



Master Pieces

**Magazine of Mid-America Running Association
November – December 2015**

www.mararunning.org

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NOVEMBER-DECEMBER 2015

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

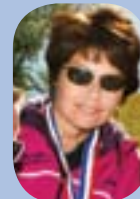
Cover Photo: Justus David & Hayden Legg racing to win during the Plaza 10K

*Photo by:
Gene Wee
www.runlawrence.org*



The Beautiful Outdoors

By: Renee Kidwell



The autumn foliage show this past month has been amazingly brilliant and beautiful, creating such a wonderful environment to spend outdoors, running, walking or hiking some trails. It seemed as though each day the leaves were showing off just a little more of their glorious colors. They are quickly falling now and the air is getting colder, ready to usher in the late fall, early winter season. Autumn is my favorite time of the year because of the abundant natural beauty of the outdoors, but also for the many annual marathons held across the country. It seems as though the runner participant numbers continue to increase each year. Perhaps you are a very experienced marathoner running yet another one this fall, or you may be one of those runners who have long had this goal on your bucket list. This issue has a few articles which may either inspire you to train for your first or your 50th one, or decide for sure, the 26.2 distance isn't in your future. Whatever your running, walking, hiking goals are, may you continue to be motivated, excited and inspired to keep on moving!

*Wishing you a very safe, Happy, Winter and Holiday
Running Season !*

New MARA Members and Sustaining Memberships are listed on page 12

• Master Pieces Staff

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Karen's Column

By Karen Raymer
President of MARA

November - December 2015



It will be difficult to write this article about running and walking, as I am still reeling from watching the Kansas City Royals win the ALCS this evening. I am a loyal true blue Royals fan. Most of you probably do not know this, but I worked for the Royals in the 70's for 8 years.

Keith and I are also involved with the Royals Charities 5K each year. So there is a run connection!

If you have not participated in the Royals 5K, you might consider it for 2016. As a registered participant, you receive a voucher for a free ticket to a Royals game. You also can purchase additional tickets at a reduced price after the run. The run also probably has more food after the run than any 5K I have seen.

Hopefully by the time this issue reaches you, the Royals will have won the World Series!

I am sitting here in my office as I am writing this article, I am looking at a Coca Cola unopened bottle from the 1985 World Series!

Omen. I sure hope so!!!!

GO ROYALS !!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!

Wishing you happy and healthy running and walking.

Karen



Lorenzo Cain celebrates after scoring the go-ahead run in the eighth inning.
(Shane Keyser/KC Star/TNS via Getty Images)

25th Annual Labor Day 5K Run & Walk Monday, September 7, 2015



Medals winners: (l to r) Suzy Turner, Suzy's grand daughter Julia, Mary Haley, Ann Nelson, Kathleen Johnson, Dee Boeck, Anna Allen, and Sandy Weston.



*Marc Keys (Columbia, MO),
1st M50, 18:21.8*



Lou Joline, 1st M80+



*1st overall male: Caleb Teague
(KC MO), 16:35.5*



*Cindy Cameron (Westwood),
19:41.6, 1st overall female*



"We'll be friends."



Bruce Gilbert, 2nd M65

Photos By: Gene Wee www.runlawrence.org



Lynn Wren



Bill Brazeale



Cathy Johnson



Rick Hogan



Mike Lundgren

*Labor Day 5K
Run & Walk
Sept. 7, 2015*



Jane Tompkins-Lundgren



Bruce Gilbert - 370 leading the way



So much fun, running in the rain!

Photos By: Michael Chaffee



**Nutrition and Running
By Sally Berry
MA RD CSSD CLT**

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

Running, Sleep and Nutrition Connect the Dots

I became very “celestial” this fall. After spending half-a-night gazing at the full lunar eclipse, it opened my eyes to our world outside our box call the “house”. As we transition into the darker colder months and holidays, some runners question how they will “change-up” their winter routine and prevent the annual hibernation. Should we change our training with the change in seasons. Should we run more intensely to compensate for all those holiday treats? What about sleep? How does this affect our training? How does the season and sleep affect our nutrition?

Lets peek at Astronomy for our answer. Sunlight changes to be less intense in the northern sky as we approach the winter solstice. We have shorter days, less sunlight, and colder weather. Receiving less “light” will naturally place us into a sleep mode - call it hibernation, if you like! Since we live in an artificial environment where most of us have electricity, we may not follow the natural light patterns of the winter. The decrease in sunlight affects our neurotransmitters and hormones that determine our sleep/wake, mood, and hunger/fullness rhythms. Due to the changes (lower serotonin, dopamine, Vitamin D, etc.) there is a natural tendency toward increased desire to eat. Increased melatonin with darkness increases the natural state of hibernation and sleep. In our modern world, we fight against this sleep with electricity and caffeine.

So let’s put this in the context of the runner. Some runners try to “fight” this natural rhythm by either 1) becoming a “couch potato” and overeating or 2) over-compensation with caffeine and excessive training. Continuing a moderate running program can help us improve quality sleep patterns through the winter months. This is a time of year to give yourself a bit of recovery and avoiding intensive overtraining regimens. Here’s why - Sleep is an important part of recovery and this is recognized by athletes and coaches. There is also some evidence that improving sleep can also improve performance. On the other hand, research has demonstrated that exercise can enhance sleep quality, but overtraining or excessive exercise might be associated with sleep disturbances.

Studies indicate that when athletes supplement the high intensity training with increased nutrition and calories, the nutrition can slightly reduce the detrimental effect of intensive training.

But not all of the detrimental effects are spared. And the sleep quality is still reduced, the quality of sleep is not as good, even though a person may be in bed longer. When a person decreases sleep or sleep quality, hormonal changes happen. This time, it’s the leptin (appetite suppressing hormone) that is disrupted. Lack of sleep can increase your food cravings, carbohydrate craving and reduce you ability to fight infection. Think winter again. As you can see, sleep, nutrition, and training all work together!

