

MASTER PIECES



**Magazine of Mid-America
Running Association
November-December 2020**

Master Pieces

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

NOVEMBER-DECEMBER
2020



Renee Kidwell
Editor



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27:- *happy Thanksgiving*

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Cover Photo:

Barkers & Caretakers enjoy
running together during the
Bark 5K on 09-05-20

By: Michael Chaffee

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

A of Season of Hope

As we soon close out the Year of 2020 & reflect on how much has changed in our lives, relationships, hobbies, habits and simple pleasures during this year of Covid 19, I am even more thankful and grateful for the little things I often took for granted, such as giving & receiving hugs from friends & neighbors and getting together on their front porch for an evening dinner together. I am also so thankful for my sweet faithful running partner, Shadow, who is truly a gal's best friend during lonely times. May this next Season and year ahead be *the Season of Hope, Healing, Health and prosperity for all.*

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Karen's Column

By Karen Raymer
President of MARA
November/December 2020

Here we are in November, eight months after the Covid 19 virus, literally shut down the world. This horrible disease, has affected each and everyone of us, in some way. The worst part is the lives that have been lost, the jobs, hopefully will come back eventually, but you cannot get back the loved ones that have been lost.

It goes without saying, that our lives will be forever changed by the occurrences of this year, but hopefully, we will come out of this with a better appreciation of what we have, and that we will stay healthy and be able to get back to some sort of semblance of our "normal" lives back, in the near future.

I believe that this time has been an "eye-opener" for many. I know that I appreciate my family and close friends even more. Keith and I also have been exercising even more than before. When we could not go do the things that we used to do for entertainment, such as: movies, eating out and traveling, we would go out for more walks. We were logging in more miles than before Covid! We also know several people that started an exercise program and hopefully will continue to do so, when this is ever over!

I hope you will take this holiday season, to reflect on what this year has taught us, and pray that next year will be better than before for all of us.

Wishing you healthy and happy walking and/or running.

Karen

MARA Sustaining Members

Anna & John Allen - Leawood, KS

Lexa Alley- Merriam, KS

Diane Bahr-Leavenworth, KS

Dave Boone-Overland Park, KS

Mary Boyce & Mary Desch - Wichita, KS

John Cookinham - Kansas City, MO

Joe Duncan - Lee's Summit, MO

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, KS



Karen & Keith Raymer - Raymore, MO

Gretchen & Stevan Ryan - Olathe, KS

Catherine Saxon Family - Lawrence, KS

Kermit Trout - Overland, Park, KS

LeRoy Unruh - Overland Park, KS

Sandie Weston - Kansas City, MO

Eugene & Marsha Wren - Shawnee Mission, KS



Bar K 5K -- Berkley Riverfront Park -- 9-5-20

Rain and thunder did not deter barkers and caretakers from coming out to Berkley Riverfront Park. Barking was the behavior of the day, although one critter let out a slow, delightful howl. With the rain stopped by race time, racers went off by pace in small groups of 4-6. Both animals and humans were on their best behavior, and the race directors put on a good race.



getting ready



heading for the start



Continued pg 5-7

Update/photos by: Michael Chaffee



pace cart shenanigans



eager to go



**"Check the oil, ma'am?
What about the fleas?"**

Update & Photos by: Michael Chaffee



leaders at one mile



happy critters



Update & Photos by: Michael Chaffee



dogpower makes you faster



Who's in charge here?



running faster than the Big Muddy



Update & Photos by: Michael Chaffee



Leawood Labor Day 5K -- 8-7-20

If the world has completed another orbit, then it must be time for the **Leawood Labor Day 5K**, which was run in waves with very small groups and ably executed by the Rotary Club.



Yoga Warmup



a race doesn't work without
good volunteers



#200 is ready to go



handing out shirts



Continued pg8-11

Update & Photos by: Michael Chaffee



Rick Hogan ponders whether to run or ride his bike



world travelers



ready to break 20



how do you cheer with this thing on?



Photographer social distancing from the start



the run benefits the Rotary Club



yellin' for Rick Hogan (doesn't everybody?)



