

MASTER PIECES



**Magazine of Mid-America
Running Association
May - June 2020**

Master Pieces

Magazine of Mid-America Running Association

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MAY - JUNE 2020

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Cover Photo:
By Michael Chaffee
*'Runners Having Fun at the
Cookie Run 5K*

Note: Please send all articles, photos,
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Renee Kidwell
Editor



MARATHON MINDSET

So many of us have the same questions, concerns and anxiousness about the COVID-19 Situation we have been living & learning with the past few months. A great number of folks throughout the country are normally used to instant remedies and results to illness & sickness. Not so with our current reality. What I tell myself and share with others is that this situation is like a Marathon and for so many, the hardest one we may ever run and endure. There is a finish line, we just don't know exactly where and when we all will reach it. So, as we runners do with the typical 26.2 mile Marathon, I'm trying to keep a steady daily pace, taking care of what is required & necessary, supporting our fellow walkers, runners, bikers & friends in this new normal environment for awhile. Put on the Marathon Mindset, Keep yourself hydrated, nourished and move forward with the best pace you can muster. *Stay safe and healthy out there. The finish line is just down the road a bit!*

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Karen's Column

By Karen Raymer
President of MARA
May-June 2020

2020 will definitely be a year we won't soon forget! As this Coronavirus has forced us to rethink a lot about what we do and the way we do them, It has not all been bad. I think sometimes we need a "jolt" to realize the things that are important and let go of the things that are not. The hardest part for me, and I think for most people, is the not being able to be close to loved ones. I miss the hugs and kisses from my grandbabies. However, it seems to be allowing more people to be outside enjoying our beautiful weather and city, with social distancing. I realize that with health clubs and parks being closed, people who would normally be inside exercising, are now doing their running, etc. outside. I also have seen more families exercising together, this is a good thing that has come out of this horrific pandemic. I don't know about you, but when the "officials" lift the stay at home quarantine rules, I think it will take me quite a while to go out in public, where there is a possibility of being in close contact with people, without wearing a mask. How about you?

Please stay safe and I am 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

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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





February 29, 2020

Do you enjoy Girl Scout cookies? Then the Cookie Run 5K, hosted by Advent Health, is the event for you! Many runners joined us at the Bluhawk Shopping Center at 159th and Antioch on Saturday, February 29th for this fun new event that raises money for local Girl Scout Troops and a treat yourself to Girl Scout cookies for all after the run!

Participants received a race shirt and also enjoyed a new course in the Bluhawk Development, while competing for age group and overall awards. All finishers received a cool Cookie Run finishers medal! this fun new event included a kids run after the 5K for kids 8 years old and under.

More Photos Pages 5-9

Photos by: Michael Chaffee



Leaders At the Start



**Local Entrepreneurs
Taking Care of Business**



Update & Photos by: Michael Chaffee



He's ready to ride along with
and cheer for his wife



Great participation in this inaugural event



Photos & Update By: Michael Chaffee





Leader & Pace Car

Photos & Update By: Michael Chaffee





Photos & Update By: Michael Chaffee



Photos & Update By: Michael Chaffee

Galen Rupp Proves He's Still the Top Dog, Winning His Second Olympic Marathon Trials



The prerace favorite makes his fourth Olympic team with a strong win in Atlanta.

As Reported

by:

Runner's World

By TAYLOR DUTCH

FEB 29, 2020

Galen Rupp, a prerace favorite on the men's side and the 2016 Olympic marathon bronze medalist in Rio, proved he was healthy and still the top American marathoner by winning Saturday's Olympic Trials in Atlanta.

His time of 2:09:20 was 42 seconds ahead of second-place finisher Jacob Riley (2:10:02). Abdi Abdirahman took third in 2:10:03; the trio will represent the U.S. at the Olympic Games in Tokyo this summer.

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

COVID Coping – Healthy Cooking At Home

While we all are experiencing unprecedented, very different and difficult times, we realize the vital importance of keeping ourselves healthy and fit. This certainly includes mentally, as well as physically. More than ever, embracing our healthy, balanced eating and exercise routines is crucial. Living in San Antonio, Texas, I have had the opportunity to see, first hand, a glimpse of the difficult times many Americans are facing. The almost unbelievable photo of streams of cars lined up for a food bank distribution (an estimated 10,000 families), that apparently went viral nationally and internationally, was right here in my home city. Knowing that we just had to help, some friends, my husband, and I were able to assist with one of the recent San Antonio Food Bank distributions. It was as one could hardly imagine – lines of cars driving through a very organized pick-up system for food staple items, fresh fruits and vegetables, protein foods, healthy beverage items and even some donated leftover Easter candy. The need is real and documented around the country, and certainly in a city like San Antonio, one of whose main industries of tourism and conventions, is completely shut down for now.

Staying at home and staying healthy by nourishing our bodies, minds and souls, seems to be the best practice at this point. Simple, balanced and healthy meals at home can certainly play a positive role. The San Antonio Food Bank provides a number of great recipes, including some for home cooking with fruits and vegetables for all seasons. As they call it: “Prescribing Produce to Prevent Disease.” Here are a couple ideas from some S.A. Food Bank recipes.