So should you hibernate and eat your way through winter? No way! Here’s what I recommend:

1. Late fall, early winter may be a good time to dial down your running into a periodization or “season” of recovery. Heal the body by continued training, but back off from high intensity goals. Think light long nice jogs in the snow!
2. Honor your body’s natural need for a little more sleep, instead of fighting it with artificial stimulant (caffeine) and staying up at night. Use that darkness to you advantage.
3. With more darkness, you body is also lacking it’s natural Vitamin D, so a small supplement may be beneficial during the winter months (October through April in most of the US.
4. Allow your body with a bit more needed nutrient nourishment with focus on seasonal winter vegetable such as broccoli, cauliflower, cabbage, onions, garlic that are high in immune fighting crucifers, allicin, and quercetins. Also add more 1) high vitamin C fruits and vegetables to fight illness, 2) seeds, nuts, seafood that are high in zinc and 3) mushrooms that contains their own immune fighting properties. Imagine homemade vegetable soup!
5. Avoid the high amounts of sugars and process carbohydrate that you may crave in the winter months. These will decrease you immunities.
6. Take time with family, friends during this holiday season to enjoy your community of friendship enjoying a healthy harvest of seasonal special foods and conversation. Have some fun!

With gratitude for the Harvest!

Fuel your Body... for Life!

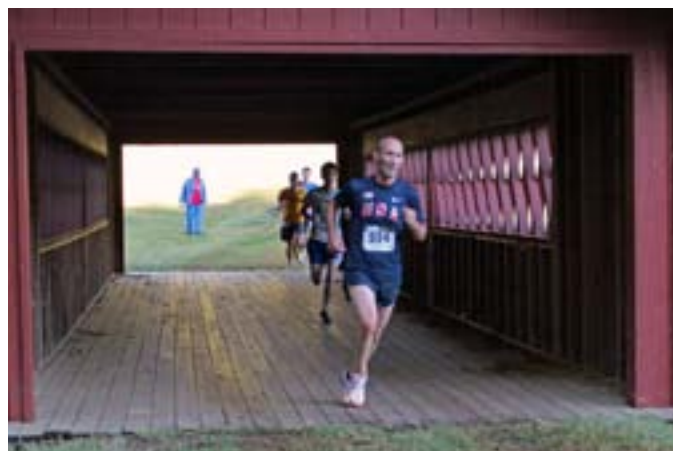
www.bodyfuel.com





Saturday, September 19, 2015

Dr. Bob Frederick was a former KU Athletic Director and chair of the Health, Sport, & Exercise Sciences Department at the University of Kansas. After he passed away in June 2009, his family established the Dr. Bob Frederick Scholarship Program in dedication to the financial support of graduate students studying Sport Management at the University of Kansas in the Department of Health, Sport & Exercise Science at the KU School of Education. Proceeds from the Dr. Bob Run 5K Event support this Scholarship program at the University of Kansas.



David Johnston (Lawrence) leads a group through the covered bridge.



The Bowersock Family (Topeka, KS) going up the steep Cemetery Hill.



Lone runner keeping pace in the open area just before the Pines.



Finishinng strong in the Kids Fun Run.

More photos on Page 7

Photos By: Gene Wee
www.runlawrence.org



Sheldons crossing the finish line.



Carlos Guzman (545) won the men's race in 17:25; John Kilen, Jr. (Topeka, KS) was second.



1st overall female - Adele Walsh.

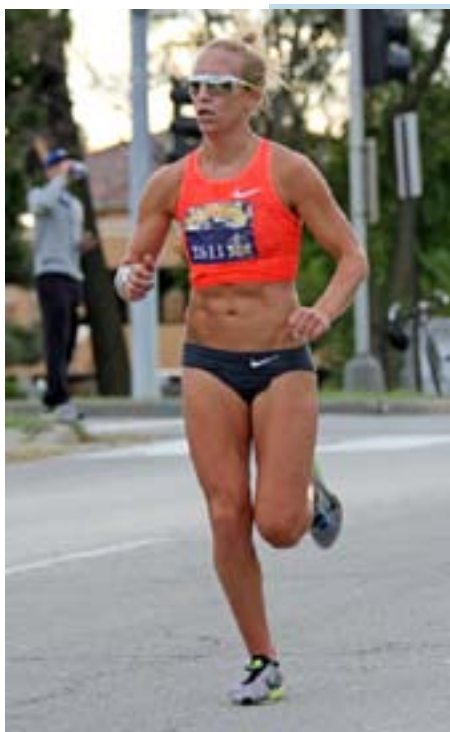


The Sheldon Family (Lawrence, KS) approaching the finish.



John Loos (Lawrence KS) going up Cemetery Hill.

Photos By: Gene Wee www.runlawrence.org



*Stephanie Brown
- top overall
female winner*



*Justus David &
Hayden Legg in
a head to head
competition with
two blocks to go.
Justus pulled away
to win in the last
100 meters.*



Sandra Weston

*THE FIFTH ANNUAL
PLAZA 10K
September 13, 2015
IS KANSAS CITY'S
SIGNATURE 10K
EVENT
AND IS THE
LARGEST 10K
IN KANSAS AND
MISSOURI*



Spectators on duty

Photos By: Gene Wee www.runlawrence.org

More photos on Page 9



Lead pack after 2 miles.



*Passing by the
Intercontinental just
after the start.*



Running strong along 47th St.

Photos By: Gene Wee www.runlawrence.org



14 Cold Weather Running Safety Tips ***How to Keep Running Outside in the Winter***

By Christine Luff
Running & Jogging Expert

Falling temperatures and fewer daylight hours don't mean that your outdoor running routine has to go into hibernation for the winter. Running in cold weather can help shake those winter blues, boost your energy level, and guarantee that you'll be in better shape once bathing suit season rolls around. Follow these safety tips for cold weather running:

1. Dress in thin, wicking layers.

Start with a thin layer of synthetic material such as polypropylene, which wicks sweat from your body. Stay away from cotton because it holds the moisture and will keep you wet. An outer, breathable layer of nylon or Gore-Tex will help protect you against wind and precipitation, while still letting out heat and moisture to prevent overheating and chilling. If it's really cold out, you'll need a middle layer, such as polar fleece, for added insulation.