Update & Photos by: Michael Chaffee



packet pickup



Holding the curve at the start



being "bold" on
the course



three former Lancers: Wyatt Pearlman,
Jack Fisher, Jack Slaughter

Update & Photos by: Michael Chaffee



at one mile



Cindy Cameron on the road



Jack Fisher



2nd & 3rd



Dad & daughter



headin' home: no time for tennis



Mahomes in a box

Update & Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

Cozy and Hardy Soups with Barley

Often overlooked or thought of for use primarily in brewing and stock feed, barley is a hearty and hardy whole grain with a rich texture and full grain flavor. Barley's history is intertwined with that of many nations and people and is considered to be one of the first cultivated grains, dating back as early as 10,000 years ago. It is said to even have travelled westward across the prairie with pioneer settlers. Barley is grown in temperate climates worldwide and has a great deal of versatility in cooking. It can be used as a cereal, in soups and stews and as a rice substitute, such as risotto. Barley does have gluten. Many of us enjoy it for its delightful flavor and texture and I certainly remember our Mom incorporating it in some of her delicious, homemade soups years ago. As with many whole grains, barley previously had to cook for quite a while, but processing methods have led to medium barley that takes less than an hour to simmer and quick barley that can be ready in 10 minutes. Most barley is sold as "pearled", which means the outer tough, tight-fitting hull has been removed from the grain kernels. As many of us seek comfort and warmth in our lives during winter and in these challenging times, rediscovering barley, along with cooking more at home, may indeed lend a bit of help.

Here are a few ideas from the Quaker Oats Company several years ago.

Hearty Vegetable Barley Soup

½ lb.- 1 lb. lean ground beef or ground turkey

½ cup chopped onion

1 clove garlic, minced

7 cups water

16-oz can diced tomatoes, un-drained

½ cup medium barley

½ cup each slice carrots and celery

2 beef bouillon cubes

1 tsp basil, 1 bay leaf

One (9-oz.) package frozen mixed vegetables

Salt & pepper to taste



In a large pot, brown ground beef or turkey, add onion and garlic, cook until tender. Add remaining ingredients, except frozen vegetables. Bring to a boil, reduce heat to low and simmer approx 40 minutes, stirring occasionally. Add frozen vegetables, cook 10-15 minutes or until vegetables and barley are tender. Add additional water or broth if soup becomes too thick upon standing. Soup can also be made without ground beef or turkey for a vegetarian option.

Makes ten 1-cup servings

High School cross country meet at Frontier Trail Middle School on Oct 24.

In spite of the COVID19 pandemic, high school cross country season went on with precautionary measures to make the gatherings as safe as possible for the athletes and families who came out to cheer. On Oct 24th, one of the four regional championships for Kansas 6A schools was hosted by Olathe North. The course was at Frontier Trail Middle School.

The Kansas State Cross Country championships were held Oct 31, the 6A & 5A schools competed in Augusta, Kansas.



Boys race string out next to 143rd St.



Anjall Hocker Singh of Olathe North came in alone to win the girls race.



Charis Robinson of Olathe West got loud encouragement from a fan with the enthusiasm of a Mom.

Continued on page 14

Update/photos by: Gene Wee



*High School cross
country meet at
Frontier Trail
Middle School
Continued*

Quenton Walion of Gardner-Edgerton High won the sprint at the finish over Ben Shyrock of Lawrence Free State.



The three leaders in the girls race after one lap on the two and a half lap course.

You couldn't escape the political campaign signs in the neighborhood of this event just before the elections.

Update/photos by: Gene Wee

Muddy Hutch 5K -- Hutchinson, KS -- 9-19-20

30 obstacles, several muddy. Unfortunately, as you might expect, the obstacles were spread out along the 5K course, so seeing most of them became an obstacle for spectators and Old Photographers. But the double mud/water pit finishing obstacle was satisfying. The race went off in waves of ten to fifteen people.



"Pals" in Black won



Continued on pg 17



Update & Photos by: Michael Chaffee

Muddy Hutch 5K -- Hutchinson, KS -- 9-19-20



Warmup group - Next year's Mudders



Mother and Son Members of
the exhibition



Slogging to the finish

Update & Photos by: Michael Chaffee

Big 12 Cross Country Championship -- Rim Rock Farm -- Lawrence, Kansas -- 10-30-20

The Photographer was a bit late for the women's race, won for the third straight time by Iowa State's Callie Logue. Iowa State also took the women's title. The men's championship, won by Wesley Kiptoo of Iowa State, was as tight as can be in the team competition between Iowa State and Oklahoma State, as a tiebreaker was required, i.e., the team with the faster sixth runner would win. That runner ran for Oklahoma State. A bright Kansas sun made runners and fans pleased to be involved in athletics again.



women at 3 miles

Continued on pg 18

Update & Photos by: Michael Chaffee

Big 12 Cross Country Championship --



Rose-colored Finish



Into the finish chute

Update & Photos by: Michael Chaffee

**Sara Hall Chases Down a Personal Best at 2020
London Marathon**
From Runner's World Newsletter
Sun Oct 4 @ 12:01PM



Sara Hall kept picking off runners until the very end, chasing down Ruth Chepngetich in the final stretch of today's race to finish second at the London Marathon in 2:22:01—a PR by 15 seconds. Brigid Kosgei won her second London in a row in 2:18:58.

