

Master Pieces

**Magazine of Mid-America
Running
Association
November-
December 2016**



Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

NOVEMBER
DECEMBER
2016

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*Cover Photo: Runners passing by the
Cheesecake Factory Tower
during the Plaza 10K*

*Photo by:
Gene Wee*

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



Miles of Master Pieces

By: Renee Kidwell



As I was hiking with my dog Danny through the forest trails where I live, I experienced such pure delight last week. The glorious fall colors were approaching their peak of perfection and every bend on the trail provided a new Master Piece of nature's glory. It caused me to reflect and once again, be truly grateful for the amazing moments and blessings such as these in my life. I kept thinking of the scene before me as an artist's dream to duplicate on canvas, such a perfect Master Piece. Yet, it is more than just rare paintings or portraits we view, it's in all of those special memories caught on camera or film, within every event, special occasion, and celebration of our lives. In the creation of every new MP issue for our readers, I receive wonderful collections of race photos from our talented photographers. It always becomes a difficult decision to pick only one of them for that particular issue's cover photo. I see within every photo and the athletes captured, a unique special Master Piece. They haven't been developed through haste, but have slowly molded, and blossomed from numerous hours, dedication and hard work, creating in each of us beautiful Master Pieces.

*Wishing you a safe, memorable and healthy,
Thanksgiving of Running!*

Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

November - December 2016

While running yesterday, I was on one of my usual routes from my home, as I go through the neighborhoods, I always wonder about the houses and people. I play a guessing game in my own head, I try to imagine just who lives in the houses, what they do, what the houses look like inside. Of course, sometimes the people are outside, so I then know who the occupants are! After 45 years of running, I have to keep my mind "busy" while running. I also sometimes sing to myself, Elvis songs, of course!!!

I am wondering, do you also play these mind games? I also do a lot of planning while running, planning my day, week, month, or life in general.

I also love hearing the sounds of nature, while running, which brings up another point. I am probably among the few these days, who do not wear any kind of "listening" device while running. I have attended too many "safety while running" workshops, and have heard the statistics on those that have had incidents while running/walking. The percentage of those that are accosted, mugged and even raped is substantially higher, if the victim is wearing earbuds, headsets, etc. Case in point, also while running yesterday, two separate times I was approaching a female runner, both of them were wearing earbuds. As I was getting closer I said "on your right" neither one of them heard me until I was literally next to them and they saw me. Both of them jumped and were startled as I was going by them. Neither one of them heard my verbal warning.

Is this a sign of our times, that we cannot be alone with our own thoughts, that we have to be "entertained" all of the time? I know I am old school, but I feel my safety is much more important, I want to be able to hear what is going on around me. If one is running or walking on a treadmill in an indoor facility, then, by all means wear your earbuds. I am not even going to address the safety aspect, of those who wear their earbuds during a running event, that would be pages and pages!!!!

Wishing you happy, healthy and "safe" running and/or walking.

Karen

Sustaining MARA Members



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Kansas City, KS
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Lee's Summit, MO
Olathe, KS
Overland Park, KS
Pomona, KS
Overland Park, KS
Shawnee Mission, KS



MEDICINE, SPORT SCIENCE, & NUTRITION

Ralph R Hall M.D. FACP, FACSM

Professor of Medicine Emeritus, University of Missouri at Kansas City

TESTOSTERONE FOR OLDER MEN: Exogenous Testosterone (T) Alone or with Finasteride Increases Physical Performance, Grip Strength, and Lean Body Mass in Older Men with Low Serum T. Page Stephanie, Bremner William et al. J Clin Endocrinol Metab 2005; 90: 1502-10. The authors studied 70 men age 65 or older, 1/3 on placebo the others receiving either testosterone enanthate 200 ng/dl im every two weeks, or with T and 5mg finasteride (F) daily. After 36 months the men receiving either T or T+F increased a timed functional test by 4.3%, increased handgrip strength, decreased total body fat mass and increased lean body mass with significance of up to 0.0001. They decreased low density lipoprotein, (bad cholesterol) without affecting the good high density lipoprotein. The T decreased leptin, an appetite stimulating hormone and did not affect insulin sensitivity or serum adiponectin. The authors conclude that T therapy in older men with low serum T improves physical performance, and strength over 36 months, when administered alone or with finasteride, and suggests that levels of dihydrotestosterone are not associated with these effects.

COMMENTS: In addition to the benefits demonstrated with this research, it has been demonstrated that T increases bone mineral density. Finasteride prevents T from being converted dihydrotestosterone which is the primary hormone that causes prostate hypertrophy (growth). It is given to prevent prostrate growth and possibly, prostate cancer.

The strength of this study is that it was for 36 months. Most recent and previous studies were of much shorter duration. Having a portion of the patients receive finasteride was also unique as was including adiponectin and leptin in the study. Adiponectin appears to protect against atherosclerosis and insulin resistance.