2. Protect your hands and feet.

As much as 30% of your body heat escapes through your hands and feet. On mild days, wear running gloves that wick moisture away. Mittens are a better choice on colder days because your fingers will share their body heat. You can also tuck disposable heat packets into your mittens. Add a wicking sock liner under a warm polar fleece or wool sock, but make sure you have enough room in your running shoes to accommodate these thicker socks.



3. Pay attention to temperature and wind chill.

If the wind is strong, it penetrates your clothes and removes the insulating layer of warm air around you. Your movement also creates wind chill because it increases air movement past your body. If the temperature dips below zero or the wind chill is below minus 20, hit the treadmill instead.

4. Avoid overdressing.

You're going to warm up once you get moving, so you should feel a little bit chilly when you start your run. If you're warm and comfortable when you first start, you're going to start sweating very early in your run. A good rule of thumb: Dress as if it's 20 degrees warmer outside than it really is.



5. Don't forget to cover your head.

About 40% of your body heat is lost through your head. Wearing a hat will help prevent heat loss, so your circulatory system will have more heat to distribute to the rest of the body. When it's really cold, wear a face mask or a scarf over your mouth to warm the air you breathe and protect your face.

6. Watch for frostbite.

On really cold days, make sure you monitor your fingers, toes, ears, and nose. They may feel numb at first, but they should warm up a few minutes into your run. If you notice a patch of hard, pale, cold skin, you may have frostbite. Get out of the cold immediately and slowly warm the affected area. If numbness continues, seek emergency care.

7. Run into the wind.

If you head out into the wind, it will be at your back at the end of your workout. That's preferable to running into the wind during the second half of your run, when you're sweaty and could catch a chill.

Continued on Page 11

8. Check with your MD.

Cold air can trigger chest pain or asthma attacks in some people. Before braving the elements, talk to your doctor if you have any medical conditions or concerns about exercising outdoors.



9. Stay hydrated.

Despite the cold weather, you'll still heat up and lose fluids through sweat. Cold air also has a drying effect, which can increase the risk of dehydration. Make sure you drink water or a sports drink before, during, and after your run. Most public drinking fountains are turned off in the winter, so you'll have to carry your own fluids using a hand-held or belt water bottle.

10. Don't stay in wet clothes.

If you get wet from rain, snow, or sweat in cold temperatures, you're at an increased risk for hypothermia, a lowering of your body temperature. If you're wet, change your clothes and get to warm shelter as quickly as possible. If you suspect hypothermia -- characterized by intense shivering, loss of coordination, slurred speech, and fatigue -- get emergency treatment immediately.



11. Wear running sunglasses.

The glare from snow can cause snow blindness, so wear sunglasses (polarized lenses are best) to avoid this problem.



12. Be visible.

It's best to avoid running in the dark but, if you have to run at night, wear reflective gear and light-colored clothing. Dress in bright colors if you're running in the snow.



13. Take it easy when it's frigid.

You're at greater risk for a pulled muscle when running in the cold, so warm up slowly and run easy on very cold days. Save your tough workouts for milder days or run them indoors on a treadmill.



14. Remember sunscreen.

Sunburn is still possible in the winter because the snow reflects the sun's rays. Protect your lips with lip balm, too, to keep them from getting burned and chapped.

2015 MARA Grand Prix Standings

Thru Kansas City Marathon Half

*Age Group Change in 2015

M(20-24)	Geraldo Hernandez	20	F(20-24)	Lindsay McDonald	34
	Brooks Ballow	12		Dana Stumpff	20
	+ 12 @ 10 pts.			Elizabeth Bruemmer	16
				+ 9 @ 10pts.	
M(25-29)	Jimmy Balough	24	F(25-29)	Kathryn Brake	26
	Kory Cool	16		Kim Reed	20
	Lewi Manirumva	14		Marie Celitti	20
	+ 11 @ 10 pts.			Susan Tanui	18
				Ashley Broulette	16
M(30-34)	Lee Dixon	30	F(30-34)	Amy Schmitz	22
	Benson Chiruiyot	28		Sarah Ibbetsen	16
	Samuel Kosgie	16		Nicole Schile	12
	Brett Reinehart	14		+ 10 @ 10 pts.	
	Andrew Marshall	14			
M(35-39)	Jeremy Garrett	18	F(35-39)	Maeluen Gruman	42
	Tim Kuebler	16		Kimberly Crawford	28
	Kenny Miller	12		+ 9 @ 10 pts.	
	Greg Linhart	12			
M(40-44)	Ricardo Medelin	28	F(40-44)	Michelle Andrew	40
	Robert Zuch	20		Rachel Hoger	32
	Christian Reed	18		Christy Staker	14
	Scott Merryman	16		+ 9 @ 10 pts.	
	Mike Diederich	14			
M(45-49)	Ken Moran	34	F(45-49)	Jessica Nichols	14
	Carlos Vasquez	20		Melissa Griffin	12
	Joe Heikes	18		+ 11 @ 10 pts.	
	Marvin Mastin	12			
	Tom May	12			
M(50-54)	Rodney Pixler	30	F(50-54)	Cindy Cameron	50
	Pat Merrigan	26		Karen Hyde	22
	Mark Westfall	22		Deb Torneden	20
	Marc Keys	20		Joann Shipps	18
	Scott Mahlar	20		Kelly Cortney	16
	Robert Schloegel	20			

