bobcat 5K

Lawrence on Apr 14.

A few years ago, the Lawrence Parks & Recreation Department hosted the Dam Run, which was a 12K and 5K the last few times. One year, the same course was accidentally booked for LPR's run and for the Bobcat 5K. The Bobcat Run was hosted by the Langston Hughes Elementary Schools' marathon club program as a way to for the children who had completed 26.2 miles of running during the school year. To fix the double booking, both races were held at the same time. Ever since then, it's been the race with two sponsors. The location then changed to the trails (Rock Chalk Park trails) behind Sports Pavilion Lawrence and thus the name: SPL/Bobcat Run. This run was one of many around the KC Metro area that weekend.



The same trio with 100m to go to the finish.

Photos by: Gene Wee



**Garry Gribble's Running Sports 5K the Free Way event on the Kansas River levee. A light rain did not deter participants in the Garry Gribble's Sports Lawrence free 5K on Sunday, April 22.**



**A Simple out 1.5 miles and back.**



**Across the river from the Riverfront Mall, runners leaving the start.**



**Family fun in the rain!**

**Photos by: Gene Wee**

## TomStrong 5K April 22, 2018

### *What is Tomstrong ?*

The Tomstrong 5K was created in 2016 after Tom Babb suffered a life altering accident while surfing in Hawaii. After months of planning and the effort of hundreds of volunteers, an annual race to raise money for the University of Kansas' Academic and Achievement Access Center (AAAC). This money is used to create scholarships and to enhance Accessibility on the University campus.

After the 2nd annual race, almost \$80,000 has been raised and 1,000 people have participated in this special event.



Participants going in front of Lippincott Hall  
(formerly the Law School) and the iconic  
Uncle Jimmy and student statue.

Photos by: Gene Wee



## A look inside Boston Marathon champion Des Linden's daily routine, which features at least 16 miles of running and 2 breakfasts

By: Aine Cain for: Business Insider • April 21, 2018



When she's in training mode, Linden packs a ton of mileage into each day. She said that training for a marathon is "really teaching your body how to run when it's really fatigued."

Linden said she wakes up around 6 and starts off the day by reaching for the coffee.

She'll also eat a light breakfast - a bagel or a piece of toast with some peanut butter.

On an "easy" day, Linden will kick things off with a 12-mile run. She goes for 14 miles on harder days.

The marathoner endures the grueling distance by staying in the moment. "Once you get out the door, it's, like, 'OK, just enjoy this step and this mile and this moment,'" she said.

"People tend to think about how much they have left or put a negative spin on it. Just being present in that moment is always really helpful," Linden said.

Once she's finished with her run, Linden said she showers and digs into a second breakfast. Much of the rest of her day is spent recovering and relaxing. Linden will take a nap, read on the couch, or get a massage.

In the evening, Linden will embark on a 4-mile run. Some days, she'll also supplement her two runs with a yoga session or a trip to the gym.

Consuming enough calories throughout the day can be a real challenge for marathoners. Linden said she's not picky when it comes to food, but, as a rule, she avoids processed food from "bags and boxes" and tries to keep the fridge stocked with healthy, whole foods.

Linden heads to bed early: "Sleep is the easiest way to recover. The best recovery tool you have is your bed. Just get sleep. That will allow your body to repair and be ready for the next day."

For marathoners, all that training is necessary for making it through the intense race. "If you put the work in, you're going to be prepared," Linden said. "You might not have your dream day, but you'll have a good experience. It starts before you even get to the starting line."

"You find out that you're more resilient than you ever thought," Linden said. "Then you take that knowledge into race day and you apply that knowledge over 26.2 miles. When it starts to get hard, you're, like, 'I showed up every day and just went through it and it was fine.'"

And you just keep plugging away. "



# 59<sup>th</sup> Annual Heart of America Marathon

Labor Day Monday, September 3<sup>rd</sup> 2018 - 6:00 a.m.  
Columbia, Missouri

Continuously running since 1960 – Be a part of history  
Home of the world famous Easley Hill  
Run the race with HEART!



Register at: [heartofamericamarathon.com](http://heartofamericamarathon.com)  
Follow us on Facebook: [facebook.com/heartofamericamarathon](https://facebook.com/heartofamericamarathon)  
Questions to: [comoheart1960@gmail.com](mailto:comoheart1960@gmail.com)

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Entry fee: \$65.00 until July 4<sup>th</sup>, \$75.00 until Aug 1<sup>st</sup>, \$85.00 after Aug 1<sup>st</sup>. No race day registrations.

