

Master Pieces

Magazine of Mid-America Running Association

October / November 2011

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2011

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

Cover Photo:

Bob Timmons Classic

Cross Country Race @ Rim Rock Farm

Photo: Gene Wee



RAMBLING REFLECTIONS ON THE RUN

By Renee Kidwell



Perhaps you've had a similar debate go on inside your head as you pull on your shorts, lace up your shoes, take another swallow of water and head for the door. "I really don't feel like running today, I've so much to do!" Yet, you find yourself placing one foot in front of the other as the daily run commences.

I was in that, hurried, 'not so optimistic' mood the other day when the trail I was running on became an obstacle course littered with corn cobs and husks from the recent harvest of the corn field that borders my path. This particular field is quite large, so the debris lasted for a good mile or so. At first I was a bit, actually more than a bit, frustrated as I danced around corn cobs trying to avoid spraining my ankle or worse. Then, it became a game of sorts, kind of like hop scotch (for those of you old enough to remember). I picked up the pace trying to see how quickly I could traverse around the corn cobs and up the hill at the same time. I noticed the breeze provided that familiar fresh autumn scent and I suddenly was reflecting on the beauty and peacefulness of running in the fall. I started to reminisce about some of the great autumn road races and marathons I had participated in for so many years. There is something magical about the crisp fall air, beautiful warm colors of the leaves, along with pumpkins and marigolds happily adorning porches and sidewalks.

I finished my run in a much different disposition than I started. I was feeling satisfied, thankful and blessed. Amazing what a dance around the corn cobs can do for the heart and the soul of a rambling runner.

Wishing you wonderful reflections on your run!

**New MARA Members and Sustaining
Memberships are listed on page 6**



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The Susan G. Komen Race for the Cure® Series, the largest series of 5K runs/fitness walks in the world, raises significant funds and awareness for the fight against breast cancer, celebrates breast cancer survivorship and honors those who have lost their battle with the disease. Since its inception in 1983, the Komen Race for the Cure series has grown from one local Race with 800 participants to a global series of more than 120 Races with more than 1 million people expected to participate in 2011. As well as being a road race for runners, the Komen Race for the Cure is an emotionally charged event that attracts many first timers and recreational runners. The Komen Race for the Cure is an opportunity for thousands of women, men and their families, running or walking, to spread the breast cancer message within their communities.



Cyndia Newsome with Channel 41 Ready to lead in the Pace Car



Union Station was a buzz with excitement as runners, friends and family get ready to run and have some fun!



It's MAC!! The Mawticks Mascot!



Thank you Volunteers!!!



Drumming for a Special Cause



Ready to Fly!



Cheerleaders encouraging all of the runners



Too Too Fun!

Photos Provided By: Russ Niemi



Beautiful Start for this year's Race For The Cure



Male Winner



Ameristat Cakes Team - And they showed it!



Female Winner



Way to Go - Zeta Team



Save Second Base Team



Pretty Happy Pink Hats



Warm Up Motions



Salon to Benefit Race for The Cure



PINK
Pride is for
the dogs
too!



Runners could warm up with the
Jazzercise Team!



Running Shorts

OCTOBER 2011

Edited by

Julie Worthington

THE CALL FROM FLIGHT 93 —

There is truth to the saying that there is a story behind every runner. My story is that I am a Flight 93 widow. My husband was Jeremy Glick. He was my high school sweetheart, my husband of five years, and a doting father to our daughter, Emmy, who was just 11 weeks old when her father died on a day burned numbingly into my memory. On the morning of September 11th, Jeremy boarded United Airlines Flight 93 from Newark, New Jersey, for a quick business trip to California. Less than an hour into the flight, he called to tell me his flight had been hijacked. We spoke for nearly 30 minutes, and during that time he and the other passengers put together a plan to try and take back the plane from the hijackers. Jeremy told me that he was going to attack the hijacker who was guarding the passengers in the rear of the plane. As I had been watching the events unfold on television that morning, I told him he had no choice but to do it and to be strong and that I loved him. He told me he loved me, too, and to stay on the line because he would be right back. I waited and waited, but he never did come back. Only later that morning did I learn that the plane had crashed in rural, western Pennsylvania. All 40 passengers and crew aboard were dead. Before that day, I had been an occasional runner. I ran a few days a week, when I could fit it into my schedule. I ran for fun. I ran for fitness. I would even say I ran for vanity, often starting an intense running regime before swimsuit season. I have always been athletic, but nothing compared to my Jeremy, the superathlete. He was a nationally ranked collegiate judo champion, a bit over six feet tall and 220 pounds of muscle. Yet, when we did run together, he always went my pace. When we lived in Manhattan, we would run the Central Park loop together. When we moved to the suburbs, we would run the hiking trails behind our house. I loved running with him. I loved how free and invincible we felt. And I loved how much fun we had. Four or five miles would breeze by, and by the end we would typically be laughing so hard that we'd collapse in the field having forgotten why we started laughing in the first place. The he would get his training face on and say, "Okay, get up. Now we're doing sprints." And off we'd go. He was my own personal trainer. In the days after my husband died, my reasons for running changed. Running became cathartic. It was the time where I connected with Jeremy spiritually. In simple terms, it just made me feel good

when nothing else did. Now, 10 years later, running still keeps me balanced. I suffer from anxiety and depression as a result of losing my husband in such a horrific way. I find that on days that begin with a run, I feel better. Still, on many a run, tears accompany the sweat that streams down my face. Emotions will be bubbling on November 6 when I run the New York City Marathon in honor of Jeremy. I will be one of 21 marathoners who lost a family member on Flight 93, and we'll each have our own story for why we're there. But as a group — the "Families of Flight 93" — we hope to raise awareness for our efforts and those of our partners to complete a lasting memorial where the plane went down outside the town of Shanksville, Pennsylvania. This will be my first marathon, and I expect it to be quite a challenge. My belief that I can complete it comes from the strength Jeremy showed when he called from the plane. Knowing that his life was in danger, he whispered into the phone, "Lizzy, I need you to be happy, and whatever decisions you make for you and Emmy, I will support them. Just be happy." I imagine the 26.2 miles that await me will be filled with memories, smiles, tears, and happiness. I also imagine that with each step I'll hear Jeremy's loving voice filled with pride, encouraging me to push a little harder. I love you Jeremy. This one's for you.

(Lyz Best, Runner's World, September 2011)

RUB IT IN — Self-Massage is an effective way to ease muscle tension after an intense workout. The pressure used releases knots. And the stroking and circular movements stimulate blood flow and flush excess waste from the muscles. Self-massage is an important part of training that can help you prepare for, and recover from, big races. Make a few slow pass over each area. If you find tender spots, gently hold the pressure for several seconds. **Hamstrings:** Sit on the floor, bend one knee, and relax that hamstring. Use both hands, fingers pointing toward each other, and make small circles working down from the top of the hamstring to the base. Repeat on the opposite leg. **Quads:** Sit in a chair and place your forearm at the crease of your thigh and hip. Lean forward, press into leg, and slowly glide forearm into muscle, working toward the knee. You can also try this using both fists. Repeat on the opposite side. **Calves:** Place one foot on a chair. Glide the heel of one hand up the muscle. Next, glide both fists up from ankle to knee. After a few passes, squeeze the calf with your thumbs, and then make small circles. Repeat on the opposite leg. **Soles of Feet:** Place a small bounce ball under one heel. Stand and sink your body weight onto the ball. Slowly roll the ball from the heel to the base of the toes, spreading toes wide when the ball passes near. Repeat on the opposite foot. (Runner's World, September 2011).

NATURAL DEFENSE —

Running may boost the body's production of free radicals — unstable molecules that bond with healthy molecules. In doing so they damage muscle and DNA cell. Over time excessive damage may hinder exercise recovery and increase disease risk. What's a runner's best defense? Eating plenty of antioxidants — compounds that can prevent cell damage from occurring. To get the most benefit, runners should eat a wide variety of antioxidant-rich foods. The best foods to protect your body from damage caused by running:

- **BLACK RICE** — packed with anthocyanins, the same powerful antioxidants in blueberries and blackberries that have been shown to offer protection from disease such as cancer and heart disease.
- **BRAZIL NUTS** — nature's richest sources of selenium; just one provides more than 100 percent of your daily need for this mineral. The body uses selenium to create compounds called selenoproteins, a type of crucial antioxidant enzyme. These enzymes can help offset free-radical cell damage caused during endurance exercise.
- **EGG YOLKS** — a leading source of lutein and zeaxanthin, a dynamic antioxidant duo that accumulates in the retina, where they protect eye health. Yolks also provide selenium, vitamin E, high-quality protein, and choline, a nutrient that can help improve heart health.
- **LENTILS** — packed with protein and a wide variety of vitamins and minerals, lentils are a nutritional gold mine. They provide a strong ability to neutralize free radicals, thanks to their high concentration of phenols. These compounds may help improve muscle recovery and play a role in reducing risk for chronic disease.
- **MOLASSES** — one sweetener you can feel good about using. It's high in iron, magnesium, and antioxidants that reduce DNA damage.
- **PEANUT BUTTER** — provides a healthy dose of vitamin E. This antioxidant may protect against damage to LDL cholesterol, which helps lower heart-disease risk. Studies have found that subjects who supplemented their diets with extra vitamin E experienced less oxidative stress and muscle damage after exercise than those who did without. What's more, peanuts are a good source of resveratrol, the same heart-protecting compound in red wine. (Runner's World, September 2011)

PRIZE MONEY FOR MID-PACKERS

For most runners, finishing on the podium at a large urban race just isn't in the cards. And that means winning prize money isn't, either. (OK, so it's not about the money, but who wouldn't want to win a few bucks for their efforts?) The Oct. 2 Syracuse Festival of Races is changing things up a bit this fall with a new system called the AnyRunner Prize Money. At the men's and women's 5K races, a \$2,400 purse will be split among 24 finishers who finish in predetermined times posted in advance on the event's website. For the men, the 12 times will fall between 15:00 (4:50 pace) and 38:00 (12:15 pace), while the women's times will range from 17:00 (5:29 pace) to 40:00 (12:54 pace). Pacing yourself to hit a prize time is allowed but significantly slowing or stopping in sight of the clock isn't. "We think this will add a new level of excitement, motivation and fun for all of those runners who've never dreamed of winning prize money at a road race," says Dave Oja, founder and race director of the festival. "Road racing has always presented the opportunity for any runner to line up with the sport's prize-money winners; this offers the opportunity for any runner to be one of the sport's prize-money winners." The 5K races at this year's Syracuse Festival of Races will once again serve as the U.S. 5K masters championships, in which at least \$10,000 in prize money will be awarded to top overall finishers, age-group winners, top age-graded performances and club championships.

(Running Times, September 2011)



AND REMEMBER

High expectations are the key to everything...What lies behind us and what lies before us are tiny matters compared to what lies within us...The truth of the matter is that you always know the right thing to do. The hard part is doing it...People with goals succeed because they know where they're going.