2015 MARA Grand Prix Standings

M(55-59)	Jimmy Stanziola	36*	F(55-59)	Kathleen Johnson	72
	Terry Seiter	30		Jane Tompkins-Lund	30
	Mark Niblo	18		Gail Tolbert	20
	Stan McCormack	16		Anna Allen	16*
	Jim Stumpff	16		Karen Chambers	14
				Amy Shortall	14
M(60-65)	Don Fitzgerald	86	F(60-65)	Sandi Weston	28
	Jimmy Stanziola	46*		Kay McCormick	20
	Jack Uhrig	18		Pam Perica	18
	Jeffrey Elmer	12`		Linda Cole	18
	John Garrison	12		Karen Yoakum	18
	Greg Hall	12`		Anna Allen	16*
M(65-69)	Don Turner	78	F(65-69)	Karon Way Turner	82
	Bruce Gilbert	48		Donna Romans	56
	Jeff Behrens	40		Dee Boeck	40
	Tim Wigger	38		Dana Smith	14
	Greg Hartman	24		Cynthia MacPherson	10
M(70-74)	Garth Smith	76	F(70-74)	Mary Haley	82
	Rick Hogan	50		Susie Turner	40
	Eugene Wren	34		Jeanne Hendrickson	20
	Zack Hangaver	16		Susan Robinette	12
	John Pepper	14		Sylvia Taylor	12
M(75-79)	Carl Vasant	58	F(75-79)	Ann Nelson	60*
	Herb Brown	56		Carolyn Mitchell	60
	Donald Hughes	30		Mary Murphy	12
	William Ward	14		Karen Evans	10
M (80+)	Lou Joline	90	F(80+)	Ann Nelson	30*
	Alan Poisner	40		Mary Otte	10
	Kent Mitchell	30			

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>Susan Clayton</i>	<i>Loch Lloyd, MO</i>
<i>Charles & Mary Haley</i>	<i>Kansas City, MO</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Home Team Inspection</i>	<i>Leawood, KS</i>
<i>Kent & Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Marie Modglin,</i>	<i>Westwood, KS</i>
<i>Ann Nelson</i>	<i>Fairway, KS</i>
<i>Russ & Rosalie Niemi</i>	<i>Wake Forest, NC</i>
<i>Howard Nies</i>	<i>Kansas City, KS</i>
<i>Karen & Keith Raymer</i>	<i>Raymore, MO</i>
<i>Barb Rinne & Family</i>	<i>Lee's Summit, MO</i>
<i>Gretchen & Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Garth & Nancy Smith</i>	<i>Overland Park, KS</i>
<i>Richard Stainbrook & Family</i>	<i>Pomona, KS</i>
<i>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Jeff Waters, MD</i>	<i>Fairway, KS</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene & Marsha Wren</i>	<i>Shawnee Mission, KS</i>

THANK YOU!!



2015 Grand Prix Schedule (dates subject to change)

January 17 Topeka to Auburn Half
 January 25 Groundhog 10K
 February 7 Sweetheart Shuffle 5K
 April 11 Rock the Parkway Half
 April 26 Trolley Run 4 miler
 May 25 Amy Thompson 8K
 June 6 Hospital Hill Half
 July 4 Lenexa Freedom 10K
 July 11 Eudora Horse Thief 5K
 September 7 Leawood Labor Day 5K
 September 13 Plaza 10K
 September 19 Helen Gold 5K
 October 17 KC Half Marathon
 November 1 Cliffhanger 8K



2015

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

- 1) Anyone running a MARA Grand Prix race at any point in the season and placing in the top five in their age group is a part of the circuit. Standings are updated and published online 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, 2015 to receive final recognition and awards at the Chili Run – no exceptions. (Membership is available online at the website.)
- 3) Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4) Scoring is five deep in each age group in all races as follows:
 - a. 10 points for 1st place
 - b. 8 points for 2nd place
 - c. 6 points for 3rd place
 - d. 4 points for 4th place
 - e. 2 points for 5th place
- 5) Best ten race scores will count, with 100 points the maximum score possible encouraging quality over quantity of races.
- 6) Circuit races range from 5K to Half Marathon. Road races are on USATF- certified courses.
- 7) Chip time will be used to determine place finish and award grand prix points.
- 8) In any race with more than one distance (such as both a 5K and 10K there will be only one designated MARA Grand Prix race.
- 9) When moving from one age group to another during the year, points can be scored in both age groups and will be added together and counted in the age group where the most points have been scored.
- 10) In the case of a tie, the winner will be determined by 1) head-to-head competition or 2) the 11th best race. If a tie still exists, the tie will remain.
- 11) Points must be scored in at least 3 MARA Grand Prix races to be eligible for Prizes.
- 12) Prizes will be awarded to the top five point- finishers at the MARA Chili Run the second Saturday in December. Everyone is invited to participate in the circuit and attend the Chili Run Festivities.
- 13) Thanks to MARA, Our Sponsors and Grand Prix Circuit Races who have contributed over \$27,000 in prizes over the last four seasons.

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

HEALTHIER HOLIDAY EATING

Many of us love the holidays and the associated social gatherings, yet we often dread the temptations to overeat – both the wrong kinds of food and too much of it. Often the holidays are indeed brimming with opportunities to forget our commitment to healthy eating and staying fit. Actually, the upcoming holidays do not have to spell doom for our health and waistlines. As during the rest of the year, you can stay in control of your eating with some pre-planning and moderation. This time of the year certainly can give us the opportunity to sample some favorites that we may only have annually. Yet, practicing portion control and incorporating some more healthful options may prevent the typical holiday weight gain, keep us healthier and guilt-free. One doesn't have to completely feel deprived. Consider hosting a healthier gathering or offer to bring some items that fit into your eating plan.

Here are a few ideas to get you started.



Holiday Green Beans

- ½ cup walnut halves
- ½ teaspoon coarse salt or sea salt
- 3 lbs. fresh green beans
- 3 Tbsp. butter
- ¼ teaspoon ground black pepper
- 1 pomegranate, seeds only

Toast walnuts in the oven at 350 degrees on a flat baking sheet until lightly browned, about 10 minutes. Heat the green beans in a skillet with the butter until tender. Toss green beans with seasonings and top with walnuts and pomegranate seeds.



Glazed Sweet Potatoes with Cranberries

- 2 pounds sweet potatoes
- ¼ cup butter
- ½ cup firmly packed brown sugar
- ¼ cup orange juice
- 1 cup fresh cranberries

Peel potatoes and cut into large cubes. Cover with water and bring to a boil. Cover, reduce heat and simmer for about 10 minutes or until tender. Drain potatoes and set aside. In a skillet, melt butter. Add potatoes and toss to coat. Stir in brown sugar, juice and cranberries. Simmer for 10 minutes.