*Run with Heart! (Heat, Hills, and Humidity included at no extra charge. \*Please note: 6 hour time limit)*

Columbia Track Club: [columbiatrackclub.com](http://columbiatrackclub.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!

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

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
<b>May 2018</b>					
May 3	Thu	6:00 PM	Navy Knight Flight	Church of the Nativity Leawood, KS	<a href="#">Navy Knight Flight</a>
May 3	Thu	6:00 PM	Wellaware 5K	Stephens Lake Park Columbia, MO	<a href="#">Wellaware 5K</a>
May 4	Fri	7:00 AM	Girls on the Run Spring 5K	Carey Park Hutchinson, KS	<a href="#">Girls on the Run Spring 5K</a>
May 5	Sat	7:30 AM	Kansas City Corporate Challenge 5K	Burns & McDonnell Headquarters Kansas City, MO	<a href="#">Corporate Challenge 5K</a>
May 5	Sat	8:00 AM	Tower 2 Tower 5K	WaterOne Lenexa, KS	<a href="#">Tower 2 Tower 5K</a>
May 5	Sat	8:00 AM	Rural Route 13.1 Half Marathon & 10K	Esbon, KS	<a href="#">Rural Route 13.1</a>
May 5	Sat	8:00 AM	Kansas Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	<a href="#">Heart and Sole Classic</a>
May 5	Sat	8:00 AM	Aviators 5K	Haysville, KS	<a href="#">Aviators 5K</a>
May 5	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Frontier Park Olathe, KS	<a href="#">Maguire Gilner Angel Day 5K</a>
May 5	Sat	8:00 AM	Blue Devil 5K & Kids Trot	KCK Community College Kansas City, KS	<a href="#">Blue Devil 5K &amp; Kids Trot</a>
May 5	Sat	8:00 AM	5K Walk/Run for Health	Belton, MO	<a href="#">5K Walk/Run for Health</a>
May 5	Sat	8:00 AM	Heartland Fun Run & 5K	Heartland Elementary School Overland Park, KS	<a href="#">Heartland Fun Run &amp; 5K</a>
May 5	Sat	8:00 AM	Christ the King Spring Fling 5K	Christ the King Church Topeka, KS	<a href="#">Spring Fling</a>
May 5	Sat	8:00 AM	CGSC Triathlon	Ft. Leavenworth CGSC Ft. Leavenworth, KS	<a href="#">CGSC Triathlon</a>
May 5	Sat	8:00 AM	2nd Down & 5K	Wamego Middle School Wamego, KS	<a href="#">2nd Down &amp; 5K</a>
May 5	Sat	8:00 AM	Donut Dash	Sterling Lake Boat House Sterling, KS	<a href="#">Donut Dash</a>

May 5	Sat	10:00 AM	Spartan 5K Color Fun Run	Antioch Middle School Gladstone, MO	Spartan 5K Color Fun Run
May 5	Sat	8:30 AM	PurpleStride 5K	Frank A Theis Park Kansas City, MO	PurpleStride 5K
May 5	Sat	8:30 AM	CMH Heroes for Hospice 5k & 10K	1500 N. Oakland Bolivar, MO	CMH Heroes for Hospice 5k & 10K
May 5	Sat	8:30 AM	PHC Bubble 5K Walk/Run for Life	Memorial Park Pavilion Columbia, MO	PHC Bubble 5K Walk/Run for Life
May 5	Sat	8:30 AM	Grace Race 5K	English Landing Park Parkville, MO	Grace Race 5K
May 5	Sat	8:30 AM	Building Better Bones 5K & 10K	Jackson Park Atchison, KS	Building Better Bones
May 5	Sat	9:00 AM	Sophie's Run 5K	Lake Waukomis Kansas City, MO	Sophie's Run
May 5	Sat	9:00 AM	Temple Run 5K	Kansas City Temple Kansas City, MO	Temple Run
May 5	Sat	9:00 AM	Girls on the Run 5K	Children's Mercy Park Kansas City, KS	Girls on the Run 5K
May 5	Sat	9:00 AM	Rainbows Run 5K & 1 Mile	Augusta, KS	Rainbows Run 5K & 1 Mile
May 5	Sat	9:00 AM	Walk Kansas 5K For the Fight	Johnson Cancer Research Center Manhattan, KS	Walk Kansas 5K For the Fight
May 5	Sat	9:00 AM	Girls on the Run SW Missouri 5K	Missouri State University Springfield, MO	Girls on the Run SW Missouri 5K
May 5	Sat	9:00 AM	Cinco Dog Mayo 5K Fun Run	Stephens Lake Park Columbia, MO	Cinco Dog Mayo 5K Fun Run
May 5	Sat	9:00 AM	Doggie Dash 3K	7710 Mission Rd. Prairie Village, KS	Doggie Dash 3K
May 5	Sat	9:30 AM	Girls on the Run 5K	Manhattan Regional Airport Manhattan, KS	Girls on the Run 5K
May 5	Sat	10:00 AM	Cinco de Mayo 5-Qué	Guadalupe Center Kansas City, MO	Cinco de Mayo 5-Qué
May 5	Sat	10:00 AM	Pony Run 5K Trail Run/Walk	Greenfield & Victory Road Haven, KS	Pony Run 5K Trail Run/Walk
May 5	Sat	10:00 AM	Girls on the Run Heart of Missouri Spring 5K	Bear Tree Trail Columbia, MO	Girls on the Run Heart of Missouri
May 5	Sat	10:00 AM	Jump Spark a Life 5K	Flat Branch Park Columbia, MO	Jump Spark a Life 5K



