

Master Pieces



Magazine of Mid-America
Running Association
November – December 2014
www.mararunning.org

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

*Cover Photo: Carlos Vasquez
Winner of Men's Masters Competition
Plaza 10K*

*Photo by:
Gene Wee - runlawrence photos*



SO THANKFUL

By: Renee Kidwell



We begin the final leg of 2014, walking, running, sprinting into November already. So many wonderful races, events, times of personal celebration and satisfaction, of goals accomplished to reflect upon. We are thankful for the time and opportunities spent to participate or volunteer for the numerous activities this running community has to offer. November is that special month where most Americans pause their hurried and hectic pace on one particular holiday, sitting down together with families and friends in a bountiful Thanksgiving Celebration.

So, too, a variety of articles and stories shared in this issue of Master Pieces, give testimony, celebration, and thankfulness to dear, beloved colleagues and friends within the Kansas City running community.

I am truly thankful for many blessings and friends every day and wanted to take this opportunity to also share a special tribute to those faithful writers, contributors, photographers, editors of MP throughout the years. Your dedication and gifts of knowledge, ideas, photos, stories are very appreciated by all of our readers!

Thank you especially, Jerry Morrison and Dr. Ralph Hall for all you have accomplished and shared with so many of us. Great blessings and happiness to you in the next chapter of your life.

Wishing you all a Very Happy Thanksgiving and
Wonderful Christmas Holiday Season Ahead!

New MARA Members and Sustaining Memberships are listed on page 5

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Celebrating Our Special Friend Jerry Morrison by Rich Ayers

On Sunday afternoon September 28th, a surprise party was held in Parkville for Jerry Morrison to celebrate the time he served as a community leader and volunteer in Kansas City. Sixty-five people helped celebrate with Jerry before he moved to Scottsdale, Arizona to live with his daughter, Susan Altrock. Several organizations were represented at the party that included: Bell Road Barn Players, Robert Burns Study Group, Scottish Society, KC Express and Mid-America Running Association. The hospitality committee that organized the party and assisted with the packing for his move included: Betsy Titterington, Mary Edwards, Margi Sells, Michael & Janie Fopeano, Bob Ayers, Carl Owczarzak and Rich Ayers. E-mails were received from Carl Sniffen, Robert Mann and Dr. Ralph Hall thanking Jerry for his outstanding career in Kansas City.

Mike Beery flew in from Duluth Minnesota for the celebration. Jerry was very pleased and happy to get to visit and see many of his old-time friends before leaving the area. His daughter Susan, commented following the party, "That's the happiest I've seen Dad in a long time!" Susan wanted to make sure the following information was made available for everyone to have the opportunity to contact her Dad in Arizona. "Dad is doing great! He is happy, and loves his new caregiver who is getting him to eat and get moving more. His new email is scotialad10@yahoo.com. His new phone number is 480-848-8736. Dad's Skype address is [jerry.morrison92](https://www.skype.com/user/jerry.morrison92). Please let everyone know that they can invite him to connect and talk for free.

Thanks to everyone for all your generous support. I really appreciate you all." Susan Altrock (602) 206-6064 - sussie83@cox.net - October 8th. Mailing address for Jerry Morrison, 16817 N. 59th Place, Scottsdale, Az 85254. In addition, see Russ Niemi's article "Jerry Morrison Moves to Scottsdale" page 4-5



Jerry with the KC Express Members



Karen's Column

By Karen Raymer
President of MARA

November/December 2014

There is a park about a mile from my house. Once at the park, there is a nice paved trail that is a mile and a half long. So at the least, when I run to the park, do the entire trail once, then run back home, that is a 3 and ½ mile run. It is one of my favorite short distance runs from my house. I have lived in Raymore for 22 years, I do this particular run at least 2 or 3 times a week. I was doing the math, and in 22 years I have run 10,010 miles just on this route alone. I usually run 5 days a week, with one 10 miler a week. Doing the math on the ten miler every week for 22 years, that is another 11,440 miles. Throw in another 5 and 6 miler a week, add another 6,292 miles for a total of 27,742 miles for the 22 years. However, I have been running for 43 years. In the first years of running I did a lot of races, so I ran more long distances. I used to keep journals on the miles I ran each week, but after about 15 years, I quit keeping the journals.

How many of you keep logs or journals of your miles? It is amazing how many miles you run in just a year's time. No wonder we wear our running shoes out so fast!

That brings up another point, I have always used 2 pair of shoes, a newer pair for longer runs, keeping the older pair for shorter runs. This for me, seems to prolong the wear on my running shoes, with the cost of running shoes. I do not have to get a new pair quite as often as I did when I used to just have one pair of running shoes, until they wore out completely. I have never had any serious knee or foot injuries, so this system seems to be working for me.