Some recent studies have suggested that older males given T have an increased incidence of heart attacks. However, these studies were ill conceived in that men with low T have an increased incidence of heart attacks from arteriosclerotic heart disease. (Hall R. Intern Med. Alert, Vol. 18, 1995). Therefore, it is impossible to tell whether the heart attack was from the previous heart risk from low T, or from the newly prescribed T.

There are several methods of giving T. T has to be given with care in that it can cause an increase in the number of red blood cells. This makes the blood more likely to clot. The intramuscular route is slightly more likely to have this complication than the patches or gels that can be used daily. (recent studies show that T levels vary to some extent with the gels) The treatment is not as easy as one might believe from the current literature. Patients have to be followed with repeated measures of their red blood cell counts.

CAUTION: Once you use testosterone for several months to a year, you will continue to need it for the remainder of your life. The testosterone will stop the pituitary from stimulating the testes to produce more testosterone. When you stop the testosterone, instead of having some testosterone-you will have none! Some is better than none!

THOUGHTS: ---If Testosterone is good for older men why isn't good for older women? There is evidence that make one think that further studies need to be done.

First let us understand the studies that have previously received so much attention in the press. THE WOMENS HEALTH STUDY IS A STUDY CARRIED OUT AT Harvard of women who were nurses and physicians, over 20 plus years, and has examined many aspects of women's health including diet, exercise, hormone replacement etc. the WOMEN'S HEALTH INITIATIVE, is the study of the effects of estrogen on breast cancer and heart disease that was discussed in the last issue of this new letter. It was a multi-institutional study. Both of these studies have excellent web sites that provide both the pros and cons of the studies. All women should google these sites.

The Women's Health Study's data demonstrates that women who have taken estrogen live longer than women who have not. Women who have a later menopause have a significantly greater chance of living for 90 years. In the 1960s when I went into practice it was taught that early menopause was associated with early heart disease. A small study I was involved with, also suggests that estrogen is associated with improved life span. (O'Keefe, Hall, McCallister, et al. J Am Coll Cardiol; 1997;29: 1-5). The purpose of the study was to assess the effects of estrogen replacement therapy on long-term outcome, including after percutaneous transluminal angioplasty (PTCA) restenosis, myocardial infarction, stroke, and death. It was a small study with 337 patients. In short women who were receiving estrogen (and most continued to receive estrogen after their PTCA), had their coronary and a PTCA event later in life and had less long term mortality than women who did not receive estrogen.

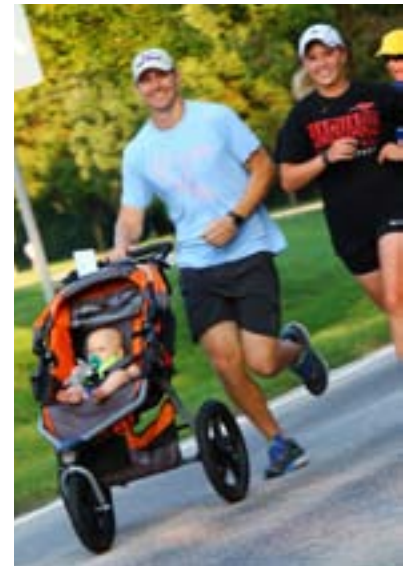
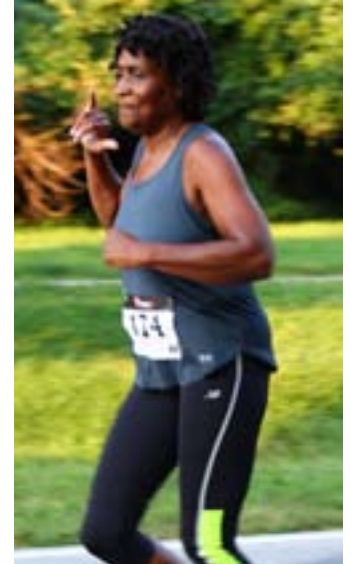
NUTRITION IN A PILL: Cate Reade MS, RD a senior fitness specialist in the Golden, Colorado region, said it well- "There are 10,000 phytochemicals that have currently been identified in plants. Zoochemicals are the animal based cousins of phytochemicals, all offer health protection and reduce the risk of disease. Try squeezing those into a single pill."

SIZE MATTERS: A study in the Journal of Occupational and Environmental Medicine found that compensation costs average \$470,000 for obese workers, \$270,000 for overweight workers compared to \$180,000 for normal weight workers. **The study was adjusted for gender, age, attorney status etc.**

BITTER BEER: A book by Jo Robinson, "Eating on the wild side," 2013, Little Brown & Co, has some interesting, useful, and healthy suggestions about the quality of food that you **shop for daily. A unique section on International bitterness units in evaluating beer was new to me. Guinness, a rather bitter beer has 45 to 60 IBUs. Bud Light has a mere 6.4 IBUs. A few German pilsners have 100 IBUs.**