May 5	Sat	11:45 AM	Chisholm Trail Elementary Color Run	Chisholm Trail Elementary School Park City, KS	Chisholm Trail Elementary Color Run
May 6	Sun	7:00 AM	Lincoln National Guard Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	Lincoln Marathon
May 6	Sun	7:00 AM	TriZou Triathlon & Duathlon	Stankowski Field Columbia, MO	TriZou Triathlon
May 6	Sun	7:00 AM	Independence Half Marathon	Independence Events Center Independence, MO	Independence Half Marathon
May 6	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 6	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	LAKC Run for Justice 5K
May 6	Sun	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	Skyline Shuffle 5K
May 6	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	Outpacing Melanoma
May 6	Sun	9:00 AM	Timber Challenge 5K	Bonner Springs, KS	Timber Challenge
May 6	Sat	10:45 AM	ERC Birthday Bash 5K/10K Run	Emporia Recreation Center Emporia, KS	Birthday Bash 5K
May 12	Sat	7:00 AM	Girls on the Run 5K	Carey Park Hutchinson, KS	Girls on the Run 5K
May 12	Sat	7:00 AM	New Stanley Community 5K	New Stanley Elemenary Kansas City, KS	New Stanley Community 5K
May 12	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	Running with the Cows
May 12	Sat	7:30 AM	HP3 at Heritage Park 5K, 10K, 15K	Heritage Park Olathe, KS	HP3
May 12	Sat	7:30 AM	CASA Run for the Child 5K	Acorns Resort Milford, KS	CASA Run for the Child 5K
May 12	Sat	7:30 AM	Run with the Eagles	Joplin High School Joplin, MO	Run with the Eagles
May 12	Sat	8:00 AM	Ta Ta Trot	Eldon, MO	Ta Ta Trot
May 12	Sat	8:00 AM	The Color Run - Kansas City	Arowhead Stadium Kansas City, MO	The Color Run
May 12	Sat	8:00 AM	Mother's Day Dash	Blue River Rail Trail Marysville, MO	Mother's Day Dash

