

MASTER PIECES



**Magazine of Mid-America
Running Association
May-June 2021**

Master Pieces

Magazine of Mid-America Running Association
www.mararunning.org

MAY-JUNE 2021

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Renee Kidwell
Editor



WELCOME SUMMER! YEAHHHH!

I was bginning to think that the Sunshine & Warmth was going to hide from us for another few months after the many rain/snow, & bitter cold days went on & on for so long. Thankfully, Summer is finally Back! So,Whatever your Outdoor Pleasure, get out and Enjoy all your Beautiful Days ahead in the warmth& Sunshine we are blessed with whhwhile stayingSafe, healthy & Happy out There!

Cover Photo:

By: Gene Wee

Nathaniel Diego, Jackson Heights, NY, ran his 100th half marathon. He also sang the national anthem before the race!

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

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Karen's Column

By Karen Raymer
President of MARA
May/June 2021

Have you gotten your Covid vaccination? Keith and I both have gotten ours. It was a very “slick” operation. We never had to get out of our vehicle. We were very impressed with the Cass County Health Department. From the time we arrived at their drive through operation, until we were inoculated and then released to leave was 22 minutes. We received the Pfizer inoculation, neither one of us had any negative reactions at all. I was a bit hesitant to get the inoculation, not because of the shot, but because, when I was 4 years old, I had the polio vaccination and then had polio. I luckily had a mild case, but I was in a brace on my left leg for about 6 months. I was very fortunate not be crippled and have had only a few lasting side effects.

There is one good thing about Covid that I have noticed, it is causing some people to get “forced” exercise. You are wondering “what is she talking about” right? This is what I witnessed last week. Keith needed to go to Lowe’s, just as we pulled in the parking lot, a friend called that I had not talked to for a while. I told Keith I would wait in the car and talk to her. He was gone for about 20 minutes, in that time, I witnessed 4 different people get to the door and realize they had forgotten their masks and had to go back to their vehicles. So they got more exercise, which is about the only thing I can think of that is good about Covid 19!

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

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Ralph R. Hall, MD- Overland Park, 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



MARA New Members

Henri Coeme , KS

IRON DEFICIENCY IN RUNNERS

Understanding this subject is important to anyone that runs over 25 mi/wk. Medical experts that are actively involved in managing this common problem agree on that fact.

If you run more than 25 mi/wk & have not had the ferritin blood test; you do not understand Iron Deficiency in Runners (IDR).

The only excuse for not properly diagnosing & treating IDR is that it is not serious. You cannot die from it; but it can affect your performance in a major way.

In this article, I am going to skip over all the controversy on this subject. There is a lot of it, mostly irrelevant to the average runner. Instead of confusing you with the research, I am going to tell you how one of the most successful high school cross country coaches in America, Van Rose, deals with the problem.

If one of his runners has a significant decrease in their performance, he sends them for a ferritin blood test. Technically they need a doctors order to get the test, but he has reached an agreement with a physician to order the test on any runner the coach identifies as needing it. This is entirely reasonable since any female HS runner that is running over 25 mi/wk has over a 50% probability of having a ferritin under the normal level of 20. For males, the probability is over 17%. If the runner has experienced a decrease in performance, the probability of a decreased ferritin would be far higher, but that figure has not been adequately studied. The probabilities are similar for runners older than 20 except that the probability for women approaches that for men when they stop menstruating.

. If the response in endurance is not adequate, follow up ferritin testing is indicated. When endurance is adequate, tapering down the iron supplement is indicated. Some long term supplement will probably be needed as long as you maintain the same running mileage. Depending on the amount of supplement, some ferritin testing is needed to assure that the ferritin level is not too high. As long as the ferritin level is less than 35, there is no cause for concern.

I am interested in any comments or questions anyone might have. You can contact me at sambartman48@gmail.com.

Dr. Greg Hartman

**AlfaDog 40 mile + 25K -- Pretty Prairie, KS --
3-06-21**

There would be no shade from the sun on the backroads of Pretty Prairie, but the temperature was conducive to good running. The 40 mile consisted of a .7 mile loop followed by three 13.1 legs. The 25K, which started at the same time but quickly diverged from the long haulers, consisted of an initial loop of 2.5 miles followed by one of the 13.1 mile legs that the 40 milers were already following.