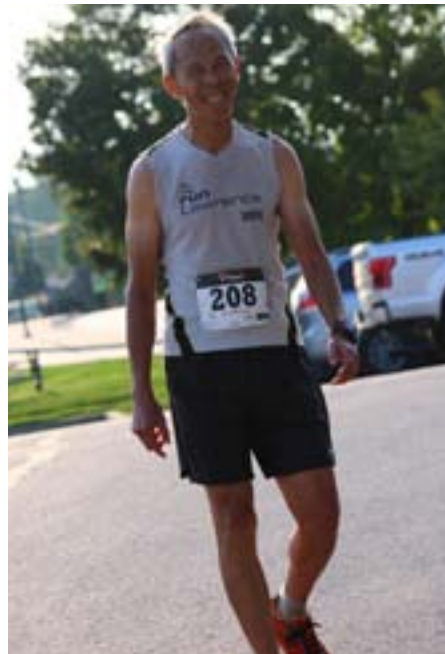
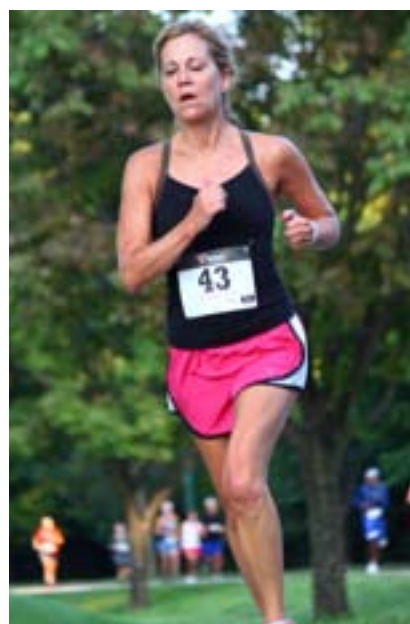
This book will change and improve your shopping and cooking habits.

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



Photos By: Michael Chaffee

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



Photos By: Michael Chaffee

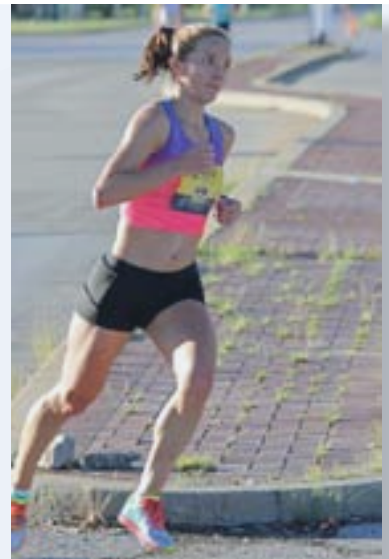
Plaza 10K

September 11, 2016

There was very nice weather conditions
for the sixth year of this beautiful run
through the iconic part of Kansas City

Total number of finishers this year
was 2811

Bird's Eye View of
the Start



Kimi Reed, 1st female
Springfield, MO



Brian Dald



Dee Boeck (190) Michael Chaffee

Photos By: Gene Wee runlawrence.com

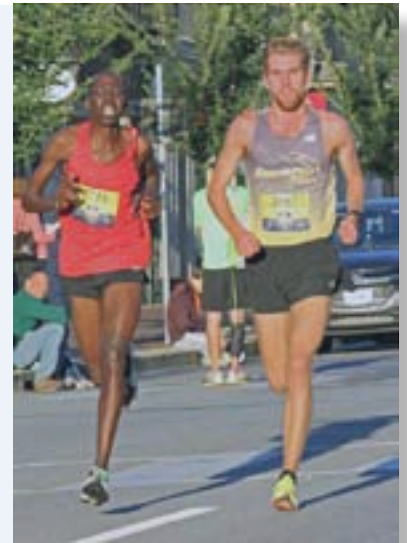
PLAZA 10K Photos Continued



Yael Abouhalkah



Country Club Bank



Evan Landes (2867, Lawrence KS) won the Plaza 10K. Peter Chebii (Wichita KS) was the second overall male.



JC Nichols Fountain



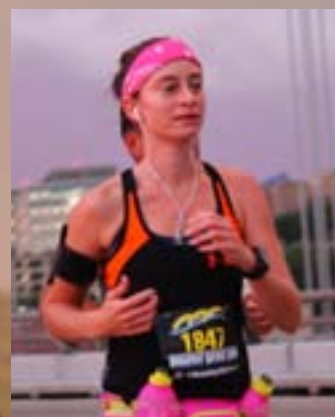
Tatsiana Khvitsko



Chiefs Nepture

Photos By: Gene Wee runlawrence.com

Broadway Bridge Run -- Half Marathon, 10K, 5K -- 9-25-16



Photos By: Michael Chaffee

Broadway Bridge Run -- Half Marathon, 10K, 5K -- 9-25-16



Photos By: Michael Chaffee

Cliff Hanger October 8, 2016

The 2016 Cliff Hanger 8K/5K was moved from its usual November date to October 8th to coincide with the centennial celebration for the Kansas City University of Medicine and Biosciences. In addition to the run, there was a multitude of family-oriented activities, including a live band, grilled hamburgers and hotdogs - all on a beautiful fall day!