Roasted Red Pepper Dip

- 2 cups low fat sour cream or Greek yogurt
- 2 cups lite mayonnaise
- 1 jar (14 oz) roasted red bell peppers (or roast your own)
- 1 Tablespoons chopped fresh basil
- 2 teaspoons minced garlic
- 1 teaspoon Worcestershire sauce
- ¼ teaspoon salt

Cream together the sour cream and mayo. Drain and chop the roasted peppers. Combine the rest of the remaining ingredients with the sour cream mixture. Serve with fresh vegetables and wheat crackers.



Holiday Wreaths

- 1 large Granny Smith apple
- ¼ cup creamy peanut butter
- 2 Tablespoons dried cranberries or dried cherries
- 1 teaspoon honey

Combine honey and peanut butter in a small bowl. Wash and core apple. Slice ¼ inch thick. Dip in orange or lemon juice to keep from browning. Spread a tablespoon of the peanut butter mixture on each apple slice. Sprinkle with dried cranberries or dried cherries.



**Dr. Robert Sindorf,
DC, MS, ART
Elite Chiro Care
Chiropractic-Rehab-Sports
Therapy**

Is your KNEE pain from your Meniscus?

One of the most common questions I have been getting lately from runners is: “What does it mean when my knee is locking up?” This is generally followed by a short explanation of them talking about how their knee feels like it is “catching, or sticking” when trying to straighten their knee.



The meniscus usually causes the discomfort and sensation of not being able to move the knee correctly when the knee is locking up. Within the knee you have two structures that are designed to help decrease friction between the bones of the lower leg and upper leg. The meniscus is on the inside and the outside of the knee and has a C shape. Injury can happen to the meniscus from several causes including impact injuries (i.e. football, or soccer), and degeneration and micro-tears throughout our lives. If there is a lot of force or degeneration it is not uncommon for the meniscus to move position.

The change in meniscus position can cause the bone of the lower leg and upper leg to not track correctly and this will give the sensation of your knee locking up. The other common cause for this is if there is an injury to the meniscus and part of the meniscus gets caught on the bone or folded over on it self. If the meniscus injury is the result of a change in position, or getting caught up then it can generally be treated by a sports doctor who can manually reposition the meniscus into its proper position. One of the most common means that I do this in the clinic is through Active Release Technique, which has a protocol for treating the Meniscus of the knee. If you are ever unsure of the health and stability of your knee please contact your health care provider or a sports doctor to help assess and treat your condition.

Elite Chiro Care
Chiropractic • Rehab • Sports Therapy

Dr. Robert Sindorf, DC, MS, ART
If you would like to learn more follow me:
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My clinic Facebook page
<http://www.facebook.com/elitechirocare>
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Steve Jones Raw: Starting And Finishing a Marathon Doesn't Make you A Marathoner

By: Sara Barker in Fittish

Every year around Chicago Marathon time, mid-October, people want to talk to Steve Jones. He's enjoyable at other times of year but, like pumpkin spice dark chocolate toffee curry simmer sauce, seems to sell well seasonally. It could be because in two successive autumns, 1984, when he set the world marathon record, and 1985, when he missed it by one second, Jones put on a display of balls-out courage at the Chicago Marathon that's almost extinct today.

Let's huff a little old school Jonesy to get in the mood before we appreciate what he has to say about running and runners today.

Jones was the type of animal you'd see hunched up at the side of the road, heaving after the first interval, and the sixteenth. The Welsh airplane mechanic took off in the Windy City in a singlet and shorts—no watch, no pansy sports drinks—at a suicidal pace, doped up on Mars bars and Diet Coke. In 1985 there were pacers, but when he pulled even with them in the third mile of the 26.2, they inquired if the pace was adequate, he said no, and carried on. No one in the world class field went with him. He assaulted the first 13 miles, passing two minutes ahead of world record pace, virtually ensuring the remainder of the race would be spent in the worst hell imaginable, every cell shrieking. He said later, "I knew it would hit me at some stage in the race, and it was just a matter of carrying on until it did."

He could have won and pocketed the prize money in much more comfortable fashion. But he didn't.

These days, Jones, 60, lives and coaches in Boulder, Colorado. What running he does he claims is accomplished under cover of darkness so no one witnesses the incident and calls 911. His courage now comes out in the form of unapologetic honesty. Accordingly, Competitor recently asked some opinion questions, and Jones responded as a straight shooter who never played politics, and is now, if possible, even less inclined to do so. Calling out pseudo-marathoners, gadget makers, and even the publication conducting the interview, Jones's adult dose articulates what many in the running community are thinking but afraid to say.

Jones answered Competitor's question of how the sport of running has changed ...

Mass participation has hurt the sport, in my mind. It's made a lot of people a lot of money. I have to be careful what I say because I get called out on it sometimes, but I don't believe that starting and finishing a marathon makes you a marathoner. I don't believe that. If you're racing it to go as fast as you can, that's completely different than being part of an event and just wanting to get from point A to point B.

And this about sports drinks and smart watches and heart rate monitors ... There is no easy way. And that's what all of these gadgets try to show you is some kind of easier way of training. But there isn't one. I ran without heart-rate monitors, without sports cords or yoga or chiropractors or physical therapists or massage therapists. I'm a purist at heart. To me, it's about having your running shoes on your front doorstep and putting them on and going out and running hard. It's not about measuring how far you're running, it's not about checking your heart rate or drinking the right drinks and eating the right foods. All it's doing is teaching runners to run within their limits so there is no ability to run to their pain threshold or several other thresholds.

Distance running is all about stress and coping with stress. All these gadgets and gimmicks, they take the stress away from it. So when you're in a race and you don't have all that stuff on your arms or your pockets or your favorite drink, you don't know how to cope.



photo credit: Getty Images

And regarding what bothers him about running today ...