The road to Pretty Prairie

Update & Photos by: Michael Chaffee

**AlfaDog 40 mile + 25K -- Pretty Prairie, KS
-- 3-6-21**



packets picked up



heading to packet pickup



grain for the nation

Update & Photos by: Michael Chaffee

AlfaDog 40 mile + 25K -- Pretty Prairie, KS -- 3-6-21



**Carsen McDaniel, Ogden,
Utah, eventual 3rd place, at
Mile 1**



**40 milers do short loop
on Main Street**

Update & Photos by: Michael Chaffee

AlfaDog 40 mile + 25K -- Pretty Prairie, KS -- 3-6-21



**Two different attitudes toward
this 40 mile thing -- Lindsey
Halstead (#51), of Derby, and
Courtney Goble (#49),
also from Derby**

Update & Photos by: Michael Chaffee

AlfaDog 40 mile + 25K -- Pretty Prairie, KS -- 3-6-21



James White II, Eventual Winner, Mile 4



James White II, in sunglasses, and his "brother", who paced him over the final 4 mile

Update & Photos by: Michael Chaffee

AlfaDog 40 mile + 25K -- Pretty Prairie, KS -- 3-6-21



Caleb Harvey (11th place), Topeka, and his ducklings



You can't run an ultra without salt



Everyone's an Alfa Dog

Update & Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

SUPER SNACKS- MAKING THE MUNCHIES WORK FOR YOU

Snack really is not a four-letter word, yet I still hear from people that are either against snacking or know that they tend to overindulge whenever they have an opportunity to eat between meals. With a little planning, between-meal eats can and should be a wise investment in one's health, as well as a powerful energy boost for your fitness goals. Snacks are a great way to add nutrients between meals, boost metabolism, increase concentration by keeping one's energy level high, and satisfy hunger to help avoid overeating at meal time. All sorts of snacks can fit into a healthy eating lifestyle. Snacking sensibly is the key to treat your taste buds and add nutrients to your diet at the same time. The idea is to look for simple and tasty ways to maximize flavor as well as nutrient density. Including a protein source (such as: nuts, low fat cheese, Greek yogurt, low fat milk, meat, egg, tuna or peanut butter) in all snacks will help with satiety. When we eat just carbohydrates, such as fruit, crackers or other snack foods, we tend to be hungry again quite quickly. It is okay to enjoy all your favorites, just don't overdo it. It is also wise to snack when you are hungry (not stressed) and stop when you are satisfied.

Making sense of your snack-time options just entails some pre-planning, preparation and moderation. Purchasing and having available sensible snacks in reasonable portions is the key. By incorporating a little planning while grocery shopping, you can have a variety of tasty snacks readily available at home, and to take to work or school. Portion control is the key! Whether you choose to buy pre-portioned snacks or purchase larger quantities and pre-portion at home, this will help prevent overeating. When we eat out of a container, it is so easy to eat too much and then be overly full. Taking out a serving or handful and placing it in a bowl or re-sealable bag/container automatically enables portion control and thus moderation, plus cost savings.

Continued on page 12

SUPER SNACKS- FOR YOU Cont'd

Here are some ideas:

Grab & Go Snack Ideas: *String cheese and whole grain crackers, *hard-boiled egg, * cottage cheese and fruit, *homemade trail mix made with nuts, dried fruit and cereal, *handful of nuts, *half of a PB&J sandwich, *baby carrots (or other raw veggies) with hummus, *tuna or chicken salad with crackers, *yogurt with fruit or granola topping, *turkey with cheese in a tortilla

Frozen Blueberries - the cold, sweetness of frozen blueberries is very refreshing at most any time of the day. Frozen blueberries are packed with just as many high-powered antioxidants as their fresh counterparts because they are flash frozen at peak ripeness, or feel free to freeze your own. Research tells us that the nutrients in blueberries can help with brain function and heart health.

Quick Cheese Quesadilla

1 tortilla (corn, whole wheat or flour)

1-2 Tbsp. shredded cheddar cheese

1 Tbsp each salsa & plain Greek yogurt



St. Pat's Day 4-mile -- Corporate Woods -- 3-14-21



Gray skies and a bit of wind at St. Pat's



Wearing the Green!



March Madness Vertical jump Test

Update & Photos by: Michael Chaffee

St. Pat's Day 4-mile -- Corporate Woods -- 3-14-21



KC is sooo-Smart



Update & Photos by: Michael Chaffee

St. Pat's Day 4-mile -- Corporate Woods -- 3-14-21



"O'er the Ramparts We Watched"



Six Minutes to go!

Update & Photos by: Michael Chaffee

St. Pat's Day 4-mile -- Corporate Woods -- 3-14-21



The Start in Waves



kiltsmen



**Raul Flores, part-time
Kansas Citian and former
entrepreneur of Raceday
Timing Solutions**

Update & Photos by: Michael Chaffee

St. Pat's Day 4-mile -- Corporate Woods -- 3-14-21



One finger per mile



See You at the Finish!



Shamrock Lucky



Your St. Pat's Winner!

Update & Photos by: Michael Chaffee

Konza Tribute -- 3-20-21 -- Konza Prairie, near Manhattan, KS



coming to the Start



The waves Keep Coming



Wearing Pink for the first day of Spring



KC is which way?