Just a couple of weeks ago, I had to buy a new pair of running shoes. I wish the manufacturers would go back to just plain and simple color schemes. The wild colors of the shoes make it so difficult to be color coordinated! The particular model that I wear came in 2 different color schemes. I chose one with charcoal on the mesh part of the shoe, since winter is not far away, I thought the darker color would not get so dirty looking. You know how the streets look after a snow. That "sludge" is so awful and it seems, once your shoes are dirty from it, you cannot get them clean again.

In closing, I just want to give an honorable mention to a running icon. Jerry Morrison, now 91 years old, was a "force to be reckoned with" for many years in the Kansas City running community. Jerry lived in Kansas City for over 50 years. He was on the MARA board for many years, worked most of the races that MARA directed. He was still running up until just a few years ago. In the last couple of years, he has had some health issues, had to have a heart valve replaced. He lost his wife and son in the last few years, and now he is moving to Arizona to live with his daughter, Sue. He will be missed by many.

Rich Ayers put together a very nice going away party for Jerry, a couple of weeks ago. It was so nice to see so many people come and tell Jerry, goodbye. After the party, Sue told Rich that she had not seen her dad so happy in a long time. There were several people taking pictures, so hopefully, some of those pictures will be in this issue of MasterPieces.

Wishing you happy and healthy
running and/or walking.

Karen

Please see page 2 for Rich Ayers' article about Jerry's celebration party and a tribute to Jerry from long time friend, Russ Niemi on pages 4-5



Jerry Morrison Scotsman Moves to “Scottsdale”

Article by Russ Niemi

Photos: Doug Edwards

I first met Jerry Morrison circa 1973 after I ran a two mile race at a Kansas City Park & Recreation Department competition. I was making the final turn on the cinder track when I heard hard breathing behind me and an “older” runner passed me and finished in about 11:00 minutes for the distance. Afterwards, I shook his hand and welcomed him to Kansas City. Jerry was 50 years “old” and I was 31.

Jerry was born on June 10, 1923 in Edinburgh, Scotland and moved to the United States when he was six years old. He first lived in Brooklyn and moved to Queens, NY after marrying his wife Muriel in 1949. In 1950 when daughter Susan was born, the family moved to a home in Uniondale on Long Island. Jerry was working with TWA and was transferred to New City, NY in 1969 due to a new position with the airline.

In early 1971, the Morrison family moved to Kansas City and Jerry continued his job with TWA. Jerry and Muriel had two children, Susan Altrock and Chuck Morrison. Jerry and Muriel have always lived in the same home in northeast Kansas City, Missouri. Muriel passed away in 2013.

Jerry loved to do many things but his first love was running. He didn’t just run for fitness, he ran to win and he ran EVERY day, rain or snow, hot or cold. He regularly ran distances of 6 to 10 miles with two days of intervals per week at the Park University track. At the age of 57, Jerry set an age group record in the marathon at the World Championships in Glasgow, Scotland. He ran the 26.2 miles in a time of 2:44+ beating out a Frenchman. Jerry was more proud of beating the Frenchman than his own achievement. He has run 16 marathons, mostly in the United States, but his favorite distance is the 10K which he feels is the perfect balance between speed and endurance.

One of Jerry’s other running records includes the Garden of the Gods 10 Mile Run in Colorado Springs, Colorado, run at a 6200 foot altitude. Not only did he break the 60-65 age group record, but his time was faster than the 55-60 age group record time.

Jerry never bought into the hard-easy method of training. He knew only one way and that was hard. He started

running in 1966 and continued to run until about the age of 80 when he was diagnosed with a blocked aorta. He didn’t quit exercising but did his workouts on a Nordic Track until he had the aorta replaced with a pig valve in 2012. He has not exercised since the surgery.

Jerry Morrison did much more for the community around Kansas City than people know about. He served on the MARA board for decades and wrote probably over 100 interview articles for Master Pieces magazine. When I was editor, Jerry would call about a month before the deadline to see who I wanted him to interview. I gave him a name and a few days later, an article was in the mail or later e-mailed. He was ALWAYS the first contributor to provide his article. I asked Jerry who his favorite interview was. His answer needed no thought.....it was with Dr. George Sheehan. Dr. Sheehan was one of the inspirations for many men and women during the 1970’s and 1980’s. Sheehan made several visits to Kansas City including the 1991 Hospital Hill Run when MARA hosted the Road Runners Club of America National Convention.



Back Row L-R: Bob and Berta Paul, Jim Shoemaker, Ron Grauer, Dr. Nathan Burroughs, George Burg, Mary Haley.
Front Row: Jerry and Jane Fopeano.
A great farewell was given Jerry by friends and family.

Jerry was a race director for the Groundhog Run for 25 years. He also directed the Parkville River Run and the Ted Riegelman 5K Run which was in memory of a fellow runner who died skiing. Jerry volunteered at hundreds of other running events in the Kansas City area and was on the Hospital Hill Run board in charge of course communications with the Heartland Amateur Radio Club. Jerry loved the ham radio. He talked to people all over the world almost every day.