ZUCCHINI FRIES WITH FRESH LEMON AND DILL

- 3 medium zucchini
- 2 Tbsp. whole wheat flour
- 1 egg and 2 egg whites, mixed
- 1 Tbsp fresh lemon juice
- 1 Tbsp water
- ½ cup whole wheat bread crumbs
- 1 Tbsp. minced fresh dill
- 1 teaspoon minced lemon zest
- 1 teaspoon garlic salt
- ½ teaspoon black pepper

Preheat oven to 400 degrees. Line a large rimmed baking sheet with silicone baking mat or parchment paper. Cut zucchini in half lengthwise, slice each half into four long spears. Place in large bowl and add flour; toss to coat. Whisk together eggs, lemon juice, and water in shallow bowl, set aside. Combine bread crumbs, dill, lemon zest, garlic salt and pepper in another shallow bowl. Dip a zucchini spear into egg mixture and turn to coat, gently shake off any excess. Next, place in breadcrumb mixture and turn to coat. Place on prepared pan. Repeat with remaining zucchini, making sure fries do not touch or overlap. Spray zucchini with nonstick spray and bake until brown and crunchy, about 25 minutes.

Cont'd on pg 12

CRISPY SESAME KALE

1 lb. kale, washed
2 garlic cloves, minced
¼ teaspoon red pepper flakes, optional
1 Tbsp. toasted sesame oil
¼ teaspoon soy sauce
Squeeze of lime, optional
Toasted sesame seeds, for garnish

Cut kale along the stem and chop the leaves into thin pieces. Heat the sesame oil over medium heat. Add garlic and cook until fragrant. Add the red pepper flakes if using. Add chopped kale and cook until the leaves are almost wilted. Season with soy sauce and let cook until the sauce is thickened. Garnish with sesame seeds.

San Antonio Food Bank Cranberry Cookies

1 cup brown sugar, not packed
1 stick butter, softened
1 egg
1 Tbsp. vanilla
¼ cup water
½ cup whole wheat flour
¼ cup white flour
½ tsp. salt
½ teaspoon baking soda
1 tsp. cinnamon
½ tsp. ginger
3 cups oats (quick or old fashioned)
1 cup dried cranberries
1 cup macadamia nuts, coarsely chopped
½ cup semi sweet chocolate chips

Preheat oven to 350 degrees. In a large bowl, beat sugar and butter until creamy; add egg, vanilla, water; beat well. Add flour, salt, soda, cinnamon and ginger, stir until combined. Add oats, stir well. Mix in cranberries, nuts and chocolate chips.

Drop by rounded teaspoonful onto cookie sheets coated with pan spray or parchment paper. Bake 11-13 minutes or until edges are slightly browned. Allow cookies to cool one minute on cookie sheet before removing.

ENJOY
STAY SAFE & HEALTHY !!!!



AS WE RUN,

we become.

-AMBY BURFOOT

Schedule of Kansas City Local and Regional Races

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

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
May 2020					
May 1	Fri	7:00 PM	Girls on the Run Spring 5K	Carey Park Hutchinson, KS	Girls on the Run Spring 5K
May 2	Sat	8:00 AM	Kansas Heart & Sole Classic - Cancelled	Olathe, KS	Kansas Heart & Sole Classic
May 2	Sat	8:00 AM	Tower 2 Tower 5K - Postponed	WaterOne Lenexa, KS	Tower 2 Tower 5K
May 2	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Frontier Park Olathe, KS	Maguire Gilner Angel Day 5K
May 2	Sat	8:00 AM	Independence Park Trot 5K - Cancelled	Waterfall Park/Bass Pro Independence, MO	Independence Park Trot
May 2	Sat	8:00 AM	Blue Devil 5K & Kids Trot - Cancelled	KCK Community College Kansas City, KS	Blue Devil 5K & Kids Trot
May 2	Sat	8:00 AM	5K for Health	Belton Regional Medical Center Belton, MO	5K for Health
May 2	Sat	8:00 AM	Donut Dash - Cancelled	Sterling Lake Boat House Sterling, KS	Donut Dash
May 2	Sat	8:00 AM	The Color Run - Kansas City	Arrowhead Stadium Kansas City, MO	The Color Run
May 2	Sat	8:00 AM	Mothers Day 5K & Kids 1 Mile	North Main Park El Dorado, KS	Mothers Day 5K
May 2	Sat	8:00 AM	Autism Society - The Heartland 5K - Postponed	Worlds of Fun Kansas City, MO	The Heartland 5K
May 2	Sat	8:00 AM	5K Run/Walk with Gusto! - Cancelled	Gusto Coffee Shop Lee's Summit, MO	5K Run/Walk with Gusto!
May 2	Sat	8:00 AM	Lake Regional Fun Run Walk	Lake Regional Hospital Osage, MO	Lake Regional Fun Run Walk
May 2	Sat	8:00 AM	Roar Run 5K	Republic, MO	Roar Run 5K
May 2	Sat	8:30 AM	401K Race for Financial Fitness - Virtual	National WW1 Museum & Mem. Kansas City, MO	401K Race for Financial Fitness
May 2	Sat	8:30 AM	CASA Superhero 13.1K & 5K Run/Walk Postponed	2900 Louisiana St. Lawrence, KS	CASA Superhero 13.1K & 5K Run/Walk
May 2	Sat	8:30 AM	Girls on the Run SW Missouri 5K	Missouri State University Springfield, MO	Girls on the Run SW Missouri 5K