Update & Photos by: Michael Chaffee

Konza Tribute -- 3-20-21 -- Konza Prairie, near Manhattan, KS



One of the Flint Hills



Official Pointer and Cowbell Ringer



Leaders of the Pack



Coming to the Finish



**Handing Out
The Gold**



Still Pointing; Still Ringing

Update & Photos by: Michael Chaffee



TopCity Half Marathon and 5K

04-24-2021

The inaugural TopCity Half Marathon and 5K was postponed in 2020 and was scheduled for 2021 on Apr 24. The rains on Friday stopped and Saturday had perfect weather.



Alex Beecher in front of the post office building



Half Marathon start was in front of the Capitol



Overall winners in the half marathon were Jennifer Kongs of Lawrence with a time of 1:30:53

Ricardo Banuelos of Topeka was the first overall Male winner in 1:10:18



.....And.....



Updates & All Photos By: Gene Wee

continued on pg 21

TopCity Half Marathon and 5K
04-24-2021



. Dee Boeck (Lawrence) set a new F70-74 State Record with a time of 1:59:14



John Huchingson posted a 2:26:29 to have the best time of a Kansas resident in M80-84.



. Mark Elliott, Manager of the Garry Gribble's Running Sports in both Topeka and Lawrence had a chance to run himself.



Nathaniel Diego, Jackson Heights, NY, ran his 100th half marathon. He also sang the national anthem before the race.



You're a special Dad to wear a Tutu running with your daughter.



Updates & All Photos By: Gene Wee



Arboretum 2 Mile

To offer local runners with pandemic safe races, RunLawrence had created a series of time trials - two last fall and one on April 11th. The safety protocol was similar to many other area events - wear masks to the start but they can be taken off during the race and keep six feet apart at the start. RunLawrence's format differed with a time trial sending runners off individually every 30 seconds.

The distances offered were not the usual 5K and 10K. An 8K and a 12K were held last fall. April 11 was the 2 mile at the Lawrence Arboretum. Attendance averaged around 30 people each race and the appeal for many runners was to run fast enough to make it onto the Kansas Race Road Honor Rolls or set new age group state records. Six people made the honor rolls while John Huchingson and Dee Boeck set new age group state records.

Due to the same attendance hiring a timing company and using timing chips was too costly, so timing and results were done manually. Steve Riley with his RunScore software is the choice of numerous local small races still carrying on the older tradition of Seiko watches for timing, narrow finish chutes and recorders with clipboards to keep order of finish.



What a finish looks like without chip timing. Cindy Cameron (Westwood, KC Smoke) is warming up.

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Update By: Gene Wee

Photographers were Kara Baden and Martin Dubois.

Arboretum 2 Mile



Dee Boeck (Lawrence KS) at the 1 mile turnaround on her way to a new F70-74 state record.



Eloise Frye (Lawrence, KS) at the 1 mile turnaround.



Sean Aylward (Kansas City MO) had fun at the turnaround.



John Huchingson (Lawrence KS) set the new state record for M80-84.

Update By: Gene Wee

Photographers were Kara Baden and Martin Dubois.

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!

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 2021					
May 1	Sat	6:00 AM	Heartland 50	Cassoday, KS	Heartland 50m/50K
May 1	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	Eisenhower Marathon
May 1	Sat	7:30 AM	Kansas City Corporate Challenge 5K	Meadowbrook Park Clubhouse Prairie Village, KS	Corporate Challenge 5K
May 1	Sat	8:00 AM	Community Access Center 5K	400 Mickey Mantle Way Independence, KS	Community Access Center 5K
May 1	Sat	8:00 AM	Tower 2 Tower 5K	WaterOne Lenexa, KS	Tower 2 Tower 5K
May 1	Sat	8:00 AM	5K Run/Walk with Gusto!	3390 SW Fascination Dr. Lee's Summit, MO	5K Run/Walk with Gusto!
May 1	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita, KS	Step up for KIDS 5K
May 1	Sat	8:00 AM	Maguire Gilner Angel Day 5K	15501 West Indian Creek Pkwy Olathe, KS	Maguire Gilner Angel Day 5K
May 1	Sat	8:00 AM	Do or Die Half Marathon & 5K	Katy Trail Boonville, MO	Do or Die Half Marathon & 5K
May 1	Sat	8:00 AM	Speedy Spoofoound 5K & Kids 1M Fun Run	Eugene Field Elementary School Maryville, MO	Speedy Spoofoound
May 1	Sat	8:00 AM	Women on the Move 5K	English Landing Park Parkville, MO	Women on the Move 5K
May 1	Sat	8:00 AM	The Color Run - Kansas City	Arrowhead Stadium Kansas City, MO	The Color Run
May 1	Sat	8:00 AM	Mothers Day 5K & Kids 1 Mile	North Main Park El Dorado, KS	Mothers Day 5K
May 1	Sat	8:00 AM	Community Access Center 5K	Riverside Park Oval Independence, KS	Community Access Center 5K
May 1	Sat	8:00 AM	TK5K	Hummer Sports Park Topeka, KS	TK5K
May 1	Sat	8:00 AM	Autism Society - The Heartland 5K	Worlds of Fun Kansas City, MO	The Heartland 5K
May 1	Sat	8:00 AM	Fiesta Frenzy North KC	1001 Argosy Pkwy Riverside, MO	Fiesta Frenzy North KC
May 1	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita, KS	Step up for KIDS 5K