May 12	Sat	8:30 AM	A Walk to Remember	Kansas City Zoo Kansas City, MO	<a href="#">A Walk to Remember</a>
May 12	Sat	9:00 AM	YWCA Girls on the Run 5K	YWCA Topeka, KS	<a href="#">YWCA Girls on the Run 5K</a>
May 12	Sat	9:00 AM	Northland Mother's Day 5K/10K	English Landing Park Parkville, MO	<a href="#">Northland Mother's Day 5K/ 10K</a>
May 12	Sat	9:00 AM	Community Play Day 5K	Athletic Park Newton, KS	<a href="#">Community Play Day 5K</a>
May 12	Sat	9:00 AM	Main Street Mania 5K	5134 Baltimore Ave. Kansas City, MO	<a href="#">Main Street Mania 5K</a>
May 12	Sat	9:00 AM	Hot Dog 5K	Salt Fork YMCA Marshall, MO	<a href="#">Hot Dog 5K</a>
May 12	Sat	9:00 AM	Girls on the Run Spring 5K	Boathouse Wichita, KS	<a href="#">Girls on the Run Spring 5K</a>
May 12	Sat	10:00 AM	Officers Down 5K - Independence	Riverside Park Independence, KS	<a href="#">Officers Down 5K</a>
May 12	Sat	11:00 AM	MSMS Bull Rush	3403 N. Tyler Wichita, KS	<a href="#">MSMS Bull Rush</a>
May 13	Sat	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	<a href="#">Kansas City Triathlon</a>
May 13	Sun	8:00 AM	Mothers' Day 5K for Women	Corporate Woods Overland Park, KS	<a href="#">Mothers' Day 5K</a>
May 13	Sun	8:00 AM	Derby High Five (5K & 1Mile)	High Park Derby, KS	<a href="#">Derby High Five (5K &amp; 1Mile)</a>
May 17	Thu	6:15 PM	Justice for Jake Memorial Run/ Walk	Unity Village, MO	<a href="#">Justice for Jake Memorial Run/Walk</a>
May 18	Fri	6:30 PM	Run into Summer 5K Trail Run	Lake Jacomo Lee's Summit, MO	<a href="#">Run into Summer 5K Trail Run</a>
May 19	Sat	6:00 AM	Sergeant Audie Murphy Memorial 5K-10K Run Walk	Davidson Fitness Center Fort Leonard Wood, MO	<a href="#">Sergeant Audie Murphy Memorial</a>
May 19	Sat	7:00 AM	Okie Relays	Elkhart, KS	<a href="#">Okie Relays</a>
May 19	Sat	7:00 AM	Joplin Memorial Marathon	Joplin, MO	<a href="#">Joplin Memorial Marathon</a>
May 19	Sat	7:00 AM	Bill Snyder Highway Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	<a href="#">Bill Snyder Highway Half Marathon</a>
May 19	Sat	7:00 AM	Whiteman AFB Striker Life Half Marathon, 10K & 5K	Whiteman AFB, MO	<a href="#">Whiteman AFB Striker Life</a>

May 20	Sun	8:00 AM	MGA Triple Crown Showdown 5K Run/Walk, 1 Mile Walk, Tot Trot	Towne Center Leawood, KS	MGA Triple Crown
May 20	Sun	8:00 AM	Triumph Over Tragedy 5K	Garmin Headquarters Olathe, KS	Triumph Over Tragedy 5K
May 20	Sun	4:00 PM	The Great Amazing Race - Kansas City	Franke Fields Lee's Summit, MO	The Great Amazing Race - Kansas City
May 22	Tue	6:30 PM	5 50 50 Run/Walk for Mental Health	Sedgwick County Park Wichita, KS	5 50 50 Run/Walk for Mental Health
May 23	Wed	6:30 PM	5 50 50 Run/Walk for Mental Health	Spirit of Freedom Fountain Kansas City, MO	5 50 50 Run/Walk for Mental Health
May 26	Sat	7:00 AM	Filthy Monkey Obstacle Mud Run	Junction City Athletic Training CenterJunction City, KS	Filthy Monkey Obstacle Mud Run
May 26	Sat	7:30 AM	Suicide Hill Trail Run	Little River, KS	Suicide Hill Trail Run
May 26	Sat	7:30 AM	Iron Horse Duathlon, 5K & 1M Fun Run	Commercial Bank Parsons, KS	Iron Horse Duathlon
May 26	Sat	8:00 AM	Memorial Day March 5K/10K & 1 Mile Walk	Grain Valley South Middle School Grain Valley, MO	Memorial Day March
May 26	Sat	8:00 AM	Run for Rachel 5K & 10K	Grain Valley Middle School Grain Valley, MO	Run for Rachel
May 26	Sat	8:00 AM	Insane Inflatable 5K	Wichita, KS	Insane Inflatable 5K
May 26	Sat	8:00 AM	Run4Fun in Odell	Odell, NE	Run4Fun in Odell
May 27	Sat	8:00 AM	Get Your Rear in Gear - Wichita	Farm & Art Market Plaza Wichita, KS	Get Your Rear in Gear
May 28	Mon	8:00 AM	Going the Distance for Brain Injury	Loose Park Pavilion Kansas City, MO	Going the Distance for Brain Injury
May 28	Mon	8:00 AM	Home Run 5K	South Park Lawrence, KS	Home Run 5K
June 2018					
Jun 1	Fri	7:00 PM	Hospital Hill Run UMKC School of Medicine 5K	Crown Center Kansas City, MO	UMKC School of Medicine 5K
Jun 2	Sat	7:00 AM	Hospital Hill Run Half Marathon & 10K	Crown Center Kansas City, MO	Hospital Hill Runs
Jun 2	Sat	7:00 AM	Kansas Health Foundation River Run 10K & 2M	Downtown Wichita, KS	Kansas Health Foundation River Run

