

"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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Master Pieces

OCTOBER/NOVEMBER 2012

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

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Note: Please send all articles, photos, ad inquiries to Renee Kidwell at runnay 19@yahoo.com.

Cover Photo: Start of the Deana Rose Children's Farmstead Stampede 5K

Photo by: Gene Wee - runlawrence.com



GIVE & RECEIVE SWEET ENCOURAGEMENT

By Renee Kidwell



A few weeks ago I had the pleasure of running a half-marathon in Asheville, NC. I have run Kansas City's Hopsital Hill Half-Marathon many times and am always quite respectful of it's difficulty with all those intriguing, demanding inclines. Hospital Hill is a great run with great participation and lots of positive attitude! I must admit though that Asheville's Half provided a good bit of those qualities, and, when it came to the hills - I was even more respectful. Plus, the Asheville Half brought along a bit of 'altitude' with their attitude! No matter the city, the distance, or the difficulty though, I still enjoy the comaraderie of meeting fellow runners from all over this country. It was during the last 4 miles of this run that I started chatting with a gal from South Carolina who had made the trip with a group of fellow runner friends to race and spend the weekend shopping. We started running up another extremely tough hill between mile 10 and 11 and became short on talk while trying to take it more oxygen. I noticed she started to fall behind a little then so I kept turning around encouraging her to keep pushing and stay with me. As we neared the last 1/2 mile of the race - here it was, one more brutal, steep incline and I was the one falling back a good bit. My SC buddy turned around and encouraged me all the way up that last hill. Although she had a better sprint to the finish line, she came back to shake hands and exchange a hug of congratulations for both of us completing a pretty demanding race and both finishing strong and well.

So.... I am here to encourage and wish all of **YOU** with happy and healthy training and races ahead!

New MARA Members and Sustaining Memberships are listed on page 6





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The race started at the Deanna Rose Children's Farmstead. Heading north after looping the parking lot are Ken Moran (515), Justin Garrard (128), Dale Dexter (100) & Adam Moss (262).

Deana Rose Children's Farmstead Stampede 5K August 11, 2012



Always good to have Dad help with pinning on the number!





Marshall Reed (Overland Park, 304) & Ken Moran (KC,MO 515) over the last bridge on the Indian Creek Bike and Hike Trail



Justin Garrard- 1st Male



This is SO MUCH FUN!!!!



Kimi Reed - 1st Female





Center of the photo is Susan Robinette (Shawnee, KS, #422)



Kaitlin Belisle (Ponca City OK, 29), Bassy Kendrick (Ponca City, 209), & Leeann Reed (Overland Park, 303)



LOTS of milk & bananas!





Gayle Van Durme (Overland Park, 366), Leeann Reed (Lenexa, 303), Mike Clump (495)





Master Pieces October/November2012



Running Shorts

OCTOBER 2012

Edited by Julie Worthington

IMPROVE YOUR MILES PER GALLON

Runners with good running economy are like cars with good gas mileage. They can go just as fast as their gas-guzzling competition, but they use much less energy along the way. Sounds great, but what exactly is running economy? Scientists define it as the amount of oxygen a runner consumes at a steady, less-than-all-out effort. In other words, the less oxygen you use at a given pace, the better your running economy. Running economy has been shown to be a good predictor of running performance for middle-and long-distance runners. This makes sense since a more economical runner will expend less energy to maintain the same pace as a less economical runner, which leaves the more efficient runner with greater energy reserves to draw upon later in the race. So, how can you improve your running economy? Recent research suggests these four methods: 1. Run More. Studies suggest that the more we run, the more efficient our bodies become when running. (To a point, of course.) It's the old saying: Practice make perfect. 2. Run Harder (and longer). Researchers believe the runners who improved their running economy did so by strengthening their pulmonary systems. Once their breathing became easier, running became less taxing, and both running economy and performance improved. Back to that car analogy: It's like getting better gas mileage after replacing your car's dirty air filter. 3. Run Smoother. As with a car that's out of alignment, we may run less economically because of poor biomechanics. While there is no particular running style that assures top running economy, there are a number of biomechanical characteristics that economical runners seem to have in common. Here are five that have been identified by researchers: *Tendency toward a rear footstrike. *Less arm movement. *Less bounce or upand-down motion. *Greater knee bend of the support leg. *Slight forward lean. If you find you are lacking in some or all of these characteristics, don't panic. Our bodies naturally select a running style that is quite efficient, taking into account our own unique set of anatomical and physiological attributes. Instead of trying to reinvent your running style, choose one area that needs improvement, then focus on it during your training. You can always tackle another area once you've mastered the first. 4. Run Happier. Perhaps the most interesting research of late shows that a runner's economy is closely tied to his or her mood state. The runners in this study ran more economically when they scored lowest in tension, depression, anger, and mood disturbance. So stop revving your mental engine every time you get stuck in traffic. It'll just slow you down on a run. Remember, with just a few minor adjustments, you too can improve your current miles per gallon! (Runner's World)

FATIGUE-FIGHTING FIBER

Eating a high-fiber breakfast helps reduce fatigue, say British researchers. In their study, participants who ate a high-fiber breakfast reported clearer thinking, less fatigue, and less emotional distress than those who ate a low-fiber breakfast. (Runner's World)

ADJUSTING TO AGING

If you ask dedicated runners if they plan to run for the rest of their life, they'll say yes. But after about 10 to 15 years there will be changes in performance. Let's review the main factors involved in aging and athletic performance, and see how you can adjust them to achieve maximal satisfaction from your training. *Aerobic Capacity -- Your body's ability to take in and use oxygen begins to go down when you pass the age of about 30. The more you work out the slower the decline, but no matter how much you do, you will still lose aerobic capacity. If you continue exercising regularly you will always be ahead of folks your age who don't work out. In fact, in your 40s and 50s, you can be ahead of a sedentary 20 year old. That should motivate you to continue working out. *Anaerobic Capacity -- This is your ability to use energy without using oxygen (for example, when you do speed work or lift heavy weights). This tends to dip with age faster than your aerobic capacity, perhaps because most people tend to do less high-intensity work as they age. The way you keep your loss to a minimum is to continue regular speed work. *Body Composition, Muscle Strength and Bone Density -- With age, most people gain fat and lose muscle mass and strength and their metabolism slows. They also tend to lose some bone density, women faster than men, especially after menopause. The best way to avoid or minimize all these undesirable changes is to add weightlifting or resistance training to your aerobic workouts. *Flexibility -- Your joints tend to grow stiff and your muscles lose elasticity with age. Keep yourself as flexible as you can by stretching after each warm-up, and at the end of all your physical activities. Resist the temptation to let stretching slide, as you grow older. Many of us develop mild to moderate arthritis sooner or later, then it is even more important to keep stretching. *Recovery Time -- The first thing that Masters athletes notice is not losing speed, and not losing endurance, but that it takes longer to recover from workouts and competition. You can't overcome this; you just have to allow for it. When you work out hard, or race, make sure you recover properly before your next hard effort. If you don't, you will pay either with injury or staleness. It may take several days of light workouts to recover from an effort that took only a day or two of recovery when you began working out. *Motivation -- Many people go through motivational changes as they age. When your race times begin to lengthen, and you move up into smaller age groups, you may find it hard to keep the motivation to continue. Think back to how you felt when you first began getting back in shape. You did it to reduce your risks of illness later in life, and to feel good. And when you got back in shape it gave our self-esteem a shot in the arm. Keep those feelings alive, forever! (American Running Association)

THE COLD, HARD TRUTH

Avoiding colds couldn't be simpler for most runners – just stick to your normal, moderate training program. According to the August issue of Medicine & Science in Sports & Exercise, moderate physical activity can reduce the risk of upper respiratory tract infections by nearly 25 percent. So, how much activity is needed to produce this effect? Tough to say, but lead study author Charles E. Matthews, Ph.D., offers these guidelines: "An active lifestyle that provides 60 to 90 minutes per day of exercise can help reduce your risk of developing a cold." An important caveat: Previous studies have shown that unusually high levels of exercise, including the recent completion of a marathon, temporarily increases your likelihood of catching a cold. So be particularly careful after very hard and/or long workouts, and after races. One study has shown that consuming sports drinks during long runs can help maintain your immunity. (Runner's World)