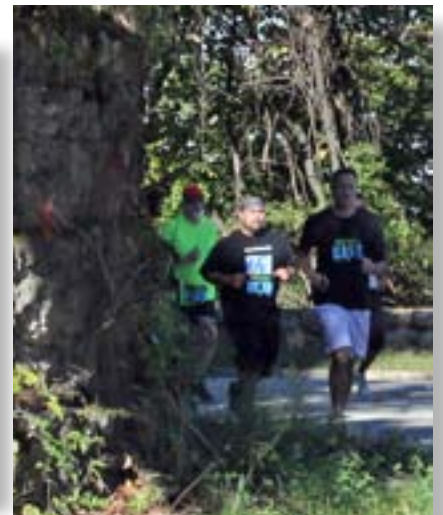
Running along the Beautiful Cliff Drive



Princess M



Photos By: Gene Wee runlawrence.com



C Gough, E Duran, J Coleman

Cliff Hanger Photo Story continued



Eric DeRocher 1st 5K Male



Celeste Leonardi & Dee Boeck



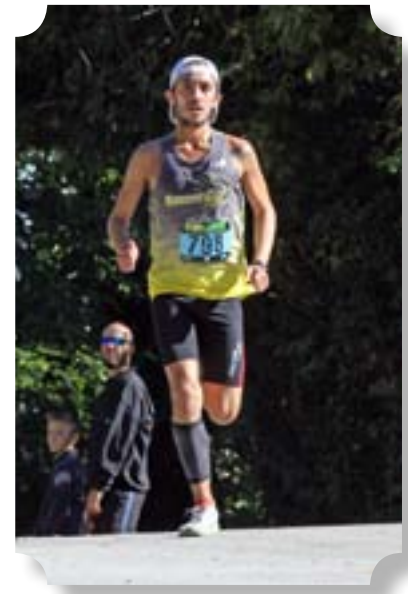
Megan Collins 1st 5K Female



Michelle Andrews 1st 8K Female



Karen Hyde & Patricia Durkin



Gerry Hernandez 1st 8K Male



Ann Nelson



Susan Moon



Herb Brown

Photos By: Gene Wee runlawrence.com

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Crazy about Cranberries for the Holidays and Beyond

The mere mention of cranberries usually brings visions of holiday eating to mind. Certainly, cranberries have long been a colorful and delicious holiday tradition in America. This fruit was known to have been an important food source to the Native Americans, who showed settlers how to mix cranberries into ground meat and fish cakes, cook them down into a sauce sweetened with maple syrup or even eat them raw. We have learned that this tart red berry is quite versatile, though, and need not be limited to only holiday fare. Dried cranberries and cranberry juice have become year round staples for many of us in the USA. Far beyond cranberry sauce, this nutrient packed fruit is a “superfood” that can be enjoyed all year round.

The cranberry plant is actually a dwarf, creeping shrub or vine with slender and wiry, woody stems that have small, evergreen leaves. They grow well in acidic sandy bogs in cooler temperatures. Fresh cranberries are harvested in September and October, so this is the best time to get them in season, which generally lasts until December. They can be refrigerated for up to two months before using and can be frozen to use later. Choose cranberries that are firm to the touch and unwrinkled. The nutritional benefits of cranberries, like the potential uses, are many. They are antioxidant power houses, outranking nearly all other fruits and vegetables in antioxidant capacity, including strawberries, spinach, broccoli, red grapes, apples and cherries. Additionally, the berries are a good source Vitamins C, A, folate, Beta-carotene and minerals like potassium and manganese, as well as fiber and a large array of phytonutrients (naturally occurring plant chemicals that help to protect the body from harmful free radicals and offer anti-inflammatory and cancer-preventing properties). Beyond just an old wives’ tale as a remedy for UTI’s, research studies do suggest that drinking cranberry juice can protect against gram negative bacterial infections, such as E.coli in the urinary system. Some tips for getting these little antioxidant powerhouses into your menus include:

- **add dried cranberries to your favorite cereal, including oatmeal
- **pair cranberries with chicken or pork dishes, such as a homemade cranberry sauce over seasoned and browned pork chops
- **make a homemade trail mix with unsalted nuts, seeds and dried cranberries
- **include a small handful of frozen cranberries in a fruit smoothie
- **toss dried or fresh cranberries into your favorite muffin or cookie recipe
- **include fresh cranberries in an apple dessert for an extra flavor kick (see recipe following)



Cranberry Apple Crisp

- 5 cups tart apples (about 6 medium apples), pared and sliced
- 1-1/2 cups fresh or frozen cranberries
- 1/3 cup sugar
- 1/2 cup flour
- 1/2 cup brown sugar
- 1 teaspoon cinnamon
- 1/4 cup butter

Preheat oven to 375. Lightly grease a 9-inch square baking pan. Layer apple slices and cranberries in pan, sprinkling with sugar as you layer.

Mix flour, brown sugar, and cinnamon together to make topping. Work in butter until light and crumbly. Sprinkle evenly over apples and cranberries.

Bake 45 minutes or until apples are tender.