Jerry served many years as treasurer of the Bell Road Barn Players. The group is a local theater founded in the 1950's and is still active in Parkville, Missouri. It was there that Jerry met Jane and Michael Fopeano. Jane was one of the stars of that theater and was also a runner. If you would like to read about the history of the Bell Road Barn Players, go to: <http://www.bellroadbarn.com/> and hit the history link.

Jerry, being Scottish, served as president of the Scottish Highland Games. The group held competitions each year similar to those from old Scotland featuring a unique combination of culture, sport and social entertainment from heavy athletics to Highland dance.

Most people do not know that Jerry is a collector of the Scottish poet, Robert Burns. Jerry has a collection of over 100 of Burns' works. He is trying to figure out what to do with the books since he will have moved to Arizona when you read this article.

Jerry has one more thing he has done each day for decades. He has a drink of Scotch every evening. His favorite: Macallan 12 year old Scotch. He says it relaxes him and makes it easy to go to sleep.

During my recent phone interview with Jerry for this article, he continually referred to the friendship and support of the Kansas City running community. He wants to thank everyone for the kindness and love he has received in his 40+ years in the area. About 60 friends and family of Jerry's gathered on September 28 to bid farewell to a great friend.

We wish Jerry the best in a new state with his daughter Susan. At least Jerry will not have to worry about the snow and cold of Kansas City. Here is a Scottish phrase to bid you farewell: "Lang may yer lum reek! – May you live long and stay well".



Dr. Burroughs,
Rich Ayers,
Jerry and
Mary Haley.

Jim and Sheila
Woods from the
Robert Burns study
group.



Left: Jerry's daughter Susan Altmock welcomes the crowd of 60 friends. Susan reports Jerry is doing fine with his new caregiver. Jerry's new email: scotialad10@yahoo.com. You may also Skype Jerry for free at [jerry.morrison92](https://www.skype.com/user/jerry.morrison92).

Right: Trudy
Nepstead



Left: L-R

Kathy Johnson, Rich Ayers, Mike Beery, Betsy Titterington, Gene Wee, Mary Edwards, Keith Raymer, Karen Raymer, Dee Boeck, Kathy Purduski, Jeff Behrens, Margi Sells with Jerry.

2014 MARA GRAND PRIX STANDINGS

Results through Waddell & Reed KC Marathon 10/19/14

Contact: Mike Lundgren (mikerunkc@gmail.com) for questions

Male 20-24			Female 20-24		
Gerardo	Hernandez	20	Kathryn	Brake	38
Max	Storms	18	Lindsey	McDonald	33
Kyle	Snyder	16	Lucy	Daldorph	16
Michael	Zinser	14	Kinsey	McKenrick	16
Mike	Hake	14	Marley	Crusch	16
Stephen	Saylor	13	Melanie	McVay-Frai	15
Dane	Goodman	12	Elizabeth	Grubbs	14
Male 25-29			Female 25-29		
Lee	Dixon	26	Angie	Nygren	20
Aaron	Davidson	24	Kim	Reed	20
Aaron	Hohn	24	Leah	Hamm	12
Matt	O'Reilly	20	Mara	Cavallaro	12
Zack	Sanchez	18	15 with 10 pts		
Justin	Garrard	18			
Jimmy	Balough	16			
Brad	Chronister	16			
Mark	Whittemore	13			
Male 30-34			Female 30-34		
Adam	Moos	48	Maeluen	Gruman	36
Joe	Moore	30	Amy	Schmitz	31
Steve	Blew	28	Cassidy	Nelson	24
Silverus	Kimeli	21	Julie	Thornton	20
Samuel	Kosgei	18	Brittney	Hunter	18
Aaron	Dittemore	14	Sybil	Orman	12
Peter	Dawson	13	12 with 10 pts		
Male 35-39			Female 35-39		
Jeremy	Garrett	30	Rachel	Hoger	40
Jerry	Pullins	24	Carmen	Llana	23
Jason	Holbert	20	Kara	Kowalik	20
Randy	Wasinger	20	Valerie	Hughes	17
William	Kershner	14	Elizabeth	Duncan	11
Eric	Graham	12	Moni	Spinger	11
Charlie	Gomez	12	Maeluen	Gruman	8
Nathan	Uhl	12			
Kenny	Miller	12			
Male 40-44			Female 40-44		
Ken	Moran	30	Michelle	Andrew	66
Ricardo	Medellin	28	Sarah	Graves	32
Marco	Garcia	19	Jennifer	Lyon	20
Drake	Vidrine	18	Starla	Jones	18
Scott	Merryman	14	Julie	McCowen	18
Male 45-49			Female 45-49		
Mark	Westfall	59	Cindy	Cameron	80
Mark	Fuchs	56	Jennifer	Oprisu	20
Carlos	Vasquez	46	Joann	Shippis	18
Troy	Robinson	26	Linda	Thurston	15
Tom	May	20	Melissa	Unrath	14
Jeff	Holzbeierlei	17	Nancy	Hill	10
Tom	Mura	16	Deborah	Demars	10
Miles	Marshall	16	Katherine	Hirschi	10
Jerry	Hill	16	Esmeralda	Mendez	10
John	Snyder	16	Teresa	Perkins	10
Adam	Guzman	15	Angela	Eberly	10
Male 50-54			Female 50-54		
Pat	Merrigan	54	Karen	Hyde	96
Gary	Mundhenke	32	Debra	Torneden	20
Marc	Keys	30	Katrina	Bellem	18
Ken	Cameron	24	Stephanie	Kroll	14
Craig	Scott	18	Ann	Alexander	14
Roger	Mendell	16	Kathy	Calvert	11