Jun 2	Sat	7:00 AM	Dam to Dam Run	Saylorville Dam Des Moines, IA	<a href="#">Dam to Dam Run</a>
Jun 2	Sat	7:15 AM	Cox Health Medical Mile & 5K Run/Walk	3545 S. National Springfield, MO	<a href="#">CoxHealth Medical Mile &amp; 5K</a>
Jun 2	Sat	7:30 AM	Go Girl Run Half Marathon & 5K	Columbia, MO	<a href="#">Go Girl Run Half Marathon</a>
Jun 2	Sat	7:30 AM	Bennington Fun Run	Bennington, KS	<a href="#">Bennington Fun Run</a>
Jun 2	Sat	7:30 AM	Run to the Edge	Columbia, MO	<a href="#">Run to the Edge</a>
Jun 2	Sat	8:00 AM	Ramon Criss Storm the Dam Trail Marathon, Half Marathon, 10K, 5K	El Dorado State Park El Dorado, KS	<a href="#">Storm the Dam</a>
Jun 2	Sat	8:00 AM	German Fest Brat Trot 5K	Sacred Heart Church Topeka, KS	<a href="#">Brat Trot 5K</a>
Jun 2	Sat	8:00 AM	Hero Run	State Fair Community College Sedalia, MO	<a href="#">Hero Run</a>
Jun 2	Sun	8:00 AM	CASA Superhero 13.1K & 5K Run/Walk	3433 S. Iowa St. Lawrence, KS	<a href="#">CASA Superhero 13.1K &amp; 5K Run/Walk</a>
Jun 2	Sun	8:00 AM	Ron & Scott Strader & Tom Davies Memorial Run	Holton, KS	<a href="#">Ron &amp; Scott Strader &amp; Tom Davies</a>
Jun 2	Sun	10:00 AM	Harold's National Doughnut Day 5K	Flat Branch Park Columbia, MO	<a href="#">Harold's National Day 5K</a>
Jun 3	Sun	7:30 AM	Legend Free State Triathlon	Clinton Lake State Park Lawrence, KS	<a href="#">Free State Triathlon</a>
Jun 2	Sat	8:00 AM	Live Like Luke Run	Town Center Plaza Leawood, KS	<a href="#">Live Like Luke Run</a>
Jun 3	Sun	8:00 AM	Soul on Fire 5K & Fun Run	Life House Church Abilene, KS	<a href="#">Soul on Fire 5K &amp; Fun Run</a>
Jun 3	Sun	9:00 AM	Wild Women Timber Challenge	Bonner Springs, KS	<a href="#">Wild Women Timber Challenge</a>
Jun 4-7	M-F	5:20 PM	Kansas City Corporate Challenge Track Meet	Shawnee Mission North H.S. Overland Park, KS	<a href="#">Corporate Challenge Track Meet</a>
Jun 6	Wed	6:30 PM	Global Running Day - The Big Run	889 N Seneca Wichita, KS	<a href="#">The Big Run</a>
Jun 8	Fri	9:00 PM	Night Flight 5K Run	Legacy Park Amphitheater Lee's Summit, MO	<a href="#">Night Flight 5K Run</a>
Jun 9	Sat	6:45 AM	Run for a Vet Half Marathon & 5K Run/Walk	Dewey Short Visitor Center Branson, MO	<a href="#">Run for a Vet</a>