May 2	Sat	8:30 AM	CMH Heroes for Hospice 5k & 10K	1500 N. Oakland Bolivar, MO	CMH Heroes for Hospice 5k & 10K
May 2	Sat	8:30 AM	PurpleStride Kansas City - Virtual	Frank A. Theis Park Kansas City, MO	PurpleStride Kansas City
May 2	Sat	9:00 AM	Abbey Trails - Cancelled 5K Run/2 Mile Walk	Conception Abbey Conception, MO	Abbey Trails
May 2	Sat	9:00 AM	Walk Kansas 5K For the Fight - Cancelled	Johnson Cancer Research Ctr Manhattan, KS	Walk Kansas 5K For the Fight
May 2	Sat	9:00 AM	P.E.O Race for the Stars - Cancelled	Brown's Park Abilene, KS	P.E.O Race for the Stars
May 2	Sat	9:00 AM	USD 309 Panther Prowl 5K	South Hutchinson Community Center South Hutchinson, KS	USD 309 Panther Prowl 5K
May 2	Sat	9:00 AM	See Spot Run 5K/9K	100 N. Youngman Ave. Baxter Springs, KS	Trail of Four Winds
May 2	Sat	9:00 AM	NAMI Walks	SAR-Ko-Par Trails Park Lenexa, KS	NAMI Walks
May 2	Sat	9:00 AM	Jumpstart Spark a Life 5K	Flat Branch Park Columbia, MO	Jumpstart Spark a Life 5K
May 2	Sat	9:00 AM	Sequoiata 5K & 1 Mile	Sequoiata Elementary Springfield, MO	Sequoiata 5K & 1 Mile
May 2	Sat	9:00 AM	See Spot Run 5K/9K	101 N. Youngman Ave. Baxter Springs, KS	Trail of Four Winds
May 2	Sat	10:00 AM	Trail of Four Winds 25K Trail Run	Lake of the Ozarks State Park Kaiser, MO	Trail of Four Winds
May 2	Sat	10:00 AM	CCES PATHS Color Run	Swope Park/Community Building Cottonwood Falls, KS	CCES PATHS Color Run
May 2	Sat	10:00 AM	Girls on the Run Heart of Missouri 5K	Columbia, MO	Girls on the Run Heart of Missouri
May 3	Sun	7:00 AM	Lincoln National Guard Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	Lincoln Marathon
May 3	Sun	7:30 AM	Spring Prairie Fire Half Marathon - Virtual Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	Prairie Fire Half Marathon
May 3	Sun	7:30 AM	Rockstar Run East KC - Cancelled Half Marathon, 10K, 5K	MCC-Blue River Independence, MO	Rockstar Run East KC
May 3	Sun	9:00 AM	Race for Dignity 5K Run/Walk	Theis Park Kansas City, MO	Race for Dignity
May 3	Sun	10:00 AM	Tom Strong 5K	Kansas Memorial Stadium Lot 94 Lawrence, KS	Tom Strong 5K
May 5	Tue	6:00 PM	Fiesta Frenzy	Happy Rock Kansas City, MO	Fiesta Frenzy
May 8	Fri	6:00 PM	Meadowlark Trail's Sunset Sprint	1300 Moccasin Rd. McPherson, KS	Meadowlark Trail's Sunset Sprint
May 9	Sat	7:30 AM	Running with the Cows - Virtual Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	Running with the Cows
May 9	Sat	7:30 AM	HP3 at Heritage Park - Cancelled 5K, 10K, 15K	Heritage Park Olathe, KS	HP3
May 9	Sat	8:00 AM	Run for LITTLE Hearts 10K, 5K, Awareness Walk, Kid's Dash	Downtown Lee's Summit, MO	Run for LITTLE Hearts
May 9	Sat	8:00 AM	Tower 2 Tower 5K	South CW&EP Water Tower Cartage, MO	Tower 2 Tower 5K
May 9	Sat	8:00 AM	Sugar Creek Centennial Celebration 5K	Sugar Creek, MO	Sugar Creek Centennial Celebration 5K
May 9	Sat	8:00 AM	Ian's Story 5K - Rock the Run - Virtual	Lee's Summit, MO	Ian's Story 5K - Rock the Run
May 9	Sat	8:00 AM	The Arrowhead Trail Run	Camp Arrowhead Marshfield, MO	The Arrowhead Trail Run
May 9	Sat	8:00 AM	Project Grad 2020 Fun Run - Virtual	602 Woodland Minneapolis, KS	Project Grad 2020 Fun Run