**STAY HEALTHY
AND
KEEP RUNNING!!**



Karen's Column

By Karen Raymer
President of MARA

October 2011



Some of you may be old enough to remember the 60's television program, "Kid's say the darndest things", hosted by Art Linkletter. You are wondering where I am going with this, right? During some of my runs, I have run by families or moms with their children, some of them have made some pretty funny (or in some cases, sad) comments. Two in particular come to mind.

Earlier this summer, I was running in a small park not far from my home. There was a family in the playground area, the two children, were playing on the swings, the parents were very "ample size". The path goes fairly close to the playground area as I was running past, I overheard one of the children say "why is that lady running?" I then heard the dad say "because she doesn't want to be fat like us"!!!

Then just last week, while running I went by a group of children waiting at their bus stop. There was one mom there as I passed I heard a little voice say "mommy why is that girl (thank you!!!) running?" To this the mom said "she is trying to stay healthy". The little voice then said "why does she want to be healthy?" I did not hear the answer the mom gave her little one.

It has got me to thinking what an influence parents are on their children. Keith and I have always been very active and for most of our adult lives, we have been runners. We also do some bicycling. Our children grew up seeing us an example, that exercise is just part of your daily life. Therefore, our son, Mike (40) and our daughter, Mendi (36) are both very athletic. They participated in sports in school and have continued as adults. Our son prefers bicycling and our daughter's sport of choice is tennis. They both, when they were younger, did do some running, but it just wasn't their favorite sport. I do remember when our son was a teenager, some of our best "talks" were during long bicycle rides.

I feel very good that we were good role models, as their children are also very active and participate in sports. Our son's daughter, Michaela (16) is a very good soft ball player. They have been told that some colleges are very interested in her, she will more than likely get some scholarships through soft ball. Our daughter's two sons Brian (11) and Grant (8) are in every sport imaginable. Brian's sport of choice is baseball, but he has recently learned how to wakeboard (they live in California) he just can't seem to get enough time on his wakeboard. Grant's favorite sports are soccer and skateboarding. Not only are these grandchildren very good athletes, they all do very well academically. However, I know there are statistics that prove that children who are active athletically, also do well in academics. It also has been proven that they are less likely to fall in with the "wrong" crowd and get into trouble.

I didn't mean to get into the bragging, but sometimes you just can't help it! I am just so thankful that Keith and I have been able to maintain our sport of running, and that we were a positive influence on our kids. I do believe in the saying "the family that exercises together, stays together".

Wishing you happy and healthy running and/or walking.

Karen

Welcome New MARA Members:

Daniel Benz
Sonja Cashion
Rich Cavallaro
Tracy Gullet
David Harris
Terry Lane
Keith Matiskella
Ralph Mires
Ray Soemer

Fort Leavenworth, KS
Shawnee, KS
Overland Park, KS
Platte City, MO
Lincoln, NE
St. Joseph, MO
Leavenworth, KS
Overland Park, KS
Edgerton, KS

Sustaining MARA Members:

Anna & John Allen
Lexa Alley
Rich & Marlene Ayers
Diane Bahr
Dave Boone
Mary Boyce
Herbert & Janet Brown
Rainey Cadenhead
John Cookinham
Mary Desch
Bill Glauz
Mary Charles Haley
Alan & Robin Higley
Rick Hogan
Carla Jenkins
Donna LaLonde
Ann Lento
Terry & Keith Mann
Ed McCay
Ann & Sean Nelson
Russ Niemi
Howard Nies
Karen & Keith Raymer
Barb Rinne & Family
Donald Roth
Gretchen & Stevan Ryan
Richard Stainbrook & Family
Marla Thompson
Don Turner & Karon Way-Turner
Mary Turner
Sandra & John Weston
Dean Whipple & Family
Tim Wigger
Eugene & Marsha Wren
HomeTeam Inspection
Thomas Photographic

Leawood, KS
Merriam, KS
Kansas City, KS
Leavenworth, KS
Overland Park, KS
Wichita, KS
Independence, MO
Kansas City, MO
Kansas City, MO
Wichita, KS
Leawood, KS
Kansas City, MO
Omaha, NE
Leawood, KS
Odessa, MO
Topeka, KS
Overland Park, KS
Fairway, KS
Leawood, KS
Westwood Hills, KS
Olathe, KS
Kansas City, KS
Raymore, MO
Lee's Summit, MO
Prairie Village, KS
Olathe, KS
Pomona, KS
Leawood, KS
Shawnee, KS
Leawood, KS
Kansas City, MO
Kansas City, MO
Shawnee, KS
Shawnee Mission, KS
Leawood, KS
Kansas City, MO

Mid-America Running Association

Schedule of Kansas City Local and Regional Races - October 2011 to December 2011

For the latest schedule updated weekly, go to www.mararunning.org.

For changes, additions, or confirmed 2012 dates, send email to Jay at jkraupp@everestkc.net.

Listings are based on information provided to us, and are subject to change. Please check race websites for more information.

This schedule includes KC Metro and generally within a 3 hour drive from KC, and, selected other events.

MARA GP indicates a MARA Grand Prix event. If multiple distances are run that day, the Grand Prix distance is underlined>.

Events are listed in order of Date-Day, and then by Start Time, so that on any given day, the Evening events are listed after the Morning event

Date	Day	Start	Name & Distance	Race Location	Race Contact
10/1/11	Sat	8:00 AM	10th annual Cure SMA Race and Roll 5K (formerly Roefest 5K) MARA GP	Bishop Miege HS, 5041 Reinhardt Dr (53rd & Mission Rd), Roeland Park, KS	11th Annual Cure SMA Race-n-Roll Natalie and Tim Gibbs ktfma@earthlink.net www.active.com 913-252-5459
10/1/11	Sat	8:00 AM	Eyes on Aids 5K Run/Walk, 10K Run	Shoal Creek Community Church, 6816 S. Church Rd., Pleasant Valley, MO	Charla Hecker, 816.781.3518, dbhcsh@yahoo.com , http://www.eyesonaids.com/
10/1/11	Sat	8:00 AM	Midwest Ear Institute Sounds in Kansas City 5K Run/Walk	Theater in the Park Pavilion, Shawnee Mission Park, 7710 Renner Road, Shawnee, KS	Irwin Herrero, 816.932.1664, iherrero@saint-lukes.org , http://www.saintlukesgiving.org/ , Register: www.sportkc.org/mel5k2011
10/1/11	Sat	8:00 AM	River Rat Race 5K, (Run/Walk)	Courthouse Steps, 1001 Main St, Lexington MO 64067 (East of KC, MO)	www.lexington.k12.mo.us (Click on RESOURCES icon). Christina Caldwell, caldwellc@embarqmail.com , for registration and directions. Please register before Sept 25th if possible or can register day of race. Also can stick around to enjoy our Apples, Arts & Antique Festival
10/1/11	Sat	8:30 AM	Huxman Run for Sweat 5K / 10K, and 1 mile fun run/ walk	Moundridge Middle School, 526 E. Cole, Moundridge, KS	Chris and DeAnn Huxman at cdhux@mtelco.net or DeAnn at 620-386-0523, http://www.firstgiving.com/fundraiser/deannahuxman/huxmanrun2sweat
10/1/11	Sat	9:00 AM	8th Annual Run for Freedom 5K	Missouri Veteran's Home, 1300 Veteran's Rd., Warrensburg, MO	Jan Smith, 660.543.5064, Jan.Smith@mvc.dps.mo.gov , http://www.valwbg.org/
10/1/11	Sat	9:00AM	Coach E. 5K and 3/4 Marathon (19.6 Miles)	Brunswick, MO Approx 75 mi NE of KC. (3/4 Marathon starts in Salisbury, MO and ends in Brunswick, MO)	660-788-4875 Wayne Jones. www.coacherace.com , sign up forms link at http://www.coacherace.com/#how-to-race . Fun Stuff: Pecan Pie for 3/4 Marathon Finishers. Relay option in the 3/4 Marathon.
10/1/11	Sat	9:00AM	Heartland Youth Cross Country Series (3 of 5)	Kansas City Police Academy, Kansas City, MO	1K for age 6, & 7-8; 2K for age 9-10; 3K for age 11-12; 4K for age 13-14. Details and on line registratin at www.heartlandathleticservices.com
10/1/11	Sat	9:30 AM	Rosstoberfest 5K / 1 mi.	College Hill, Wichita, KS	Bev McFarland, 316.682.6340
10/1/11	Sat	10:00 AM	Alzheimer's Assn.Memory Walk 1 or 3 miles	Corporate Woods, College & Antioch, Overland Park, KS	Trisha McClanahan, 913.831.3888, trisha.mcclanahan@alz.org , www.kansascitymw.kintera.org .
10/1/11	Sat	TBA	Market to Market Relay, 86 miles, 6-8 person teams	Omaha: Old Market to Lincoln: Haymarket, NE	Ben Cohoon, bcchoon@markettomarketrelay.com , www.markettomarketrelay.com (As of 7-30-2011, that website indicates race is sold out. Jay)
10/2/11	Sun	7:30 AM	Scarecrow 5K Run/ Walk and 1 Mile Fun Walk	Oakhill Day School, 7019 N. Cherry, Gladstone, MO	www.sportkc.org , Tina Spallo, TinaS@gladstone.mo.us
10/2/11	Sun	7:30 AM	Oakhill Day School Panther Scamper 5K Run/Walk and 1 Mile Fun Walk	Oakhill Day School, 7019 N. Cherry, Gladstone, MO	Sharon Phillips; 816-436-6228; http://www.oakhilldayschool.org/cms/Display.cfm?PageID=322249172 , Note the Scarecrow 5K and the Panther Scamper 5K are run concurrently on the same course, but benefit two different causes.
10/2/11	Sun	8:00 AM	Dare to Care 5k Run/Walk & 1 Mile Family Fun Run/ Walk	7710 Renner Rd, Shawnee, KS	LeeAnn King, 816.285.1836, BJ the DJ: 816.353.3149, www.HeartlandCFC.org , www.sportKC.org
10/2/11	Sun	8:00 AM	Centerpoint 5K Run/Walk	Centerpoint Medical Center, Independence, MO	Troy Fitzgerald, 816.204.1780, www.kcrunningcompany.com
10/2/11	Sun	8:00 AM	Head For the Cure 5K	Southpark, Downtown Lawrence, KS	Troy Fitzgerald, 816.204.1780, www.kcrunningcompany.com
10/2/11	Sun	8:30 AM	Sandrat Trail Run, 9.6 miles approx.	John Taylor Park, Elm & North 7th Street, Lawrence, KS	Steve Riley, 785.842.4351, srmriley@sunflower.com , www.runlawrence.org
10/2/11	Sun	8:30 AM	MO Cowbell Half Marathon	Frontier Park, 500 S Riverside Dr. St. Charles, MO	Contact: info@mocowbellrun.com , Race Website: http://mocowbellrun.com , Registration Link: http://blgrivernrunning.com/mocowbell
10/2/11	Sun	8:30 A.M	Lemon Run/Walk 5K - Kansas City	Waterfall Park, Independence, MO	registration at http://www.alexsiemonade.org/campaign/lemon-run-kansas-city . Susan Blowey, Susan.Blowey@alexsiemonade.org , 913-708-0604.
10/8/11	Sat	7:30 AM	GM3-5K Run/Walk (formerly MAR3 now Global Missions, 3rd Annual)	Graceway, 5460 Blue Ridge Blvd, Kansas City, MO	Thao Romero, register online at www.visitgraceway.org

