

# MASTER PIECES



**Magazine of Mid-America  
Running Association  
September - October 2017**

# Master Pieces

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

SEPTEMBER-OCTOBER  
2017

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**Cover Photo: Youngsters Enjoy  
Running the Trails at Swope Park  
"Run for the Raptors"**

**Photo by: Michael Chaffee**

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



*Renee Kidwell*  
Editor



## *Share Your Story Inspire A Runner*

Every runner has a time and start line somewhere in the past which has taken them on their own very unique journey. Your story details may include International races, PR's in a 5K, 10K, or a few marathon accomplishments as Karen Raymer recently shared with a new runner she met while shopping (Karen's Column page2). Your stories can be & often are, great inspiration to others. A historical story I still remember watching so intently was Joan Benoit winning the Gold Medal in the first women's Olympic Marathon in 1984. I was filled with awe and eagerness to start training harder and longer for my own marathon event that year. Without a doubt, I know that many of you have amazing stories and accomplishments that would truly motivate and energize your running friends, their walking or running friends and their children. It would be greatly appreciated if you considered sharing some of your stories with other MARA members!! It's quite easy and rewarding - just send an e-mail to runnay19@yahoo.com Thank you for being a true inspiration to others!!

***Wishing you a Wonderful Healthy Autumn of 2017!***

## **Sustaining Memberships are listed on page 2**

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## Karen's Column

By Karen Raymer  
President of MARA

September - October 2017

Last month, a long-time friend (that I meet once a month for lunch) and I, after lunch, went to do a little shopping. We were in a home décor shop in Lee's Summit. I saw a new thing that I had not seen before, it was a "car coaster", that had 26.2 on it. They are designed to fit in your beverage holder in your car, to absorb moisture. I have another friend who was having a birthday in a few days, and this friend is a fellow runner and a multi marathon runner. I thought this would be a good little extra present for her. The lady that rang up my purchase asked me if it was for me. I told her it was for a friend. She then asked me if I had run a marathon, I told her that I had only run two marathons. She gave me that "deer in the headlights look" then said "you have run two marathons?". She went on to say that she had just started to run, had joined a running program and was training for her first 5K, and that she just couldn't ever imagine running 26.2 miles. I have been running for 46 years and I still remember my first 5K. I was working at the time, with a couple of people who were training for the Boston marathon. I too can remember thinking, that I would never be able to run a marathon. I congratulated her on starting to run and told her that it would get easier, if she just did what her running coach advised her to do. The friend I was with is not a runner. When we got back to the car, she said "why did you say I only have run two marathons". I looked at her funny and she said "Karen, do you realize the number of people who will or cannot even run, let alone run one marathon?" I realized she was right. I am thankful that after all these years, I can still run and have never had any serious injuries. I am not as fast as I used to be, but I am still out there and still love the sport. I may not ever run another marathon, but that is okay, after all, I have only run two!