May 9	Sat	8:00 AM	Heart and Sole 5K Run/Walk	Macken Park Kansas City, MO	Heart and Sole 5K Run/Walk
May 9	Sat	8:00 AM	Heartland 6K Trail Run	Heartland Center Parkville, MO	Heartland 6K Trail Run
May 9	Sat	8:00 AM	Recovery Ride-Show & Run	Columbia, MO	Recovery Ride-Show & Run
May 9	Sat	8:30 AM	Stride for Maisie's Pride	The Firehouse Lake Wabaunsee, KS	Stride for Maisie's Pride
May 9	Sat	9:00 AM	Sophie's Run 5K - Virtual	Lake Waukomis Kansas City, MO	Sophie's Run
May 9	Sat	9:00 AM	Girls on the Run Spring 5K - Cancelled	Boathouse Wichita, KS	Girls on the Run Spring 5K
May 9	Sat	9:00 AM	Run on the Ranch 5K/10K	Broken Wing Ranch Ministries Junction City, KS	Run on the Ranch 5K/10K
May 9	Sat	9:30 AM	GBL 5K	Hutchinson Field Pittsburg, KS	GBL 5K
May 9	Sat	9:30 AM	Stride On 5K	Lexington Lake Park De Soto, KS	Stride On 5K
May 9	Sat	2:00 PM	Girls on the Run Wichita 5K	Wichita Boathouse Wichita, KS	Girls on the Run Wichita 5K
May 9	Sun	2:00 PM	Aviators 5K	Haysville, KS	Aviators 5K
May 10	Sat	7:30 AM	Rockstar Run North KC - Cancelled Half Marathon, 10K, 5K	EH Young Riverfront Park Riverside, MO	Rockstar Run North KC
May 10	Sun	8:00 AM	KC Express Mother's Day 5K for Women Virtual	Corporate Woods Overland Park, KS	Mothers' Day 5K
May 15-16	Fri-Sat	8:00 AM	Run4TheBank - Virtual	Harvesters Food Bank Kansas City, MO	Run4TheBank - Virtual
May 16	Sat	6:30 AM	Joplin Memorial Run	Joplin, MO	Joplin Memorial Run
May 16	Sat	7:00 AM	Okie Relays - Postponed	Elkhart, KS	Okie Relays
May 16	Sat	7:30 AM	Sock & Undie Rundie 5K - Virtual	Berkley Riverfront Kansas City, MO	Sock & Undie Rundie 5K
May 16	Sat	8:00 AM	Great American Bacon Race	Table Rock Lake Branson, MO	Branson's Great Bacon Race
May 16	Sat	8:00 AM	Run for the Son	Springfield, MO	Run for the Son
May 16	Sat	8:00 AM	Turkey Creek Festival 5K	Irene B French Community Ctr. Merriam, KS	Turkey Creek Festival 5K
May 16	Sat	8:00 AM	Happy Feet for Healthy Minds 5K Run	North Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
May 16	Sat	8:00 AM	Valor Ranch 5K	Valor Ranch Smithville, MO	Valor Ranch 5K
May 16	Sat	9:00 AM	Flash Dash 5K & Kids Run	18th & Clay North Kansas City, MO	Flash Dash 5K & Kids Run
May 16	Sat	9:30 AM	Wine-O-Trail Run - 10K, 5K, 2M	Wheat State Wine Co. Winfield, KS	Wine-O-Trail Run
May 16	Sat	5:00 PM	Ferguson Twilight Run - Cancelled One-Mile Fun Run, 5K and 10K	42 Suburban Ave. Ferguson, MO	Ferguson Twilight Run
May 17	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	Kansas City Triathlon
May 17	Sun	8:00 AM	MGA Triple Crown Showdown - Virtual 5K Run/Walk, 1 Mile Walk, Tot Trot	Towne Center Leawood, KS	MGA Triple Crown
May 20	Wed	6:30 PM	Five Fifty Fifty - Cancelled Run/Walk for Mental Health	Wichita, KS	Five Fifty Fifty
May 21	Thu	6:30 PM	Five Fifty Fifty - Cancelled Run/Walk for Mental Health	Berkley Riverfront Kansas City, MO	Five Fifty Fifty

May 23	Sat	7:00 AM	Bill Snyder Highway Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	Bill Snyder Highway Half Marathon
May 23	Sat	7:30 AM	Suicide Hill Trail Run - Cancelled	Little River, KS	Suicide Hill Trail Run
May 23	Sat	7:30 AM	Katy Day Iron Horse Races at Tolen Creek	Parsons, KS	Katy Day Iron Horse Races at Tolen Creek
May 23	Sat	8:00 AM	Christmas in May 5K	English Landing Park Parkville, MO	Christmas in May
May 23	Sat	8:00 AM	Memorial Day March East KC 5K/10K	Grain Valley Middle School Grain Valley, MO	Memorial Day March 5K/10K
May 23	Sat	8:00 AM	Run for Rachel 5K	Grain Valley Middle School Grain Valley, MO	Run for Rachel 5K
May 23	Sat	8:00 AM	YMCA Parkway Run/Walk	St. Joseph, MO	YMCA Parkway Run/Walk
May 23	Sat	9:00 AM	Cancer Sucks 5K Walk Run	Versailles Royal Theater Versailles, MO	Cancer Sucks 5K Walk Run
May 24	Sun	8:00 AM	Get Your Rear in Gear - Wichita	Farm & Art Market Plaza Wichita, KS	Get Your Rear in Gear
May 25	Mon	8:00 AM	Going the Distance for Brain Injury	Loose Park Pavilion Kansas City, MO	Going the Distance for Brain Injury
May 25	Mon	8:00 AM	5K Home Run - Virtual	South Park Lawrence, KS	5K Home Run
May 25	Mon	9:00 AM	Temple Run 5K - Cancelled	Kansas City Temple Kansas City, MO	Temple Run
May 27	Thu	7:00 PM	Run & Remember 5K - Postponed	Jordan Valley Park Springfield, MO	Run & Remember 5K
May 30	Sat	7:00 AM	Dam to Dam Run	Saylorville Dam Des Moines, IA	Dam to Dam Run
May 30	Sat	8:00 AM	Memorial March	Grain Valley South Middle School Grain Valley, MO	Memorial March
May 30	Sat	8:00 AM	Nixa Fit & Fun 5K	3369 W. Jackson Rd. Ozark, MO	Nixa Fit & Fun 5K
May 30	Sat	8:00 AM	Military Matters VeteRun 5K - Postponed	Nation WW1 Museum & Memorial Kansas City, MO	Military Matters VeteRun 5K
May 30	Sat	8:00 AM	Outpace Poverty - Cancelled	Frank Theis Park Kansas City, MO	Outpace Poverty
May 30	Sat	8:30 AM	IDF Walk	Sedgwick County Park, Wichita, KS	IDF Walk
May 30	Sat	9:00 AM	Run/Walk for the Paws 5K	St. Joseph, MO	Run for Paws 5K
May 30	Sat	9:00 AM	Miles for Migraine	English Landing Park Parkville, MO	Miles for Migraine
May 30	Sat	9:00 AM	#NFStrong 5K for Neurofibromatosis	North Kansas City, MO	#NFStrong 5K
May 30	Sat	9:00 AM	Community Access Center 5K	Riverside Park Oval Independence, KS	Community Access Center 5K
May 31	Sun	4:00 PM	The Great Amazing Race - Kansas City	Franke Fields Lee's Summit, MO	The Great Amazing Race - KC
May 31	Sat	8:00 AM	Amanda Holmes Memorial Scholarship 5K Terrain Run	2012 10th Ave. Leavenworth, KS	Amanda Holmes Memorial Scholarship
May 31	Sun	8:00 AM	Outpacing Melanoma - Virtual 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	Outpacing Melanoma
June 2020					
Jun 3	Wed	6:00 PM	The Big Run	Columbia, MO	The Big Run
Jun 3	Wed	6:00 PM	The Big Run	Springfield, MO	The Big Run