Male 55-59			Female 55-59		
Rob	Harber	90	Kathleen	Johnson	100
Jimmy	Stanzola	77	Anna	Allen	51
Greg	Schultz	44	Sunday	Cavallaro	36
Brian	Daldorph	38	Amy	Shortall	34
Michael	Robins	20	Pam	Bertels	15
Yael	Abouhalkah	18	Marla	Rhoden	14
Randy	McDermott	16	Kim	Olson	12
Martin	Smith	14	Kendra	Bealmear	12
Greg	Hall	12	Pam	Perica	8
Male 60-64			Female 60-64		
Bruce	Gilbert	78	Dee	Boeck	54
Gayle	Van Durme	73	Sandra	Weston	48
Dan	Kuhlman	30	Sharon	Costello	26
Don	Fitzgerald	30	Linda	Cole	20
John	Garrison	18	Terry	Olson	20
Craig	Willemssen	14	Pam	Perica	20
Brad	Rhoden	12	8 with 10 pts		
John	Kimpel	12			
Jack	Uhrig	12			
Male 65-69			Female 65-59		
Jeff	Behrens	88	Donna	Romans	82
Tim	Wigger	46	Susan	Robinette	70
Kermit	Trout	46	Dee	Boeck	30
Rick	Hogan	24	Jean	Garber	20
Larry	Rink	22	Paula	Labart	18
Robert	Fernandez	20	Mary	Haley	16
John	Howland	20	Teri	Hatfield	14
Tom	Snook	19	Holly	Smith	13
Lee	Debault	18	BJ	Thornburg	12
Bob	Anderson	16	Carol	Goslin	12
Greg	Hartman	16			
John	Allen	16			
David	Hack	16			
Male 70-74			Female 70-74		
Garth	Smith	100	Mary	Haley	92
Eugene	Wren	88	Suzie	Turner	77
Bill	Perry	22	Verna	Troutman	20
John	Pepper	16	Sylvia	Taylor	16
Ron	Grauer	15	Jeanne	Hendrickso	16
Richard	Carlson	12	Judy	Hammond	14
Rick	Hogan	12	Mary Linda	McDonnell	10
Stanley	Peterson	12	Marcile	Lewis	10
Male 75-79			Female 75-79		
Herb	Brown	90	Ann	Nelson	70
Alan	Poisner	42	Carolyn	Mitchell	36
Carl	Vansant	38	Beverly	Lewis	9
Wally	Brawner	26	Shirley	Doering	8
Donald	Hughes	14	Suzanne	Roberson	7
Lee	Minor	14			
2 with 10 pts					
Male 80-84			Female 80-84		
Lou	Joline	80	none		
Kent	Mitchell	20	Female 85+		
Tom	Kearns	10	Mary	Otte	10



11-02
11-08

Cliffhanger 8K
UltraMax 15K

2014

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

1. Anyone who runs in any MARA Grand Prix race at any point in the season and who places in the top 5 in their age group is automatically a part of the circuit. Standings are updated and published in Masterpieces magazine and on the MARA website: (www.mararunning.org) as the season progresses.
2. Active MARA membership must be in place by Dec 1 to receive final recognition and awards at Chili Run – no exceptions. (membership forms are available online at www.mararunning.org and at local specialty running stores).
3. Points are based on performance in 5-year age groups from 20-24 thru 80+.
4. Scoring is 5 deep in each 5 year age group except as noted in item 5.
 - * 10 points for 1st place
 - * 8 points for 2nd place
 - * 6 points for 3rd place
 - * 4 points for 4th place
 - * 2 points for 5th place
5. Trolley Run will be single points, 10 deep (10, 9, 8, 7...)
6. Your 10 best race scores will count, with 100 points the maximum score possible, encouraging quality racing over quantity of races.
7. Circuit races range from 5 km to half marathon. Road races are run on USATF certified courses.
8. Chip time will be used to determine place finish and award grand prix points.
9. In any race with more than one distance (such as both a 5K and 10K) there will be only one designated MARA GP race.
10. When moving into a new age group during the GP season, points can be scored in both age groups. The age group where the most points are scored is the age group where all points will be added and counted at year's end.
11. In case of a tie, the winner will be determined by: 1) head-to-head competition; 2) the 11th best race. If a tie is not broken by these tiebreakers, the tie remains.
12. To qualify for year's end recognition and awards you must score points in at least 3 MARA GP races.
13. Each Mara GP race will contribute 7 free entries. Each 2nd place finisher will receive one free race. The remaining free entries will be divided evenly among 1st place age group finishers.
14. The Top Five point finishers in each age group will also receive awards additional to that listed above. Thanks to MARA, our Sponsors and Grand Prix Circuit Races who contributed over \$27,000.00 in prizes over the last four seasons. These are distributed at the Chili Run each year in December. Everyone is invited to participate in the circuit and attend the Chili Run festivities.