HOW TO ACCEPT PMS AND RUN THROUGH IT

No, not that one, the other kind: Premarathon Syndrome. It's a condition that probably affects most of us, is rarely acknowledged in public, and gets little sympathy from those not afflicted. The medical establishment hasn't a clue. The symptoms of PMS appear a few days or weeks to even a month or more before race day. Novice runners may get PSM before even short-distance events. Those who are more experienced generally develop immunity for any competition under 10 miles. Marathons affect almost all of us. That's why it's called PMS! The only effective response to PMS is to get out there and keep on training. Ignore it. Remind yourself how badly you wanted to get into this race. Think of how proud and relieved you'll feel when it's over. Record the symptoms in your logbook to pinpoint cause of death for your survivors if you wish, but don't stop running. Remember that PMS symptoms often get worse as race day nears. When you pick up your running number at registration, everyone else looks so healthy and relaxed, totally unconcerned about blisters, losing their chip, or the chance of rain. Absolutely nothing is bothering them. Don't believe it. Almost all of them are concealing PMS symptoms that are just as bad as or even worse than yours. But all these concerns will disappear like magic with that first, irrevocable step towards the distant goal and another victory. Just don't trip! (Footnotes)

HONEY OF A DEAL

Honey's not just for toast anymore. Recent research shows that the sticky stuff is actually nature's own sports gel. Cyclists were able to complete a 40-mile time trial faster and with greater average power when they used sports gels or honey than when they took a placebo. True, the honey bear dispenser doesn't fit as well in your shorts, but there are new gels available that contain honey (www.honeystinger.com). (Runner's World)

BUILD MUSCULAR EARS

Say "huh?" a lot? Researchers at Miami University in Oxford, Ohio found that aerobic exercise can protect and even improve your hearing. Test subjects were divided into four groups, based on their overall cardiovascular and muscular strength. While all subjects had normal hearing, the researchers found that people with the highest cardiovascular and muscular strength also heard the best. The theory is that cardiovascular training improves circulation, blood flow, and sensitivity to sound within the ear. And the effect builds up over time. (Men's Health)

MASSAGE YOUR METABOLISM

Now you may be able to rationalize your weekly massage as something other than a muscle soother. It may be boosting your metabolism, which in turn could lead to increased calorie-burning. Exercise scientists at Eastern Washington University recently measured the resting metabolism in subjects undergoing a 1-hour massage, then continued measuring for 15 minutes afterward. Though the increase was relatively small, there was a significant boost in metabolism and calorie-burning during the massage session. (Runner's World)

AND REMEMBER...

A winner is someone who recognizes his God given talents, works his tail off to develop them into skills, and uses these skills to accomplish his goals...Too many people overvalue what they're not and undervalue what they are...You can't talk your way out of problems you behave yourself into...In the middle of difficulty lies opportunity...There are only two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle...One man with courage makes a majority...When you have a big enough dream in your heart, you can overcome almost any obstacle... While one person hesitates because he feels inferior, the other is busy making mistakes and becoming superior...Failure is only opportunity to more intelligently begin again...To do nothing is in every man's power...If everyone is thinking alike, then somebody isn't thinking...Wanting something is not enough. You must hunger for it. Your motivation must be absolutely compelling in order to overcome the obstacles that will invariable come your way...Those who take action and find creative solutions to their disappointments and challenges are thrivers. Their reward is the life of their dreams!

STAY HEALTHY AND KEEP RUNNING!!!



If you have been a MARA member for a while, then you know what an avid Elvis fan I am, always have been, ever since he first appeared on the Ed Sullivan show, on September 9, 1956.

So naturally, my favorite 5K is the Elvis Presley International 5K, which is always held in August during Elvis week. This was the 30th year for the race, and I have participated in 23 of those 30 years. Graceland opened to the public in 1982 and that was also the first year for the 5K. The benefactor from the race is United Cerebral Palsy. You are going to get an Elvis history lesson here! When Elvis was first getting attention around Memphis, his very first fan club was started by a young man, named Gary Pepper. Gary had cerebral palsy. As Elvis became more and more famous, he never forgot what Gary had done for him. For as long as Gary lived (he passed in 1969) Elvis paid all of his medical expenses. So it was only fitting that when the race was established, the charity would be the United Cerebral Palsy. It is also managed and put on by the Memphis Runners Track Club, which my friend, Wain Rubenstein, is the race director.

I am also so amazed at how many fans come from all over the world for Elvis week, each August. I met 3 very fun people from Australia and they were also runners. I met them several days after the 5K, it was just one of those coincidences, that we ended up sitting at the same table one evening. We struck up a conversation, and that is when I found out that they had also participated in the 5K. So not only did we share our love for Elvis, but also for the sport of running. The 3 people were a couple and her best friend, they were in their early 50's and SO much fun. What could be better that to meet fellow Elvis fans that are also runners?

I kept telling them how I loved their accent, and commented on that I would love to have an accent. They laughed and said "to us, you have the accent!" Wishing you healthy and happy running and/or walking.

Welcome New MARA Members:

Joanne Baxendale Randy Harbin Photography Lanterne Rouge David Smothers Overland Park, KS Grain Valley, MO Leavenwork, KS Merriam, KS

Sustaining MARA Members

Anna & John Allen Lexa Alley Rich & Marlene Ayers Diane Bahr Dee Boeck & Gene Wee Dave Boone CB & Rainy Cadenhead Bill & Judy Dalton Mary Boyce & Mary Desch Herbert & Janet Brown Rainey Cadenhead John Cookinham Bill & Judy Dalton Charles & Mary Haley Alan & Robin Higley Rick Hogan Donna LaLonde Ann Lento Terry & Keith Mann Ed McCay Kent & Carolyn Mitchell Ann & Stan Nelson Russ & Rosalie Niemi Howard Nies Terri Porter Brett & Gay Purcell Karen & Keith Raymer Barb Rinne & Family Donald Roth Gretchen & Stevan Ryan Garth & Nancy Smith Richard Stainbrook & Family Marla Thompson Kermit Trout Mary Turner Sandra & John Weston Tim Wigger Eugene & Marsha Wren Home Team Inspection Thomas Photographic Ultramax Sports

Leawood, KS Merriam, KS Kansas City, KS Leavenworth, KS Lawrence, KS Overland Park, KS Kansas City, MO Kansas City, MO Wichita, KS Independence, MO Kansas City, MO Kansas City, MO Kansas City, MO Kansas City, MO Omaha, NE Leawood, KS Topeka, KS Overland Park, KS Fairway, KS Leawood, KS Lenexa, KS Westwood Hills, KS Wake Forest, NC Kansas City, KS Kansas City, MO Independence, MO Raymore, MO Lee's Summitt, MO Prairie Village, KS Olathe, KS Overland Park, KS Pomona, KS Leawood, KS Overland Park, KS Leawood, KS Kansas City, MO Shawnee, KS Shawnee Mission, KS Leawood, KS Kansas City, MO Columbia, MO

2012 MARA GRAND PRIX

Standings through 09-16 (Plaza 10K)