Jun 9	Sat	7:00 AM	Eldon Rock Island Road Race	Eldon, MO	Eldon Rock Island Road Race
Jun 9	Sun	7:30 AM	Crazy Horse 10K	922 Crazy Horse Road Hutchinson, KS	Crazy Horse 10K
Jun 9	Sat	7:30 AM	Heroes for Hospice 5K Run/Walk	REI Prairie Fire Overland Park, KS	Heroes for Hospice
Jun 9	Sat	7:30 AM	Tonganoxie Library Run - 5K/10K	Library Tonganoxie, KS	Tonganoxie Library Run - 5K/ 10K
Jun 9	Sat	7:30 AM	Show Me Games 5K Road Race	Cosmo-Bethel Park Columbia, MO	Show Me Games 5K
Jun 9	Sat	7:30 AM	On the Move for Cancer 5K	Kanza Park Ottawa, KS	On the Move for Cancer 5K
Jun 9	Sat	8:00 AM	Warrior Dash Kansas City	Lexington, MO	Warrior Dash Kansas City
Jun 9	Sat	8:00 AM	Hilltop Hustle	Rock Chalk Park Lawrence, KS	Hilltop Hustle
Jun 9	Sat	8:00 AM	CrossFit Believe 5K Gone Bad	CrossFit Believe Warrensburg, MO	CrossFit Believe 5K Gone Bad
Jun 9	Sat	8:00 AM	Cup Cake 5K	2727 S. Ingram Mill Rd. Springfield, MO	Cup Cake 5K
Jun 9	Sat	8:00 AM	Festival on the Trails 5K Color Run	Gardner, KS	Festival on the Trails 5K Color Run
Jun 9	Sat	8:00 AM	Run the Line Trail Race - 5K & 10K	White River Trail Head Branson MO	Run the Line Trail Race
Jun 9	Sat	8:00 AM	SuperMax 5K Run Walk & Kids Superhero Dash	Heartland Park Topeka, KS	SuperMax 5K Run Walk
Jun 9	Sat	8:00 AM	Miles for Meals - 5K	Heritage Park Marina Olathe, KS	Miles for Meals - 5K
Jun 9	Sat	8:00 AM	Supermax Kids Run 5K & Kids Superhero Dash	Heartland Park Topeka, KS	Supermax Kids Run
Jun 9	Sat	8:00 AM	Waldo McBurney Race 10K, 5K, 1M Run/Kids Run	Quinter City Park Quinter, KS	Waldo McBurney Race
Jun 9	Sat	8:00 AM	Shatterproof 5K Kansas City	Arrowhead Stadium Kansas City, MO	Shatterproof 5K Kansas City
Jun 9	Sat	8:00 AM	Otter Water 5K	Hutchinson Zoo Hutchinson, KS	Otter Water 5K
Jun 9	Sat	8:30 PM	Rock the Night Away Trail Run Half Marathon, 10K & 5K	Branded B Ranch Lake Perry, KS	Rock the Night Away Trail Run