Jun 3	Wed	6:00 PM	The Big Run	Whitewater, KS	The Big Run
Jun 5	Fri	8:00 PM	Strong Tower Glow 5K Run/Walks - Cancelled	State Fair Community College Sedalia, MO	Strong Tower Glow 5K Run/Walks
Jun 6	Sat	6:00 AM	Ramon Criss Storm the Dam Trail Marathon, Half Marathon, 10K, 5K	El Dorado State Park El Dorado, KS	Storm the Dam
Jun 6	Sat	7:00 AM	Hospital Hill Run - Virtual Half Marathon & 10K	Crown Center Kansas City, MO	Hospital Hill Runs
Jun 6	Sat	7:15 AM	Cox Health Medical Mile & 5K Run/Walk	3545 S. National Springfield, MO	Medical Mile & 5K
Jun 6	Sat	7:30 AM	Go Girl Run Columbia Half Marathon & 5K	Columbia, MO	Go Girl Run Columbia
Jun 6	Sat	7:30 AM	Bootlegger 5K Walk/Run	Warsaw, MO	Bootlegger 5K Walk/Run
Jun 6	Sat	7:30 AM	Dam Run	Stockton Lake Dam Stockton, MO	Dam Run
Jun 6	Sat	8:00 AM	Germanfest Brat Trot 5K	Sacred Heart Church Topeka, KS	Brat Trot 5K
Jun 6	Sat	8:00 AM	Up & Over Obstacle Race	Joplin, MO	Up & Over Obstacle Race
Jun 6	Sat	8:00 AM	Nob Noster Fair 5K	Knob Noster, MO	Nob Noster Fair 5K
Jun 6	Sat	8:00 AM	GO! Missouri KT82 Trail Relay	Herman, MO	GO! Missouri KT82 Trail Relay
Jun 6	Sat	8:00 AM	Up & Over Obstacle Race	Joplin, MO	Up & Over Obstacle Race
Jun 6	Sat	8:00 AM	Run 4 HOPE	MSSU Cross Country Course Joplin, MO	Run 4 HOPE
Jun 6	Sat	8:00 AM	Donut Dash Fun Run/Walk	Oakley, KS	Donut Dash Fun Run/Walk
Jun 6	Sat	8:00 AM	Spencer Family Memorial Walk. Run. Roll.	Lake Scott Scott City, KS	Spencer Family Memorial
Jun 6	Sat	8:00 AM	Storm Chaser 5K	Ulysses, KS	Storm Chaser 5K
Jun 6	Sat	8:00 AM	Run the Line Trail Race - 5K & 10K	White River Trail Head Branson MO	Run the Line Trail Race
Jun 6	Sat	8:00 AM	Run IV Finley 2019	19065 Cherryvale Pkwy Cherryvale, KS	Run IV Finley 2019
Jun 6	Sat	8:00 AM	Twin Fun Run/Walk	Logan County Rehab Center Oakley, KS	Twin Fun Run/Walk
Jun 6	Sat	8:30 AM	Filthy Monkey OCR	Junction City Athletic Training Ctr. Junction City, KS	Filthy Monkey OCR
Jun 6	Sat	8:30 AM	Grace Race 5K	Berkley Park Kansas City, MO	Grace Race 5K
Jun 6	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita, KS	Storm Chaser 5K
Jun 6	Sat	9:00 AM	Manhattan Avenue Mile	Manhattan Ave Manhattan, KS	Manhattan Avenue Mile
Jun 6	Sat	9:00 AM	Woofstock 5K	Linden Square Gladstone, MO	Woofstock 5K
Jun 6	Sat	9:00 AM	Big Blue River Run	Empty Cup Marysville, KS	Big Blue River Run
Jun 6	Sat	11:00 AM	Gladiator Dash	Sedgwick County Park Wichita, KS	Gladiator Dash
Jun 7	Sun	9:00 AM	Wild Women Timber Challenge	Bonner Springs, KS	Wild Women Timber Challenge
Jun 9	Tue	6:00 PM	OMC Duathlon Series	Fellows Lake Recreation Area Springfield, MO	Duathlon Series