May 1	Sat	8:30 AM	Bubbles & Bounces 5K Walk/Run	Memorial Park, Jefferson City, MO	Bubbles & Bounces 5K Walk/Run
May 1	Sat	9:00 AM	Girls on the Run SW Missouri 5K	Missouri State University Springfield, MO	Girls on the Run SW Missouri 5K
May 1	Sat	8:30 AM	PurpleStride Kansas City	Frank A. Theis Park Kansas City, MO	PurpleStride Kansas City
May 1	Sat	9:00 AM	Rainbows Run 5K & 1 Mile	Augusta, KS	Rainbows Run 5K & 1 Mile
May 1	Sat	9:00 AM	Abbey Trails 5K Run/2 Mile Walk	Conception Abbey Conception, MO	Abbey Trails
May 1	Sat	9:00 AM	It's A Great Day to be an Eagle - 5K	Bartlett Park St. Joseph, MO	It's A Great Day to be an Eagle
May 1	Sat	9:00 AM	Breaking the Silence 5K/10K	Joplin Landreth Park Joplin, MO	Breaking the Silence 5K/10K
May 1	Sat	9:00 AM	JW's Epilepsy 1 Mile Walk & 5K	5800 A River Pond Rd. Manhattan, KS	JW's Epilepsy
May 1	Sat	9:00 AM	Walk Kansas 5K For the Fight	Johnson Cancer Research Ctr Manhattan, KS	Walk Kansas 5K For the Fight
May 1	Sat	9:00 AM	P.E.O Race for the Stars	Brown's Park Abilene, KS	P.E.O Race for the Stars
May 1	Sat	9:00 AM	USD 309 Panther Prowl 5K	South Hutchinson Community Center South Hutchinson, KS	USD 309 Panther Prowl 5K
May 1	Sat	9:00 AM	The Color Run - Kansas City	Kansas City, MO	The Color Run
May 1	Sat	9:00 AM	See Spot Run 5K/9K	101 N. Youngman Ave. Baxter Springs, KS	Trail of Four Winds
May 1	Sat	9:00 AM	NAMI Walks	SAR-Ko-Par Trails Park Lenexa, KS	NAMI Walks
May 1	Sat	9:00 AM	Jumpstart Spark a Life 5K	Flat Branch Park Columbia, MO	Jumpstart Spark a Life 5K
May 1	Sat	9:00 AM	Sequoiota 5K & 1 Mile	Sequoiota Elementary Springfield, MO	Sequoiota 5K & 1 Mile
May 1	Sat	10:00 AM	Jump Spark a Life 5K	Flat Branch Park Columbia, MO	Jump Spark a Life 5K
May 1	Sat	10:00 AM	Trail of Four Winds 25K Trail Run	Lake of the Ozarks State Park Kaiser, MO	Trail of Four Winds
May 1	Sat	10:00 AM	CCES PATHS Color Run	Swope Park/Community Building Cottonwood Falls, KS	CCES PATHS Color Run
May 2	Sun	7:00 AM	Lincoln National Guard Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	Lincoln Marathon
May 2	Sun	7:00 AM	TriZou Triathlon & Duathlon	Stankowski Field Columbia, MO	TriZou Triathlon
May 2	Sun	7:30 AM	Spring Prairie Fire Half Marathon Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	Prairie Fire Half Marathon