Cranberry-Nut Bread

A holiday favorite in our house

- | | |
|---------------------------------------|----------------------------|
| 1 cup chopped fresh cranberries | 1/2 cup chopped nuts |
| 1 tablespoon grated fresh orange peel | |
| 2 cups flour | 1 cup sugar |
| 1-1/2 teaspoons baking powder | 1 teaspoon salt (optional) |
| 1/2 teaspoon baking soda | 2 tablespoons butter |
| 3/4 cup orange juice | 1 egg, well beaten |

Preheat oven to 350 degrees, spray loaf pan with pan coating spray. Prepare cranberries, nuts and orange peel. Mix flour, sugar, baking powder, baking soda and salt together in a bowl. Cut in butter until well combined. Stir in orange juice, egg and orange peel, mixing just enough to moisten. Fold in chopped cranberries and nuts. Spoon mixture into prepared pan. Bake 60 minutes or until wooden pick inserted in center comes out clean.

Makes one loaf.



85-Year-Old Runner Smashes World Record For Marathon In Age Group

So Inspiring.

As Reported in The Huffington Post October 17, 2016

By: Yagana Shah



Ed Whitlock runs through rain and win on Sunday at the Toronto Waterfront Marathon, where he set an age group world record. Photo: VICTOR SAILER

Runners at Sunday's Scotiabank Toronto Waterfront Marathon were probably stunned to see an 85-year-old passing them by. Marathoner Ed Whitlock of Milton, Ontario smashed the previous world record for a marathon in the 85-to-89 age group by an incredible margin.

The previous record was over four hours and 30 minutes, but Whitlock managed to complete the grueling 26.2 mile race in less than four hours. His time of 3:56:33 beat the previous record of 4:34:55, set in 2004.

Though he told Canadian Running that he felt he started the race off too fast and wasn't feeling great at around the 15-mile mark, he trudged on and was all smiles as he crossed the finish line ahead of many much younger runners.

Whitlock, who grew up in England, has been running most of his life, though he stopped racing when he moved to Canada in his 20s. But in his 40s, he took up competitive running again and has been at it ever since. Whitlock said in a 2010 interview with Runners World that for him it's about racing, rather than running for his health.

But judging by his stamina, we'd guess he's faring pretty well in that department too. As for his secret, Whitlock has said he avoids doctors and that genetics might be on his side, too. His uncle lived to 108 and was Britain's oldest man at the time of his death. Oh and he interestingly says he does most of his running around a local cemetery.

You're an inspiration, Ed! You are just one more of the many inspiring seniors that have challenged the way we view aging.

A Kansas City doctor and former marathoner discusses research on the potential effects of extreme running

BY JOE ROBERTSON
jrobertson@kcstar.com

L Kurt Becker the former marathon runner
is still mad.

Did he overreact, he wonders, over harrowing research by a Kansas City cardiologist and others that warned the running world that extreme distance running over many years may actually harm the heart?

Everyone went to see their cardiologists, Becker said. And a cardiac scan of calcified plaque in his coronary arteries — to his shock — scored at over 600, way above the healthy range.

“I panicked,” he said. It didn’t matter that he’d just reached a personal best in the Quad Cities Marathon that fall of 2013. It didn’t matter that he could then qualify for his dream of running the Boston Marathon.

He quit the long, long-distance scene and his 50 miles of running a week.

Except that now the 57-year-old Overland Park man is thinking he might pick it up again.

It’s a confusing time in the ultra-distance running world.

The Kansas City Marathon launches again this Saturday — an annual event that in 2015 saw 1,298 runners finish the 26.2-mile course. That was a 28 percent drop from the race’s peak of 1,791 in 2013. Were runners discouraged? The reasons for the decline are unknown, and the same goes for a 10 percent drop in the number of finishers of endurance events reported nationwide over the same time span by Running USA.

Whether or not some competitors are backing off, serious runners know about the controversy.

“There was a lot of antagonism among the runners and substantial attempts to discredit our research,” said Carl “Chip” Lavie, a cardiologist at the Ochsner Heart and Vascular Institute in New Orleans.

Many local runners consulted with O’Keefe, including John C. Hagan III, an ophthalmologist and editor of the journal *Missouri Medicine*, which published their study in 2014. The first public presentations of the research came in 2012. Hagan had been running great distances since 1967, for years running more than 30 miles a week, completing four marathons, two half-ironman triathlons and at least 25 Hospital Hill half-marathons in Kansas City.

“I was in denial for 40 years,” he said.

His cardiac scan hit an alarming 1,606, he said. While many factors, including genetic predisposition, can contribute to the score, the warnings in the research hit home.

One message from the cardiologists needs to be clear, Hagan said: Running is healthy. It will in most cases lower one’s cholesterol, blood pressure and body mass index — all good for cardiovascular health. It lengthens lives.

The research, however, raised questions in extreme cases when runners regularly exceed 30 miles a week over many years, and train not just for the occasional marathon, but for many of the grueling races. His family has a history of psychiatric illness, he said. “With all the stresses at work that I deal with, running has given me my life back. ... I don’t see any cap on the distance (in reaping benefits).” He and many other runners, including retired cardiologist Bill Brodine of Kansas City, take reassurance in research by exercise physiologist Thijs Eijssvogels at Radboud University Medical Center in the Netherlands and several partners.