10/8/11	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk MARA GP	Blackbob Elementary, 14701 S. Brougham Dr., Olathe, KS	Sam Micoeli, 816.822.2308, sm28375@cbglobal.net, www.pumpkinrunwalk.org See Ad on page 28 of Aug-Sept issue of Masterpieces Magazine
10/8/11	Sat	8:00 AM	John Glaser Memorial 5K	Shawnee Fire Dept, 65th & Quivira, Shawnee, KS	Troy Fitzgerald, 816.204.1780, www.kcrunningcompany.com, http://www.johnglaser5k.com/
10/8/11	Sat	8:00 AM	Race for the Future 5K	Lee's Summit West HS Sports Complex 2600 SW Ward Rd., Lees Summit, MO	Sheryl Franke, 816.986.1015, sherylfranke@leesummit.k12.mo.us, http://www.lesedfoundation.com/
10/8/11	Sat	8:00 AM	Grin & Bear It 5K/10K	Cass Regional Medical Center Harrisonville, MO	smcielland@cassregional.org, www.sportkc.org
10/8/11	Sat	8:00 AM	Mercy Ministry Heart & Soles 5k run/walk	Young Park, 1100 SE Adams Dairy PKWY, Blue Springs, MO	Denise Landes (816) 729-0467, landesjd60@hotmail.com, www.gatewaymercyministry.org
10/8/11	Sat	8:30 AM	Run for a Child - 5K Run and 1 Mile Walk	Penguin Park, NE Vivion Road, Kansas City, MO	www.runforachild.com, runforachild@gmail.com
10/9/11	Sun	7:00 AM	BAJA Run Half Marathon	Festus Sr High School, Festus, MO	www.bajarun.org, Race Director: Andrew Heid, aheid@hsmo.com, 636-933-1603
10/9/11	Sun	8:00 AM	Prairie Fire Marathon, Half Marathon, & 5K	Waterwalk, Wichita, KS	Wichita Sports Commission, 316.265.6236, www.prairiefiremarathon.com
10/9/11	Sun	8:00 AM	Mother Road Marathon, and Half Marathon.	Marathon: Commerce, OK to Joplin, MO. Half: Baxter Springs, KS to Joplin, MO	Martha Getz, 800-657-2534, mgetz@oplinmo.org, Website: www.runmm.com, (along historic Route 66)
10/9/11	Sun	8:00 AM	Pink Laundry 5K Run/Walk	City Hall, Downtown Lee's Summit, MO	Contact is Vicki Gardner 816-516-4767, www.sportkc.org
10/9/11	Sun	8:30 AM	Bert Nash Dash & Bash - 5K and 10K	600 Block of Massachusetts Ave, Lawrence, KS	website is www.nashdashbash.com and registration is www.sportkc.org. Course includes KU Campus and East Lawrence, and fun stuff includes King of the Hill Challenge in both races.
10/15/11	Sat	7:00 AM	Waddell & Reed Kansas City Marathon, With Ivy Funds Marathon Relay, Half Marathon & 5K MARA GP	Crown Center, Pershing & Grand, Kansas City, MO	Aaron Koelzer, aakoelzer@sportkc.org, www.sportkc.org
10/15/11	Sat	8:30 AM	Raytown Educational Foundation Run for Excellence 5K & Kid's Dash	Raytown HS, 6019 Blue Ridge Blvd, Raytown, MO	Bob Kessel, 816.478.0974, bobkessel@aol.com, www.active.com, www.raytowneducationalfoundation.org
10/15/11	Sat	8:30 AM	Maple Leaf Run 5K, 1 mile walk, and 1 mile kids run	Baldwin City Golf Course, 1500 South Street, Baldwin City, KS	Kit Harris, 785-594-3481, kharris@usd348.com, Course is run on Golf Course grass.
10/15/11	Sat	9:00 AM	Monster Dash 5K	Warrensburg Community Center, 445 East Gay Street, Warrensburg, MO	\$10. Register by calling Warrensburg Community Center at 660-747-7178 and paying by credit/debit card, or visit the Center in person. Enter 1 week in advance to get a shirt. Heather Birchard, 660-747-7178
10/15/11	Sat	9:00AM	Heartland Youth Cross Country Series (4 of 6)	Hidden Valley Park, Kansas City, MO	1K for age 6, & 7-8; 2K for age 9-10; 3K for age 11-12; 4K for age 13-14. Details and on line registratin at www.heartlandathleticservices.com
10/16/11	Sun	9:00 AM	Fall Fell Trail Race 7 ml.	Kill Creek Park, Olathe, KS	Ben Holmes, 816.810.0440, badbends@yahoo.com, http://www.psychowyc.com/id64.html
10/22/11	Sat	7:30 AM	Touched by Cancer 5K Run/Walk	Touched by Cancer Offices, College and Roe, Leawood, KS	Lindsay Roden, lindsaytbcf@live.com, www.sportkc.org
10/22/11	Sat	8:00 AM	Lake Perry Rocks! Trail Runs 50-Kilometer, 1/2-Marathon, & 5K	Branded B Ranch, Lake Perry, Meriden, KS.	Ben Holmes, 816-810-0440, badbends@yahoo.com, http://lakeperrytrailruns.com
10/22/11	Sat	8:00 AM	Strut for the Streaks 5K & 1-Mile Fun Run	Blue Valley Recreation Complex-9701 W. 137th Street, Overland Park, KS	http://www.bluevalleyrec.org/page/strutforthestreaks.php, Jackie Buser 913-685-6030
10/22/11	Sat	9:00 AM	Pumpkin Run 5K Run/Walk	Wichita State University Campus, Wichita, KS	www.wichita.edu/pumpkinrun
10/22/11	Sat	9:00 AM	Revolution 5K Run/Walk	Revolution Church, 500 W. 40th, KC, MO (Westport)	Susan Nickell, revolutionalsalvador@gmail.com, To register, go to Active.com
10/23/11	Sun	7:30 AM	Fall Fling Fun Run and 5K	LPCC, Lee's Summit, MO	www.lsparks.net or www.active.com (Reg. opens Aug 1)
10/23/11	Sun	7:30 AM	Rock'n'Roll St Louis Marathon and Half	St Louis, MO	http://runrocknroll.competitor.com/st-louis
10/23/11	Sun	8:00 AM	Run to STOP underage drinking 5K	Heritage Park, Olathe, KS	Shannon Bartels, 913.715.4523, Shannon.Bartels@jocogov.org
10/29/11	Sat	8:00 AM	Monster Dash 5K and LI Monsters Fun Run	Kansas City West Bottoms, KC, MO	www.kcmonsterdash.com
10/29/11	Sat	8:00 AM	Run The Burg 5K / 10K / Half Marathon	Johnson County Courthouse Square, Warrensburg, MO	Mark Hechler, www.runtheburg.com, 660.864.1999
10/29/11	Sat	8:00 AM	Body Boutique WOW Run 5K	Body Boutique, 2330 Yale Road Lawrence, KS	Tracey English, 785.749.2424, traceyenglish@gmail.com, registration at: http://www.active.com/event_detail.cfm?event_id=1976075. Event benefits Habitat For Humanity Women Build. This race is open to both women and men.

10/29/11	Sat	9:00 AM	Graveyard Run 5K	Elmwood Cemetery, Truman Rd. and Van Brundt Ave, KC, MO	www.elmwoodrun.webs.com , Jeremy Deeken, murray1920@yahoo.com , 816-769-4620 (Run benefits the Cemetery)
10/29/11	Sat	9:30 AM	Monroe County YMCA Illinois Ozarks 10K Bluff Trail Run	Borsch Park, Valmeyer, IL	Rebecca Keightley at rkeightley@ymcaswi.org (618) 281-9622, Website: http://www.ymcaswi.org/monroe-county-hic-center , registration: http://www.active.com , Race video link: Illinois Ozarks YMCA Trail Run Video!
10/29/11	Sat	8:00 AM	Helping Heroes Challenge, Trail Run (3K, 5K, 10K)	Platte Purchase Park , Kansas City, MO	www.active.com , http://www.helpingheroeschallenge.com/ Per website: 100% of your race registration fee will go directly to The Wounded Warrior Project
10/29/11	Sat	9:00AM	Heartland Youth Cross Country Series (5 of 6)	Ruth Stockdale Park, Liberty, MO	1K for age 6, & 7-8; 2K for age 9-10; 3K for age 11-12; 4K for age 13-14. Details and on line registratin at www.heartlandathleticservices.com
10/29/11	Sat	9:00AM	5K Race/Walk and Halloween Costume Contest	Jefferson City, MO	http://runletcity.com/files/Halloween5K2011 flyer.pdf
10/29/11	Sat	TBD	Halloween Hustle 5K and 10K	Unity Village, 1901 NW Blue Parkway, Lee's Summit, MO	Brad McCleary , info@bodiesbybradandjen.com , www.HalloweenHustleKC.com
10/30/11	Sun	6:00 AM	Blue Springs 50/50: 50 mile relay & solo, 50K solo, 26.2 solo, Trail Run	Little Blue Trace, Highway 78, Independence, MO	Lou Joline, 816.228.3842, loline@aol.com
NOVEMBER 2011					
11/5/11	Sat	8:00 AM	Mahaffie Half Marathon & 10K	Mahaffie Stage Coach Stop & Historic Farm Site Olathe, KS	Terry Drake, sax_1957@hotmail.com
11/5/11	Sat	8:00 AM	Grandview Turkey Day 5K Fun Run	TBA	www.active.com , Andrea Lewman alewman@ci.grandview.mo.us
11/5/11	Sat	9:00 AM	Shoal Creek Living History Wilderness Run 5 Mile Cross Country	Shoal Creek, Hodge Park, 7000 NE Barry Road, KC, MO., 152 & Shoal Creek Pkwy, 2 miles west of Liberty between I-435 & I-35	John Aust, 816.560.0987, http://www.active.com/ , http://kcmo.org/
11/5/11	Sat	9:00 AM	Turkey Trot 5K	Haskell Indian Nations University campus, Lawrence, KS	Duane Peterson, dpeterson@lawrenceks.org
11/5/11	Sat	9:00 AM	Through the Woods 5k Run/ Walk	Parkville Nature Sanctuary, Parkville, MO	http://www.active.com/event_detail.cfm?event_id=1986850
11/5/11	Sat	10:00 AM	Tails on the Trail, dog friendly 5K	Shawnee North Community Center, 300 NE 43rd St, Topeka, KS	Linda DeLaRosa, 785-506-2364, linda_delarosa@hotmail.com , Website: http://www.hhhstopeka.org/tails_on_the_trail0.aspx
11/6/11	Sat	8:00 AM	Olathe Young Life 5K	Shawnee Mission Park, Theater in the Park, 7900 Renner Rd, Shawnee, KS	http://sites.younglife.org/sites/Olathe/default.aspx . Becky Johns, bjohns824@hotmail.com Watch for ad in Next issue of Masterpieces, (Oct-Nov)
11/5/11	Sat	Various	Ruckus – Obstacle course with 4 miles of running.	Grain Valley, MO	www.RunRuckus.com ., John Merry, 207.229.4557
11/6/11	Sun	8:00 AM	Inspire Hope Run 8K / 1mi.	Waterfront 13th & Webb, Wichita, KS	www.inspirehoperun.com
11/6/11	Sun	9:00 AM	Cliffhanger Run 5K run/walk, 8K run, MARA GP	Cliff Drive & Gladstone Blvd., KC, MO	Sue Robinette, srobinette@kc.rr.com , 913.449.9091 , www.cliffhangerun.com
11/6/11	Sun	9:00 AM	Veteran's Day Fantastic Four Mile Trail Run	Shelter 10, Wyandotte County Lake, Kansas City, KS	Ben Holmes, 816.810.0440, badbenrs@yahoo.com , http://www.psychowico.com/id55.html
11/6/11	Sun	tba	BassPro Marathon	Springfield, MO	http://www.basspro.com/webapp/wcs/stores/servlet/CFFPage?storeId=10151&catalogId=10001&langId=-1&appId=512&template=index.cfm&option=2
11/6/11	Sun	TV	New York City Marathon	New York, NY	NBC TV usually does a 2 hour re-broadcast early in the afternoon. http://www.nycmarathon.org/
11/11/11	Fri	9:00 AM	Veterans Day Cross Country 5K	VA Park, Leavenworth, KS	Roger Harrison, 913.680.9817, rth1949@yahoo.com , http://www.lantermougekansas.com , www.enter2run.com
11/12/11	Sat	7:45 AM	Girls on the Run 5K Run/Walk	Town Center Plaza in Overland Park, KS	Kathy Stone kathy@gotrk.com , www.sportkc.org
11/12/11	Sat	8:00 AM	2nd Run for Shelter 5K	Men's Cold Weather Shelter, 7th and Olive, St Joseph, MO	JimC@ClaytonPaper.com , 816-564-4101 cell or 816-353-3149
11/12/11	Sat	9:00 AM	Pilgrim Pacer 5K, 10K, 1/2 marathon, Marathon, plus 1 mi run	W 95th and Renner Road, Lenexa, KS	http://www.psychowico.com/pilgrimpacers/
11/13/11	Sun	7:30 AM	Veterans Cross Country Run 5K	Veterans Park, Limit St., Leavenworth, KS	Roger Harrison, 913.680.9817, rth1949@yahoo.com , http://www.lantermougekansas.com , www.enter2run.com
11/13/11	Sun	8:00 AM	Lung Hill Run 5K Run/Walk	Liberty Memorial, KC, MO	Troy Fitzgerald, 816.204.1780, www.lunghillrun.org
11/13/11	Sun	9:00 AM	Vet's Day Fantastic 4 Mile Trail Run	Shelter 10, Wyandotte County Park, Kansas City, KS	http://www.psychowico.com/id55.html