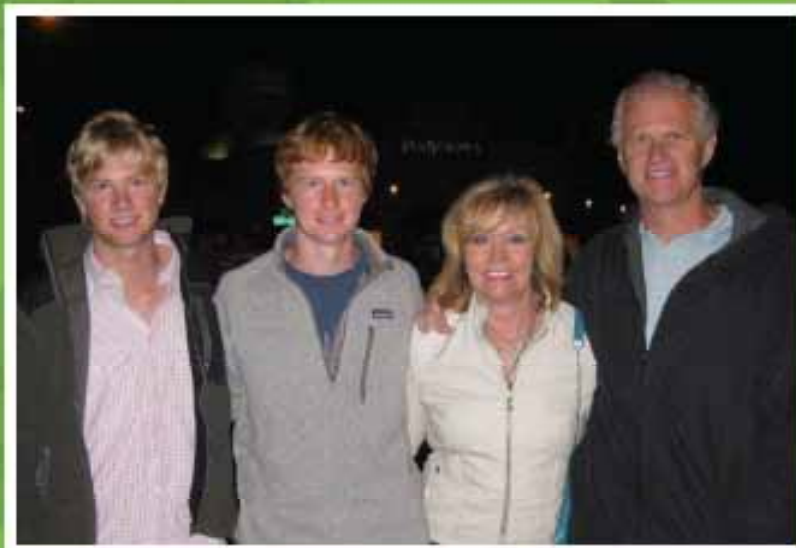
Jun 9	Sat	8:30 AM	Dad and Daughter 5K Run/Walk	AMF Pro Bowl Lanes North Kansas City, KS	Dad and Daughter 5K
Jun 9	Sat	9:00 AM	Gladstone Community Ctr. Kids Triathlon	Community Center Gladstone, MO	Gladstone Community Ctr. Kids Triathlon
Jun 9	Sat	10:00 AM	Team Hope Walk & 5K Fun Run	Twin Lakes Park Columbia, MO	Team Hope Walk
Jun 10	Sun	7:00 AM	El Dorado Lake Triathlon	El Dorado State Park El Dorado, KS	El Dorado Triathlon
Jun 10	Sun	7:00 AM	JC Triathlon: The Great Escape	Ellis Porter Riverside Pool Jefferson City, MO	Jefferson City Triathlon
Jun 10	Sun	7:00 AM	Kansas City Corporate Challenge Duathlon	Shawnee Mission Park Overland Park, KS	Corporate Challenge Duathlon
Jun 10	Sun	7:30 AM	Run/Walk A Mile in my Shoes	Smithville High School Smithville, MO	Run/Walk A Mile in my Shoes
Jun 10	Sun	7:30 AM	Show Me Games 10K Road Race	Cosmo-Bethel Park Columbia, MO	Show Me Games 10K
Jun 10	Sun	8:00 AM	Dog N Jog / 2 Mile Run/1 Mile Run/Walk	The Plaza Kansas City, MO	Dog N Jog
Jun 16	Sat	7:30 AM	Crazy Cow 5K Run/Walk	Bashor-Linwood High School Bashor, KS	Crazy Cow 5K Run/Walk
Jun 16	Sat	7:30 AM	Kilometers for Kicks 5K	Olathe North High School Olathe, KS	Kilometers for Kicks 5K
Jun 16	Sat	7:30 AM	Tinman Triathlon	Lake Shawnee Topeka, KS	Tinman Triathlon
Jun 16	Sat	7:30 AM	Cannon Ball 5K Run/Walk	Lexington, MO	Cannon Ball 5K Run/Walk
Jun 16	Sat	8:00 AM	ZERO Prostate Cancer Run/Walk – Wichita	Wichita Urology Wichita, KS	ZERO Prostate Cancer Run/ Walk
Jun 16	Sat	8:00 AM	Watkins Mill Get Outdoors 6K	Watkins Mill State Park Lawson, MO	Watkins Mill 6K
Jun 16	Sat	8:00 AM	Cookie Daze 5K	Newton, KS	Cookie Daze 5K
Jun 16	Sat	8:00 AM	Kansas City Dirty Duo	Unity Village Lee's Summit, MO	Kansas City Dirty Duo
Jun 16	Sat	8:00 AM	Head for the Cure 5K	Sedgwick County Park Wichita, KS	Head for the Cure 5K
Jun 16	Sat	8:00 AM	Halfmax Triathlon	Innsbrook Resort Innsbrook, MO	Halfmax Triathlon

Jun 16	Sat	8:00 AM	Heart Association - 5K	Power & Light District Kansas City, MO	Heart Association - 5K
Jun 16	Sat	8:00 AM	Father's Day Four Mile & Kid's Run	Wheeler Downtown Airport Kansas City, MO	Father's Day Four Mile
Jun 16	Sat	8:00 AM	Alert Road Race	Alert Covenant Church	Alert Road Race
Jun 16	Sat	8:00 AM	Hero Hustle 5K& 10K	1901 NW Blue Pkwy Lee's Summit, MO	Hero Hustle 5K& 10K
Jun 16	Sat	9:00 AM	Summer Intro 2.8 Mile Trail Run	Wyandotte County Lake Park Kansas City, MO	Summer Intro
Jun 16	Sat	9:00 AM	MADD 5K Dash & Walk Like	Theis Park Kansas City, MO	MADD 5K Dash & Walk Like
Jun 17	Sun	7:30 AM	All American 5K	Kirkwood Village, MO	All American 5K
Jun 17	Sat	8:00 AM	Running With Pete 5K Run/Walk	Sedgwick County Park Wichita, KS	Running With Pete 5K Run/ Walk
Jun 17	Sat	9:00 AM	The Color Run - Kansas City	Kansas City, MO	The Color Run
Jun 23	Sat	7:00 AM	5K/10K SCOUTStrong Challenge	English Landing Park Parkville, MO	5K/10K SCOUTStrong Challenge
Jun 23	Sat	7:30 AM	Kansas City Spirit 5K	18th & Vine Kansas City, MO	Kansas City Spirit 5K
Jun 23	Sat	7:30 AM	Cannonball 5K Run/Walk	Lafayette Count Courthouse Lexington, MO	Cannonball 5K Run/Walk
Jun 23	Sat	8:00 AM	Diva Dash 5K & Lil' Princess Girls Run	Waterwalk Wichita, KS	Diva Dash 5K & Lil' Princess Run Wichita
Jun 23	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
Jun 23	Sat	8:00 AM	American Legion 5K/1M Family Fun Run	733 E. Yount St. Warrensburg, MO	American Legion 5K/1M Family Fun Run
Jun 23	Sat	8:00 AM	YMCA Parkway Run/Walk	Southwest Parkway St. Joseph, MO	YMCA Parkway Run/Walk
Jun 23	Sat	9:00 AM	Oxford Roundup 5K Redneck Run	Napawalla Park Oxford, KS	Oxford Roundup 5K Redneck Run
Jun 23	Sat	9:00 AM	Run the Numbers 5K	Stephens Lake Park Columbia, MO	Run the Numbers 5K
Jun 23	Sat	7:00 PM	Run to Serve the World 5K	Evangel Church Kansas City, MO	Run to Serve the World