The industry is huge, and the industry is running the sport now, not the sport running the industry. I really believe, if you go back to my era, you had well-established marathons in the UK and you'd get 200 runners. But they were all runners who were running hard and running fast times. Now you're lucky to get that many in a half marathon. The rest of the people just want to be part of the event. I think it's great in many ways, but the competitive sport hasn't grown. The pinnacle hasn't gotten higher or sharper because of these events and you would have thought after all this time that it would have. But the focus has changed and now there are absurd headlines, and I have to say, you are just as guilty, publishing articles like '5 Weeks to a Faster 5K' or '10 Weeks to a Marathon PR.' It's bullshit. It's just selling magazines or it just caters to people who are running 4 hours for a marathon or 25 minutes for a 5K.

Strong stuff, but most provocative is what Competitor edited out of the above answer. "And that's not running in my mind" was cut from end of the online version of this quote, but lives on in the print version.

Jones said via email of the omission, "Whatever changes from the original article were not made by me. The times I quoted are and were examples in general, as opposed to clear cut times."

Brian Metzler of Competitor did not respond as to why, of all the potentially offensive, advertiser averse things Jones said, he decided to cut that sentence. It's amazing, and commendable, that calling Competitor magazine's stock-in-trade articles bullshit, and advertisers Gatorade and Garmin's products unnecessary, somehow made it through the editing process.

Jones's brand of hair-still-on-it running and opining should be required literature for any runner, competitive or recreational, because it's perishingly rare that someone can really walk (run) that kind of talk. It needs to be preserved like an artifact.

The American Marathon Boom, in three charts

by Phil Wahba @philwahba

Participation in marathons is up 43% in the last decade alone.

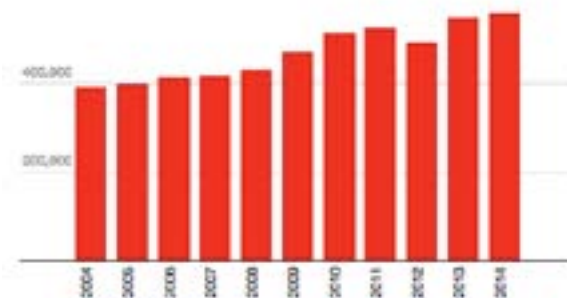
The world's largest marathon is taking place this weekend, with more than 50,000 participants set to run 26.2 miles through the streets of the Big Apple during the New York City Marathon. The race has come a long way from 1970, when 127 people did four loops around Central Park.

New York isn't the only marathon to have made enormous strides. Overall, the number of participants in U.S. marathons rose 27-fold between 1976 and last year, with a total of 550,600 finishers running 1,100 races. (In the last decade alone, the number of finishers has risen by 43%.) The boom has attracted big business, as sponsors look for more affluent and engaged consumers in a market that for years had been niche.

"There's been an evolution where it's gone from solitary to social, with people running in groups," says Running USA CEO Rich Harshbarger. "They're not intimidated anymore."

U.S. marathon participation has soared

The running boom has not hit the west yet



*The 2012 decline was caused by the cancellation of the New York race due to Superstorm Sandy

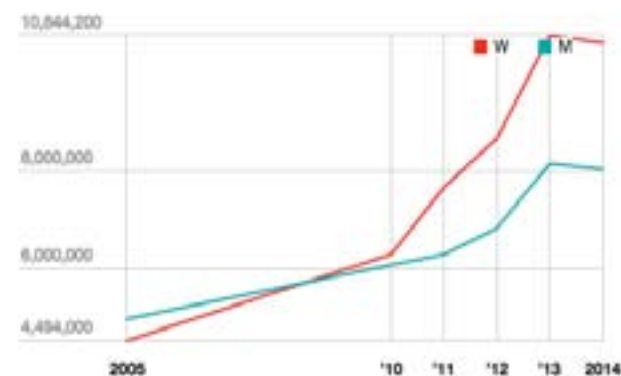
Source: Running USA

FORTUNE

And more women have taken to running, a trend that is fueling the latest phase of the running boom. (They now account for 43% of marathon finishers, versus 26% a decade ago.)

Women have been the running boom's driving force

Number of participants by gender in U.S. road races of any distance



women-marathons

10 largest U.S. marathons in 2014

RANK	FINISHERS	RACE
1	52,396	New York City Marathon
2	46,595	Chicago Marathon
3	31,932	Boston Marathon
4	21,814	Honolulu Marathon
5	21,508	Los Angeles Marathon
6	18,689	Marine Corps Marathon (Washington, DC)
7	16,201	Disney World Marathon (Florida)
8	16,099	Philadelphia Marathon
9	6,803	Twin Cities Marathon (Minneapolis, MN)
10	7,048	Houston Marathon

Source: Running USA

FORTUNE

And while most marathons are small, local events, a few attract significant attention and plenty of runners.

largest-us-marathons

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!

Send additions, changes, & corrections to MARA.Calendar@gmail.com

New race submissions should include the information shown below.

This schedule includes Running Races in KC Metro or a short drive from KC, and, select other events.

MARA GP indicates a MARA Grand Prix event with GP distance for multiple races.