The concern that excessive exercise may risk “deleterious cardiac effects ... is interesting and worthy of scientific consideration,” they wrote. But they found that even with life-long endurance athletes “the benefits... outweigh the risks.”

Brodine, at 65, plans to go for his fourth Boston Marathon in the spring. While the work of O’Keefe and Lavie and others has made him wary, “I have become less fearful that I am hurting myself.”

Continued on page 15

Continued from page 14

Becker is considering “nudging it back up” after dramatically cutting down his mileage.

But he has to be cautious because his family has a history — his father died at 53 of coronary heart disease. He is sure — and doctors would say he’s probably right — that running has helped protect him from cardio failure. He knows he drove his cholesterol down. But did he overdo it?

That he’s not sure of.

Cardiologists can agree that anyone engaged in intense training, especially at an advanced age, should get their heart tested regularly, Brodine said. But as for the safe limits of exercise, he said, “there is no absolute answer here.”

Recently, runners on some of Kansas City’s serious athletic clubs were putting their hearts and legs to work at Shawnee Mission East High School.

Jeremy Jordan, 29, who runs with the Kansas City Smoke racing club, was ripping around the oval track, racking up some of the 70 to 90 miles he runs each week.

“It’s in the back of my mind,” he said of the research. He and 30-year-old Rob Holcomb of Overland Park were both wearing watches that track heart rate and other health markers.

“Runners have a keen sense of their body,” said Holcomb, who runs 50 to 70 miles a week.

These large numbers of miles aren’t normal bodily wear, say the runners, who at this level are driven by competition or inner goals.

“It makes sense,” said 33-year-old Jesse Chettle of Kansas City, “that anytime you’re trashing your body, like anything, you can do too much.”

He’s running some 60 miles a week now, but did more in his college days.

His fiancée, Lindsey McDonald, 25, leads the City of Fountains Athletic Club, and they try to help runners find that level that “compliments their lifestyle.”

She has run as many as 80 miles a week, she said. The runners will continue taking notice of what research shows, she said, but the advice seems to run in circles “like every other new diet they come up with.”

While the research remains in dispute and ongoing, the findings are finally getting recognized by what has been a skeptical running establishment, Lavie said.

The magazine *Runner’s World* in September published a thorough though inconclusive analysis of the various studies with the headline: “Will Running Too Much Kill You?” The decision to run the story, Lavie said, suggests that the higher powers of running “are willing to listen to the potential risks, as long as we do not seem to be over-hyping the risks.”

“I was never trying to stop athletes from doing the (extreme running),” Lavie said. The risks are present, though relatively small, he said. His emphasis now is that the primary benefits of exercise are achieved in the first 30 to 45 minutes.

They got runners’ attention, that’s for sure, said Eladio Valdez, leader of the Runner’s Edge training group in Kansas City.

“Some stopped the marathons,” he said. “Some cut way back. It did affect our group.” Valdez, now 48, had been running up to 70 miles a week during his peak training regimens, running 25 marathons in 25 years. He’s cut back, he said, although he had physical injuries that were already easing him out of his competitive days. Some extreme runners, including some who are cardiologists, are carrying on with high-mileage workouts.

“Running is my lifeline,” said cardiologist Jim Sear at St. Luke’s Hospital. He has four marathons and 14 half-marathons on his resume. Not only does he think that cardiovascular benefits build with the extra hours on the road, but there are mental health benefits as well.

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.

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
November 2016					
Nov 5	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	www.ozarktrail100.com
Nov 5	Sat	7:30 AM	Rompin Stompin Raider 5K Run	Shawnee Mission South HS Overland Park, KS	Rompin Stompin Raider 5K Run
Nov 5	Sat	8:00 AM	Grub Run	Northland Abundant Life Center Kansas City, MO	Grub Run
Nov 5	Sat	8:00 AM	Round-A-Bout Run 5K	St. James Academy Lenexa, KS	Round-A-Bout Run
Nov 5	Sat	8:00 AM	Hayes Harvest Run 5K	Pleasant Hill Untd Methodist Church Pleasant Hill, MO	Hayes Harvest Run
Nov 5	Sat	8:00 AM	Grandview Turkey Day 5K	Grandview Amphitheater Grandview, MO	Grandview Turkey Day 5K
Nov 5	Sat	8:00 AM	Lansing Elementary PTA Turkey Trot 5K Run/Walk and Kids Dash	Lansing Elementary School Lansing, KS	PTA Turkey Trot
Nov 5	Sat	9:00 AM	Pumpkin Smash 5K Run/Walk	Waterfall Park Independence, MO	Pumpkin Smash 5K Run/Walk
Nov 5	Sat	9:00 AM	Shoal Creek Living History Wilderness Run 5K & 2 Mile	Robert H. Hodge Park Kansas City, MO	Shoal Creek Living History Wilderness Run
Nov 5	Sat	9:00 AM	Turkey Trot 5K Run & 1 Mile Fun Walk	Lee's Summit, MO	Turkey Trot 5K
Nov 5	Sat	9:00 AM	Clover Run 5K	Paola, KS	Clover Run 5K
Nov 5	Sat	9:00 AM	Cure of Ars 5K Run & 1M Fun Run	9401 Mission Rd. Leawood, KS	Cure of Ars 5K
Nov 5	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr. Topeka, KS	www.hhhstopeka.org/tails_on_the_trail0.aspx
Nov 6	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	www.kansashalfmarathon.com/
Nov 6	Sun	8:00 AM	Breath Deep Kansas City	Liberty Memorial Kansas City, MO	Breath Deep Kansas City