Hall moved up steadily in the second half of the race. She went through halfway in 1:10:27 in ninth place. She moved into sixth place over the next 10 kilometers, then to fourth at 35K. At 40K, with only about a mile and a quarter to run, Hall was in third, 40 seconds behind Chepngetich. Hall, a former steeplechaser, kept pressing like she was in a track race, and sprinted past Chepngetich in the final 150 meters.

November 2020			Mid-America Running Association		
Nov 1	Sun	7:00 AM	Bass Pro Conservation Marathon Full, Relay, Half & 5K	Bass Pro Shops Springfield, MO	Bass Pro Marathon
Nov 1	Sun	7:30 AM	Kansas Half Marathon & 5K - Cancelled	Downtown Lawrence, KS	Kansas Half Marathon
Nov 1	Sun	8:30 AM	Gobbler Grind Run Marathon, Half Marathon & 5K	Corporate Woods Overland Park, KS	Gobbler Grind
Nov 1	Sun	8:30 AM	Who Let the Dogs Out 5K	Sedgwick County Park Wichita, KS	Who Let the Dogs Out 5K
Nov 1	Sun	9:00 AM	Tom Strong 5K	Booth Memorial Stadium Lawrence, KS	Tom Strong 5K
Nov 7	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	Ozark Trail 100
Nov 7	Sat	7:00 AM	Sanders Saunter - Virtual	Clinton Lake Lawrence, KS	Sanders Saunter
Nov 7	Sat	8:00 AM	Fidelity Bank River Run 10K, 5K, 2M Walk/Jog	Wichita, KS	Riverfest River Run
Nov 7	Sat	8:00 AM	Grandview Turkey Day 5K Fun Run/Walk	Grandview Amphitheater Grandview, MO	Grandview Turkey Day 5K
Nov 7	Sat	8:00 AM	Run for the Nations 5K	Kansas City, MO	Run for the Nations 5K
Nov 7	Sat	8:00 AM	Veterans Voyage North KC	TBD Kansas City, MO	Veterans Voyage North KC
Nov 7	Sat	8:00 AM	Run for the Summit 5K	Downtown Lee's Summit, MO	Run for the Summit 5K
Nov 7	Sat	8:00 AM	Longview Half Marathon, 10K & 5K	9035 Pettinger Rd. Grandview, MO	Longview Half Marathon
Nov 7	Sat	8:00 AM	The Innsbrook Half Marathon	Innsbrook, MO	The Innsbrook Half Marathon
Nov 7	Sat	8:30 AM	Heroes Run	Willard Community Center Willard, MO	Heroes Run
Nov 7	Sat	9:00 AM	Seize the Day 5K	Jordan Valley Park Springfield, MO	Seize the Day 5K
Nov 7	Sat	9:00 AM	Gobble Wobble Run/Walk	401 S. Jane Haysville, KS	Gobble Wobble Run/Walk
Nov 7	Sat	9:00 AM	Wilderness Run	Hodge Park Kansas City, MO	Wilderness Run
Nov 7	Sat	9:00 AM	Cure' of Ars 5K	Cure of Ars Church Leawood, KS	Cure' of Ars 5K
Nov 7	Sat	9:00 AM	Clover Run 5K	Wallace Park Paola, KS	Clover Run 5K
Nov 7	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr. Topeka, KS	Tails on the Trail
Nov 7	Sat	10:00 AM	Veterans' Day Honor Walk & 5K Run	Stephen Lake Park Columbia, MO	Veterans' Day Honor Walk & 5K Run
Nov 7	Sat	3:00 PM	Cross Country 5K for Christ's Kids	Scott City, KS	Cross Country 5K for Christ's Kids
Nov 7	Sat	4:00 PM	Weston Bluffs Trail 5K & 10K	Weston, MO	Weston Bluffs Trail 5K & 10K
Nov 8	Sun	7:30 AM	Rompin' Stompin' Raider Band 5K	Shawnee Mission South HS Overland Park, KS	Rompin' Stompin' Raider Band 5K