MARA dues must be current by 11/1/12 to receive 2012 year end awards

Male 20-24		Female 20-24	
Mike Hake	48	Kimi Reed	20
Matt Kruger	14	Gina Rochetti	17
Brett Guemmer	13	Megan Yartz	13
Male 25-29		Female 25-29	
Tim Hodges	42	Kathryn Leahy	22
Aaron Hohn	21	Heather Werling	12
Aaron Davidson	17	Stephanie Zeller	12
Marshall Reed	14	Angie Nygren	10
Max Buehler	14	Connie Abbott	10
Male 30-34		Female 30-34	
Dale Dexter	29	Katie Messer	56
Adam Moos	18	Amy Schmitz	41
Caleb Teague	18	Megan Earmey	30
Anthony Nicholl	14	Mindy Coolman	14
Matt Sulzen	11		
Male 35-39		Female 35-39	
Jeremy Garrett	28	Ashley Shores	50
David Bryant	19	Valerie Thompson	24
Kenny Miller	18	Michelle Andrew	18
James Kanary	18	Kristen Comment	18
Mike Diederich	16	Kara Kowalik	12
Male 40-44		Female 40-44	
Ken Moran	60	Michelle Andrew	60
Keith Matiskella	20	Susie Fagan	26
Bob Hornung	16	Jackie Melchior	19
Phil Hudnall	18	Laura Gettys	14
Dion Dixon	14		
Male 45-49		Female 45-49	
Mark Fuchs	32	Cindy Cameron	80
Gerardo Marquez	22	Sara Snow	18
Troy Robinson	20	Jill Coffey	15
Rodney Pixier	19	Mary Anne Durall	14
Mark Keys	16	Jill McCartney	14
Male 50-54		Female 50-54	
Rob Harber	58	Karen Hyde	70
Brian Daldorph	28	Jane Tompkins	39
Bret Ohlhausen	28	Barb Rinne	20
Chris Nichols	25	Tammy Mize	16
Ken Cameron	23	Barbara Banks	12
Male 55-59		Female 55-59	
Jimmy Stanziola	74	Kathleen Johnson	82
Don Fitzgerald	67	Anna Allen	57
Henry Grubb	32	Jane Tomppkis	36
Jack Uhrig	27	Sharon Costello	16
Michael Robins	18	Joanne Baxendale	15
Male 60-64		Female 60-64	
Bruce Gilbert	73	Dee Boeck	100
Gayle Van Durme	60	Nancy Mueller	38
Jeff Behrens	54	Donna Romans	27
Don Turner	40	Tricia Schell	24
Tim Wigger	34	Sandra Weston	24
Male 65-69		Female 65-69	
Rick Hogan	48	Susan Robinette	96
Thomas Odell	30	Suzie Turner	69
Jeff Waters	28	Mary Haley	50
Gary Cooper	17	Karon Way-Turner	30
Bill Geiger	14	Dorothy Esher	30



Male 70-74		<u>Female 70-74</u>	
Eugene Wren	82	Janice Young-Miller	30
Garth Smith	66	Jerri Matt	18
Don Roth	60	Carole Brockman	10
Frank Weinhold	22	Carolyn Langenwalter	9
John Merriam	12		
		Female 75-79	
		Ann Nelson	80
Male 75-79		Carolyn Mitchell	28
Lou Joline	84	Fritzi Hazelrigg	17
Alan Poisner	38	Beverly Lewis	17
Aida Wagner	8		
Donald Caslavka	10		
William Hoobing	9		
Male 80-84		Female 80-84	
Cliff Hunter	38	Trudy Nepstad	10
Firmin Snodell	19	Patricia Lawrence	8
Arnold Mueller	10	Jo Messman	6
Paul Heitzman	10	Joanne Jones	4
Mitchell Kranitz	8	Roberta Rebiskie	2
Male 85+_		Female 85+	
Ed Burnham	50	Mary Otte	39
		Dottie Gray	10
		Margaret Taylor	8
		Mary Evers	8



MARA 2012 MARA GRAND PRIX Schedule

1 21	T 1 . A 1 II 1C M .1
1-21	Topeka to Auburn Half -Marathon
1-29	Groundhog 10K
4-07	Run for Life 10 Miler
4-14	Rock the Parkway
	Half -Marathon
4-29	Trolley 4 Miler
5-05	Heart and Sole 10K
5-12	Truman Run 5K
5-13	Mother's Day 5K
7-14	Eudora Horsethief 5K
7-28	KC Open Championship X-Cntry 5K
8-25	Heartland Track & Field 3K
8-04	Course of Dreams CC5K
8-11	Farmstead 5K
9-03	Labor Day 5K
9-16	Plaza 10K
10-13	Jared Coones 5K
10-20	Kansas City Marathon
10-27	Halloween Hustle 10K
11-04	Cliffhanger 8K
11-10	UltraMax Cerner 15K



2012 MARA Grand Prix Directors: Dina Meyers Sandi Weston

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

For changes or additions, send email to Jay at jkraupp@everestkc.net. **MARA GP** indicates a MARA Grand Prix event.

MARA GP indicates a MARA Grand Prix event. As of September 18, 2012. See www.mararunning.org for the latest, updated weekly.						
Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, More
ОСТОВ	ER 2	2 012 Th	nis race schedule is a service o	f Mid-America Running Ass	ociation. Support MARA and	join today!
10/6/2012	Sat	7:30 AM	GM4-5K, The Chocolate Run/Walk	Blue Ridge Sports Complex parking lot, 5460 Blue Ridge Cut- Off, KCMO 64133	http://visitgraceway.org/gm 45k	Thao Romero <thaoromero@sbcglobal.net></thaoromero@sbcglobal.net>
10/6/2012	Sat	8:00 AM	John Glaser 5K Run/Walk	Station 71 Headquarters, 6501 Neiman Road, Shawnee, KS	http://www.johnglaser5k.c om/	Brad Ziegler Brad@kcrunningcompany.com
10/6/2012	Sat	8:00 AM	12th annual Cure SMA Race and Roll 5K (formerly Roefest 5K)	Bishop Miege HS, 5041 Reinhardt Dr (53rd & Mission Rd), Roeland Park, KS	Register: www.fsma.org/kc	Natalie and Tim Gibbs 913-634-5425, njillgibbs@gmail.com
10/6/2012	Sat	8:00 AM	Run4Change (formerly Eyes on Aids Run) 5K,10K, & new this year a 15K	Shoal Creek Community Church, 6816 S. Church Rd., Pleasant Valley, MO	register at www.run4changekc.com or active.com.	Charla Hecker, Race Director, 816-809 9041, there will be family fun post-race activities includinng Chris Cakes.
10/6/2012	Sat	8:00 AM	Revolution 5K Run/Walk	Liberty Memorial, Kansas City, MO	register at. http://www.enter2run.com/ search/event.aspx?id=131 94	contact: Susan Nickell revolutionelsalvador@gmail.com
10/6/2012	Sat	8:00 AM	Grin & Bear It 5K	Historic Harrisonville Square, Harrisonville, MO	Online registration at www.enter2run.com	Contact for more info: Sonya McLellandCass Regional Medical Center Foundation, smclelland@cassregional.org, 816-380 5888, ext 4650
10/6/2012	Sat	8:00 AM	Community Food Pantry Fall Festival 5K	205 W. Ohio St., Butler, MO	Registration: batescountypantry.org	Laura, 660-679-3951 batesfoodpantry@gmail.com
10/6/2012	Sat	8:00 AM	Strut for the Streaks 5K Run/Walk	Blue Valley Recreation Center 9701 W 137th St. OP, KS	http://www.bluevalleyrec.or g/page/strutforthestreaks. php	Jackie Buser jbuser@bluevalleyrec.org
10/6/2012	Sat	8:15 AM	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)	Www.coacherace.com	660-788-4875 Wayne Jones. Relay option in the 3/4 Marathon. Pecan Festival is going on, and 3/4 Marathoners get a slice of pie.
10/6/2012	Sat	8:30 AM	Hope Network 5K Run for Hope & Family Fitness Walk	First Baptist Raytown, 10500 East 350 Hwy, Raytown, MO	www.hopeforraytown.com	Michelle at 816-778-1148
10/6/2012	Sat	9:00 AM	JDRF Walk to Cure Diabetes & 5K Run	Truman Sports Complex, Kansas City, MO	To register, please visit www.jdrf.org and select "Missouri" and then "Kansas City".	Enjoy free food, live entertainment and lots of family-friendly activities post-race until Noon. Lauren Cunningham at 816.472.7997 or lcunningham@jdrf.org
10/6/2012	Sat	9:00 AM	Run for Freedom 5K, 10K and Poker Walk	Missouri Veterans Home~Warrensburg, 1300 Veterans Rd., Warrensburg, MO 64093	http://www.valwbg.org/	Contact: Jan Smith, (660) 543-5064, jan.smith@mvc.dps.mo.gov
10/6/2012	Sat	9:00 AM	Haven's Wooded Trail 5K Run (with obstacles, mud pit, trails)	Havens Park 22nd and Ottawa Street, Leavenworth, Kansas 66043.	http://www.enter2run.com/	913-651-2012
10/7/2012	Sun	7:30 AM	17th Annual Scarecrow Panther Scamper 5K Run/Walk and 1 mile fun walk	Oakhill Day School, 7019 N. Cherry, Gladstone, MO	http://www.enter2run.com/	Tinas@gladstone.mo.us