Dr Bob Run at Rim Rock Farm September 20th.



National Anthem



Coach Kyle w 5K huddle



Jennifer Kongs: 1st F 5K



Gage & middle school runners



Start of the 1 mile race



YRP runners start of 5K



Getting it Done!



Lucy Hardy



Top 2 8K winners

Photos By: runlawrence photos-Gene Wee



The Department of Health, Sport, and Exercise Sciences at the KU School of Education held their 5th annual Dr. Bob Run on Saturday, September 20, 2014 at Rim Rock Farm, just north of Lawrence, Kansas.

Runners, joggers, and walkers participated in either a 5K or 8K event, and there was also an option to compete in the 8K Team Challenge. All of the adult events will began at 7:30 a.m. Many brought the whole family and support their children in the Hy-Vee 1 Mile Kids Run held at 8:30 a.m.

The Hy-Vee 1 Mile Kids Run at the Dr. Bob Run Event served as the kick-off event for children who had also registered to participate in the Hy-Vee One Mile At A Time (OMAAT) Marathon Program.

The Hy-Vee OMAAT Marathon Program is a fitness challenge for any kid in grades K-6 to complete a marathon distance of 26.2 miles by walking or running one mile at a time. It is intended to encourage lifelong healthy habits by being offered as a free, "on-your-own" activity that families can completed together.

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Photos By: runlawrence photos-Gene Wee



Commish runners



Twyla Dubois



Hill-Nelson, Brandt, Robinson



Erin Fagan



Don Whittemore



Aaron Pope, James Dohn



KU Runners - Cemetery Hill



Nutrition and Running

By Sally Berry
MA RD CSSD CLT

Board Certified Sports Nutrition
Food Sensitivities - Certified LEAP
Lifestyle Changes & Integrative Eating

Body Composition for Runners

I have been traveling for the past month... and ready to get back to work helping individuals take their nutrition and health to the next level. I will tell you about my earlier travels in future posts. But I can't wait to tell you of my most recent trip. It has to do with body composition, something that should be part of the nutrition assessment for all athletes.

Typical comments I hear related to body composition from endurance athletes/runners:

"I've been running, but can't seem to get rid of the mid-abdominal fat"

"I think I would be a better runner if I was leaner"

"Can't see my muscles... I know they are under there somewhere!"

"I would like to build muscle. seem to be losing it... Can runners and nutrition help with increasing my muscle?"

My last week was spent in training for ISAK certification hosted at the US Olympic Committee Training Center in Colorado Springs. Our four advanced level instructors were terrific - our group of 20 participants gained so much knowledge. I am now "pumped up" to bring new skills back to my clients.

You may be asking, "ISAK What"? ISAK stands for "International Society for the Advancement of Kinanthropometry". It's a crazy name - you just might want to say "ISAK". ISAK is the "gold standard" for kinanthropometric - study of the morphology and composition of the human body in relation to movement and function (better known to most of us as body fat/lean tissue in an individual in relation to how they move).

The current medical standard and standard in wellness assessments across the US is BMI- Body Mass Index. Many don't realize that BMI is NOT tracking body fat. Is only is a ratio of height and weight and has many limitations. It's not an indication of how healthy your are.

I typically use actual body composition measures/ relative leanness to evaluate wellness and to give nutrition recommendations instead of height and weight (BMI). ISAK standards takes the consistency and accuracy of body composition evaluation of those numbers to the next level. During our training, ISAK trainers taught us to accurately take skin folds, girth measurements, and bone measurements using the international standards of ISAK. In other words, when you go to an ISAK certified anthropometrist, you are receiving a standardized set of numbers that are consistent within that assessor and consistent with other ISAK certified anthropometrists throughout the USA and internationally. Numbers coming from a non-ISAK trainers skin fold, Bod Pod, Bioelectric Impedance measurements or App cannot verify OR compete with ISAK standards.

For several days before taking our final practical assessment, we studied the material, landmarked, pinched, and measured each other. Our final practical exam was to evaluate athletes all shapes and sizes! Who will benefit from having their body composition tracked in this manner?

- Any athlete wanting a tool to accurately evaluate body composition (fat leanness/and structure type) as it relates to their performance and baseline to interpret change.
- Any individual who would like to start a nutrition program with goals to track body composition over time in order to improve their health.
- With any person using a functional approach to food sensitivities and nutrition, ISAK composition assessment will help track body changes.

I will be ready to take on my first twenty volunteers starting November 2014. As always....