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Sprint



22nd Annual

Thanksgiving Day 5K & Family Stroll

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- Stocking caps to first 500 entrants • Long sleeve shirts, Pre-register to guarantee your shirt size • Special family rates • Fun Run for kids • Walkers & Baby strollers welcome

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THE VERY OLD RUNNER

By A. Runner

Our subject began this life in Edinburgh, Scotland June 1923. Yep, right in the flapper era. At an early age his family took him to Canada, then to Staten Island, New York; where he grew up. A further move took him to Kansas City in 1971, courtesy of Trans World Airlines, his employer.

He had begun running the roads in New York and continued in KC. In 1968, he saw ads for the Golden Meet at Raytown South High. "I can do that," he said, and entered. The races were a mile and two mile. He won both for his age group....and was hooked. There were few road races then, so he looked for other meets. Those he found in Kansas and continued to race wherever possible.

By 1973 road racing was becoming popular. He entered many events, mostly ten kilometers. As with most of the running community, he was racing every weekend. Soon, he moved up to longer distances, such as the half marathon. He ran 16 of these, winning each in his age group, except one.

Other races beckoned, such as the Statehood Ten Miler in Lincoln, Nebraska, and the Pabst 16 mile race put on by Carl Owczarzak in Shawnee Mission Park. This was a killer course, out and back four times on the hills. One of his chief competitors was the late Arne Richards, whom he beat. He was not really proud of that. Arne was his hero.

Then marathons were becoming the thing to do. In

1978, he ran his first at New York. It was a marvelous sight to stand at the start line at the Verazzano Narrows Bridge with the Statue of Liberty on one side and the New York skyscrapers straight ahead over the bridge. He was home, and had never dreamed, as a youngster, that he would be running in the five boroughs of New York. His time was 3:15 at age 56. Numerous other marathons followed. There was Boston four times, one of which was a 2:49.09, Nike Otc in Oregon, Macys in Kansas City, Fiesta Bowl in Arizona and to cap it all off, The World Veterans Marathon in Glasgow, Scotland with a time of 2:44.55 and a first in the age group at 57.

Our old runner is married to Muriel, who helped him at many races. They have two grown children, Susan and Chuck, two great grandchildren, Heather and Sean, and one great great grandchild, Landon. Oh, by the way, there are two dogs, Lady and Dougie.

The old guy has many interests, such as photography and amateur radio emergency service. He used ham radio to staff aid stations at Hospital Hill Run and the marathon. He is the mentor for a Scottish group that studies the poet Robert Burns. He has been a member and on the Board of Mid-America Running Association for many years. He has directed races such as the Groundhog Run, The Ted Riegelman 5k and others. He could be found at the finish line, or on the timers, at many races through the years.

He ran for forty years and logged 25,000 miles in a daily log. Now looking for a good rocking chair, at 88 years, he is satisfied with four or five miles daily on a Nordic Track ski machine. Not as much fun as running, but at least he says it keeps the body moving.

The old timer is very happy to have made so many friends in the running community. He hopes he will be an inspiration to others who go to the start line ready to test themselves. If you cannot run, walk, walk. Its easier on the legs. Ask mine!!

Good and fruitful running to all of you.
A Runner
Guess Who?

(Jerry Morrison)

Newsletter of the Kansas City Express



KC EXPRESS.org



President's Message

By Kelly Pfannenstiel
President of the Kansas City Express

Celebrating Milestones

On October 4th, Mike and I will celebrate our 25th anniversary! To celebrate our silver, we have decided to run the Ft Lauderdale marathon together on February 19th and then race right to the cruise ship for a week to tour the Eastern Caribbean. Mike has already decided that we will have to stop at mile marker 25 for a picture to commemorate this milestone!

This past weekend, the KC Express Training Program celebrated the milestone race for our 10K participants. Approximately 25 women completed the Helen Gold 10K. It was a perfect race day, and we made a great showing in our white tech shirts with Joy (our Express logo) on the front. At the end of the Helen Gold race, we had a Celebration Station complete with goldfish crackers and chocolate gold coins! While some celebrated their first 10K, others celebrated new PRs or age placements. We all enjoyed time spent together as active women successfully completing a common goal.

We will soon be celebrating the completion of our first Training Program when our half marathoners complete the Kansas City Half Marathon on October 15th. I look forward to sharing news of that milestone with you in my last President's Message in November.

Finally, plans are coming along for milestone birthday celebrations in 2012 when the KC Express turns 30! Mark your calendar for Thursday, March 1st when the authors of Run Like A Mother launch their new book at Unity Temple on the Plaza. Following their presentation and book signing, we will have a reception at Eden Alley. More details on this milestone celebration and our girl's race weekend as the dates get closer.

I hope to hear stories of your milestone celebrations when we run into each other on the streets and trails around Kansas City!

Activities, Training and Meetings

Long Run:

Join the Long Run Group at 7a.m. each Saturday, followed by chat and coffee! Meet locations for each month are listed below. To receive the Saturday Long Run e-mails, please e-mail KCExpressLongRun@gmail.com.

October:

Panera in Westport

November:

Panera at 83rd & Mission

December:

Roasterie in Brookside

Walk Group:

Join the Walk Group at 7:30 a.m. each Saturday. To receive the Walk Group emails, please email kcexpresswalkers@gmail.com.

October:

Locations and times vary, please check www.kcexpress.org for weekly information

November:

Panera on the Plaza

December:

Panera on the Plaza

Upcoming Meetings:

We meet the first Tuesday of every month @ St. Joseph Medical Center (I-435 & State Line Rd). We begin at 6:30 p.m. for drinks, a light dinner, and time to catch up with friends. From 7:00-8:30 we have a speaker, discussion, or activity of interest to women, and we conclude with a short business meeting.

We know you're busy - come when you can.

You're always welcome.

11/1/11 - 3rd Annual Top Chef Competition

12/6/11 - Holiday Party



KC EXPRESS.org



Nutrition and Running

By Sally Berry

MA RD CSSD ISSN

Runner's Nutrition International Style

As I write this piece about runner's nutrition, I am preparing for a run through the Garden of the Gods in Colorado with a group of international sports nutritionist from around the globe.

It's fun to meet all the experts and learn about sports nutrition tactics others use, but very humbling to see all these experts.

We all met for a few days at the US Olympic Training Center in Colorado Springs where I was witness to sports nutritionists, researchers and endurance athletes from around the globe - Hong Kong, Australia to Switzerland. One key speaker, Christopher McDougall, author of "Born to Run" missed his appearance. Rumor has it that he was somewhere in Mexico unavailable for contact! Asker Jeukendrup PhD, stepped up to the plate with his recollection of providing research and sports nutrition to top Ethiopian runners. We dined on local foods and ate with the Olympians at the training center. After eating at the training center with the athletes for two days, the "take home" message was the importance of nutrition for serious athletes. Day to day nutrition is critical for these high level athletes. Below are some tips from the experts and the "athletes plate" that they are following at the training center.

Here are some wise words from the nutrition experts:

- Fatigue, overreaching and overtraining is a continuum and can ruin a season for any endurance athlete. Overreaching can be achieved in as little as seven days. Recovery can take anywhere from several weeks to several months.

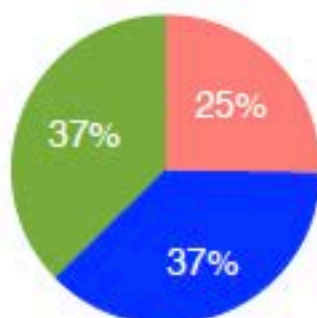
- Nutrition is one of the key elements to prevent overtraining
- Performance is decreased if carbohydrate level is too low or diet is too low in essential fats.
- Stay hydrated
- Eat enough calories daily
- Make sure your iron level through high iron food sources are available

We also saw guest speakers from the running and triathlete community. Here are the take home messages from these endurance athletes.