Nov 8	Sat	7:30 AM	Dogwood Canyon 15K Trail Run	Dogwood Canyon Nature Park Lampe, MO	Dogwood Canyon Trail Runs
Nov 8	Sun	8:00 AM	Billy Mills 10K - Cancelled	Haskell University Lawrence, KS	Billy Mills 10K
Nov 8	Sun	8:00 AM	Hope on the Hill KC 5K	WW1 Memorial Kansas City, MO	Hope on the Hill KC 5K
Nov 8	Sun	8:00 AM	Veterans Day 5K	Wichita, KS	Veterans Day 5K
Nov 8	Sun	8:00 AM	Chasing State Records	Lawrence, KS	Chasing State Records
Nov 8	Sun	8:00 AM	Blue Springs Runners' 50/50	Longview Lake Trail Kansas City, MO	Blue Springs Runners' 50/50
Nov 8	Sun	8:00 AM	March in the Saints 5K	Messiah Lutheran Church Lindsborg, KS	March in the Saints 5K
Nov 8	Sun	8:00 AM	Grandview Turkey Day 5K	13611 Byars Rd. Grandview, MO	Grandview Turkey Day 5K
Nov 8	Sun	8:00 AM	Dream Dash 5K	Southcreek Office Park Overland Park, KS	Dream Dash 5K
Nov 8	Sun	8:30 AM	Wizard Run - Columbia	Cosmo Park Columbia, MO	Wizard Run - Columbia
Nov 13-14	Fri-Sat	7:00 PM	KUS 6/12/24 Hour Run	Cessna Activity Center Wichita, KS	KUS 6/12/24 Hour Run
Nov 13	Fri	10:00 PM	Run to the Lights 5K Run/Walk	Silver Dollar City Branson, MO	Run to the Lights 5K Run/Walk
Nov 14	Sat	8:00 AM	Stearman's 5 Mile Run Walk Kid's Runway Trot	Stearman Field Benton, KS	Stearman's 5 Mile Run Walk
Nov 14	Sat	8:00 AM	Diabetes Dash 5K CoMo	401 Clinkscales Rd. Columbia, MO	Diabetes Dash 5K CoMo
Nov 14	Sat	8:30 AM	Ruck 'n' Run	Meadowview Baptist Church Hutchinson, KS	Ruck 'n' Run
Nov 14	Sat	9:00 AM	OLP Turkey Trot 5K & 1 Mile Fun Run/Walk	Unity Village Lee's Summit, MO	OLP Turkey Trot
Nov 14	Sat	9:00 AM	War Horses for Veterans 5K	Liberty Memorial Kansas City, MO	War Horses for Veterans 5K
Nov 14	Sat	9:00 AM	Sacred Heart Knight's Club 5K	Salina, KS	Sacred Heart Knight's Club 5K
Nov 14	Sat	9:00 AM	Hot Chocolate 15K/5K	Arrowhead Stadium Kansas City, MO	Hot Chocolate 15K/5K
Nov 14	Sat	9:00 AM	Girls' on the Run Greater KC Fall 5K	Children's Mercy Park Kansas City, KS	Girls' on the Run
Nov 14	Sat	9:00 AM	Red Kettle Run	Camp Hiawatha Wichita, KS	Red Kettle Run
Nov 14	Sat	9:00 AM	KS Proud 10 Miler & 12 Mile Ruck March	All Veterans Memorial Park Emporia, KS	KS Proud 10 Miler
Nov 14	Sat	9:30 AM	Freedom Fest 5K Run/Walk	Emporia All Veterans Memorial Emporia, KS	Freedom Fest 5K Run/Walk
Nov 14	Sat	9:45 AM	HRC Turkey Trot 5K & 10K	Hays, KS	HRC Turkey Trot 5K & 10K
Nov 14	Sat	3:30 PM	Cup of Hope 5K	1125 S. Summit St. Arkansas City, KS	Cup of Hope 5K
Nov 15	Sun	7:30 AM	Dogwood Canyon 25K & 50K Trail Runs	Dogwood Canyon Nature Park Lampe, MO	Dogwood Canyon Trail Runs