Jun 10	Wed	6:30 PM	Global Running Day - The Big Run	KC Running Company Kansas City, MO	The Big Run
Jun 10	Wed	6:30 PM	Global Running Day - The Big Run	KC Running Company Lee's Summit, MO	The Big Run
Jun 10	Wed	6:30 PM	SOAR Global Running Day	Arkansas City, KS	SOAR Global Running Day
Jun 10	Wed	7:00 PM	Global Running Day - The Big Run	Chisholm Creek Park Wichita, KS	The Big Run
Jun 12	Fri	7:00 PM	Be Strong Run	Ft. Riley, KS	Be Strong Run
Jun 12	Fri	9:00 PM	Night Flight 5K Run	Legacy Park Amphitheater Lee's Summit, MO	Night Flight 5K Run
Jun 13	Sat	6:45 AM	Run for a Vet Half Marathon & 5K Run/Walk	Dewey Short Visitor Center Branson, MO	Run for a Vet
Jun 13	Sat	7:00 AM	Festival Fitness 5	Smoky Hill River Festival Salina, KS	Festival Fitness 5
Jun 13	Sat	7:00 AM	Rock Island Road Race	Eldon, MO	Rock Island Road Race
Jun 13	Sat	7:00 AM	Heroes for Hospice - Postponed 5K Run/Walk	REI in Prairie Fire Overland Park, KS	Heroes for Hospice
Jun 13	Sat	7:30 AM	Tonganoxie Library Run - 5K/10K	Library Tonganoxie, KS	Tonganoxie Library Run - 5K/10K
Jun 13	Sat	7:30 AM	There's No Place Like Home 5K	Warsaw, MO	There's No Place Like Home 5K
Jun 13	Sat	7:30 AM	Strong Legs Run 5K	Dodge City High School Dodge City, KS	Strong Legs Run 5K
Jun 13	Sat	7:30 AM	Junebug Jog 5K & 1M	Southwestern College Winfield, KS	Junebug Jog 5K & 1M
Jun 13	Sat	8:00 AM	Hero Hustle North KC	TBD Kansas City, MO	Hero Hustle North KC
Jun 13	Sat	8:00 AM	Festival Color Run 5K	Downtown Gardner, KS	Festival Color Run 5K
Jun 13	Sat	8:00 AM	Chingawassa Color Run/Walk	Marion, KS	Chingawassa Color Run/Walk
Jun 13	Sat	8:00 AM	Waldo McBurney Race 10K, 5K, 1M Run/Kids Run	Quinter City Park Quinter, KS	Waldo McBurney Race
Jun 13	Sat	8:00 AM	Run For Their Lives - CHN	Atchley Park Lebanon, MO	Run For Their Lives - CHN
Jun 13	Sat	8:00 AM	Hilltop Hustle	Rock Chalk Park Lawrence, KS	Hilltop Hustle
Jun 13	Sat	8:00 AM	Watkin Mills Get Outdoors 6K	Lawson, MO	Watkin Mills Get Outdoors 6K
Jun 13	Sat	8:00 AM	Head for the Cure 5K	Sedgwick County Park Wichita, KS	Head for the Cure 5K
Jun 13	Sat	8:00 AM	Wichita Heart Walk & F.A.S.T. 5K	Wichita State University Wichita, KS	Wichita Heart Walk & F.A.S.T. 5K
Jun 13	Sat	8:00 AM	BCAN Walk/Run to End Bladder Cancer	7900 Renner Rd. Lenexa, KS	BCAN Walk/Run
Jun 13	Sat	8:15 AM	MHK Juneteenth 5K - Canceled	900 Yuma St. Manhattan KS	MHK Juneteenth 5K
Jun 13	Sat	8:30 AM	The Victory Lap	One Sporting Way Kansas City, KS	The Victory Lap
Jun 13	Sat	9:30 AM	JW's Epilepsy 1 Mile Walk & 5K	5800 A River Pond Rd. Manhattan, KS	JW's Epilepsy
Jun 13	Sat	8:30 AM	All Ribbon Cancer Run 5K	Mosaic Cancer Center Overland Park, KS	All Ribbon Cancer Run 5K