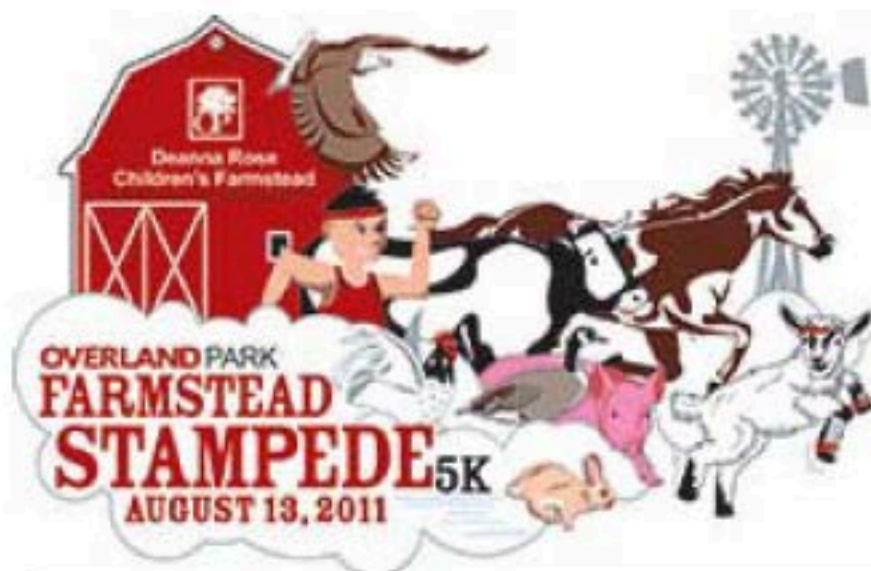
- Personal race nutrition can change from year to year. Keep changing your nutrition plan to what your body needs.
- Have a race day plan simulation to include your breakfast, coffee and race day nutrition. Then, practice it frequently during your training to see if it works. If it does not work, change it.
- Keep your plan as simple as possible.
- At the end of a long race recovery foods sound awful. But, food is what you need.
- Work with a nutrition expert to help get to your ideal weight and composition for the race. Going too big or too skinny or lean can negatively affect your performance.

They all agreed that sport nutrition advice has changed in the past 10 years. *Are you up to date?*

● lean proteins ● fruit & grain ● vegetables



Sally Berry
Bodyfuel, Inc.
www.ebodyfuel.com



The 5th Annual Farmstead Stampede OP5K was held August 13, 2011.



Deanna Rose Farmstead Runner Stampede!



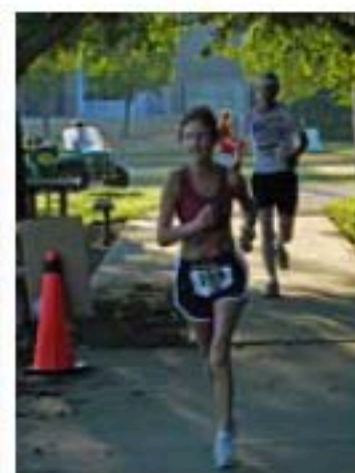
Singing of our National Anthem



Smart Phone Photo Opportunity!

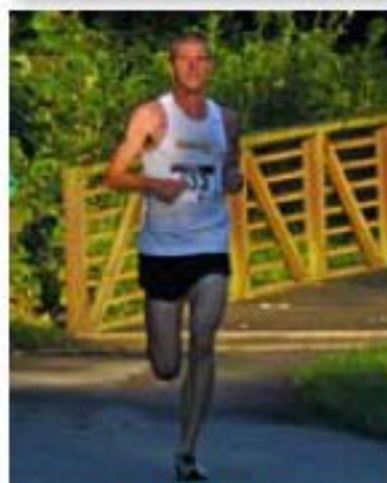
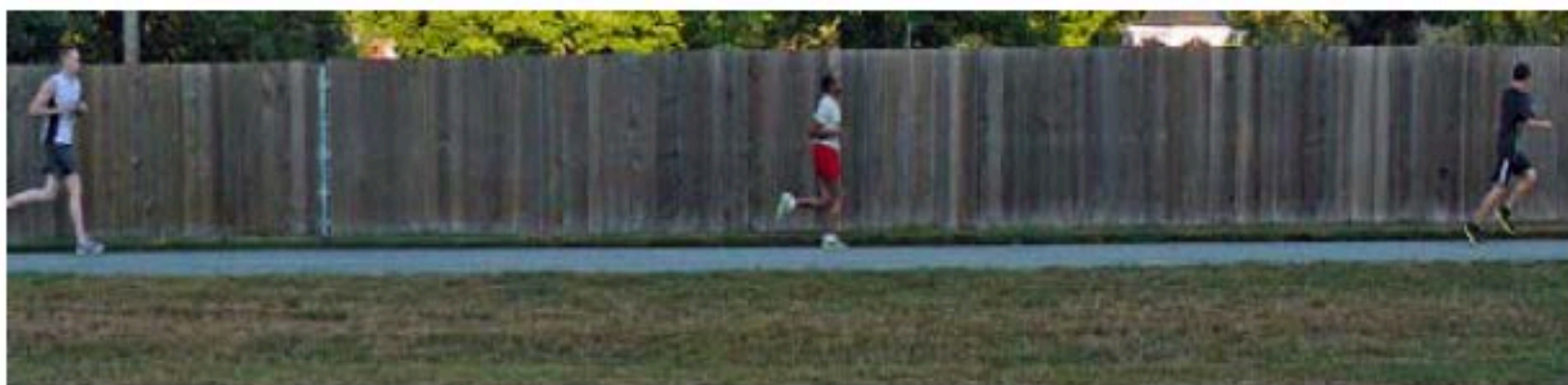


Keith Dowell



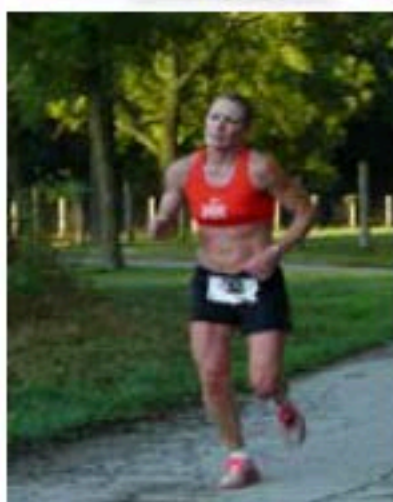
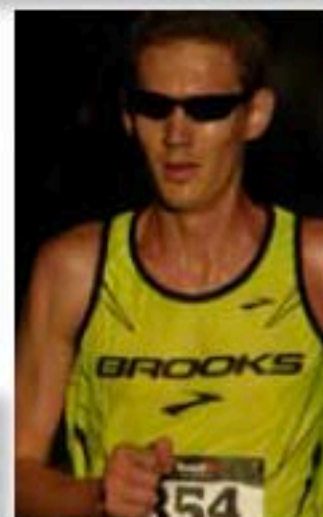
Kaye McCormack

Photos provided by: Gene Wee -
runlawrence photos

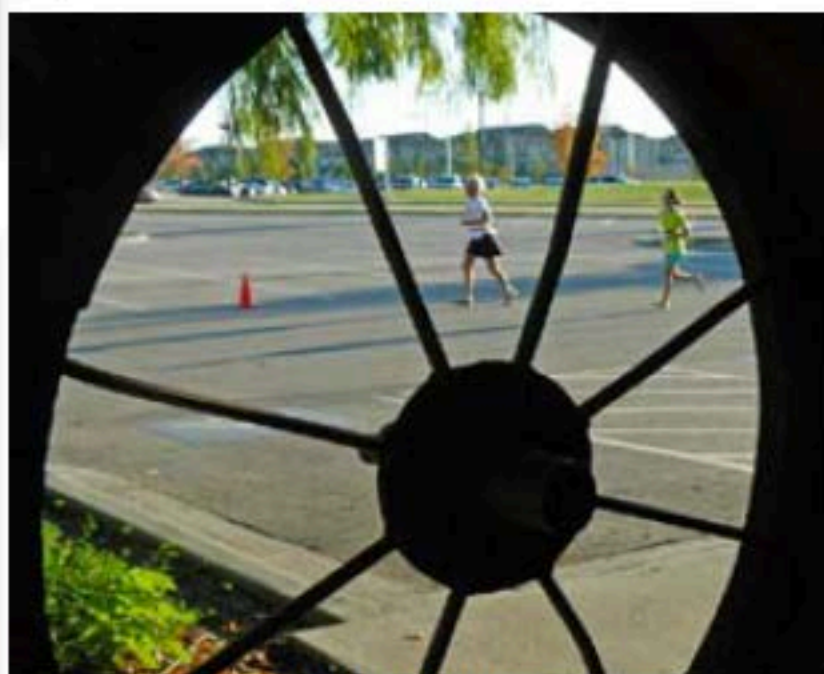


**Men's Winner
Joffroi Holcombe**

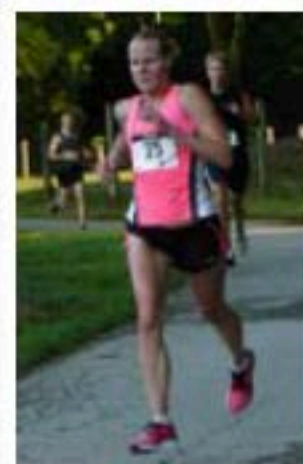
Most people were happy with the new route reversing the direction of the race course which meant the last mile and a half was on the Tomahawk Creek Trail instead of along 135th St and Switzer. The start was behind the finish line and arch, so there was a little jostling and elbowing at the start, then plenty of room on the streets. Top winners were Joffroi Holcombe (Olathe KS, 15:52.5) and Kimberly Reed (Kansas City MO, 17:56.5). The povitca at the end was a real treat with all the other usual snacks.