Nov 15	Sun	8:00 AM	The Bill Grevas & Cindy Curran 5K Memorial Run/ Walk	Sacred Heart High School Salina, KS	5K Memorial Run/Walk
Nov 15	Sun	8:00 AM	Capital Pursuit - 10 Mile	Locust & 15th Street Des Moines, IA	Capital Pursuit
Nov 15	Sun	9:00 AM	KU Vets Day 5K	Memorial Stadium Lawrence, KS	KU Vets Day 5K
Nov 15	Sun	9:00 AM	Blue Springs First Responder Hero Run	Blue Springs South High School Blue Springs, MO	First Responder Hero Run
Nov 15	Sun	2:00 PM	Girls on the Run Heart of Kansas Fall 5K	Watson Park Wichita, KS	Girls on the Run Heart of Kansas Fall
Nov 20	Fri	5:00 PM	Thanksgiving Day Turkey Trot	Moberly, MO	Thanksgiving Day Turkey Trot
Nov 21	Sat	7:30 AM	The Wizarding Run	Columbia, MO	The Wizarding Run
Nov 21	Sat	7:45 AM	44rd Annual Wichita Turkey Trot 10M & 2M	Cowtown Wichita, KS	Wichita Turkey Trot
Nov 21	Sat	8:00 AM	Honoring Our Heroes Marathon	Rolla, MO	Honoring Our Heroes Marathon
Nov 21	Sat	8:00 AM	Turkey Trails 5K & 10K Run	Bass Pro/Waterfall Park Independence, MO	Turkey Trails 5k & 10K Run
Nov 21	Sat	8:30 AM	Pound the Pavement for Parkinson's 5K	McBride Elementary Springfield, MO	Parkinson's 5K
Nov 21	Sat	9:00 AM	Washburn Rural 5K	Washburn Rural High School Topeka, KS	Washburn Rural 5K
Nov 21	Sat	9:00 AM	Senior Specialists Trails & Tails 5K	5401 Gene Field Road Saint Joseph, MO	Senior Specialists Trails & Tails 5K
Nov 21	Sat	9:00 AM	Frosty Fun Runs	City Teen Center Salina, KS	Frosty Fun Runs
Nov 21	Sat	9:00 AM	MCTP/FMWR Turkey Trot	185 Fourth St. Fort Leavenworth, KS	MCTP/FMWR Turkey Trot
Nov 21	Sat	9:00 AM	Angela's Army 5K & 1M Family Stroll	Grain Valley, MO	Angela's Army 5K & 1M Family Stroll
Nov 21	Sat	10:00 AM	Vet and Pets 5K	Shawnee Mission Park Lenexa, KS	Vet and Pets 5K
Nov 21	Sat	5:30 PM	Winter Wonderland 5K Run/Walk	Lake Shawnee Campground Topeka, KS	Winter Wonderland 5K
Nov 22	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	Williams Route 66 Marathon
Nov 22	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, KS	Pilgrim Pacer Run
Nov 26	Thu	7:30 AM	Turkey Scramble	Ozark, Mo	Turkey Scramble
Nov 26	Thu	7:30 AM	Joplin Turkey Trot 5K	206 S. Main Joplin, Mo	Joplin Turkey Trot 5K
Nov 26	Thu	8:00 AM	Turkey Trot 5K	Springfield Expo Center Springfield, MO	Turkey Trot 5K
Nov 26	Thu	8:00 AM	Trojan Turkey Trot 5K	Andover High School Andover, KS	Trojan Turkey Trot 5K
Nov 26	Thu	8:00 AM	Walnut Turkey Day Dash	Walnut Elementary School Emporia, KS	Walnut Turkey Day Dash
Nov 26	Thu	8:00 AM	Turkey Trot 5K	Moberly, MO	Turkey Trot 5K