Jun 23	Sat	7:30 AM	Cannonball 5K Run/Walk	Lafayette Count Courthouse Lexington, MO	<a href="#">Cannonball 5K Run/Walk</a>
Jun 23	Sat	8:00 AM	Diva Dash 5K & Lil' Princess Girls Run	Waterwalk Wichita, KS	<a href="#">Diva Dash 5K &amp; Lil' Princess Run Wichita</a>
Jun 23	Sat	8:00 AM	Run for LITTLE Hearts 10K Run, 5K Run, Awareness Walk, Kid's Dash	Downtown Lee's Summit, MO	<a href="#">Run for LITTLE Hearts</a>
Jun 23	Sat	8:00 AM	American Legion 5K/1M Family Fun Run	733 E. Yount St. Warrensburg, MO	<a href="#">American Legion 5K/1M Family Fun Run</a>
Jun 23	Sat	8:00 AM	YMCA Parkway Run/Walk	Southwest Parkway St. Joseph, MO	<a href="#">YMCA Parkway Run/Walk</a>
Jun 23	Sat	9:00 AM	Oxford Roundup 5K Redneck Run	Napawalla Park Oxford, KS	<a href="#">Oxford Roundup 5K Redneck Run</a>
Jun 23	Sat	9:00 AM	Run the Numbers 5K	Stephens Lake Park Columbia, MO	<a href="#">Run the Numbers 5K</a>
Jun 23	Sat	7:00 PM	Run to Serve the World 5K	Evangel Church Kansas City, MO	<a href="#">Run to Serve the World</a>
Jun 24	Sat	8:00 AM	Youth Triathlon at the J	Jewish Community Center Overland Park, KS	<a href="#">Youth Triathlon at the J</a>
Jun 24	Sat	8:00 AM	CASA SuperHero 5K Run/Walk	Corporate Woods Overland Park, KS	<a href="#">CASA SuperHero 5K Run/Walk</a>
Jun 29	Sat	8:00 PM	Arrowhead 5K	Arrowhead Stadium Kansas City, MO	<a href="#">Arrowhead 5K</a>
Jun 30	Sat	7:30 AM	Olde Glory Days Patriotic 5K & 1M Fun Run	Benson Center Clinton, MO	<a href="#">Olde Glory Days Patriotic 5K</a>
Jun 30	Sat	7:30 AM	5K Freedom Fun Run	Lake Lou Yaeger Litchfield, IL	<a href="#">5K Freedom Fun Run</a>
Jun 30	Sat	8:00 AM	Firecracker Flight 5K & 10K	Bass Pro Independence, MO	<a href="#">Firecracker Flight</a>
Jun 30	Sat	8:00 AM	Zombie Run	Topeka Haunted Woods Topeka, KS	<a href="#">Zombie Run</a>
Jun 30	Sat	8:00 PM	The Night Hawk 50K	Clinton State Park Lawrence, KS	<a href="#">The Night Hawk 50K</a>
Jun 30	Sat	8:30 AM	Road Home 5K	919 N. Seneca Wichita, KS	<a href="#">Road Home 5K</a>
Jun 30	Sat	8:30 AM	SPLAT! Jr. Obstacle Course Mud Run	Gans Creek Recreation Area Columbia, MO	<a href="#">SPLAT! Jr. Obstacle Mud Run</a>
Jun 30	Sat	8:30 AM	Kids Obstacle Challenge	Zip KC Bonner Springs, KS	<a href="#">Kids Obstacle Challenge</a>

# "Have you ever felt worse after a run?"

- George Sheehan



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