Nov 6	Sun	8:00 AM	Run for Adoption 5K	Waterfall Park, Bass Pro Independence, MO	Run for Adoption 5K
Nov 12	Sat	7:00 AM	Sander Saunter	Clinton Lake Lawrence, KS	trailhawks.com/races/2016/nov/12/sanders-saunter-8
Nov 12	Sat	8:00 AM	Longview Half Marathon	9035 Pittenger Rd. Grandview, MO	www.longviewhalf.com
Nov 12	Sat	8:00 AM	Billy Mills 10K	Haskell Indian Nations Univ. Lawrence, KS	Billy Mills 10K
Nov 12	Sat	9:00 AM	Thanks4Giving 5K	Remington Nature Center St. Joseph, MO	Thanks4Giving 5K
Nov 12	Sat	9:00 AM	Blue Spirngs AFJROTC 5K Hero Run	Blue Springs South HS Blue Springs, MO	AFJROTC 5K Hero Run
Nov 12	Sat	9:30 AM	Run For The Blue 5K/10K/20K Team	Tonganoxie High School Tonganoxie, KS	Run fo the Blue
Nov 13	Sun	8:00 AM	Dude, Where's the Trail? 50K Trail Run	South Marina at Lake Jacomo Kansas City, MO	Where's the Trail
Nov 13	Sun	8:30 AM	Gobbler Grind Run Marathon, Half Marathon & 5K	Corporate Woods Overland Park, KS	www.gobblergrindmarathon.com/
Nov 13	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile	Wyandotte County State Park Shelter #9 Kansas City, KS	www.psychowwyco.com/id65.html
Nov 13	Sun	9:00 AM	KU Veteran's Day Run 5K	Memorial Stadium Lawrence, KS	Veterans Day Run 5K
Nov 19	Sat	8:00 AM	AdventureMax Springfield Half Marathon & 10K	Two Rivers Bike Park Springfield, MO	www.ultramaxsports.com/adventuremax
Nov 19	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Waterfall Park(Bass Pro) Independence, MO	Turkey Trails 5k & 10K Run
Nov 19	Sat	8:00 AM	MCTP/FMWR Turkey Trot	Ft. Leavenworth Leavenworth, KS	MCTP/FMWR Turkey Trot
Nov 19	Sat	8:00 AM	Living History Farms Off Road Race	Living History Farms Urbandale, IA	Living History Farms Run
Nov 19	Sat	9:00 AM	Saunders Saunter - 10K, 25K & 50K	Clinton Lake Lawrence, KS	Sanders Saunter
Nov 19	Sat	9:00 AM	Run 4 a Reason 5K & 10K	YWCA Topeka, KS	Run 4 a Reason
Nov 19	Sat	9:00 AM	Girls on the Run Fall 5K	Arrowhead Stadium Kansas City, MO	Girls on the Run 5K
Nov 19	Sat	7:00 PM	Northern Lights Kettle Run	Zona Rosa Kansas City, MO	Northern Lights Kettle Run

Nov 20	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, Kansas	www.psychowyc.com/pilgrimpacerrun/
Nov 20	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	www.route66marathon.com/
Nov 24	Thu	8:00 AM	Lincoln YMCA Turkey Trot 5K 3x1 -Mile Relay & 1 Mile Fun Run	Cooper YMCA Lincoln, NE	Lincoln YMCA Turkey Trot
Nov 24	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	www.runlawrence.org/TDay5k.html
Nov 24	Thu	8:30 AM	Kearney Turkey Trot 4M & 1M Run/Walk	Kearney High School Kearney, MO	Kearney Turkey Trot
Nov 24	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 24	Thu	9:00 AM	Turkey Trax Running Road 5K Walk/Run	UltraMax Sports Columbia, MO	www.turkeytraxrun.com
Nov 24	Thu	9:00 AM	Liberty Giving Thanks 5K Run and Walk	Liberty Community Center Liberty, MO	www.hillcresthope.org
Nov 24	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	www.parkvilleturkeytrot.org/
Nov 24	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K	Ward Parkway Center Kansas City, MO	wardparkwaythanksgivingdayrun.com/
Nov 24	Thu	9:00 AM	Pilgrim Run 5K	Pilgrim Chapel Kansas City, MO	pilgrimrun.org
Nov 26	Sat	5:00 PM	MKA Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	www.TRMonline.org/RescueRun