Nov 26	Thu	8:00 AM	Branson Turkey Trot 5K	Branson Landing Branson, MO	Branson Turkey Trot 5K
Nov 26	Thu	8:30 AM	Thanksgiving Day Pie Run - 5K & 10K	Parks & Rec Multipurpose Bldg. North Jefferson City, MO	Thanksgiving Day Pie Run
Nov 26	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	runLawrence Thanksgiving
Nov 26	Thu	8:30 AM	Kearney Turkey Trot	Kearney High School Kearney, MO	Kearney Turkey Trot
Nov 26	Thu	8:30 AM	Kansas Turkey Trot for Heroes	Combat Air Museum Topeka, KS	Kansas Turkey Trot for Heroes
Nov 26	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park, KS	Thanksgiving Day 5K
Nov 26	Thu	9:00 AM	Turkey Trax Running Road 5K Walk/Run	UltraMax Sports Columbia, MO	Turkey Trax
Nov 26	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	Parkville Turkey Trail Trot
Nov 26	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K/10K	Ward Parkway Center Kansas City, MO	Ward Parkway Thanksgiving Day 5K
Nov 26	Thu	9:00 AM	Pilgrim Run 5K	Pilgrim Chapel Kansas City, MO	Pilgrim Run
Nov 26	Thu	9:00 AM	Kansas City Turkey Trot 8K & 5K	Arrowhead Stadium Kansas City, MO	Kansas City Turkey Trot
Nov 26	Thu	9:00 AM	Gobble Wobble 5K	El Dorado, KS	Gobble Wobble 5K
Nov 26	Thu	9:00 AM	Willard Turkey Trot	Willard, MO	Willard Turkey Trot
Nov 26	Thu	9:00 AM	Liberty Gives Thanks 5K	Liberty Community Center Liberty, MO	Liberty Gives Thanks 5K
Nov 26	Thu	9:00 AM	MHK Turkey Trot	Aggieville Manhattan, KS	MHK Turkey Trot
Nov 26	Thu	9:30 AM	Say Grace Thanksgiving Race	St. Francis Medical Center Wichita, KS	Say Grace Thanksgiving Race
Nov 28	Sat	5:00 PM	Miracle on Kansas Avenue Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	MKA Rescue Run
Nov 29	Sat	9:00 AM	Talk 2 Me 5K	Rockhurst High School Kansas City, MO	Talk 2 Me 5K
December 2020					
Dec 4	Fri	7:00 PM	Reindeer Run 5K	J.R. Martin Park Republic, MO	Reindeer Run 5K
Dec 5	Sat	6:00 AM	36 Hours of Jack 5K, 15K, 30K, 50K, 80K, 100K, 100M, 200K	521 Robert Ellis Young Dr. Carthage, MO	36 Hours of Jack
Dec 5	Sat	8:00 AM	Big Chill - Half Marathon, 10K, 5K	618 Commercial Emporia, KS	Big Chill
Dec 5	Sat	8:00 AM	Jingle Bell Run - Columbia	Stephens College Columbia, MO	Jingle Bell Run - Columbia
Dec 5	Sat	8:00 AM	The Big Chill	618 Commercial St. Emporia, KS	The Big Chill
Dec 5	Sat	8:30 AM	St. Nick 5 Klick & Little Dashers Run	Sedgwick County Park Wichita, KS	St. Nick 5 Klick & Little Dashers Run
Dec 5	Sat	8:30 AM	Christmas Mile & 5K	CoxHealth Fitness Center Springfield, MO	Christmas Mile & 5K

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 Stevan.Ryan@Outlook.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
Dec 5	Sat	9:00 AM	Westport Santa Dash	Westport Kansas City, MO	Westport Santa Dash
Dec 5	Sat	TBD	Candy Cane Course 5K	North Kansas City YMCA North Kansas City, MO	Candy Cane Course 5K
Dec 5	Sat	9:00 AM	The Great Santa Run 5K	Downtown Wichita, KS	The Great Santa Run 5K
Dec 5	Sat	10:00 AM	Rudolph Run 5K & 2M Fun Run	Peebles Complex Garden City, KS	Rudolph Run 5K & 2M Fun Run
Dec 5	Sat	10:30 AM	Jingle Bell 5K	Downtown Peabody, KS	Jingle Bell 5K
Dec 6	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Underground Lenexa, KS	Jingle Bell Run/Walk
Dec 6	Sun	9:00 AM	Great Santa Run 5K & Lil Elves Kids Run	12345 W. College Blvd. Overland Park, KS	Great Santa Run
Dec 6	Sun	9:55 AM	Heart of Missouri Girls on the Run 5K	Bear Creek Trail Columbia, MO	Heart of Missouri Girls on the Run 5K
Dec 6	Sun	9:00 PM	Run to the Lights 5K @ Silver Dollar City	Silver Dollar City Branson, MO	Run to the Lights 5K
Dec 11	Fri	5:30 PM	Candy Cane Course North	TBD Kansas City, MO	Candy Cane Course North
Dec 12	Sat	8:00 AM	Candy Cane Course	City Hall Lee's Summit, MO	Candy Cane Course
Dec 12	Sat	8:00 AM	Springfield Santa Run	438 E. St.Louis St. Springfield, MO	Springfield Santa Run
Dec 12	Sat	8:30 AM	Joplin Memorial Run	Memorial Hall Joplin, MO	Joplin Memorial Run
Dec 12	Sat	9:00 AM	Kris Kringle 5K Run	Swope Park Kansas City, MO	Kris Kringle 5K Run
Dec 12	Sat	9:00 AM	Jingle Bell Run 5K & 1 Mile	Exploration Place Wichita, KS	Jingle Bell Run
Dec 12	Sat	9:00 AM	Santa Express 5K	National Agricultural Center Bonner Springs, KS	Santa Express 5K
Dec 19	Sat	8:00 AM	Kringle Jingle 5K	300 N. 10th St. Columbia, MO	Kringle Jingle 5K
Dec 19	Sat	9:00 AM	Christmas Corral Half Marathon + 4 Mile	204 E. Main Pretty Prairie, KS	Christmas Corral
Dec 19	Sat	9:00 AM	Santa Shuffle Run 5K Run/Walk	E. 17th Terr. & Vine St. Kansas City, MO	Santa Shuffle Run 5K Run/Walk
Dec 19	Sat	10:00 AM	Run for the Ranch 6 Hour, Marathon, Marathon Relay, & Half	Kings & Normal Streets Springfield, MO	Run for the Ranch
Dec 26	Sat	6:00 AM	Last Chance Ultra 100 Miler, 50 Miler, 50K	Stockton, MO	Last Chance Ultra
Dec 31	Tue	5:00 PM	Resolution Run 5K	El Dorado Civic Center El Dorado, KS	Resolution Run5K
Dec 31	Thu	11:45 PM	Run in The New Year	Wichita Boathouse Wichita, KS	Run in The New Year