May 2	Sun	7:30 AM	Girls on the Run Spring 5K	Wichita Boathouse Wichita, KS	Girls on the Run Spring 5K
May 2	Sun	7:30 AM	Rockstar Run East KC Half Marathon, 10K, 5K	MCC-Blue River Independence, MO	Rockstar Run East KC
May 2	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	Queen's 5K Romp
May 2	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	LAKC Run for Justice 5K
May 2	Sun	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	Skyline Shuffle 5K
May 2	Sun	8:00 AM	Indoor Triathlon Series	Northwest YMCA Wichita, KS	Indoor Triathlon
May 2	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	Outpacing Melanoma
May 2	Sun	9:00 AM	Race for Dignity 5K Run/Walk	Theis Park Kansas City, MO	Race for Dignity
May 2	Sun	10:00 AM	Tom Strong 5K	Kansas Memorial Stadium Lot 94 Lawrence, KS	Tom Strong 5K
May 2	Sun	10:00 AM	Cinco de Mile	2995 NE Parkway St. Joseph, MO	Cinco de Mile
May 2	Sun	10:00 AM	Mizzou Mile	Stankowski Field Columbia, MO	Mizzou Mile
May 2	Sun	12:00 PM	Hike for Hollis	Hollis Renewal Center Kansas City, KS	Hike for Hollis
May 2	Sun	5:00 PM	Sharpen the Saw Challenge Course	Barry Platte Park Kansas City, MO	Sharpen the Saw Challenge Course
May 7	Fri	6:00 PM	Meadowlark Trail's Sunset Sprint	1300 Moccasin Rd. McPherson, KS	Meadowlark Trail's Sunset Sprint
May 8	Sat	7:30 AM	Running with the Cows - Virtual Half Marathon & 5K	Holy Rosary Wea School Bucyrus, KS	Running with the Cows
May 8	Sat	7:30 AM	Truman Trot - Virtual	Independence, MO	Truman Trot - Virtual
May 8	Sat	7:30 AM	HP3 at Heritage Park 5K, 10K, 15K	Heritage Park Olathe, KS	HP3
May 8	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 8	Sat	8:00 AM	Tower 2 Tower 5K	South CW&EP Water Tower Cartage, MO	Tower 2 Tower 5K
May 8	Sat	8:00 AM	Rockstar Run 5K	South CW&EP Water Tower Cartage, MO	Rockstar Run 5K
May 8	Sat	8:00 AM	Ian's Story 5K - Rock the Run	Lee's Summit, MO	Ian's Story 5K - Rock the Run
May 8	Sat	8:00 AM	The Arrowhead Trail Run	Camp Arrowhead Marshfield, MO	The Arrowhead Trail Run

May 8	Sat	8:00 AM	Wizarding Run	Springfield, MO	Wizarding Run
May 8	Sat	8:00 AM	Heart and Sole 5K Run/Walk	Macken Park Kansas City, MO	Heart and Sole 5K Run/Walk
May 8	Sat	8:00 AM	Heartland 6K Trail Run	Heartland Center Parkville, MO	Heartland 6K Trail Run
May 8	Sat	8:00 AM	Sweet Treat 5K/10K	1254 E. Republic Rd. Springfield, MO	Sweet Treat 5K/10K
May 8	Sat	8:00 AM	Run Like A Mother 5K& 10K	Kiwanis Wayhaven Park West Plains, MO	Run Like A Mother 5K& 10K
May 8	Sat	8:00 AM	Kansas City Warrior Dash	Lexington, MO	Kansas City Warrior Dash
May 8	Sat	9:00 AM	Northland Mother's Day 5K/10K - Virtual	English Landing Park Parkville, MO	Northland Mother's Day 5K/10K
May 8	Sat	9:00 AM	Sophie's Run 5K	Lake Waukomis Kansas City, MO	Sophie's Run
May 8	Sat	9:00 AM	Run2Believe 5K Memorial Run and Walk	Maize High School Maize, KS	Run2Believe 5K Memorial Run and Walk
May 8	Sat	9:00 AM	Girls on the Run Spring 5K	Boathouse Wichita, KS	Girls on the Run Spring 5K
May 8	Sat	9:00 AM	Wildcat Warrior 5K	North East Community Park Manhattan, KS	Wildcat Warrior 5K
May 8	Sat	9:00 AM	Run on the Ranch 5K/10K	Broken Wing Ranch Ministries Junction City, KS	Run on the Ranch 5K/10K
May 8	Sat	9:00 AM	Psychodelic 5K 'Fire' Version	Wyandotte County Lake Park Kansas City, KS	Psychodelic 5K 'Fire' Version
May 8	Sat	9:30 AM	GBL 5K	Hutchinson Field Pittsburg, KS	GBL 5K
May 8	Sat	9:30 AM	Stride On 5K	Lexington Lake Park De Soto, KS	Stride On 5K
May 8	Sat	10:00 AM	Paw Valley Festival & 5K	South Park Lawrence, KS	Paw Valley Festival & 5K
May 8	Sat	2:00 PM	Girls on the Run Wichita 5K	Wichita Boathouse Wichita, KS	Girls on the Run Wichita 5K
May 9	Sun	7:00 AM	Prairie Series: Day 1	Wahpeton, ND	Prairie Series: Day 1
May 9	Sun	2:00 PM	Aviators 5K	Haysville, KS	Aviators 5K
May 9	Sat	3:00 PM	Bike 4 Veterans	Katfish Katy's Columbia, MO	Bike 4 Veterans
May 9	Sun	8:00 AM	KC Express Mother's Day 5K for Women	Corporate Woods Overland Park, KS	Mothers' Day 5K
May 9	Sun	8:00 AM	Derby High Five (5K & 1Mile)	High Park Derby, KS	Derby High Five (5K & 1Mile)