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.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
November 2015					
Nov 1	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	www.kansashalfmarathon.com/
Nov 1	Sun	8:00 AM	Seize the Day 5K	Corporate Woods Overland Park, KS	www.efmk.org
Nov 1	Sun	8:00 AM	Cliffhanger 8K & 5K Run/Walk MARA GP (8K)	KCUMB Campus Kansas City, MO	www.cliffhangerun.com/
Nov 1	Sun	9:00 AM	Pumpkin Smash 5K Run/Walk	Waterfall Park Independence, MO	ow.ly/PBNYD
Nov 7	Sat	7:30 AM	Rompin' Stompin' Raider 5K Run/walk	Shawnee Mission South HS Overland Park, KS	http://bit.ly/1JSUU0z
Nov 7	Sat	8:00 AM	ONXC Scholarship Run 5k (Cross Country)	Lone Elm Park Olathe, KS	www.onxcrun.com
Nov 7	Sat	8:00 AM	Jogging for Jags 5K	Mill Valley High School Shawnee, KS	http://bit.ly/1Lj3yWa
Nov 7	Sat	8:00 AM	Hayes Harvest Run 5K	Pleasant Hill United Methodist Church Pleasant Hill, MO	about.me/HarvestHayes5k
Nov 7	Sat	9:00 AM	Shoal Creek Living History Wilderness Run 5K & 2 Mile	Robert H. Hodge Park Kansas City, MO	bit.ly/1NMhUkq
Nov 7	Sat	9:00 AM	Muddy MO River Run 5K	Big River Ranch Lexington, MO	www.lexington.k12.mo.us
Nov 7	Sat	9:00 AM	Team RWB	Kansas City, MO	www.teamrwb5k.com
Nov 7	Sat	9:00 AM	Turkey Trot	Downtown Lee's Summit, MO	www.olpturkeytrot.com
Nov 8	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile	Wyandotte County State Park Shelter #9 Kansas City, KS	www.psychowyc.com/id65.html
Nov 14	Sat	8:00 AM	Longview Half Marathon	Longview Lake Kansas City, MO	www.lexington.k12.mo.us
Nov 14	Sat	12:00 PM	Thanks-4-giving Family Fun Run/Walk 5K & 1 Mile Fun Walk	Remington Nature Center St. Joseph, MO	conta.cc/1NeJUgD

Nov 15	Sun	8:30 AM	Gobbler Grind Run Full, Half & 5K	Corporate Woods Overland Park, KS	www.gobblergrindrun.com/
Nov 15	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, Kansas	www.psychowico.com/ pilgrimpacerrun/
Nov 15	Sun	9:00 AM	Rock the Socks 5K	Waterfall Park Independence, MO	www.rockthesocks5k.com
Nov 17	Sat	8:00 AM	War Horses for Veterans 5K	Kansas City, MO	http:// www.warhorsesforveterans.com/
Nov 21	Sat	8:00 AM	Dash 5K KCK	Donnelly College Kansas City, KS	www.donnelydash.weebly.com/
Nov 21	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Waterfall Park(Bass Pro) Independence, MO	http://bit.ly/1A8mN29
Nov 21	Sat	8:00 AM	Girls on the Run 5K	Arrowhead Stadium Kansas City, MO	gotrk.org
Nov 21	Sat	9:00 AM	AdventureMax Springfield	Two Rivers Bike Park Highlandville, MO	http://ultramaxsports.com/ adventuremax/springfield/trail.html
Nov 22	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	www.route66marathon.com/
Nov 26	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	www.runlawrence.org/TDay5k.html
Nov 26	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park, KS	www.sportkc.org/sportkc.aspx? pgID=866&event_id=1166
Nov 26	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K	Ward Parkway Center Kansas City, MO	www.wardparkwaythanksgivingdayru n.com/
Nov 26	Thu	9:00 AM	Liberty Giving Thanks 5K Run and Walk	Liberty Community Center Liberty, MO	www.hillcresthope.org
Nov 26	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	www.parkvilleturkeytrot.org/
Nov 26	Thu	9:00 AM	Pilgrim Run 5K	Pilgrim Chapel Kansas City, MO	pilgrimrun.org
Nov 28	Sat	9:00 AM	MKA Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	www.TRMonline.org/RescueRun

December 2015

Dec 5	Sat	9:00 AM	Alternate Chili Trail Run - 10 Mile	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.psychowwyco.com/id44.html
Dec 5	Sat	10:00 AM	Santa Dash 5K	Kelly's in Westport Kansas City, MO	www.westportsantadash.com/
Dec 6	Sun	9:00 AM	Great Santa Run 5K	Johnson County Community College Overland Park, KS	www.kcsantarun.com/
Dec 12	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Lee's Summit, MO	http://bit.ly/1FrTrO5
Dec 12	Sat	9:00 AM	Kris Kringle 5K Run	Swope Park Kansas City, MO	http://bit.ly/1F37U3t
Dec 12	Sat	10:00 AM	MARA Chili Run 6.5 Mile loop on park road	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.mararunning.org/
Dec 13	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Park 17501 W. 98th Street Lenexa, KS	www.JingleBellRunKC.org



Join us Sunday May 1st at the Inaugural Independence Half Marathon & 5k. The event starts and finishes at the Independence Events Center. The course features roughly 2 miles of the beautiful Little Blue Trace Trail. The event benefits ProDeo Youth Center.

Thoughts On Ed Caesar's **TWO HOURS: The Quest to Run the Impossible Marathon**

By: Carlos Lozada - associate editor and nonfiction book critic of *The Washington Post*.

Pitching a perfect game. Bowling 300. Winning the Triple Crown. There are markers in sports that embody excellence, the greatest possible achievement in a particular discipline. You can't be more perfect on the mound than 27 up and 27 down; you can't roll 301; there was no fourth leg for American Pharoah to capture.

But when it comes to running, it's hard to define the ultimate standard, because someone, somewhere, someday will manage to break the tape faster, right? The four-minute mile and the 10-second 100-meter dash were once deemed unbreachable barriers. But once an athlete surpassed them, many more did. The hurdles may have been less physical than mental.

British journalist Ed Caesar has written a book about one race time that seems unfathomable, impossible, yet with each new record comes tantalizingly closer: the two-hour marathon. Fifty years ago, the record for the 26.2-mile race stood at 2 hours, 12 minutes and 2 seconds. Today, it is more than nine minutes faster, at 2:02:57. The distance to two hours is just 177 seconds, the length of a short pop song. But it's also a gap that would require an unprecedented combination of physical gifts, mental fortitude, pain tolerance, training techniques, weather conditions, and perhaps new shoe technology and nutritional advances to surmount — if it ever happens at all.