Jun 13	Sat	9:30 AM	Festival Color Run 5K	Downtown Gardner, KS	Festival Color Run 5K
Jun 14	Sun	7:00 AM	Buffalo County Stampede Half Marathon, 10K & 5K	Trails & Rails Museum Kearney, NE	Buffalo County Stampede
Jun 14	Sun	7:00 AM	El Dorado Lake Triathlon	El Dorado State Park El Dorado, KS	El Dorado Triathlon
Jun 14	Sun	7:00 AM	Jefferson City Triathlon	Ellis Porter Riverside Park Jefferson City, MO	Jefferson City Triathlon
Jun 14	Sun	8:00 AM	Dog N Jog 2 Mile Run/1 Mile Run/Walk	The Plaza Kansas City, MO	Dog N Jog
Jun 14	Sun	8:00 AM	Paws for a Cause 2019	Timber Creek Veterinary Hospital Manhattan, KS	Paws for a Cause 2019
Jun 16	Tue	7:00 PM	Fleet Feet Community Track Meet	Rogersville, Mo	Fleet Feet Community Track Meet
Jun 18	Fri	8:00 PM	Smallville 5K Super Hero 1 Mile Fun Run/Walk	Downtown Hutchison, KS	Smallville 5K
Jun 19	Fri	7:00 PM	DC Wonder Women 5K	Crown Center Kansas City, MO	DC Wonder Women 5K
Jun 19	Fri	9:00 PM	Railroad Days Ready, Set, Glow 5K	211 W. Reed St. Moberly, MO	Railroad Days Ready, Set, Glow 5K
Jun 20	Sat	12:00 AM	22BuddyCheck 22 Hour Walk/Run/Ruck for Veterans Suicide Awareness	The Coffee House Derby, KS	22BuddyCheck 22 Hour
Jun 20	Sat	7:00 AM	Tinman Triathlon	Lake Shawnee Topeka, KS	Tinman Triathlon
Jun 20	Sat	7:00 AM	Will You Walk With Me? 5K Walk/Run	National WW1 Memorial Kansas City, MO	Will You Walk With Me?
Jun 20	Sat	7:10 AM	Tulsa Tri	Twin Coves Beach Banrsdall, OK	Tulsa Tri
Jun 20	Sat	7:30 AM	Audrey Griffin Memorial 5K/10K/Walk	Oak Grove Middle School Oak Grove, MO	Audrey Griffin Memorial 5K/10K/Walk
Jun 20	Sat	7:30 AM	Fresh Ideas HalfMax Triathlon	1 Aspen Lake Dr. Innsbrook, MO	Fresh Ideas HalfMax Triathlon
Jun 20	Sat	7:30 AM	Cannonball 5K Run/Walk	Lafayette County Courthouse Lexington, MO	Cannonball 5K Run/Walk
Jun 20	Sat	7:30 AM	The Silver Run	Holdrege, NE	The Silver Run
Jun 20	Sat	7:00 AM	CompleteTheLoop 5K/25K Challenge Run	Rock Chalk Park Lawrence, KS	CompleteTheLoop
Jun 20	Sat	8:00 AM	Duck Waddle 5K	Ozark, MO	Duck Waddle 5K
Jun 20	Sat	8:00 AM	Run Shunga	Council Grove, KS	Run Shunga
Jun 20	Sat	8:00 AM	Wizarding Run	Kansas City, MO	Wizarding Run
Jun 20	Sat	8:00 AM	Primrose Hill 5K Run/Walk	Boone Hospital bass Ave. Columbia, MO	Primrose Hill 5K Run/Walk
Jun 20	Sun	8:00 AM	Diva Dash 5K & Lil' Princess Girls Run	Waterwalk Wichita, KS	Diva Dash - Wichita
Jun 20	Sun	8:00 AM	Supermax 5K & Superhero Dash	Heartland Motorsports Park Topeka, KS	Supermax 5K & Superhero Dash
Jun 20	Sat	8:00 AM	Alert Road Race	Alert Covenant Church	Alert Road Race
Jun 20	Sat	8:00 AM	KC Heart & Stroke Walk/5K Run	Power & Light District Kansas City, MO	Heart Association - 5K

Jun 20	Sat	8:00 AM	Father's Day Quarter Marathon	Downtown Airport Kansas City, MO	Father's Day Quarter Marathon
Jun 20	Sat	8:00 AM	Dam Near 5K	Horse Thief Reservoir Dam Jetmore, KS	Dam Near 5K
Jun 20	Sat	8:00 AM	Halfmax Triathlon	Innsbrook Resort Innsbrook, MO	Halfmax Triathlon
Jun 20	Sat	8:00 AM	Hero Hustle North KC	English Landing Parkville, MO	Hero Hustle North KC
Jun 20	Sat	8:00 AM	Ellis Fun Run/Walk	Ellis High School Ellis, KS	Ellis Fun Run/Walk
Jun 20	Sat	8:00 AM	SuperMax 5K Run Walk & Kids Superhero Dash	Heartland Park Topeka, KS	SuperMax 5K Run Walk
Jun 20	Sat	8:00 AM	Salute to Service 5K	Pittsburg Family YMCA Pittsburg, KS	Salute to Service 5K
Jun 20	Sat	8:00 AM	Primrose Hill 5K Run/Walk	Columbia, MO	Primrose Hill 5K Run/Walk
Jun 20	Sat	8:30 AM	SPLAT! Jr. Obstacle Course Mud Run	Gans Creek Recreation Area Columbia, MO	SPLAT! Jr. Obstacle Mud Run
Jun 20	Sat	8:30 AM	Happy Feet 5K	Calvary Baptist Church Republic, MO	Happy Feet 5K
Jun 20	Sat	9:00 AM	Summer Intro 2.8 Mile Trail Run	Wyandotte County Lake Park Kansas City, MO	Summer Intro
Jun 20	Sat	9:00 AM	MADD 5K Dash & Walk Like	Theis Park Kansas City, MO	MADD 5K Dash & Walk Like
Jun 20	Sat	9:00 AM	Breaking the Silence 5K/10K	Joplin Landreth Park Joplin, MO	Breaking the Silence 5K/10K
Jun 20	Sat	7:00 PM	Run to Serve the World 5K	1414 E. 103rd Street Kansas City, MO	Run to Serve the World 5K
Jun 21	Sun	8:00 AM	Seneca Triathlon	Seneca, KS	Seneca Triathlon
Jun 21	Sat	8:00 PM	Glow for Gannon 5K	Drexel, MO	Glow for Gannon 5K
Jun 23	Tue	7:00 PM	Fleet Feet Community Track Meet	Rogersville, Mo	Fleet Feet Community Track Meet
Jun 27	Sat	7:00 AM	Opal Wapoo Gravel Grinder	Excelsior Springs, MO	Opal Wapoo Gravel Grinder
Jun 27	Sat	7:00 AM	Back the Blue 5K/10K	New Century Airport Gardner, KS	Back the Blue 5K/10K
Jun 27	Sat	7:30 AM	Land of the Free Homes for the Brave	919 N. Seneca Wichita, KS	Land of the Free
Jun 27	Sat	8:00 AM	Firecracker Flight East KC 5K & 10K	Waterfall Park/Bass Pro Independence, MO	Firecracker Flight
Jun 27	Sat	8:00 AM	Muddy Dash - Kansas City	River View Farms Lexington, MO	Muddy Dash - Kansas City
Jun 27	Sat	8:00 AM	Tame Rescue Run 5K	Park Central Square Springfield, MO	Tame Rescue Run 5K
Jun 27	Sat	8:30 AM	Road Home 5K	919 N. Seneca Wichita, KS	Road Home 5K
Jun 27	Sat	7:00 PM	Sunset Stroll 5K Run & Walk	MWSU St. Joseph, MO	Sunset Stroll 5K Run & Walk
Jun 27	Sat	7:00 PM	Summer Solstice Runduro	Manhattan Running Company Manhattan, KS	Summer Solstice Runduro
Jun 27	Sat	8:00 PM	The Night Hawk 50K	Clinton State Park Lawrence, KS	The Night Hawk 50K
Jun 27	Sat	9:00 AM	Westward Ho 5K & 1K Fun Run	FUMC West Campus Lawrence, KS	Westward Ho 5K