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, More
10/7/2012	Sun	8:00 AM	Pink Laundry 5K Run/Walk	Downtown Lee's Summit, MO	register/info at www.pinklaundry.org	Contact: Vicki Gardner 816-516- 4767
10/7/2012	Sun	8:30 AM	Sandrat Trail Run, 9.5 miles approx.	Ballard Community Center, North 7th St. & Elm, Lawrence, KS	www.runlawrence.org	Steve Riley, 785.842.4351, srmriley@sunflower.com
10/7/2012	Sun		Chicago Marathon (sold out in six days)	Chicago, IL	www.chicagomarathon.c	Sold out (full)
10/13/2012	Sat	7:30 AM	Run for a Reason 1/2 Marathon and 5K	Hummer Sports Park - 2751 SW East Circle Dr, Topeka, KS	www.topeka.ywca.org/Ru n4aReason	www.active.com/running/topeka- ks/run-for-a-reason-2012 Amy Pinger amyp@ywcatopeka.org Course Certification Numbers: KS09074BG - 5K, KS09075BG - 1/2 Marathon
10/13/2012	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk <i>MARA GP</i>	Blackbob Elementary, 14701 S. Brougham Dr., Olathe, KS	http://www.pumpkinrun walk.org/	Sam Miceli, 816.822.2309, sm26375@sbcglobal.net
10/13/2012	Sat	8:00 AM	16th Race For The Future	Lees Summit West HS, 2500 Ward Rd, Lees Summit, MO	www.active.com	816-986-1088, sheryl.franke@leesummit.k12.mo.us
10/13/2012	Sat	8:00 AM	Mustache Dash 5K Run/Walk	Park Place 11700 Ash Leawood, KS	www.mustachedash5K.c om	Brad Ziegler brad@kcrunningcompany.com
10/13/2012	Sat	8:00 AM	The Barstow 5K Run/Walk and Kid's Run	The Barstow School 11511 State Line Road Kansas City, MO	www.barstowschool.org/ 5K	Deborah Walz deborahwalz@hosfield.com
10/13/2012	Sat	8:30 AM	Run for a Child 5K and 1 mile family fun walk	4110 NE Vivion Rd, Penguin Park, Kansas City, MO	www.runforachild.com	runforachild@gmail.com
10/13/2012	Sat	8:30 AM	1st Annual BRO Quad-A 5/10K & Chili Cook-Off	Marshall Army Airfield, Fort Riley, KS	http://www.active.com/10 k-race/fort-riley-ks/1st- annual-big-red-one- chapter-quad-a-5-10k- and-chili-cook-off-2012	chip timed by the Manhattan Running Company. Race and Fun Run finish on the flight line, running through Army aircraft. Afterwards the chili contest begins and there will be family entertainment and games. WWW.broquada.org
10/13/2012	Sat	9:00 AM	Wild in the Woods Trail Run Series (10 miles, 2nd of 3 in the series)	Indian Camp Creek Park, 2679 Dietrich Road near Wentzville, St Charles County, MO	register at www.stccparks.org.	contact the St. Charles County Parks Department at (636) 949-7535
10/14/2012	Sun	8:00 AM	Prairie Fire Marathon, Half Marathon, & 5K	Wichita, KS	http://www.prairiefiremarathon.com/	
10/14/2012	Sun	8:00 A.M	Jeff Taylor 5K/10K Run for SAFE	E.H. Young Park, Riverside, MO	www.jefftaylorrun.com	Aaron Goff (816) 504-2840 aaron@kcpcu.org
10/14/2012	Sun	8:00 A.M	Bill Cross 5K Run/Walk for BackSnack	Zona Rosa I-29 and Barry Road Kansas City, MO	www.sportkc.org	Christine Evans cevans@feednorthlandkids.org
10/14/2012	Sun	9:00 AM	Fall Fell Trail Race 7M	Kill Creek Park, Olathe, KS	http://www.psychowyco.c om/id64.html	Rocky & hilly trails
10/20/2012	Sat	7:00 AM	Courthouse to Capitol Ultramarathon and Relay	Start Location: Columbia, MO, Boone County Courthouse Finish Location: Jefferson City, MO, Missouri State Capitol	www.challengesbychoice .com	Darrin Young, 573-999-3838. A 39.3 mile (63 Kilometers or a Marathon and a Half) point to point race, run almost entirely on the Katy and MKT Trail. The race can be run solo or as a team.
10/20/2012	Sat	7:05 AM	Waddell & Reed Kansas City Marathon, Half Marathon & 5K <i>MARA</i> <i>GP (Marathon)</i>	Kansas City, MO	http://www.waddelland reedkansascitymarath on.org/	
10/20/2012	Sat	8:00 AM	Lake Perry Rocks! Trail Run 50K, Half, 5K	Branded B Ranch, Lake Perry, Meriden, KS	http://www.psychowyco.c om/lakeperrytrailruns/	Rocky & hilly trails
10/20/2012	Sat	8:00 AM	Heart & Soles 5k Run/Walk	Blue Springs South High School Blue Springs, MO	www.gatewaymercyminis try.org	Meagan Farber 816-229-6454
10/20/2012	Sat	8:00 AM	Heart and Sole Run/Walk To Support Children's Wellness Services	Happy Rock Park, Gladstone, MO	www.tri- countyheartandsole5k.or g	816-877-0406 or e-mail loriw@tri- countymhs.org

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, More
10/20/2012	Sat	8:30 AM	13th Annual Raytown Educational Foundation "Run for Excellence", 5K Run & Kid's Dash	Raytown HS, 6019 Blue Ridge Blvd, Raytown, MO	www.raytowneducationalfo undation.org	www.active.com Contact: Bob Kessel, 816.478.0974 bobkessel@aol.com
10/20/2012	Sat	9:00 AM	FT5K - presented by Mizzou Dance Marathon	Research Park Drive, Columbia, MO	http://www.shopftk.org/ft5k-registration/	\$15 to register until Oct. 1 and \$20 after, and all proceeds benefit the the University of Missouri Children's Hospital. A DJ will provide entertainment at the start and finish area, there will be an epic dance party at the halfway point, and Miracle Families will award medals to the top five finishers in the men's and women's divisions
10/21/2012	Sun	7:30 AM	Rock'n'Roll St Louis Marathon and HalfMarathon	St Louis, MO	http://runrocknroll.competit or.com/st-louis/event- details	
10/21/2012	Sun	8:30 AM	FLATS Trail Half Marathon	Kirksville, MO	Registration: http://www.active.com/run ning/kirksville-mo/flats-trail- half-marathon-2012	More info: http://www.facebook.com/pages/FLAT S-Trail-Half- Marathon/251720808185656
10/27/2012	Sat	8:00 AM	Halloween Hustle 5K and 10K <i>MARA GP (10K)</i>	Unity Village, 1901 NW Blue Parkway, Lee's Summit, MO	healthyholidayrunseries .com	Brad McCleary , info@bodiesbybradandjen.com , Free online photos from SeeKCrun
10/27/2012	Sat	8:00 AM	Run The Burg, 1/2 Marathon, 10K & 5K	Johnson County Courthhouse at 200 North Holden St in Warrensburg, MO.	www.runtheburg.com	Scenic course includes city and surrounding countryside. Mark Hechler, mlhent@embarqmail.com, 660-747-5444
10/27/2012	Sat	9:00 AM	Graveyard Run 5K	Elmwood Cemetery. Truman Rd. and Van Brundt Ave, KC, MO	www.runkansascity.com	David Biersmith 816-241-4477 dbiersmith@imckc.com (Run benefits the Cemetary)
10/27/2012	Sat	9:00 AM	Through the Woods 5k Trail Run	Parkville Nature Sanctuary, Parkville, MO	www.active.com (May not be listed there yet)	tarahnicole@gmail.com
10/27/2012	Sat	9:30 AM	Monroe County YMCA Illinois Ozarks 10K Bluff Trail Run	Borsch Park, Valmeyer, IL	http://www.ymcaswil.org/.	Becky Keightley at (618)281-9622 or rkeightley@ymcaswil.org
10/27/2012	Sat	Noon	Tick or Treat Trail Run 2M, 4M	Wyandotte County Lake Park, KS (Shelter 9)	http://www.psychowyco.co m/id95.html	Nice single-track trails
10/27/2012	Sat	3:00 PM	Rock Island Run	Old Train Depot, . Pleasant Hill, MO 64080	http://www.active.com/run ning/pleasant-hill-mo/rock- island-run-i-2012	BJ@BJtheDJ.com
10/27/2012	Sat	6:30 PM	Tick or Treat 5k Night Trail Run	Wyandotte County Lake Park, near Shelter #9, Kansas City, KS	http://www.psychowyco.co m/tickortreat/	badbendrs@yahoo.com Ben Holmes 816-810-0440 / A Family Fun Event.
10/27/2012	Sat	7:00 PM	Monster Dash 5K Run/Walk	City Market, Third and Walnut, Kansas City, MO	www.kcmonsterdash.com	Troy Fitzgerald Troy@kcrunningcompany.com
10/28/2012	Sat	6:00 AM	The Bison 50 Relay.	Topeka, KS to Lawrence, KS	Website: www.bison50.com	Race Contact: Raul Flores, runsfar@kc.rr.com
10/28/2012	Sat	8:00 AM	Kansas Monster Dash 5K / 10K / Half Marathon	Theatre in The Park, Renner Road, Shawnee Mission Park, Shawnee, KS	www.kansascitymonster.or	Live Band, Unique Courses on the SMP Bike Trails Contact: Chad Tower chad.tower@jocogov.org
10/28/2012	Sun	8:00 AM	A Chance for Children, 5K Run/Walk, 10K Run, and Kid's Fun Run	Corporate Woods, Overland Park, KS	http://www.achanceforchil dren.com/	Beth Roller, Roller_beth@yahoo.com Free Photos from SeeKCrun.com
10/28/2012	Sun	9:00 AM	Bringing Up the Rear 5K - Kansas City's Race to Defeat Colon Cancer	English Landing Park in Parkville, Missouri	http://www.active.com/run ning/parkville-mo/bringing- up-the-rear-5k-2012	more about our organization at www.AndrewJSomoraFoundation.com Julie Somora, (816) 806-8226