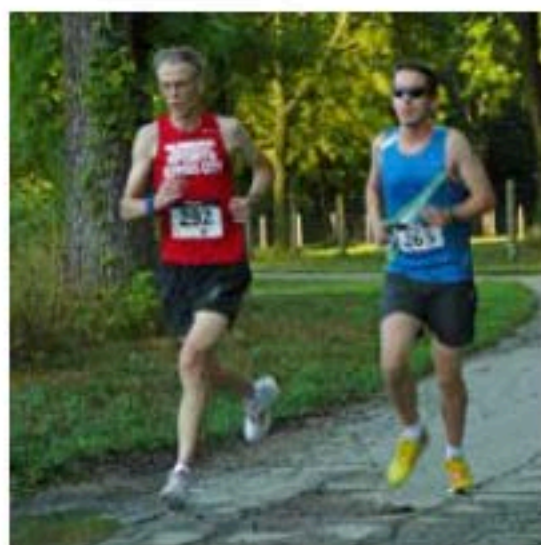
Cindy Cameron



A Wheel With A View



**Women's Winner
Kimberly Reed**



Page Worth
Saving

Thank you, Kansas City runners, for so much encouragement

Free



Photos Calendar

Free 5X7 Photos

From www.SeeKCrun.com at these events

Date and Time	Event Name	Registration/Information Web Sites For complete and daily updated registration links, go to www.SeeKCrun.com
October 1, Saturday 8AM	Eyes on Aids 5K	Shoal Creek Community Church Liberty/Pleasant Valley, MO Benefits Aids in Africa
Sunday, October 2, 8AM	Head for the Cure 5k	Downtown, Lawrence, Ks
Saturday, October 2 8:30AM	Sandrat Trail Run 9.5 Miles	John Taylor Park, 200 North 7th Street, Lawrence, KS
Saturday, October 2 8AM	Dare to Care CFC 5K	Theater in the Park Pavilion, Shawnee Mission Park,
Saturday, October 8, 7:30AM	Run for a Reason Half Marathon-5K	Hummer Sports Park, 7th and Randolph, Topeka, KS
		All of these running events are using SeeKCrun to provide FREE Photos to the runners, families and friends
Sunday, October 16 9AM	6th Annual Fall Fell Trail Race (7 Miles)	11670 Homestead Lane, Olathe, KS Kill Creek, Olathe, Ks
Sunday October 22, 8AM	Lake Perry Rocks! Trail Run 50K, 1/2 Mara, 5K	Branded B Ranch, 7481 74 th , Meriden, Ks 66512 785.484.2378
Sunday October 23 8AM	5K Run to Stop Underage Drinking	Heritage Park, 16050 South Pflumm Road, Olathe, Kansas
Saturday, October 29, 8:AM	Halloween Hustle 5K/ 10K Family Fun Run	Unity Village, 401 SW Oldham Pkwy Lee's Summit, MO
Saturday, October 29, 9AM	Elmwood Cemetery 5K	4900 East Truman Road Kansas City, MO
Saturday, Nov. 6 8& 9 AM	Cliffhanger 5K & 8K	Cliff Drive, 4800 Gladstone Blvd, KC.MO
Saturday, Nov. 6 9AM	Veteran's Day Fantastic Four Mile Trail Run	91st St & Leavenworth Rd Wyandotte County Lake, Kansas City, KS
Saturday, Nov 12 8:30AM	Pilgrim Pacer 5K, 10K, and Half Marathon	Lenexa, Ks
Saturday, Nov. 12 9AM	Girls on the Run	Blue Springs, Mo
Saturday, Nov. 12 9AM	Girls on the Run	Town Center, Overland Park, KS
Sunday, Nov. 13, 8:00AM	Lung Hill 5K	Liberty Memorial 100 West 26
Thursday, November 25 8:30AM	Lawrence Thanksgiving 5K	Go to www.SeeKCrun.com for details

Like a falling tree in the forest, if there are no photos of a running event, did it really happen? Dick Ross www.SeeKCrun.com

For complete and daily updated registration links, go to www.SeeKCrun.com



2011 MARA GRAND PRIX

2011 MARA GRAND PRIX Standings

Updated 09/15/2011

Points current through Helen Gold 10K

MARA dues must be current by 11/1/11 to receive 2011 year end awards

Contact Dina Meyers for questions/comments

Male 20-24			Female 20-24		
Mike	Hake	42	Holland	Dante	38
Grant	Cattoth	27	Tracy	Plexico	10
Tim	Testa	20	Marie	Calitti	10
Keaton	Davis	18	Kimberly	Reed	10
Ryan	Hahn	18	Devin	Wiegans	10
Addie	Kenica	16	Francis	Gipson	10
Robert	Schmidt	16	Kate	Noland	10
			Amanda	Turner	10
			Sarah	Voss	10
			Connie	Abbott	10
			Aly	Woodbury	10
			Stephanie	Lavin	10
			Jessica	Limbocker	10
			Rachel	Shenberg	10
			Morgan	Burns	10
Male 25-29			Female 25-29		
Brett	Rinehart	44	Kelly	Cool	14
Kenneth	Vega	34	Melissa	McKinney	12
TC	Wagner	30	Lindsay	McCracken	10
Aaron	Hohn	22	Lilani	Mendez	10
Joffrey	Holcombe	21	Christa	Baird	10
			Meg	Keane	10
			Aimee	Truelben	10
			Kristin	Underwood	10
			Connie	Abbott	10
			Traci	Flones	10
			Jane	Kilb	10
			Laure	Gibbs	10
			Kelly	Carlton	10
			Erin	Foley	10
Male 30-34			Female 30-34		
Adam	Moore	58	Kate	Messer	44
Dale	Dexter	20	Amy	Schultz	26
Anthony	Nichol	17	Christina	Schell	22
Kenny	Miller	16	Megan	Carney	20
Tom	Pickart	13	Megan	Brown	16
Male 35-39			Female 35-39		
David	Bryant	68	Michelle	Andrew	56
Mike	Diederich	48	Ashley	Shones	40
Randy	Vassinger	38	Held	Engert	28
Jay	Golonka	23	Melissa	Todd	20
Jerry	Pullins	20	Valerie	Thompson	19
Male 40-44			Female 40-44		
Steve	Christensen	57	Michelle	Collins	38
Dion	Dixon	32	Gill	Highnam	29
Ken	Monn	32	Andrea	McGehee	16
Ron	Kochanowicz	26	Jennifer	Thompson	16
Christian	Reed	20	Rebecca	Miles	12
Male 45-49			Female 45-49		
Donny	Danner	63	Cindy	Cameron	70
Kevin	Miller	20	Karen	Hyde	28
Marc	Keys	18	Sharon	Stubler	17
Gerardo	Marquez	16	Lisa Ann	Bailey	16
Doug	Holzel	16	Jennifer	McCord	15
Male 50-54			Female 50-54		
Greg	Schultz	67	Kathleen	Johnson (Shawnee)	70
Chris	Nichols	58	Jane	Tompkins-Lundgren	70
Keith	Long	30	Julie	Stellen	30
Rob	Harber	24	Karen	Hyde	24
Tony	Eales	18	Edgy	Sack	22
Male 55-59			Female 55-59		
Jimmy	Stanzola	74	Anne	Allen	90
Gayle	VanDurne	66	Sandi	Weston	29
Don	Fitzgerald	44	Kaye	McCormick	26
Roger	Hahn	42	Kathleen	Johnson	20
Yael	Abouhaliah	33	Debra	Wood	19
Male 60-64			Female 60-64		
Jeff	Behrens	82	Boeck	Dea	90
Bruce	Gilbert	80	Donna	Romano	40
Tim	Wagner	78	Diane	Otto	24
Greg	Hartman	45	Christine	Brenner	16
Don	Turner	15	Anita	Olshanski	14
Male 65-69			Female 65-69		
Garth	Smith	48	Robynne	Turner	94
Phil	Kelsey	38	Suzie	Turner	86
Rick	Hogan	20	Mary	Haley	53
Bill	Geiger	18	Celeste	Leonardi	12
			Karon	Way-Turner	10

Male 70-74			Female 70-74		
Wally	Brenner	97	Karon	Way-Turner	90
Eugene	Wien	90	Janice	Young-Miller	38
Don	Roth	80	Pat	Bryman	10
Frank	Weinhold	48	Shirley	Murdoch	10
Carl	Versant	38	Beverly	Lewis	9
			Gary	Covell	8
			Carolyn	Mitchell	8
Male 75-79			Female 75-79		
Lou	Joline	68	Ann	Nelson	80
Deloyne	Huffman	40	Fritz	Hazelnigg	22
Alan	Polner	27	Jean	Buchanan	10
Don	Miller	18	Jean	Reedy	9
James	Fulton	10	Gerry	Merritt	8
Male 80-84			Female 80-84		
Paul	Heltzman	70	Mary	Otto	38
Cliff	Hunter	24	Elaine	Kramer	18
Firmin	Snodell	10	Margaret	Rizzo	10
Al	Purnell	9	Bobbie	Thrushley	10
Ed	Burnham	6	Beverly	Little	10
Male 85+			Female 85+		
Ed	Burnham	60	Dottie	Grey	10
			Mary	Otto	9

RUNNING GARRY GRIBBLE'S SPORTS



2011 MARA
Grand Prix Directors:
Dina Meyers
Sandi Weston



Ralph R Hall M.D.
Emeritus Professor of Medicine
University of Missouri
at Kansas City School of Medicine
Fellow American College of Physicians
Fellow American College of
Sports Medicine

CONTENTS:

Vitamin D in athletes.
Weight loss strategies.
Overtraining.
The good and bad from antioxidants.
Changes in diet and life style and long term weight gain.
How much exercise is ok during pregnancy?
New guide lines for cooking pork

Vitamin D:

In a symposium on Vitamin D reported from the University of Nebraska, it was found that many college athletes had low levels of vitamin D which has the potential of decreasing their performance. Athletes who participated in indoor sports such as basketball and hockey were the most likely to have vitamin D deficiency.

Black athletes had some very severe deficiencies. This is because they have more skin pigment which blocks the sun's rays. It requires more time in the sun for them to form Vitamin D precursors in their skin.

The latest information on Vitamin D will be reviewed later this month. There are new recommended guidelines developed by Endocrine Society. There are differences of opinion on the recent National Institute of Medicine guidelines regarding dosage which have been found to be inadequate for many individuals.

Weight loss:

Weight loss strategies were discussed in one session. The only technique that affected the number of calories one eats spontaneously was to consume food with a high water content 15 to 30 minutes prior to meal time. Eating apples, grapes, and other high water containing foods was associated with a substantial reduction in the number of calories consumed at the next meal.

Drinking water before meals did not have any effect. These were carefully designed studies by experience investigators.

Overtraining

Endurance athletes over training and military over training result in a marked reduction of testosterone in males and estrogen in females. Other hormones are also markedly reduced. Athletes and military personnel who are over trained have less strength and more fatigue. It may take weeks or even months for these individuals to recover normal blood levels of hormones and to have improved stamina. These changes may have occurred because of inadequate nutrition.

Editorial Comments: I made these comments during the question and answer session. "These findings are similar to the clinical conditions an endocrinologist sees when the pituitary gland stops stimulating the thyroid, ovaries, testes, and adrenal glands. When one takes in too few calories and, perhaps, protein, thyroid function slows dramatically. It's possible to raise the thyroid function slightly, but not to normal levels with exercise. These athletes and military personnel simply needed more food."

Antioxidants:

There were a number of studies with various fruits demonstrating that they all were effective antioxidants.

Comment: It is interesting that milk is just as effective an antioxidant as the various fruits. It lowers C reactive protein, tumor necrosis factor, and other oxidants almost, equally as well as fruits.

Remember the issue in which I reported that large doses of the antioxidants, vitamin C (1000 mg) and E, prevented improvement in fitness. A paper published in Medicine and Science in Sports and exercise in June of 2011 further validated these findings by demonstrating that large doses of vitamin E and C prevented the increase in mitochondrial size and density that accompanies and probably results in increases in fitness.

Diet, exercise, and weight gain.

Source: Zaffarian, Hao, Rimm, Willett, and Hu, June 23, 2011, New Eng of Med. 2395-2404.

Back ground: specific dietary and other life style behaviors may affect the success of the straight forward-sounding strategy "eat less and exercise more" for preventing lifestyle weight gain.

METHODS:

The investigation involved three separate cohorts that included 120,877 U.S. women and men who were free of chronic diseases and not obese at baseline, with follow up periods from 1986 to 2006, 1991 to 2003, and 1986 to 2006. The relationship between changes in lifestyle factors and weight changes were evaluated at 4-year intervals, with adjustments made for age, baseline body mass index for each period, and all lifestyle factors simultaneously.