May 10	Mon	7:00 AM	Prairie Series: Day 2	Wahpeton, ND	Prairie Series: Day 2
May 11	Tue	6:00 PM	Duathlon Series	Fellows Lake Recreation Area Springfield, MO	Duathlon Series
May 11	Tue	7:00 AM	Prairie Series: Day 3	Bashtic, SD	Prairie Series: Day 3
May 12	Wed	7:00 AM	Prairie Series: Day 4	Sioux City, IA	Prairie Series: Day 4
May 13	Thu	7:00 AM	Prairie Series: Day 5	South Sioux City, NE	Prairie Series: Day 5
May 14	Fri	7:00 AM	Prairie Series: Day 6	Hiawatha, KS	Prairie Series: Day 6
May 14	Fri	11:00 AM	MSMS Bull Rush	3403 N. Tyler Wichita, KS	MSMS Bull Rush
May 14	Fri	6:15 PM	Run for Recovery 5K	Unity Village Lee's Summit, MO	Run for Recovery 5K
May 15	Sat	6:00 AM	Flower Moon 50M, Marathon, 1/2 Marathon, 5K	Pawhuska, OK	Flower Moon
May 15	Sat	7:00 AM	Okie Relays	Elkhart, KS	Okie Relays
May 15	Sat	7:00 AM	Spirit of Missouri 1/2 Marathon, 10K, 5K	Whiteman AFB, MO	Spirit of Missouri 1/2 Marathon
May 15	Sat	7:00 AM	Kansas City Corporate Challenge Half Marathon	Shawnee Mission Park Shawnee, KS	Corporate Challenge Half Marathon
May 15	Sat	7:00 AM	Prairie Series: Day 7	Saint Joseph, MO	Prairie Series: Day 7
May 15	Sat	7:30 AM	Rockstar Run North KC Half Marathon, 10K, 5K	EH Young Riverfront Park Riverside, MO	Rockstar Run North KC
May 15	Sat	7:30 AM	Sock & Undie Runday 5K	Berkley Riverfront Kansas City, MO	Sock & Undie Runday 5K
May 15	Sat	8:00 AM	Great American Bacon Race	Table Rock Lake Branson, MO	Branson's Great Bacon Race
May 15	Sat	8:00 AM	Happy Feet for Healthy Minds 5K Run	North Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
May 15	Sat	8:00 AM	Valor Ranch Runnin' for Home 5K	Valor Ranch Smithville, MO	Valor Ranch 5K
May 15	Sat	8:30 AM	Blue Line Run	Calvary Baptist Church Republic, MO	Blue Line Run
May 15	Sat	9:00 AM	Girls on the Run 5K	Children's Mercy Park Kansas City, KS	Girls on the Run 5K
May 15	Sat	9:00 AM	Sock & Undie Runday 5K Walk/Run	McLane Park Poplar Bluff, MO	Sock & Undie Runday 5K
May 15	Sat	11:00 AM	Topeka Polar Plunge & Strut	Lake Shawnee Topeka, KS	Polar Plunge & Strut