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, More
NOVEME	BER 2	2 012 This	race schedule is a service of Mic	I-America Running Associatio	n. Support MARA and join toda	ıy!
11/3/2012	Sat	9:00 AM	Wild in the Woods Trail Run Series (5 miles, 3rd of 3 in the series)	Broemmelsiek Park, 1615 Schwede Road south of O'Fallon, St Charles County, MO	register at www.stccparks.org.	contact the St. Charles County Parks Department at (636) 949-7535
11/3/2012	Sat	9:00 AM	Cure' of Ars School 5K Run/Walk	Cure' of Ars Church 9401 Mission Road Leawood, KS	www.cureofars5K.com	Mary Parrigon mparrigon@kc.rr.com
11/3/2012	Sat	10:00 AM	Tails on the Trail, dog friendly 5K	Shawnee North Community Center, 300 NE 43rd St, Topeka, KS	http://www.hhhstopeka.or	Linda DeLaRosa, 785-506-2364, linda_delarosa@hotmail.com. This a dog friendly 5K trail run/walk. All proceeds go to help our local animal shelter. You do not have to have a dog to participate but if you would like one we have a rent a dog program.
11/4/2012	Sun	ТВА	Cliffhanger Run 5K run/walk, 8K run, <i>MARA GP (8K)</i>	Cliff Drive & Gladstone Blvd., KC, MO	www.cliffhangerrun.co	
11/4/2012	Sun	830 AM	The OVERRUN Ovarian Cancer 5K and 1 Mile Teal Ribbon Run/Walk	Blue Valley Recreation Complex 137th and Switzer, Overland Park, KS	www.overrunovariancance r.com	info@overrunovariancancer.com, or Kelly Cannova at kcannova@kc.rr.com
11/10/2012	Sat	9:00 AM	Pilgrim Pacer Marathon, Half, 10K, 5K	Shawnee Mission Park, KS	http://www.psychowyco.c om/pilgrimpacer/	Paved bike trails
11/10/2012	Sat	8:45 AM	Run For Shelter 5K	7th & Olive, St. Joseph, MO	www.active.com	JimC@ClaytonPaper.com
11/11/2012	Sun	8:00 AM	UltraMax Cerner 15K <i>MARA GP (15K)</i> , also 7K FunRun-Walk	Community America Ball Park (Home of the Kansas City T-Bones), Kansas City, KS	http://www.kc15k.com/	
11/11/2012	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile Trail Run	Wyandotte County Lake Park, KS (Shelter 9)	http://www.psychowyco.c om/id65.html	Nice single-track trails
11/17/2012	Sat	8:00 AM	The Turkey Trails 5K & 10K	Bass Pro, Indepenence, MO	healthyholidayrunseries.co m	pre-register with recieve a cool long sleeve technical run shirt.
11/17/2012	Sat	vrs	Northface Endurance Challenge	Frank A. Theis Park, 48th and Oak, Kansas City, MO	http://www.thenorthface.c om/en_US/endurance- challenge/kansas-city-mo- road/?stop_mobi=yes	
11/18/2012	Sun	8:00 AM	16th Annual Gobbler Grind Marathon, 1/2 marathon & 5K *entries are limited, so register early*	Corporate Woods, Overland Park, KS	www.gobblergrindmaratho n.com	gobblergrind@aol.com ,
11/22/2012	Thu	8:30 AM	Turkey Trax 5K Run	Columbia, MO	http://ultramaxtri.com/turk eytraxrun/	
11/22/2012	Thu	9:00 AM	Thanksgiving Day 5K & Family Stroll	Sprint Campus, 117th Street & Nall, Overland Park, KS	http://www.sportkc.org/sp ortkc.aspx?pgID=866&eve nt_id=634	www.sportkc.org
11/22/2012	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K/10K Run/Walk	Ward Parkway Center, 85th & Ward Parkway, Kansas City, MO	www.enter2run.com	information@enter2run.com
11/22/2012	Thu	9:00 AM	Pilgrim Run 5K Run/Walk	Pilgram Chapel in Hyde Park, 3801 Gilham Road, Kansas City, MO	www.pilgrimrun.org	Gary Foltz info@pilgrimrun.org A fun run through Historic Hyde Park; benefits Pilgrim Chapel Children's Programs.
11/22/2012	Thu	8:30 AM	runLawrence Thanksgiving Day 5K	Woodlawn School, 508 Elm, Lawrence, KS	http://www.runlawrence.or g/TDay5k.html	RRCA 5K Kansas state championship.
DECEME	BER 2	2 012 Thi	s race schedule is a service of			
12/1/2012	Sat	7:00 AM	Castlewood 8-Hour Adventure Race	The Wyman Center, Eureka, MO	www.BONKHARDRACIN G.COM	
12/1/2012	Sat	12 Noon	Rudolph Run, 7.2 Mile Road Race	High Noon Saloon, choctaw Street, Leavenworth, Kansas	www.enter2run.com	
12/1/2012	Sat	6:00 PM	Run With Santa 5K Run/Walk	Downtown Spring Hill, KS	http://www.sportkc.org/	Contact: Sharon.Meek@juno.com