RESULTS:

Within, each 4 year period, participants gained an average of 3.35 lbs. (the range was from -4.1 to +12.4 lbs). 4 year weight gain was most strongly associated with the intake of potato chips (1.69lbs), potatoes (1.28lbs), sugar sweetened beverages(1.00lbs), and was inversely associated with intake of vegetables (-0.22 lbs), whole grains (-0.37 lbs), fruits (-0.49 lbs), nuts (-0.57lbs), and yogurt 9-0.82 lbs). Physical activity was associated with (-1.76 lbs).

CONCLUSIONS:

Specific dietary and lifestyle activities are associated with weight gain. The may be useful in developing strategies to prevent obesity.

Editorial Comment:

Potatoes are nutritious with a number of minerals and vitamins. They tend to be eaten with gravy, butter and creams that are very caloric. If eaten without the peel they also contain a high glucose load. Baked potatoes will continue to be a part of my diet. I will limit the condiments.

Bear in mind these are associations and not causes!

PARTING THOUGHT:

Most people believe you eat because of your stomach. You don't! You eat because of your brain.

Kansas City Roads and Bridges

By Dave Schieffer



International Walk to School Day is October 5th.

Celebrate the day, the week or the entire month of October. Walk to School events can be as simple as a few students and parents meeting to walk to school or more elaborate events that involve the entire community. No matter the event size, or duration, encouraging students to walk to school creates a culture that values physical activity while also emphasizing the importance of issues such as pedestrian safety, reduced traffic congestion, reduced fuel consumption and improved air quality.

Walk to School Day was founded in 1997 as a way to bring community leaders and children together to build awareness for communities to be more walkable. By 2002, children, parents, teachers and community leaders in all 50 states and the District of Columbia joined nearly 3 million walkers around the world to celebrate the second annual International Walk to School Day. The one-day event has now grown to a month-long celebration.

In the U.S., International Walk to School Day is expected to be celebrated at over 3,500 events at participating schools. Walkers from the U.S. will join children and adults in 40 countries around the world.

Complete Streets Policies Include Walking and Bicycling in City Planning.

The Johnson County Commission recently adopted a new Complete Streets policy with a goal to better include bicycling and walking in future road projects in the unincorporated parts of the county. Here's a tip of the hat to KanBikeWalk, KC Healthy Kids, and everyone who contacted the County Commission in support of the policy. Your emails had a big impact on changing the mind of at least one Commissioner. Rural Johnson County now joins Leawood, KCK, KCMO, Lee's Summit, and Independence with Complete Streets or Livable Streets policies.

Upcoming Local Events

September 13th: Maintain Your Ride Class

This introductory class will get into the basics of keeping your bike in shape between trips to the bike shop. Learn more and register at <http://bikewalkkc.org/events/51>.

September 24th: Moving Planet

People around the world will take part in local events to highlight the importance of climate protection. The Kansas City event will put walking and bicycling front and center with a rally at City Hall to support sustainable transportation options. Find out more at www.350kc.org.

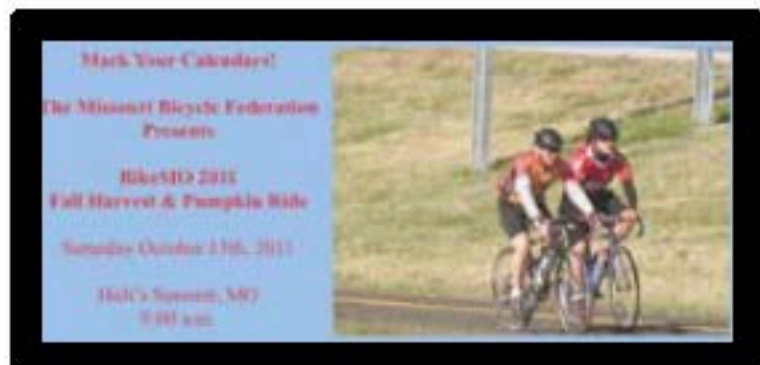
September 27th-29th: Traffic Skills 101 Class

Our most intensive bicycle class provides all of the knowledge and skills you need to ride safely and legally for transportation, recreation, or fitness. Learn more and sign up at <http://bikewalkkc.org/events/66>.

Check out www.mobikefed.org for the latest news, advocacy opportunities, and resources related to walking and bicycling.

Whether you are running, walking or riding, please be safe out there!

Happy Trails!





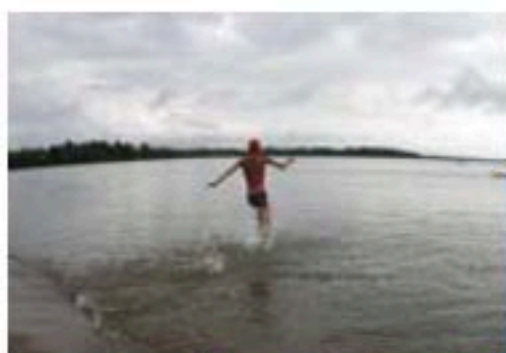
800 women excitedly wait for the Swim Start now that the rain has stopped.

WIN for KC WOMEN'S TRIATHLON

Saturday, July 30, 2011
Presented by Sprint

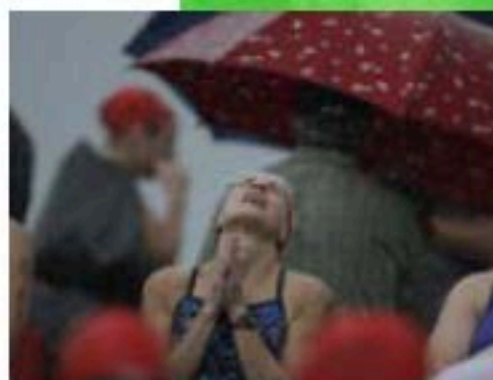


Smithville Lake

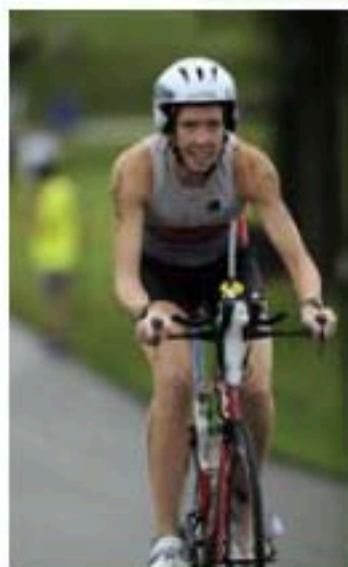


The beauty and splendor of the first triathlete in the water is Katherine Brown, who was 1st place in 23-27 age group.

Kansas City Green Triathlon



Christel Hedden has her own family cheering squad.



Christina Johnson, Lonna Anderson and Amy Middaugh show us their guns.





Lettie Ebbs was overall winner with time of 55.41 minutes.



Kelly Dippold and Lettie Ebbs show their unique "Green" Awards and prizes



Judy Swofford (on right) the oldest Triathlete to finish at age 71, is congratulated by friend Heidi Oligmueller.



2nd place overall winner was Kelly Dippold with a time of 57.27 minutes.



Something for the kids



Director Kathy Nelson works the microphone for Metro Sports.



Katie Horner at the Finish Line.



Kansas City's Green Triathlon

Finish Line Fun with the Families!



Presented 1st place Award by Kathy Nelson, WIN for KC Director



Photos provided by: thomasphotographic.com

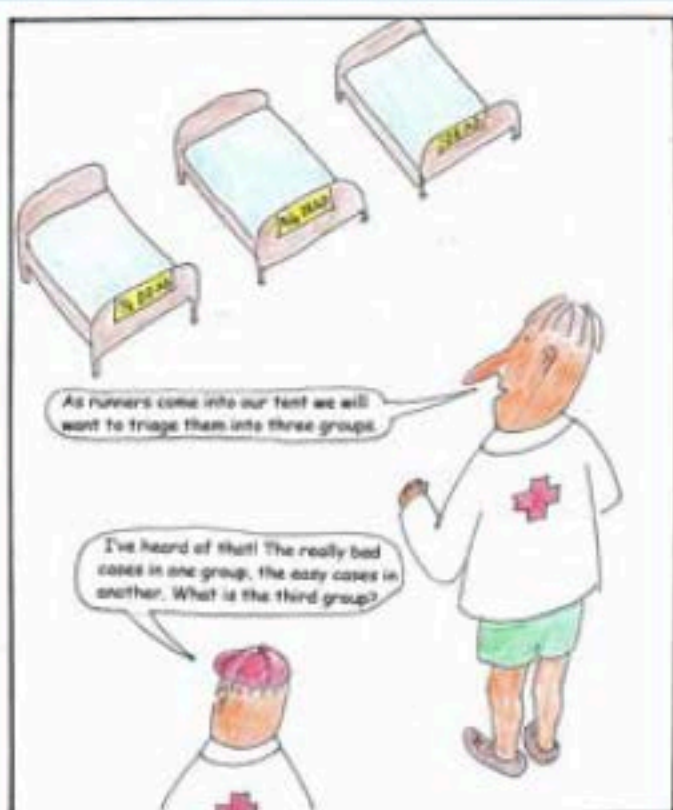
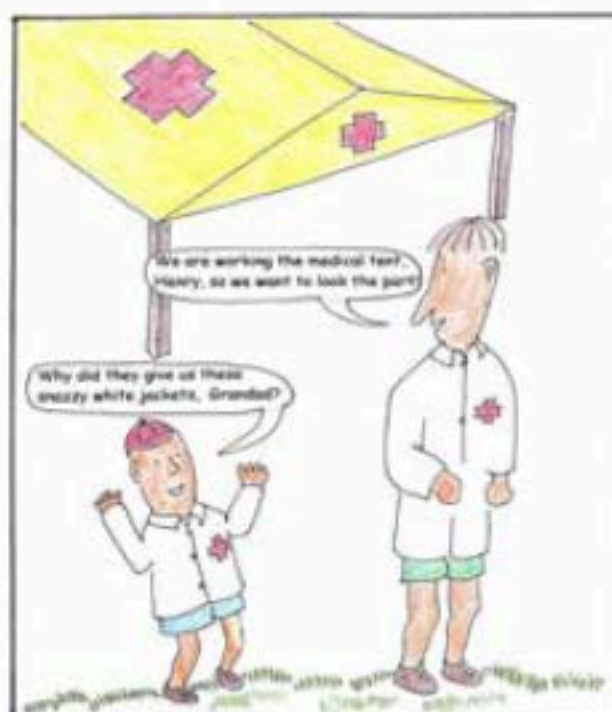


Lou's Cartoons

In Living Color

By Lou Joline

RUNNING WITH GRANDAD, by Henry
STAFFING THE MEDICAL TENT





MOTIVATION FOR YOUR MILES

"Some might say that it's easier to be the runner than the runner's family."

- Rob de Castella

"Good things come slow - especially in distance running."

- Bill Dellinger

"In general, any form of exercise, if pursued continuously, will help to train us in perseverance. Long-distance running is particularly good training in perseverance."

- Mao Tse-Tung

"Time is the enemy. Time is what we are fighting in our lives, as we fight it in our running. We can never achieve a total victory, but every time we achieve a partial one, every time we extend the boundaries of man's capacity, we affirm our human dignity."