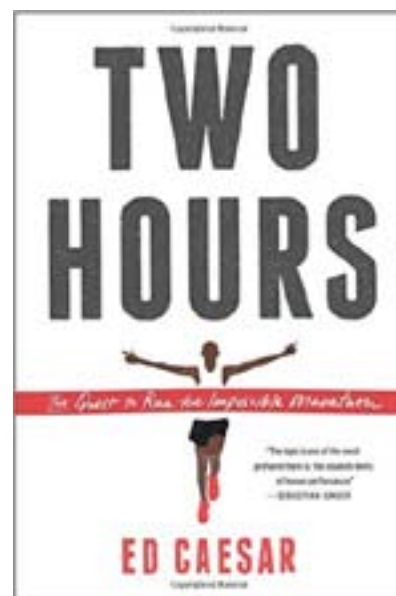
Caesar thinks it could. "The feat appears to be within the range of human possibility, in terms of physiology," he writes. "But understanding physiology is only one aspect of understanding running. Human beings are more than hearts and lungs and legs, and the quest for virgin territory more than a battle of swift feet."

The author describes that quest through the story of Geoffrey Kiprono Mutai, winner of the 2011 Boston Marathon (in a course record 2:03:02) and two-time winner of the New York City Marathon (including a course record 2:05:06 in 2011).

Mutai is a member of the Kalenjin tribe in the Rift Valley region of Kenya, which has produced an extraordinary crop of distance runners that dominate the sport.

Caesar chronicles Mutai's childhood, his training, his races, his burdens and his obsession with owning the marathon world record.

Mutai endured an abusive father and backbreaking work cutting trees and digging holes for the state power company before committing to running full time. He joined a training group — 40 or 50 other men, running three times a day — in the village of Kapng'tuny, an area the runners call "Skyland." He was broke, and his parents urged him to give up running, but after two years of training he finished second in a prestigious local race, the Kass Marathon, in two hours and 12 minutes, fast enough to earn the interest of a Dutch manager who booked him for his first "outside" race, meaning beyond Kenya's borders. He won the Monaco Marathon in March 2008, earning 4,000 euros for his effort. "His life as an international athlete had begun," Caesar writes, a life that would bring him professional success, wealth and enormous scrutiny.



Continued on page 24

Discussions of race times overpower everything among Mutai's competitors and training partners. The runners know one another by their personal bests, Caesar writes. "That guy is a two-oh-eight. This one is a two-oh-five." Mutai's goal, however, is less about the two-hour race that so animates Caesar and more about just running faster, setting a new record, being not only the swiftest but widely recognized as such.

Mutai is driven by the desire to right what he regards an injustice. His extraordinary 2011 time in Boston was then the quickest marathon ever run — almost one minute faster than the world record at the time — but because the race was not on a looped course, it did not meet official world-record standards. (Ironically, Boston is a hilly race; unlike the Berlin Marathon, for instance, it is not one that anyone enters hoping to break records.) Also, some observers discounted Mutai's Boston time because of a strong tailwind. "It was painful," he told the author. "It hurt me. But then I sit down and I tell myself, 'This is not the end.'"

So he made a pledge. "Before he retired, Mutai would beat 2:03:02 on a recognized course in unimpeachable circumstances. ... He would silence the talkers. Two-oh-two or die trying."

Spoiler: Mutai, now 34, has not reached two-oh-two, nor has he died trying. But the attempt allows Caesar to describe shifting strategies in training and racing, explore the genetics of running talent, investigate doping controversies, and detour into the lives of other East African runners. Particularly poignant is the tragic story of Sammy Wanjiru, an evanescent talent who won Olympic gold in Beijing and twice won the Chicago Marathon before alcohol abuse and money troubles overtook him. In 2011, he would die in odd circumstances — falling off a balcony during an argument with his wife — at age 24. "Running country was full of squandered, drunken talent," Caesar laments.

Wanjiru's story, and Mutai's to some extent, reveal the enormous familial and social pressures East African runners bear. The top runners not only support families and training partners, but often entire villages. "Marathon runners are not just athletes; they are economies," Caesar writes. Mutai's form may be easy and efficient — he runs "as if he is on wheels, not legs" — but his life is not. "Mutai desired more than medals or money. ... He wanted to be validated, redeemed," the author explains, not least in the eyes of his father, who had never congratulated him for his achievements. "One day," Mutai confides to the author, "we will talk."

As becomes clear not long after its starting gun, this book transcends the search for a two-hour marathon. At times one yearns for Caesar to keep his eyes on the clock, focus more on what it would take to accomplish the goal — aside, of course, from a superhuman pace of 4:34 per mile. His survey of the science of running is instructive, citing multiple studies and theories on the limits of marathon racers. For instance, Caesar cites an analysis concluding that the sub-two-hour marathon will happen sometime between 2029 and 2032, given the pace of world records and improvements in training and technology. He recounts efforts at Adidas to design the fastest running shoes. And he dwells on the work of Mike Joyner, a professor of anesthesiology at the Mayo Clinic in Rochester, Minn., who estimates that the best possible marathon time — assuming ideal values for an athlete's lactate threshold, running economy and oxygen consumption — would be an extraordinary 1:57:58.

Still, Caesar places more weight on the psychological elements of the effort, perhaps because so many top runners have overcome poverty and personal pain. "The man who runs the first sub-two-hour marathon will have overcome not only a sporting challenge but an existential one," he asserts.

That is what the race has become for so many. Some 541,000 people completed a marathon in the United States in 2013 alone, more than double the total in 1990. Participate in a marathon, or stand among the spectators, and you'll see runners of all ages, shapes, speeds and colors on the pavement. (Even this unathletic book critic has finished the Marine Corps Marathon twice, although I'm still hoping for sub-four, never mind sub-two.) We run for fitness, but also to remember loved ones, exorcise personal demons, prove something to ourselves.

But as the race has become more democratic, the community of the world's top marathoners has become more rarified, more separate. "Two Hours" shows us their world, a compelling look for all the weekend warriors toeing the line in Washington or New York in the coming weeks. And if the two-hour mark is ever reached, it won't be in one sudden, big leap for all running-kind, Caesar writes, but in "baby steps — each one taken by a member of the tiny, elite fraternity of athletes with the talent and industry to inch the sport closer to the impossible marathon."





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