December 2016

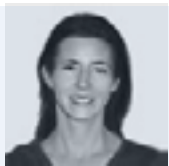
Dec 3	Sat	9:00 AM	Alternate Chili Trail Run - 10 Mile	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.psychowyc.com/id44.html
Dec 3	Sat	9:30 AM	Victory Over Vasculitis 5K	Liberty High School Liberty, MO	Victory over Vasculitis 5K
Dec 3	Sat	10:00 AM	Westport Santa Dash 5K	Kelly's in Westport Kansas City, MO	www.santadash.com/
Dec 10	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Lee's Summit, MO	Candy Cane Course 5K & 10 Run
Dec 10	Sat	9:00 AM	Kris Kringle Ugly Sweater 5K Run	Swope Park Kansas City, MO	Kris Kringle Ugly Sweater 5K Run
Dec 10	Sun	9:00 AM	Great Santa Run 5K & Lil Elves Kids Run	Johnson County Community College Overland Park, KS	www.kcsantarun.com/
Dec 11	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Underground 17501 W. 98th Street Lenexa, KS	www.jbr.org/KansasCity
Dec 31	Sat	5:00 PM	Resolution Run	El Dorado Civic Center El Dorado, KS	Resolution Run
Dec 31	Sat	11:45 PM	Run in the New Year	Wichita Boathouse Wichita, KS	www.jbr.org/KansasCity

January 2017

Jan 1	Sun	9:00 AM	Hangover Half Marathon & 5K	Wichita Boathouse Wichita, KS	Hangover Half Marathon 7 5K
Jan 1	Sun	10:00 AM	Commitment Day 5K Run/Walk	Life Time Fitness Overland Park, KS	Commitment Day 5K
Jan 7	Sat	11:00 AM	Winter Rock 25/12K	Elk City Lake Independence, MO	Winter Rock 25/12K
Jan 8	Sun	10:00 AM	Lifetime Indoor Triathlon	Lifetime Fitness Overland Park, KS	Indoor Triathlon - OP
Jan 8	Sun	10:00 AM	Lifetime Indoor Triathlon	Lifetime Fitness Leawood, KS	Indoor Triathlon - Leawood
Jan 14	Sat	8:00 AM	Battle of the Bean 5K Run/Walk	Foo's Fabulous Frozen Custard Leawood, KS	www.battleofthebean5k.com/
Jan 21	Sat	11:00 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	www.sunflowerstriders.org/topeka-to-auburn
Jan 28	Sat	9:00 AM	Freeze for the Fight KC	Kansas City, MO	Freeze for the Fight
Jan 28	Sat	9:00 AM	Polar 5K Strut	Shawnee Mission Park Lake Overland Park, KS	Polar 5K Strut
Jan 29	Sun	8:00 AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis Kansas City, MO	runsignup.com/Race/MO/KansasCity/groundhogrun?
Jan 29	Sun	9:00 AM	Psychodelic 5K Ice Version	Wyandotte County Park Kansas City, KS	www.psychowyc.com/id68.html

February 2017

Feb 4	Sat	8:00 AM	Sweetheart Shuffle 5K & 10K Run	Waterfall Park (Bass Pro) Independence, MO	Sweetheart Shuffle
Feb 4	Sat	8:00 AM	Chocolate Rush 5K & Half Marathon	Cook Center South Mid-America Nazarene University Olathe, KS	Chocolate Rush
Feb 4	Sat	11:00 AM	Polar Plunge & Strut	3300 Croco Road Topeka, KS	www.plungeks.org/plunge/topeka
Feb 25	Sat	10:00 AM	Madre Gras 5K	Downtown Kansas City, MO	Mardi Gras 5K
Feb 4	Sat	9:00 AM	Kickoff 5K Run/Walk	Arrowhead Stadium Kansas City, MO	www.kickoff5k.com
Feb 11	Sat	9:00 AM	Cupid Run 5K	Norftth Kansas City, MO	Cupid Run 5K
Feb 11	Sat	9:00 AM	Sweetheart Run 5K Run/Walk	Ritz Charles Overland Park, KS	www.kcsweetheartrun.com/
Feb 18	Sat	1:00 PM	Cupid's Undie Run	McFadden's in Power & Light Kansas City, MO	www.cupidsundierun.com/city/kansas-city
Feb 18	Sat	8:00 AM	Run Toto Run 50K, 20 Mile, 10 Mile Trail Runs	Wyandotte County Park Kansas City, KS	www.psychowyc.com/id7.html
Feb 19	Sun	8:30 AM	Pound the Ground For Kids 5K	Space Center Executive Park 1500 West Geospace Drive, Independence,	www.enter2run.com/search/event.aspx?id=34468
Feb 26	Sun	8:00 AM	Fight for Air Climb 42 Floor/902 Steps	One Kansas City Place 12th & Main Kansas City, MO	www.FightForAirClimb.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 21

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.





What you take
for GRANTED,
others may be
PRAYING for.

BE THANKFUL



"Have you ever felt worse after a run?"

- George Sheehan



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