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Fun Stuff, More
12/2/2012	Sun	9:00 AM	Great Santa Run 5K	Johnson County Community College, 12345 College Blvd, Overland Park, KS	www.kcsantarun.com	Troy Fitzgerald (troy@kcrunningcompany.com)
12/8/2012	Sat	10:00 AM	MARA Chili Run, 6.5 mile loop on park road.	Wyandotte County Lake, 91st & Leavenworth Rd., Kansas City, KS	www.mararunning.org	
12/8/2012	Sat	8:00 AM	Alternate Chili Run, 10 Mile Trail Run	Wyandotte County Lake Park, Shelter 1, 91st & Leavenworth Rd., Kansas City, KS	http://www.psychowyco.co m/id44.html	Ben Holmes, 816.810.0440, badbendrs@yahoo.com
12/8/2012	Sat	10:00 AM	Kris Kringle Cross Country 5K	Swope Park, Kansas City, MO		helston_singleton@kcmo.org
12/9/2012	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Underground Business Complex, 17501 W. 98th St, Lenexa, KS	www.JingleBellRunKC.org	Steve Rock, Arthritis Foundation, 913.262.2233 x109,
12/15/2012	Sat	7:30 AM	The Candy Cane Course 5K & 10K	Longview Community College, Lees Summit, MO	healthyholidayrunseries.co m	Pre-register and recieve a cool long- sleeve hooded sweatshirt
			ents. Editor's note to Race D time to add your 2013 races.			ld your race, but you may also email me I did not mark GP races in this 2013 list
1/1/2013	Sun		Run the First 5K 31st Topeka to Auburn Half	Kansas City, MO Fairlawn Plaza Mall,	www.runkansascity.com	runkansascity@aol.com Brad Rhoden, Sunflower Striders,
1/19/2013	Sat	11:00 AM	Marathon	Topeka, KS	www.sunflowerstriders.org	785.273.6331,
1/27/2013	Sun	vrs AM	Children's TLC Groundhog Run 5K & 10K	Hunt Midwest Subtropolis, 8300 NE Underground Dr., Kansas City, MO	www.childrenstlc.org	Editors note: The 2012 edition sold out by Jan 11. Consider registering well before the race date.
3/2/2012	Sun		11th Little Rock Marathon, HalfMarathon, 10K	Little Rock, AR	www.littlerockmarathon.co	2012 Race filled several weeks before the event
4/13/2012	Sat	7:30 AM	Rock the Parkway Half Marathon, 5K	Ward Parkway, KC, MO	www.rocktheparkway.com	KC Running Company, troy@rocktheparkway.com
4/15/2013	Mon		117th BAA Boston Marathon	Hopkinton, MA	www.baa.org	· - · · · ·
4/28/2013	Sun	7:45 AM	The 25th Trolley Run, 4 Miles.	From 75th & Wornall, to the Country Club Plaza, Kansas City, MO	www.trolleyrun.org	Wave start, first wave 7:45 AM
5/12/2013	Sun		BikeSource Duathlon/Triathlon	Heritage Park,16050 Pflumm Road, Olathe, KS	http://jcprd.com/special_ev ents/hp_duathlon.cfm	Chad Tower at (913) 236-1231 or info@jcprd.com
5/12/2013	Sun	8:00 AM	Mothers Day 5K, Run/Walk for Women	Corporate Woods, Overland Park, KS	www.mothersdayrun.com	
6/1/2013	Sat	7:00 AM	40th Hospital Hill Run, Half Marathon, 10K / 5K	Crown Center, Pershing & Grand, Kansas City, MO	www.hospitalhillrun.com	Beth Salinger, Beth@hospitalhillrun.com.com,
6/1/2013	Sat	8:30 AM	Journey for Jo 5K Run/Walk & Kids Dash	Washburn University, Topeka, KS	Website: http://www.journeyforjo.co m/	Race contact, fun stuff & more: info@journeyforjo.com, family friendly event, certified course, chip timing, fun activities for kids, strollers welcome
7/14/2012	Sun	7:00 AM	29th Annual Shawnee Mission Triathlon	Shawnee Mission Park, Shawnee, KS	http://jcprd.com/special_ev ents/smp_triathlon.cfm	Chad Tower at (913) 236-1231 or info@jcprd.com
9/8/2013	Sun		S.W.A.T. Jeremy Katzenberger Memorial Triathlon	Weatherby Lake, C Point, 7701 NW Scenic Dr, Weatherby Lake, MO	http://swattri.blogspot.com	Contact: Augi Grasis at 816-226-7046 swatjktri@gmail.com
10/26/2013	Sat	8:00 AM	Run The Burg, 1/2 Marathon, 10K & 5K	Johnson County Courthouse, 200 N. Holden St, Warrensburg, MO.	www.runtheburg.com	Mark Hechler, mlhent@embarqmail.com, 660-747- 5444





Grant Holmes is soon to be the winner of the 10K Helen Gold.

Message from Director, Parkinson's Disease and Movement Disorder Center

This year marks the 11th annual Helen Gold 5K/10K Walk/Run! This event has been the largest fundraising event for the Parkinson's Disease and Movement Disorder Center at the University of Kansas Medical Center for the past 10 years, raising over \$390,000 for research. These funds have been invaluable to our Center and have contributed to multiple research projects including the long-term continuation of a Parkinson's Disease (PD) database for which valuable data are collected about the various symptoms of PD, disease progression and effects of various treatments; a long-term database and several studies of deep brain stimulation for PD to determine the most appropriate patients for the surgery, outcomes after surgery and effects on quality of life; and several studies focused on improving walking, balance, fatigue and daily functioning in persons with PD. The proceeds from the Helen Gold events have helped us to make a significant impact on the quality of life for persons with Parkinson's disease and their loved ones.

We are so very grateful to Ron Gold, Allen Cinnamon, Dee Sand, Bradley Brooker and the many others that continue to volunteer their time and resources, work endless hours throughout the year and provide the support necessary to make this event one of the most successful runs in the Kansas

City area!.

Most Sincerely, Rajesh Pahwa, MD Laverne and Joyce Rider Professor of Neurology Director, Parkinson's Disease and Movement Disorder Center University of Kansas Medical Center





The venerable Mary Otte wins her age group at age 87!



Dr. Chris Davlantes runs for the memory

of Stan Young.





Lyrical hills of the Helen Gold Run



Dee Sand, Race Director & BJ the DJ plan the Awards



Photos by: thomasphotographic.com









Dee Boeck & Micheal Robins

Heartland 3000



Cindy Cameron, Gayle Van Durme & Michelle Andrew

Photos by: www.runlawrence.org

Heartland 3000m for the MARA Grand Prix series at Johnson County Community College on Aug 25, 2012.



Katie Messer and Cindy Cameron



Ron Harber and Jane Tompkins



Discus thrower



Mike Fisher

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

FALL FOR SOUPS GREAT NUTRITION IN A BOWL



As I write this article, cooler weather is finally upon us. With the cooler temperatures, outdoor training seems to become so much more pleasant. Many of us find ourselves wanting to enjoy more time outside, if even just to play. When we come indoors, nothing seems to satisfy the appetite like a good bowl of homemade soup. Hearty stews and soups can pack in a lot of nutrition with a variety of ingredients while being fairly economical and low in fat. A big pot of soup can stretch to feed a number of hungry folks and, as with the two recipes that follow, can easily be frozen for a whole new meal at a later date.

Both of these soups are family favorites that have been passed down a number of years ago, one from a friend and the other from the in-laws. The tortilla soup goes together really quickly and can be served fast when time is short. The bean soup requires more preparation and cooking time, but is well worth it. I actually have made a pot of each within the last week and we have enjoyed them over several meals. Each soup is hearty on its own, but can be teamed with a sandwich, if desired. The tortilla soup goes particularly well with quesadillas on the side. Serve soups with whole grain crackers or cornbread, a salad or raw veggie and fresh fruit for dessert for a complete meal. **Soups on!!**

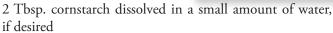
TORTILLA SOUP

1/4 bunch cilantro, well washed (leaves only)

2-3 garlic cloves (or minced garlic)

1/2 small onion, chopped 1 small can of green chilies 1 (14.5 oz) can diced tomatoes 6 cups chicken stock/broth, can use low salt

1 teaspoon cumin salt, to taste, if desired



1- 2 cups cooked chicken (2 oz per serving) or canned white meat chicken

Optional Additions:

Corn tortillas (about 10) cut into thin strips; vegetable oil Monterey Jack or lowfat Cheddar cheese, shredded (1 oz per serving)

1-2 avocados, peeled, pitted and sliced

Puree cilantro, garlic, onion, chilies and tomatoes in a blender or food processor. Heat stock and add pureed mixture, cumin and salt. Bring to a boil and simmer up to an hour. Can serve quicker, if needed. Add chicken to stock. (If desired, stir the dissolved cornstarch into stock. Often I don't add the cornstarch, since I like a thinner soup.)

Fry tortilla strips in oil until crisp, drain well. Serve soup garnished with choice of shredded cheese, tortilla strips, avocado, sour cream, salsa, or whatever else you prefer.