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Jun 27	Sat	9:00 AM	Westward Ho 5K & 1K Fun Run	FUMC West Campus Lawrence, KS	Westward Ho 5K
Jun 27	Sat	10:00 AM	Jiggle Butt Run	Pawnee City, NE	Jiggle Butt Run

Jun 27	Sat	8:00 PM	Finley River Night Light 5K	Ozark, MO	Finley River Night Light 5K
Jun 28	Sun	7:00 AM	Mudwater Triathlon & Duathlon	Lake Afton Park Goddard, KS	Mudwater Triathlon & Duathlon
Jun 28	Sun	7:30 AM	Stars and Stripes 5K	Prairie Fire Overland Park, KS	Stars and Stripes 5K
Jun 28	Sun	7:30 AM	Scout Spirit Sprint	First Presbyterian Church Ellsworth, KS	Scout Spirit Sprint
Jun 28	Sat	8:00 AM	Firecracker Flight North KC 5K & 10K	Happy Rock Park Gladstone, MO	Firecracker Flight
Jun 28	Sun	8:00 AM	Youth Triathlon at the JCC	Jewish Community Center Overland Park, KS	Youth Triathlon at the JCC
Jun 28	Sun	8:00 AM	Neosho Sprint Triathlon	Neosho, MO	Neosho Sprint Triathlon
Jun 29	Sun	8:00 AM	Neosho Sprint Triathlon	Neosho, MO	Neosho Sprint Triathlon
July 2020					
Jul 4	Sat	7:00 AM	Lenexa Freedom Run 5K & 10K	Old Town Lenexa Lenexa, KS	Lenexa Freedom Run
Jul 4	Sat	7:00 AM	44th Annual Freedom Run 10K, 5K, Fun Run	Heritage Park Junction City, KS	Freedom Run 10K, 5K, Fun Run
Jul 4	Sat	7:00 AM	Brownville Freedom Run	Brownville, NE	Brownville Freedom Run
Jul 4	Sat	7:00 AM	4 on the 4th	Park Central Square Springfield, Mo	4 on the 4th
Jul 4	Sat	7:00 AM	Glen Elder Fun Run Best Dam Run in Kansas!	Park Central Square Springfield, Mo	4 on the 4th
Jul 11	Sat	7:00 AM	Glen Elder Fun Run Best Dam Run in Kansas!	228 W. Main St. Glen Elder, KS	Glen Elder Fun Run
Jul 4	Sat	7:30 AM	Headin' For Home 5K	Centennial Park Newton, KS	Headin' For Home 5K
Jul 4	Sat	7:30 AM	Firecracker 5K	Lynn Baldwin Memorial Park Galva, KS	Firecracker 5K
Jul 4	Sat	7:30 AM	Wichita Stars and Stripes 5K	Cessna Stadium Wichita, KS	Wichita Stars and Stripes 5K
Jul 4	Sat	7:30 AM	Ward Parkway Four on the 4th	Ward Parkway Shopping Center Kansas City, MO	Four on the Fourth
Jul 4	Sat	7:30 AM	39th Annual Derby Firecracker - Cancelled	High Park Derby, KS	Derby Firecracker
Jul 4	Sat	7:30 AM	All-American Mile	Emporia State University Emporia, KS	All-American Mile
Jul 4	Sat	7:30 AM	Firecracker 5000	Branson Landing Branson, MO	Firecracker 5000
Jul 4	Sat	8:00 AM	Freedom 321 3M,2M,1M	Joplin, MO	Freedom 321
Jul 4	Sat	8:00 AM	Marc's Dash 5K & Kids Run	CenterPoint Church Columbia, MO	Marc's Dash 5K & Kids Run
Jul 4	Sat	8:00 AM	Cowboy Mile	3301 W. 1st St. Joplin, MO	Cowboy Mile
Jul 4	Sat	8:00 AM	Firecracker 5K	1502 McArthur Dr. St. Joseph, MO	Firecracker 5K
Jul 4	Sat	8:00 AM	Firecracker Mile	Missouri State Fair Grounds Sedalia, MO	Firecracker Mile
Jul 4	Sat	8:00 AM	Bern Independence Day 5K	Bern, KS	Bern Independence Day 5K
Jul 4	Sat	8:00 AM	CRMC 4 Mile Run	Cameron, MO	CRMC 4 Mile Run

May 25, 2020