Nov 8	Sun	7:30 AM	Rompin' Stompin' Raider Band 5K	Shawnee Mission South HS Overland Park, KS	Rompin' Stompin' Raider Band 5K
Nov 8	Sat	7:30 AM	Dogwood Canyon 15K Trail Run	Dogwood Canyon Nature Park Lampe, MO	Dogwood Canyon Trail Runs
Nov 8	Sun	8:00 AM	Billy Mills 10K - Cancelled	Haskell University Lawrence, KS	Billy Mills 10K
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Nov 8	Sun	8:00 AM	Veterans Day 5K	Wichita, KS	Veterans Day 5K
Nov 8	Sun	8:00 AM	Chasing State Records	Lawrence, KS	Chasing State Records
Nov 8	Sun	8:00 AM	Blue Springs Runners' 50/50	Longview Lake Trail Kansas City, MO	Blue Springs Runners' 50/50
Nov 8	Sun	8:00 AM	March in the Saints 5K	Messiah Lutheran Church Lindsborg, KS	March in the Saints 5K
Nov 8	Sun	8:00 AM	Grandview Turkey Day 5K	13611 Byars Rd. Grandview, MO	Grandview Turkey Day 5K
Nov 8	Sun	8:00 AM	Dream Dash 5K	Southcreek Office Park Overland Park, KS	Dream Dash 5K
Nov 8	Sun	8:30 AM	Wizard Run - Columbia	Cosmo Park Columbia, MO	Wizard Run - Columbia
Nov 13-14	Fri-Sat	7:00 PM	KUS 6/12/24 Hour Run	Cessna Activity Center Wichita, KS	KUS 6/12/24 Hour Run
Nov 13	Fri	10:00 PM	Run to the Lights 5K Run/Walk	Silver Dollar City Branson, MO	Run to the Lights 5K Run/Walk
Nov 14	Sat	8:00 AM	Stearman's 5 Mile Run Walk Kid's Runway Trot	Stearman Field Benton, KS	Stearman's 5 Mile Run Walk
Nov 14	Sat	8:00 AM	Diabetes Dash 5K CoMo	401 Clinkscapes Rd. Columbia, MO	Diabetes Dash 5K CoMo
Nov 14	Sat	8:30 AM	Ruck 'n' Run	Meadowview Baptist Church Hutchinson, KS	Ruck 'n' Run
Nov 14	Sat	9:00 AM	OLP Turkey Trot 5K & 1 Mile Fun Run/Walk	Unity Village Lee's Summit, MO	OLP Turkey Trot
Nov 14	Sat	9:00 AM	War Horses for Veterans 5K	Liberty Memorial Kansas City, MO	War Horses for Veterans 5K
Nov 14	Sat	9:00 AM	Sacred Heart Knight's Club 5K	Salina, KS	Sacred Heart Knight's Club 5K
Nov 14	Sat	9:00 AM	Hot Chocolate 15K/5K	Arrowhead Stadium Kansas City, MO	Hot Chocolate 15K/5K
Nov 14	Sat	9:00 AM	Girls' on the Run Greater KC Fall 5K	Children's Mercy Park Kansas City, KS	Girls' on the Run
Nov 14	Sat	9:00 AM	Red Kettle Run	Camp Hiawatha Wichita, KS	Red Kettle Run
Nov 14	Sat	9:00 AM	KS Proud 10 Miler & 12 Mile Ruck March	All Veterans Memorial Park Emporia, KS	KS Proud 10 Miler
Nov 14	Sat	9:30 AM	Freedom Fest 5K Run/Walk	Emporia All Veterans Memorial Emporia, KS	Freedom Fest 5K Run/Walk
Nov 14	Sat	9:45 AM	HRC Turkey Trot 5K & 10K	Hays, KS	HRC Turkey Trot 5K & 10K
Nov 14	Sat	3:30 PM	Cup of Hope 5K	1125 S. Summit St. Arkansas City, KS	Cup of Hope 5K
Nov 15	Sun	7:30 AM	Dogwood Canyon 25K & 50K Trail Runs	Dogwood Canyon Nature Park Lampe, MO	Dogwood Canyon Trail Runs
Nov 15	Sun	8:00 AM	The Bill Grevas & Cindy Curran 5K Memorial Run/ Walk	Sacred Heart High School Salina, KS	5K Memorial Run/Walk
Nov 15	Sun	8:00 AM	Capital Pursuit - 10 Mile	Locust & 15th Street Des Moines, IA	Capital Pursuit