BEAN SOUP

1 lb. Great Northern beans (soak in water with 2 tsp. baking soda in refrigerator overnight) Drain and rinse beans and cover with water in a large stockpot. Add 1 medium onion, chopped and 1 ham hock (or ham bone or salt pork). Bring to a boil, reduce heat. Simmer about 2 hours on low. Add 1/2 cup tomato juice, 3/4 cup chopped carrots, 8 oz. diced ham. Simmer for 1-2 more hours or until beans are tender. Can add some mild chili peppers or hot

sauce or Italian peppers and their juice at the end for mild heat, if desired. Serve with raw onions, if desired.





Nutrition and Running By Sally Berry

MA RD CSSD ISSN

Should Runners Follow a Low Carb Meal Plan?

There's been a lot of talk lately using a low carb diet for ultra endurance runners. This question has been looming for a while, but came to a peak a few weeks ago after the winner of the Wester States 100 miler race claimed to eat low carb. Does this diet really work? Steve Phinney and Jeff Volek provided a quick, unofficial study of 25 volunteer runners during the 100 mile race. The preliminary study focused on comparing lower carb runners' performance vs high carb runners' performance. Since low carb is all the "buzz" I thought I would give you some extra information and my take on the subject.

First of all, the diet they are talking about is LOWER carb... not NO carb. Some people are fat burners, and other are carb burners. What makes the difference? Part of the difference is what type of activity, intensity of the activity, training and fitness level. In general terms, longer distance endurance athletes will burn more fat (such as the ultra endurance racers -100 milers). Ultra endurance athletes run at a slower pace than let's say, a half marathon runner. This means that ultra endurance runners can tolerate different fuel sources than faster and more shorter distant runners. Coaching and training typically helps endurance athletes be better fat burners, especially when they moderate their speed on their longer weekly runs ... just as is recommend to you by some of the local coaches.

The other aspect of being a better fat burner is diet (of course). The types of carbohydrate, fat, protein and the amounts of each macronutrient can make a difference in your body utilizing carbohydrate vs. fat during exercise. For instance, if you ate a mostly highly processed sugar high carb diet most of the time and used a bucket load of gels, your body would be more of a carb burner. For the carb burner, if you did not replenish with enough carbs, you would "bonk" (run out of fuel!). If you took in too many simple carbs during a race, you may run the risk of "gutting out", cramping, etc. BUT carbohydrate is still the limiting fuel and is necessary. So is having a good carbohydrate store (glycogen) in your body as well as fluid. Retained body fluid plus stored carbohydrate is needed during the longer bouts of exercise.

If you can manipulate your body to be a more efficient fat burner (both through diet and training), the body's glycogen store will be used up slower, thus helping you through the long endurance race without bonking.

I have been able to get clients down to about 20 grams carb per hour by improving metabolic efficiency AND by manipulating their diet. These athletes may also improve when using a slower release carbohydrate source during training and races. These changes can make the critical difference for many (but not all athletes). This is not Paleo, Atkins, Vegan, or any other plan. I really feel that good athletes can have a wide preference variability of diet depending on their body types, training and personal needs. That's where individualization comes in play. However, quality nutrition is vital! I believe that some following these "lower carb" plans are actually cleaning up their diets to a more healthful way of eating and this can make a difference. Following a plan with bacon, eggs, trans fats and fake food will not help wellness! Neither does a highly process empty calorie plan. So... as I like to say, it's much more than fat vs carb vs protein, it's the type of food, quality in each nutrient category, timing, and amount worked around a good training program.

Looking at some of the peer reviewed research, the results are very predictable with what I see when I have tested clients for metabolic efficiency on a metabolic cart at KU Medical Center's Lab... and is the expected results. If someone eats high fat before exercise, they will burn more fat. If they eat high carb, they will burn more carb. In current research from Murakami et al., the HFM (high fat meal) folks still had carbohydrate intake at a 30% rate. This is NOT a plate of bacon or Atkins plan. I have seen this results with good "metabolic efficiency" eating. The daily eating plan makes a difference. This is where more of the changes can occur that can affect their outcome and efficiency. One of the best way to discover metabolic efficiency is to be tested through Bodyfuel, Inc. This balanced plan will also decrease body inflammation, and be a healthier lifestyle eating plan to prevent chronic disease. But, I also see clients that prefer not to test. We can manipulate diet without the testing after a good nutrition evaluation, and can get pretty good results. The goal between the diet and training is to move a person's "crossover into carb burning" farther to the right (which mean, extending the time in the fat burning mode). I have many clients that never fat burn on this test, which means they have some work to do to get into fat burning. In the end, sparing glucose and preventing fuel depletion or overload is the goal of nutrition planning.)

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









The 4th Annual
Mud and Muck 5K
and 1-Mile Mud Dunk
August 25, 2012
"Good, Clean
(But Dirty)
Family Fun"











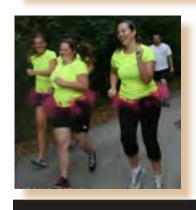
















































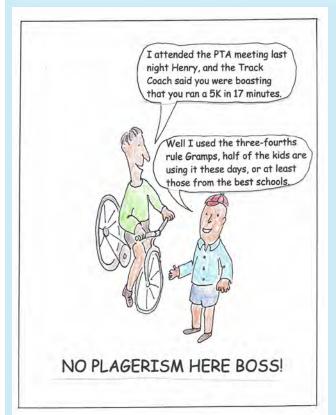


Photos by: seekcrun (Dick Ross)



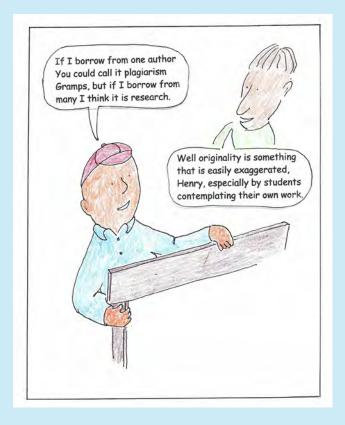
Lou's Cartoons In Living Color

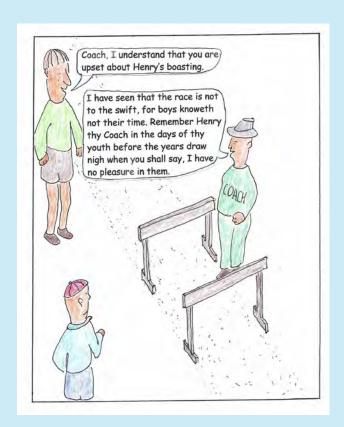
By Lou Joline



















RACEWALKING AT THE **OLYMPICS**

By Alan Poisner

Last month I presented some information on racewalking globally and locally. Now I would like to zero in on racewalking in the Olympics and our American competitors in the 2012

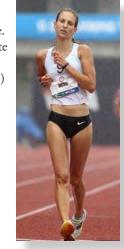
The walk first appeared in the modern Olympic Games in 1904 (as a half-mile walk in a multi-event competition which was the precursor of the decathlon). By 1908 there were also 1,500m and 3,000m racewalks. Women began competing in walks at the 1992 Olympic games and the walks have currently progressed so that there are 20K walks for men and women and a 50K walk for men (the longest endurance racing event-5 miles longer than the marathon) There are reasons to expect that the 50K event could be open to women some time in the future.

These are non-stadium events, like the marathon, but are contested on elliptical courses of 2 km distance. That is because the walkers are scrutinized by judges to ensure that the two rules of racewalking, described in last month's issue, are maintained. A number of walkers were indeed disqualified in London and some also did not finish the grueling 50K event. As usual, walkers from Russia and China were among the medal winners. Racewalking is greatly valued in countries outside the U.S. where TV exposure and money are not as important. The 50K gold medalist from Russia finished in an Olympic record time of 3:35:39. That is equivalent to about a 3-hr marathon pace (6:56/ mile). The 20K men medalist from China set an Olympic record of 1:18:45. corresponding to a 6:20/mile pace for this near halfmarathon distance. The Russian women took the top two spots and an Olympic record of 1:26:02 (6:50/mile). The last time an American won a medal was 1972 when Larry Young from Columbia, MO took the Bronze in the 50K, a medal he also

In order to qualify for the Olympic walk, just as for other racing events, certain minimum standards must be met. The automatic A standard for the 20K is 1:22:30 for men and 1:33:30 for women. There are some other ways to qualify but the US ended up with just one walker in the men's 50K and 20K and one woman in the 20K. These individuals, although not in the top walkers in the world, are remarkable athletes with interesting stories.