Fuel Your Body... For Life!
www.ebodyfuel.com



KC HUNGER RUN

KC Hunger Run was formed in 2013 at the vision of a few people to help support local programs that benefit some of our local citizens. Far too many charities support national programs that take away from the local impact. Those who registered and ran in this year's 2014 KC Hunger Run knew their funds stayed in the local community and benefit our fellow citizens. This run enables Episcopal Community Services to make an immediate and visible impact in our community.



Photos By: SeeKCrun - Dick Ross





Carlos Vasquez: 1st M masters

The flat and fast course runs along the banks of Brush Creek and goes through the heart of the Country Club Plaza! **The Plaza 10K** benefits Kids TLC, a local organization whose mission is to provide opportunities that transforms kids and families in crisis while ensuring a safe environment. Runners enjoy live music, great food, a high quality technical shirt and a great finisher's medal and often set a new PR at the Plaza 10K! Food and Fun. Participants in the Plaza 10K enjoyed a variety of great food and beverage options provided by Kansas City area restaurants, together with live music, in the post event area just north of Brush Creek at Central Street and Ward Parkway.



Joe Moore - 1st overall male



Jarvis Stirn

Photos By: runlawrence photos-Gene Wee



Leaders at the Start



Chad Forde 810 / Melissa Unrath 2799 at Nichols Fountain



Michelle Andrew -1st FMstr



Susan Tanui 3rd F25



Kimi Reed (3503, Springfield, MO) and Connie Teague (3788, Lee's Summit, MO) rounded the last corner with 300 meters to go, exchanged leads then Reed crossed the line in 35:16.2 to Teague's 35:17.8 for the win.



Sustaining MARA Members

<i>Anna & John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, KS</i>
<i>Diane Bahr</i>	<i>Leavenworth, KS</i>
<i>Dee Boeck & Gene Wee</i>	<i>Lawrence, KS</i>
<i>Dave Boone</i>	<i>Overland Park, KS</i>
<i>Mary Boyce & Mary Desch</i>	<i>Wichita, KS</i>
<i>Herbert & Janet Brown</i>	<i>Independence, MO</i>
<i>Rainey Cadenhead</i>	<i>Kansas City, MO</i>
<i>Susan Clayton</i>	<i>Loch Lloyd, MO</i>
<i>John Cookinham</i>	<i>Kansas City, MO</i>
<i>Bill & Judy Dalton</i>	<i>Kansas City, MO</i>
<i>Mike & Jo Faulconer</i>	<i>Kansas City, MO</i>
<i>Charles & Mary Haley</i>	<i>Kansas City, MO</i>
<i>Alan & Robin Higley</i>	<i>Omaha, NE</i>
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Dr. Robert Sindorf, D.C., M.S.

**Doctor of Chiropractic,
Cleveland Chiropractic College
Masters in Science, Human Anatomy
and Physiology, NYCC
Bachelors in Science, Kinesiology,
Kansas State University**

Post Marathon Recovery

How often do we runners finish a race with the great idea to run another race? If you are anything like me or almost every other runner I know then this is a common thought process. And why wouldn't you want to jump right back into another race, you already did all of the work to get ready for the current race you just finished.

While it sounds like a great idea to capitalize on your great fitness you must remember that you just finished a 26.2 mile race and your body is paying the price in one way or the other. If you get back to running fast and hard too quickly you will lose your much needed recovery and in all honesty put your self at a greater risk for developing an injury which could keep you from running your next race.

During your marathon race you are putting your body through a high level of mechanical stress. It is averaged that most runners will take between 26000 and 40000 steps in a marathon. This means that every time you land for each of these steps you are putting 3-4 times the force of your body weight through your body starting at your feet. This leads to common marathon injuries, which include tendon injury, muscle injury, or bone injuries. Most research also shows that during long term running in a marathon you cause significant inflammation and necrosis (weakening) of muscle tissue. This level of muscle injury needs a significant amount of time to return back to its healthy state. So give yourself a little bit of time and let your muscles calm down and repair after all of the work you put them through, it's the least you can do after they helped you finish a 26.2 mile race.

No matter your skill level you need to give your body a little bit of rest. Almost all Olympic and elite runners will take up to 2 weeks off after they finish a hard race. There is nothing wrong with taking it easy the week following your marathon and you won't lose all of your aerobic fitness in one week. I suggest for almost all patients to not run at all for 5 days post marathon. Yes you read that correctly give yourself 5 days to recover, minimum. Then once you get back to running take it easy and don't run more than about 6-8 miles total for your first week back to running. Your second week run about 10 miles total and for your third week run about 13-16 miles total.

Once you have given yourself 3 weeks of quality recovery you are ready to get back out there and start training for your next race. Remember any aerobic gains you have achieved for yourself during your training carry over for about 8 weeks so you are going to have plenty of endurance to start training again and you are going to get back to training once your body has had a chance to help itself heal.

If you have any injuries that are present make sure you get them examined sooner rather than later. The sooner you get treatment on an injury the sooner you will recover and can get back to running.