Nov 15	Sun	9:00 AM	KU Vets Day 5K	Memorial Stadium Lawrence, KS	KU Vets Day 5K
Nov 15	Sun	9:00 AM	Blue Springs First Responder Hero Run	Blue Springs South High School Blue Springs, MO	First Responder Hero Run
Nov 15	Sun	2:00 PM	Girls on the Run Heart of Kansas Fall 5K	Watson Park Wichita, KS	Girls on the Run Heart of Kansas Fall
Nov 20	Fri	5:00 PM	Thanksgiving Day Turkey Trot	Moberly, MO	Thanksgiving Day Turkey Trot
Nov 21	Sat	7:30 AM	The Wizarding Run	Columbia, MO	The Wizarding Run
Nov 21	Sat	7:45 AM	44rd Annual Wichita Turkey Trot 10M & 2M	Cowtown Wichita, KS	Wichita Turkey Trot
Nov 21	Sat	8:00 AM	Honoring Our Heroes Marathon	Rolla, MO	Honoring Our Heroes Marathon
Nov 21	Sat	8:00 AM	Turkey Trails 5K & 10K Run	Bass Pro/Waterfall Park Independence, MO	Turkey Trails 5k & 10K Run
Nov 21	Sat	8:30 AM	Pound the Pavement for Parkinson's 5K	McBride Elementary Springfield, MO	Parkinson's 5K
Nov 21	Sat	9:00 AM	Washburn Rural 5K	Washburn Rural High School Topeka, KS	Washburn Rural 5K
Nov 21	Sat	9:00 AM	Senior Specialists Trails & Tails 5K	5401 Gene Field Road Saint Joseph, MO	Senior Specialists Trails & Tails 5K
Nov 21	Sat	9:00 AM	Frosty Fun Runs	City Teen Center Salina, KS	Frosty Fun Runs
Nov 21	Sat	9:00 AM	MCTP/FMWR Turkey Trot	185 Fourth St. Fort Leavenworth, KS	MCTP/FMWR Turkey Trot
Nov 21	Sat	9:00 AM	Angela's Army 5K & 1M Family Stroll	Grain Valley, MO	Angela's Army 5K & 1M Family Stroll
Nov 21	Sat	10:00 AM	Vet and Pets 5K	Shawnee Mission Park Lenexa, KS	Vet and Pets 5K
Nov 21	Sat	5:30 PM	Winter Wonderland 5K Run/Walk	Lake Shawnee Campground Topeka, KS	Winter Wonderland 5K
Nov 22	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	Williams Route 66 Marathon
Nov 22	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, KS	Pilgrim Pacer Run
Nov 26	Thu	7:30 AM	Turkey Scramble	Ozark, Mo	Turkey Scramble
Nov 26	Thu	7:30 AM	Joplin Turkey Trot 5K	206 S. Main Joplin, Mo	Joplin Turkey Trot 5K
Nov 26	Thu	8:00 AM	Turkey Trot 5K	Springfield Expo Center Springfield, MO	Turkey Trot 5K
Nov 26	Thu	8:00 AM	Trojan Turkey Trot 5K	Andover High School Andover, KS	Trojan Turkey Trot 5K
Nov 26	Thu	8:00 AM	Walnut Turkey Day Dash	Walnut Elementary School Emporia, KS	Walnut Turkey Day Dash
Nov 26	Thu	8:00 AM	Turkey Trot 5K	Moberly, MO	Turkey Trot 5K
Nov 26	Thu	8:00 AM	Branson Turkey Trot 5K	Branson Landing Branson, MO	Branson Turkey Trot 5K
Nov 26	Thu	8:30 AM	Thanksgiving Day Pie Run - 5K & 10K	Parks & Rec Multipurpose Bldg. North Jefferson City, MO	Thanksgiving Day Pie Run
Nov 26	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	runLawrence Thanksgiving
Nov 26	Thu	8:30 AM	Kearney Turkey Trot	Kearney High School Kearney, MO	Kearney Turkey Trot
Nov 26	Thu	8:30 AM	Kansas Turkey Trot for Heroes	Combat Air Museum Topeka, KS	Kansas Turkey Trot for Heroes