Our 20K walker was our youngest, 19-year-old Trevor Barron from Pennsylvania. Trevor has broken almost all of the youth records in walking and now holds the American 20K record (1:22:13). He started racewalking when he was 9 as a way to join his sister who competed in track. He was also a good swimmer but had to quit that sport because he developed epileptic seizures. That was eventually cured at age 13 by brain surgery. He now studies computer science at Colorado College Trevor is 6-3 and 160 pounds and trains like most long-distance walkersby himself. In London, Trevor came in 26/56 of the world's best walkers, finishing at a 6:40 pace. Since he is still younger than most successful American walkers in the past, we expect even more records to be broken by Trevor, an athlete who has come a long way from early childhood disability.

The 20K women's athlete is also remarkable. She is Maria Michta, a 26-year-old graduate student from Long Island, NY. Maria was valedictorian of her college (straight A's) and is pursuing a PhD. in Biomedical Science from Mt. Sinai Medical School. When she isn't carrying out experiments on hepatitis C virus, she trains on her own with some long-distance coaching from Tim Seaman, who also coaches Trevor Barron. Maria got the racewalking bug at age 14 when she was passed in a fun run by a racewalker. Racewalking is part of track in a number of Long-Island schools and Maria had already qualified for the high school indoor nationals in



Maria Michta

just her fourth race. Since that time, when she is not pursuing her scholarly pursuits, she is pursuing racewalking excellence (she took a break to train for the Olympics). In London, she finished 29/61 with a PR of 1:32:27. We expect to hear more great things from this talented athlete on the national and international scene.

Our 50K representative was an Olympian in the 20K at the 2004 Games, John Nunn, a Staff Sergeant in the Army's World Class Athlete Program. John is the veteran of the group at age 34 and trained at the college powerhouse in racewalking, Univ. of Wisconsin, Parkside. He has placed well in many national races and Olympic trials. His PR time in London, 4:03:28, placed him 43/63 athletes (7:50/mile). After the breakup of his marriage 5 years ago, John has had the major responsibility of rearing his daughter Ella who was then 3. They have started their own company, Cookies by Daddy and Daughter (www.ellascookieco. com). Sgt. Nunn may not qualify for the next Olympics, but he has already won many medals on the track, in the kitchen and in the respect he has earned in the racewalking community.



John Nunn and Trevor Barron



up; Rene Peterson is already in gear. Andrew was the first female overall.



Waiting for the start: check your iPhone, stare, state your case, look into space, yawn, tune in, twirl my moustache, nap.

THE PLAZA 10K SEPTEMBER 16 2012





Sparkle Bergin-Childers, Ballwin, MO - 2nd F40



Aaron Hohn KCMO





The Fountain



Brett Guemmer, 2nd male overall



Rene Peterson



Take a gander at the winner. Aaron Davidson (Lenexa), 1st male overall



Amy Schmitz (KCMO), 1st F30



Quinton Wilks, Olathe



Jane Tompkins, Fairway, 2nd F55

Photos by: www.runlawrence.org



The 38th Annual
MARA Chili Run
and
Awards Ceremony
Saturday
December 8, 2012
10:00 a.m.
Wyandotte County Lake
Shelter House #1

- 6.5 Mile Fun Run or Walk
- Chili Lunch and Beverage
- NO Entry Fee for MARA members \$5.00 non-members

(Register on the day of the run)

• Bring old shoes, trophies, awards and cash donations to be distributed to local charities.

• The Chili Run is designated as a fund raiser for the Jack Boyer Fund.

• Questions: Call 816-331-4286





Map to Wyandotte County Lake 91st and Leavenworth Road Kansas City, Kansas

MOTIVATION FOR THE MILES

"If you want to become the best runner you can be, start now. Don't spend the rest of your life wondering if you can do it."

- Priscilla Welch

"I ran to get a letter jacket, a girlfriend, I ran because I was cut from the basketball and baseball teams. I ran to be accepted, to be a part of a group."

- Jim Ryun

"In running, it doesn't matter whether you come in first, in the middle of the pack or last. You can say, 'I have finished,' There is a lot of satisfaction in that."

- Fred Lebow

"In our business, son, we have a saying: 'You can't put in what God left out!'"

- Sam Mussabini

"The most important thing in the Olympic Games is not to win but to take part, just as the most important thing in life is not the triumph but the struggle."

- Baron De Coubertin

"When I came to New York in 1978, I was a full-time schoolteacher and track runner, and determined to retire from competitive running. But winning the New York City Marathon kept me running for another decade."

- Grete Waitz

"A runner's creed: I will win; if I cannot win, I shall be second; if I cannot be second, I shall be third; if I cannot place at all, I shall still do my best."

- Ken Doherty

"If you want to win a race you have to go a little berserk."

- Bill Rodgers

"Running is the classical road to self-consciousness, self-awareness and self-reliance. Independence is the outstanding characteristic of the runner. He learns the harsh reality of his physical and mental limitations when he runs. He learns that personal commitment, sacrifice and determination are his only means to betterment. Runners only get promoted through self-conquest."

- Noel Carroll

"We wondered if there would be paddy wagons along the way to pick us up --- like pooper-scoopers."

- Judy Driggers

"The 'talk test' was the greatest news I'd heard since I found out it was okay to eat pasta: If you're out of breath, slow down. What a great deal!"

- George Wendt

"The five S's of sports training are: stamina, speed, strength, skill, and spirit; but the greatest of these is spirit."

- Ken Doherty

"I think that's what it's all about - friendships of sport. If you're going to be an arsehole to others during your running career then you're not going to have many friends when you retire."

- Rod Dixon

"You can listen to the stream run. You can listen to the birds. Music is my life but running allows me to appreciate the music of the outdoors."

- Gail Williams



14th Annual Jared Coones Memorial Pumpkin 5K Run/Walk October 13, 2012 8:00 a.m.

Black Bob Elementary School Olathe, Kansas

For more information, check the website at **pumpkinrunwalk.org** or call the race information line at (913) 710-0404.

· Walkers with strollers are welcome ·

14th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

Address		Age on Race Day				
City/State/Zip		Gender	Male	Female		
Daytime Phone	Evening Phone	Circle One:	5K Run	5K Walk	5K Wheelchair	
E-Mail Address						
MARA Grand Prix Race						
Fee includes T-shirt/ (circle one) Adult sizes S I am enclosing a check for: (check one entry option) POSTMARKED PRIOR TO 10/2/12 \$25 Individual Entry Fee \$15 per Person Family Fee* *Family fee applies if three or more family members of a family enter to the Release and Waiver. Entry forms for all family members and one check.	POSTMARKED AFTER 10/2/12 - \$\text{POSTMARKED AFTER 10/2/12} \cdot \$	gn ice.	Jared Mail comple Jar P.O	d Coone eted form, ed Coones . Box 3314	cks Payable To: es Pumpkin Run signed release and check to: Pumpkin Run s 66063-3314	
to abide by any decision of a race official relative to any aspect or read the rules of the race and agree to abide by them. I assume a the conditions of the road, all such risks being known and appreand I will abide by all race rules. Having read this waiver and knothe Jared Coones Memorial Pumpkin 5K Run/Walk, the Pumpkin School, race officials, volunteers and all event sponsors their returning though that liability may arise out of negligence or carelessness unforeseen, known or unknown. I grant permission to all of the		to deny or suspen nited to: falls, cont es or roller blades I, for myself and a athe including the n all claims or liabil and Waiver exten r any other record	d my particip act with othe , animals, and nyone entitle police depar ities of any ki ds to all clair of this event ns and entitie	pation for any participant: of personal mud to act on mutment, Olath and or every k for any legities listed in this	reason whatsoever. I attest that I have, s, the effects of the weather, traffic and usic players are not allowed in the race by behalf, waive, release, and discharge Running Club, Black Bob Elementary to finy participation in this event, even ind of nature whatsoever, foreseen on mate purpose. Applications for minors	
Parent/Cuardian Signatura (if under 10)			Data			





Where to start: Ultramax Sports

6911 Tomahawk Rd

Prairie Village Shopping Center

When: Saturdays at 6:30 AM

Cost: Free

Details: 10-mile run with water stops every 2 miles