Dr. Robert Sindorf, DC, MS, ART

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College of Sports Medicine*



Farewell

This will be my last article for Master Pieces. I hope you won't mind my rambling a bit about some of my exercise history. I have tried to write about current exercise science and nutrition information and debunk some myths. I wrote my first article in the Master's newsletter in the 1970s. The motivation came from (and still does) the early leaders in the local running community. Russ Nieme, Rich and Marlene Ayers, Jerry Morrison, Jim Burnley, Mary Titterington, Bill Glauz. Dr. Howard Nies and others. They brought MARA into existence with skill and hard work. My background as a high school and college runner became coupled with a scientific interest in exercise and nutrition. My fellowship at Scripps Clinic and Research Foundation in California in Endocrinology and Metabolism allowed me to do some of the earliest studies in free fatty acid metabolism and the effects of diet and exercise on their production in the body and how they were modified by fasting and exercise. (Hall R.R. & Vander Laan W.P; The Effects of Feeding Fat to Fasting Subjects, Journal of Clinical Investigation; June 1961.)

My mentor, Bill Vander Laan, kept asking me questions about exercise I couldn't answer, so he encouraged me to read the text book on exercise physiology. It was eye opener! At that time physicians were keeping patients with heart attacks in bed for six to seven days after their attack, de-conditioning them. By the time they got them up, out of bed and resting at home they were really in "bad shape."

In 1962 I got a great job as Director of Medical Education and Research at St Luke's Hospital. It enabled me to keep on the front lines of medical research.

On a trip to Indianapolis to visit the Lilly Pharmaceutical Company I heard about a crazy physical education teacher (Thomas Cureton) at the Indianapolis YMCA who had people who had heart attacks, throwing medicine balls and running. I visited his program and was amazed by the fitness and wellbeing of the men he was rehabilitating.

With this visit in mind, Ben McCallister, a cardiologist and classmate at KU Medical School and I started one of the first cardiovascular rehabilitation programs east of Indianapolis at the down town YMCA. We had great participation from the cardiologists and nurses at all of the Kansas City area hospitals.

In the early 1970s I ran my first race since college at Shawnee Mission Park. I remember Russ Neime running ahead of me and not being able to catch him. It was there that I started to talk to the runners about diet and was impressed that they knew more than some of the physicians I worked with. Later when I talked with Jerry Morrison, he was eating whole grains –no white bread, vegetables and low fat dairy products. For all purposes he was eating what we now call a Mediterranean diet.

Sometime later, when I was meeting with Grey Dimond, I mentioned that we had to get physicians more involved with nutrition and exercise and how informed many of the runners were. It was only a few weeks before Grey called me and told me he had gotten permission from Crown Center to hold a race there. He had contacted Mayor Dr. Charles Wheeler and Dr. Wheeler would start the Race. I was to organize the race and a continuing medical education course for physicians.

I didn't know anything about organizing a race. I called Russ Nieme and he and MARA, with Jim Burnley as the first director, started the first race to be held

in the Kansas City limits-The Hospital Hill Run. Dr. Don German and I organized the medical education meeting.

Fortunately, there were other experiences that I had the privilege to participate in. I was appointed to the Board of The American College of Sports Medicine, where I served as the Chairman of The Continuing Medical Education Committee. It gave me the opportunity to associate with and learn from the country's foremost exercise scientists.

Then I was lucky enough to meet my current wife, Dr. Eunice Larson, an outstanding pediatric pathologist, and assist her for 12 years doing drug testing for the NCAA and the Iron Man Triathlon in Kona Hawaii. It enabled me to drug test and talk with some outstanding athletes, one who subsequently lost his gold medal from the Olympics.

I especially remember talking to an athlete during the NCAA basketball tournament, just prior to the final four. I asked him if he was able to keep up with his studies during the play offs. He told me that he had not been to class in 10 weeks. His team won the tournament. He immediately dropped out of school. There are many great coaches and programs at our colleges and universities but there are still a few that can be questionable.

I have learned so much from others. I hope that some of the things I have learned have been of interest to you.

Before I get more tangles in my brain, I will try and write a novel about four athletes training for the Olympics. The science, the myths, and the will of athletes who qualify for the Olympics is amazing.

***With Best Regards,
Ralph Hall***



Kyle Larson stretching



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Scott McVey leads Kyle Larson and John Castellaw past Hobbs Park.



Leaders after 1 mile



Qi Zheng - 1st Female



Lilly Kidd



Rebecca Anderson & Emma Pravecek



Michael Piontkowski & Qi Zheng



Thomas Zunie



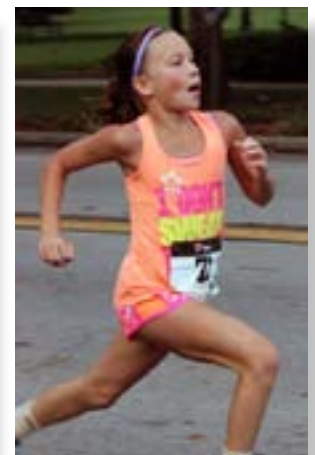
Passing the court house just after the start.