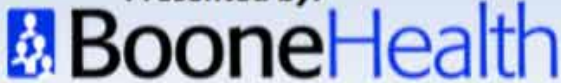
May 15	Sat	5:00 PM	Ferguson Twilight Run One-Mile Fun Run, 5K and 10K	42 Suburban Ave. Ferguson, MO	Ferguson Twilight Run
May 16	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	Kansas City Triathlon
May 16	Sun	8:00 AM	MGA Triple Crown Showdown 5K Run/Walk, 1 Mile Walk, Tot Trot	Towne Center Leawood, KS	MGA Triple Crown
May 16	Sat	8:00 AM	Moxie's 6 Legged Relay Fun Run	Bar K Dog Bar Kansas City, MO	Moxie's Birthday Pawty
May 16	Sun	9:00 AM	Serenity Valley Wine Run 5K	Fulton, MO	Serenity Valley Wine Run 5K
May 22	Sat	6:30 AM	Joplin Memorial Run	Joplin, MO	Joplin Memorial Run
May 22	Sat	7:00 AM	Bill Snyder Highway Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	Bill Snyder Highway Half Marathon
May 22	Sat	8:00 AM	Sunglasses Run 5K	Blu Hawk Center Overland Park, KS	Sunglasses Run 5K
May 22	Sat	9:00 AM	Shawnee Mission Park Adventure Race	Shawnee Mission Park Lenexa, KS	Shawnee Mission Adventure Race
May 22	Sat	9:00 AM	Lake of the Ozarks 1/2 Marathon	Lake of the Ozarks State Park Kaiser, MO	Lake of the Ozarks 1/2 Marathon
May 22	Sat	9:30 AM	Wine-O-Trail Run - 10K, 5K, 2M	Wheat State Wine Co. Winfield, KS	Wine-O-Trail Run
May 22	Sat	10:30 AM	Salina Plunge & Strut	GreatLife Salina, KS	Salina Plunge & Strut
May 23	Sun	2:00 PM	Run and Remember	Rutledge-Wilson Farm Park Springfield, MO	Run and Remember
May 25-31	Mon	8:00 AM	Virtual 5K Home Run	South Park Lawrence, KS	5K Home Run
May 25	Tue	6:00 PM	OMC Duathlon Series	Fellows Lake Recreation Area Springfield, MO	Duathlon Series
May 29	Sat	7:00 AM	OP Fallen Guardian Run 5K, 10K	7465 W. 132nd St. Overland Park, KS	OP Fallen Guardian Run 5K, 10K
May 29	Sat	7:30 AM	Katy Day Iron Horse Duathlon & 5K	Parsons, KS	Katy Day Iron Horse Duathlon
May 29	Sat	7:30 AM	Suicide Hill Trail Run	Little River, KS	Suicide Hill Trail Run
May 29	Sat	8:00 AM	Memorial March East KC	901 E. Ryan Road Grain Valley, MO	Memorial March East KC
May 29	Sat	8:00 AM	Nixa Fit & Fun 5K	3369 W. Jackson Rd. Ozark, MO	Nixa Fit & Fun 5K
May 30	Sun	8:00 AM	Get Your Rear in Gear - Wichita	919 N. Seneca St. Wichita, KS	Get Your Rear in Gear
May 31	Mon	8:00 AM	Going the Distance for Brain Injury	Loose Park Pavilion Kansas City, MO	Going the Distance for Brain Injury

May 31	Mon	8:00 AM	Storm Chaser 5K	1117 N. College Ulysses, KS	Storm Chaser 5K
May 31	Mon	8:00 AM	Memorial March Virtual Race	Bodies Race Company Greenwood, MO	Memorial March Virtual Race
May 31	Mon	8:30 AM	Opti-Cares Memorial Day 5K	E. 21st St. N Wichita, KS	Opti-Cares Memorial Day 5K
June 2021					
Jun 2	Wed	6:00 PM	The Big Run	Columbia, MO	The Big Run
Jun 2	Wed	6:00 PM	The Big Run	Springfield, MO	The Big Run
Jun 2	Wed	6:00 PM	The Big Run	Whitewater, KS	The Big Run
Jun 2	Wed	6:00 PM	National Running Day 5K	Ozark, MO	National Running Day 5K
Jun 2	Wed	6:30 PM	Global Running Day - The Big Run	Martin City Running Company Kansas City, MO	Global Running Day
Jun 4	Fri	7:00 PM	Girls on the Run Spring 5K - Cancelled	Carey Park Hutchinson, KS	Girls on the Run Spring 5K
Jun 4	Fri	8:00 PM	Strong Tower Glow 5K Run/Walks - Cancelled	State Fair Community College Sedalia, MO	Strong Tower Glow 5K Run/Walks
Jun 5	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 5	Sat	7:00 AM	Hospital Hill Run Half Marathon & 10K	Crown Center Kansas City, MO	Hospital Hill Runs
Jun 5	Sat	7:00 AM	Go Girl Run Columbia Half Marathon & 5K	Columbia, MO	Go Girl Run Columbia
Jun 5	Sat	7:15 AM	Cox Health Virtual Medical Mile & 5K Run/Walk	3545 S. National Springfield, MO	Medical Mile & 5K
Jun 5	Sat	7:30 AM	Bootlegger 5K Walk/Run - Cancelled	Warsaw, MO	Bootlegger 5K Walk/Run
Jun 5	Sat	8:00 AM	Fidelity Bank River Run 10K, 5K, 2M Walk/Jog	Wichita, KS	Riverfest River Run
Jun 5	Sat	8:00 AM	Run 4 HOPE	MSSU Cross Country Course Joplin, MO	Run 4 HOPE
Jun 5	Sat	8:00 AM	GO! Missouri KT82 Trail Relay	Herman, MO	GO! Missouri KT82 Trail Relay
Jun 5	Sat	8:00 AM	Weston Missouri Bicentennial Fun Run	Weston, MO	Weston Bicentennial Fun Run
Jun 5	Sat	8:00 AM	Donut Dash Fun Run/Walk	Oakley, KS	Donut Dash Fun Run/Walk
Jun 5	Sat	8:00 AM	Spencer Family Memorial Walk. Run. Roll.	Lake Scott Scott City, KS	Spencer Family Memorial
Jun 5	Sat	8:00 AM	Storm Chaser 5K = Rescheduled TBD	Ulysses, KS	Storm Chaser 5K