- Coach Sam Dee

"Perhaps the most intriguing, yet at the same time most tragic aspect of distance running is racing strategies and tactics or the lack of them. A slight hesitance, a single step to the inside, a few seconds miscalculation of the right pace or the timing of the final kick, and any other seemingly minor error, may throw away months and years of careful preparation and sacrifice. The race is not always to either the swift or the strong, but to the clever, the skillful, and the constantly wary."

- Ken Doherty

"Running the 42-mile Rim-to-rim-to-Rim trail into and out of the Grand Canyon was a bad idea. Trying it a second time was just insane."

- Adam Buckley Cohen

"It's okay to be mildly hungry before easy runs. Exercise temporarily reduces appetite, so your stomach will stop growling once you start running."

- Pamela Nisevich Bede, M.S., R.D.

"Running is a big question mark that's there each and every day. It asks you, 'Are you going to be a wimp or are you going to be strong today?'"

- Peter Maher

"Don't be afraid to take a big step if one is indicated. You can't cross a chasm in two small jumps."

- David Lloyd George

"You will become as small as your controlling desire; as great as your dominant aspiration."

- James Allen

"A total commitment is paramount to reaching the ultimate in performance."

- Tom Flores

"I am a big believer in the 'mirror test'. All that matters is if you can look in the mirror and honestly tell the person you see there, that you've done your best."

- John McKay

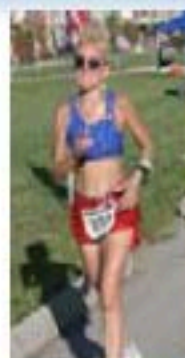
PATRIOTS' RUN



We run to remember those we lost. We run to honor those who serve.



Patriots' Run
Great Mall of the Great Plains
Sunday, September 11, at 12:00 PM
20700 W. 151st St Olathe, KS
As we commemorate the tragic events of 9/11 we take time out to thank and honor the men and women who serve our nation.

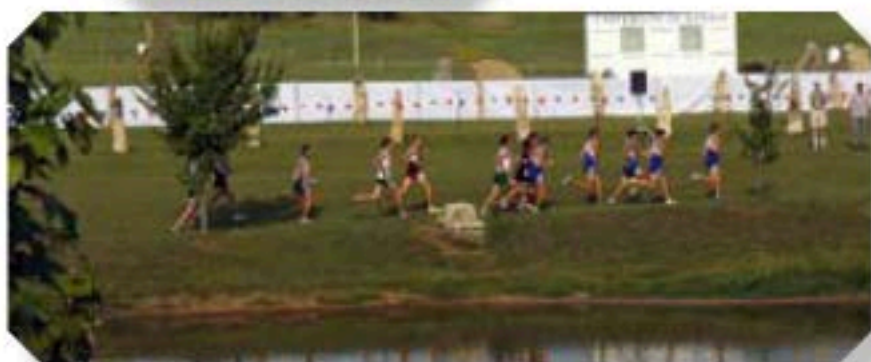
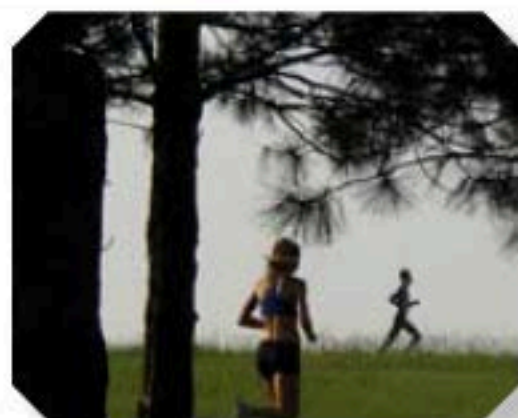
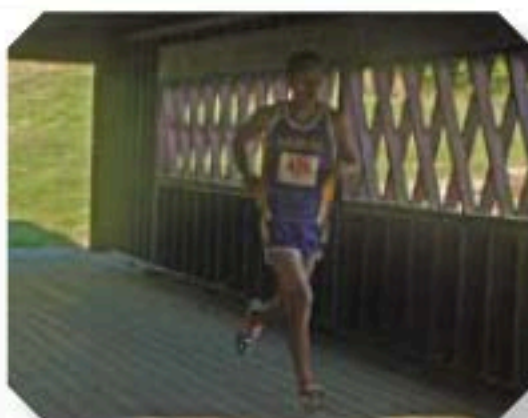
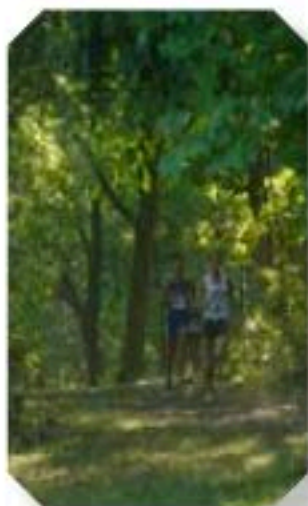


Photos provided by: Greg Highberger w/SeeKCrunch

PATRIOTS' RUN



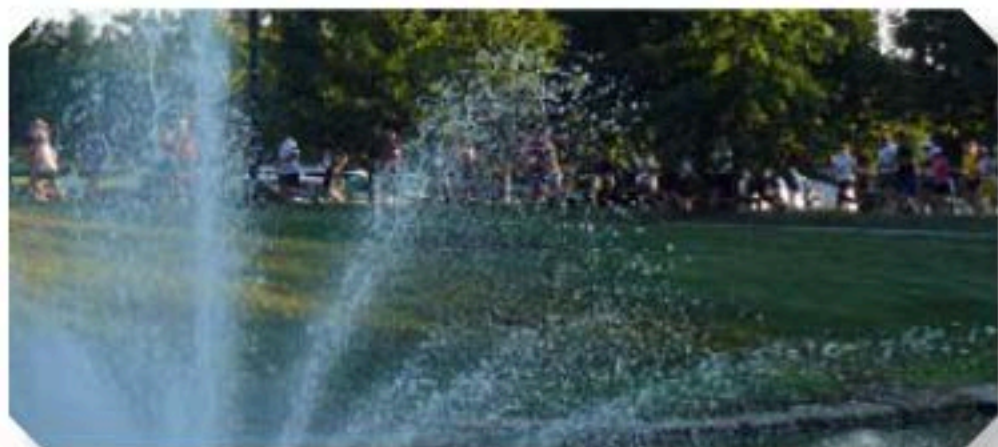
We run to remember those we lost. We run to honor those who serve.



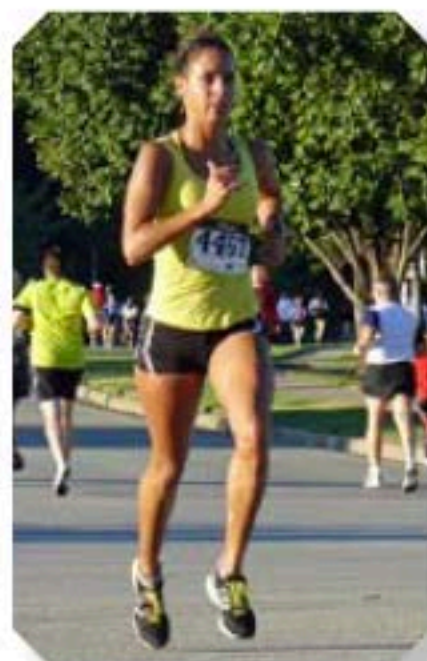
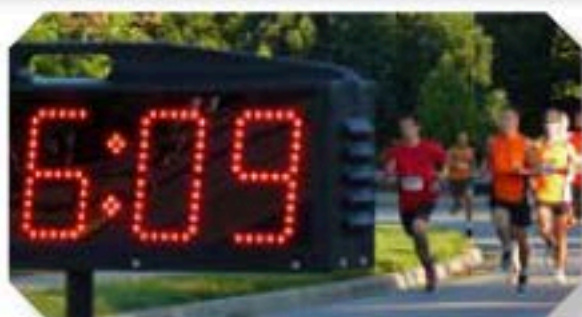
**Scenes from the
Bob Timmons Classic - a cross country race
held at Rim Rock Farm, on September 3rd**

Photos Provided By: runLawrence Gene Wee

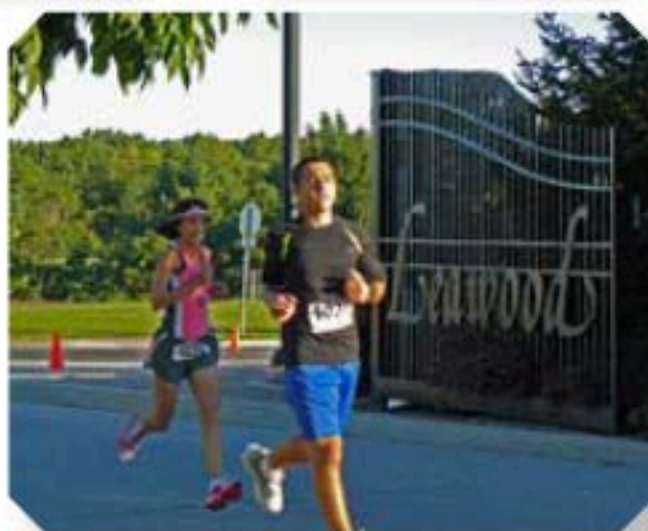




September 5th
Leawood
Labor Day
5K



Scenes
from the
Annual
Leawood
Labor Day
5K
Sept.
5th



Photos Provided By: runLawrence Gene Wee

30th Annual



Saturday, January 21, 2012

11:00 AM

Start: Topeka, KS • Finish: Auburn, KS

Participants receive:

- Free post-race pancake feed
- Hooded sweatshirt
- Free action photos

Hosted by:



First MARA Grand Prix
Event of 2012

For information and to register:

www.sunflowerstriders.org/topeka-to-auburn



13th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

October 8, 2011

8:00 a.m.

Black Bob Elementary School
Olathe, Kansas

For more information, check the website at
www.pumpkinrunwalk.org or call the race information line at
(913) 909-3406

• Walkers with strollers are welcome •

**MARK YOUR
CALENDAR**

Nov. 26, 2011

**6th Annual
Miracle on Kansas Avenue Rescue Run**

Register Now....For Early Bird Fees!

www.topekarescuerun.org

**Run
5K**

**Walk
1.5 miles
or 5K**

**Individual
and Team
Competition!**

"Life is short ... running makes it seem longer."

- Baron Hansen



***HomeTeam Owners,
Mike and Jo Faulconer,
are proud members
of MARA & K.C.'s great
running community!***

"Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. Unfortunately, when awareness comes, it is excruciating."

John Farrington, Australian marathoner



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2012

JANUARY

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Race starts at 9AM

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Starting line at Theater in the Park

7710 Renner Rd. Shawnee, KS

\$25

Reduced rate for 12 and under \$15

All Ages & Ability



REGISTER AT WWW.ENTER2RUN.COM OR OLATHE.YOUNGLIFE.ORG

For more information contact: Becky Johns 913.636.0824 or Libby Bailey 913.484.0918