Earl Moise & Tyler Clinger



Claire Mullen & Alex Lorenzo sprint



I Don't Sweat



Photos By: runlawrence photos-Gene Wee



Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Good News for Nut Lovers

For many years, people tended to be hesitant to eat and enjoy nuts due to their high fat content. Yet, we do know that eating nuts is a great way to enrich one's daily intake with lots of good nutrition and that we all need some fat to keep our bodies working properly. Nuts of all kinds are actually rich in energy and protein to help keep us full and satisfied and are packed with antioxidants, vitamins, minerals and some have omega-3 fatty acids. Much of the fat in nuts is actually healthy, monounsaturated fat which helps to keep us satisfied between meals and so they are fine to eat in moderation. Many of us do so most every day!

Nuts are crunchy, delicious and are handy to eat and enjoy as is or in a variety of recipes and dishes at breakfast, lunch, dinner and snack time. Another great thing about nuts is that they have a long shelf life. Unlike fruits and vegetables, nuts are not easily perishable. You can enjoy them whenever and wherever you like, with or without preparation. Taking a small bag of nuts along, allows one to always to have a tasty, healthy and portable snack available. Buying nuts in bulk and when on sale helps to make them more affordable, too. They can be stored in the refrigerator or freezer to help maintain their freshness. Roasting nuts on a sheet pan in the oven for just a few minutes helps bring out their delicious flavor and therefore, less can be used in many recipes.

Some culinary uses of nuts include:

**Nuts can be eaten as they are, raw or roasted, salted or sweetened.

**Sprinkle them over salads, cereals or desserts for great crunch, protein and healthy fat.

**Combine any combination of favorite nuts and some dried fruit (such as cranberries or raisins) and a little dark chocolate for a simple homemade trail mix.

**Nuts are great in baking breads, biscuits, sweets, muffins and cakes.

**Many kinds of nuts are also used to make nutritious butter, such as peanut or almond butter.

With the holiday season upon us, nuts can be a great addition to healthy and moderate eating and make for great gift giving. Here are a few recipe ideas with that in mind. As with all good foods, remember moderate is always the key.



SUGAR-AND-SPICE NUTS

Easy to make during the holiday season
and to give as gifts in a pretty jar.

1 egg white , 1 cup cashews, unsalted, ¼ cup white sugar
½ cup pecan halves, unsalted ,½ teaspoon ground cinnamon
½ cup almonds, unsalted ½ teaspoon cayenne pepper
¼ teaspoon salt Preheat oven to 325F degrees. Beat egg white in a large bowl with a fork or whisk until foamy. Stir in two cups of unsalted nuts until coated (any combination of nuts can be used, as can other nuts such as peanuts or walnuts.) Stir in sugar and spices, toss with nuts until coated. Put nuts on an oiled baking sheet and spread out well. Bake, stirring often, until golden, about 20-25 minutes. Cool completely. Store in an airtight container.

HONEY-CHIPOTLE PECANS

Sweet, slightly salty with a flash of smokey fire; can use
on soups, salads or as a snack or party food.

2 Tablespoons honey , 1-1/2 teaspoons dried chipotle powder
¾ teaspoon ground cinnamon , 2 cups pecan halves
2 Tablespoons sugar, ¾ teaspoon salt
Preheat oven to 325F degrees. In a skillet, warm honey with chipotle powder and cinnamon over low heat, then add the nuts and stir to coat evenly. Line a baking sheet with parchment paper and spread nuts evenly on the sheet. Bake until nuts are fragrant (10-15 minutes). In a mixing bowl, combine the sugar and salt. Add the warm pecans and toss to coat evenly. Spread out on a fresh sheet of waxed or parchment paper and let dry completely. Store in an airtight container.



CROCK POT SUGARED NUTS

Easy to make treat – use any of your favorite nuts.

1 lb. nuts (pecans, walnuts, cashews or any nut)

1/3 cup unsalted butter, melted

½ cup powdered sugar

¼ teaspoon each ground ginger and ground allspice

1/8 teaspoon ground cloves

1-1/2 teaspoon ground cinnamon

Preheat crock pot on high. In preheated crock pot, stir the nuts and butter until well mixed. Add the powdered sugar, stirring to coat evenly. Cover and slow-cook on HIGH for 15 minutes. Reduce heat to low and slow cook, uncovered, stirring occasionally, until the nuts are coated with a crisp glaze (should be about 2 hours). Transfer the nuts to a bowl. In another small bowl, combine the spices and sift them over the nuts, stirring to coat evenly. Let cool before serving.



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***For our Wonderful and
Faithful Contributors to
Master Pieces!***

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Mark Coffey

Roberta Washburn

Sally Berry

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Alan Poisner

"Have you ever felt worse after a run?"

- George Sheehan



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