Sat	8:00 AM	Race 4 Hope	3950 E. Newman Rd. Joplin, MO	Race 4 Hope
Sat	8:00 AM	Twin Fun Run/Walk - Cancelled	Logan County Rehab Center Oakley, KS	Twin Fun Run/Walk
Sat	8:30 AM	Grace Race 5K - Cancelled	Berkley Park Kansas City, MO	Grace Race 5K
Sat	9:00 AM	Manhattan Avenue Mile - Cancelled	Manhattan Ave Manhattan, KS	Manhattan Avenue Mile
Sat	9:00 AM	Wine Run 5K-7Cs Winery	7Cs Winery Walnut Grove, MO	Wine Run 5K-7Cs Winery
Sat	8:00 PM	Starry Night 10K & 5K	955 E. North St. Joplin, MO	Starry Night 10K & 5K
Sun	9:00 AM	Wild Women Timber Challenge	Bonner Springs, KS	Wild Women Timber Challenge
Fri	6:15 PM	Raptor Run 5K	MO Institute of Natural Science Springfield, MO	Raptor Run 5K
Fri	9:00 PM	Night Flight 5K Run	Legacy Park Amphitheater Lee's Summit, MO	Night Flight 5K Run
Sat	6:45 AM	Run for a Vet Half Marathon & 5K Run/Walk	Dewey Short Visitor Center Branson, MO	Run for a Vet
Sat	7:00 AM	Festival Fitness 5	Smoky Hill River Festival Salina, KS	Festival Fitness 5
Sat	7:00 AM	Heroes for Hospice 5K Run/Walk	REI in Prairie Fire Overland Park, KS	Heroes for Hospice
Sat	7:15 AM	Rock Island Road Race	Eldon, MO	Rock Island Road Race
Sat	7:30 AM	Bandit 5K	Rogersville Community Park Rogersville, MO	Bandit 5K
Sat	8:00 AM	The Victory Lap	Children's Mercy Park Kansas City, KS	The Victory Lap
Sat	8:00 AM	Gladiator Dash	Sedgwick County Park Wichita, KS	Gladiator Dash
Sat	8:00 AM	Hilltop Hustle	Rock Chalk Park Lawrence, KS	Hilltop Hustle
Sat	8:00 AM	Watkin Mills Get Outdoors 6K	Lawson, MO	Watkin Mills Get Outdoors 6K
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
Sat	8:00 AM	BCAN Walk/Run to End Bladder Cancer	7900 Renner Rd. Lenexa, KS	BCAN Walk/Run
Sat	8:15 AM	MHK Juneteenth 5K - Canceled	900 Yuma St. Manhattan KS	MHK Juneteenth 5K
Sat	9:00 AM	Return to the Roost	Salt Fork YMCA Marshall, MO	Return to the Roost
Sat	9:00 AM	Big Brothers Big Sisters Ignite 5K	Salt Fork YMCA Marshall, MO	Big Brothers Big Sisters Ignite 5K
Sat	11:55 PM	LOTO Endurance Marathon/6 Hour	Osage National Lake Ozark, MO	LOTO Endurance
Sun	7:00 AM	Buffalo County Stampede Half Marathon, 10K & 5K	Trails & Rails Museum Kearney, NE	Buffalo County Stampede
Sun	7:00 AM	El Dorado Lake Triathlon	El Dorado State Park El Dorado, KS	El Dorado Triathlon
Sun	7:00 AM	The Great Escape Triathlon	Ellis Porter Riverside Park Jefferson City, MO	Jefferson City Triathlon
Sun	8:00 AM	Dog N Jog 2 Mile Run/1 Mile Run/Walk	The Plaza Kansas City, MO	Dog N Jog
Sun	8:00 AM	Paws for a Cause 2019	Timber Creek Veterinary Hospital Manhattan, KS	Paws for a Cause 2019



Presented by:



Columbia, Missouri

Labor Day, September 6th, 2021

MARATHON

26.2 Miles through Boone County, along the Missouri River and the Katy Trail

FUN TEAM RELAY

Find 1, 2 or 3 teammates and divide up the distance on the same historic route.

COMMUNITY AND FAMILY EVENT

Cheer on runners, enjoy entertainment at Cooper's Landing, Pierpont General Store, and the Finish Line at the historic Village at Boone Junction.

REGISTRATION & INFO:

heartofamericamarathon.com



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MEMORIAL DAY -MAY 31-2021