*Wishing you happy and healthy running and/or walking.*

*Karen*

## MARA Sustaining Members

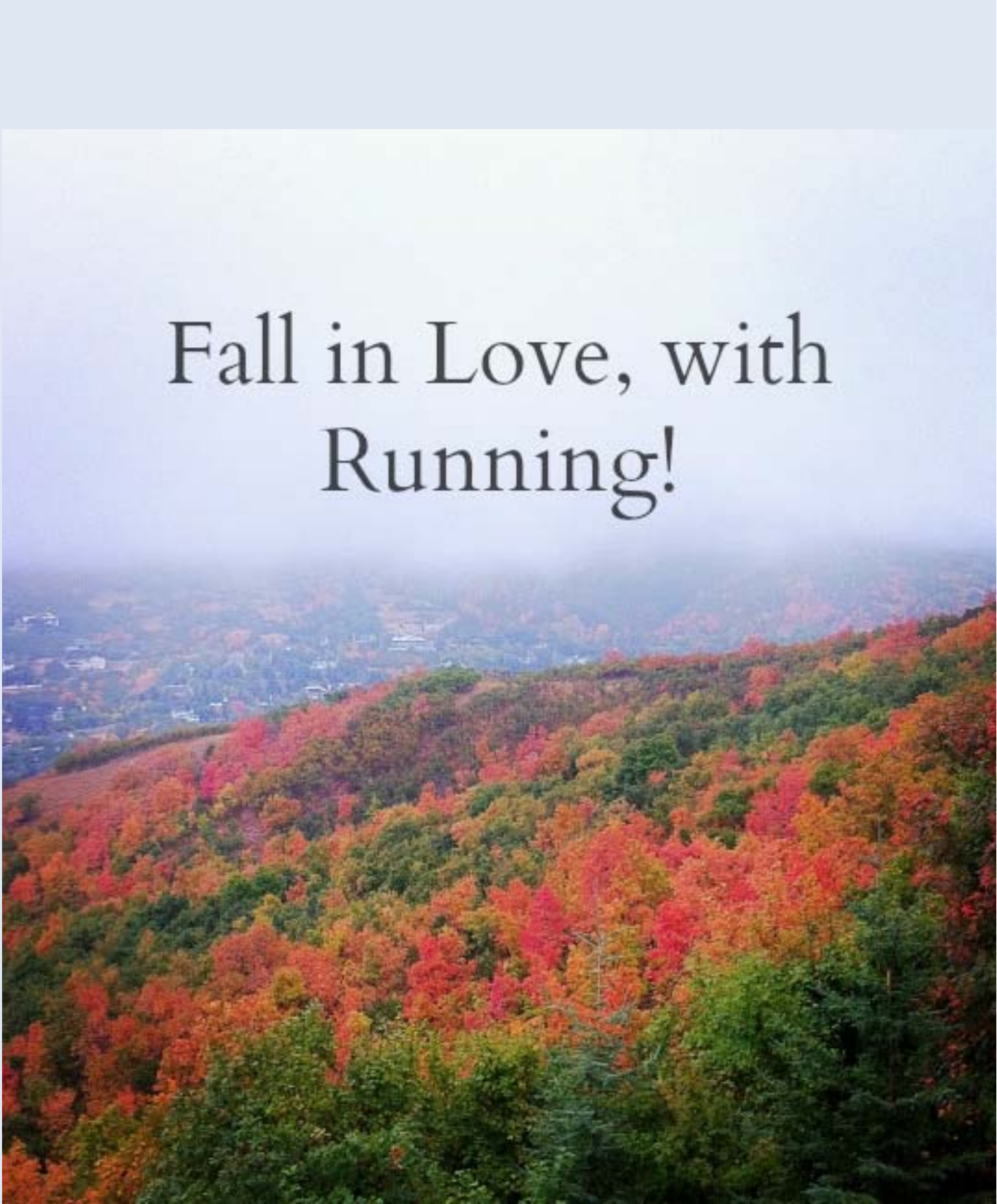


Anna & John Allen  
Lexa Alley  
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Dave Boone  
Mary Boyce & Mary Desch  
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Leawood, KS  
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Olathe, KS  
Overland Park, KS  
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Overland Park, KS  
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Shawnee, KS  
Shawnee Mission, KS





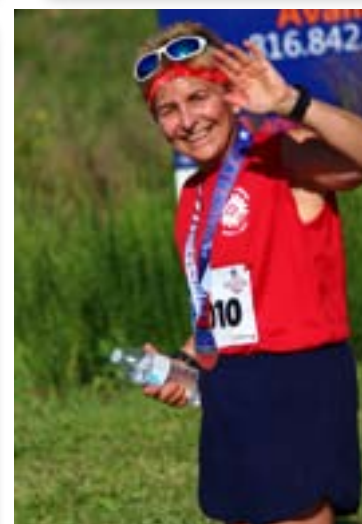
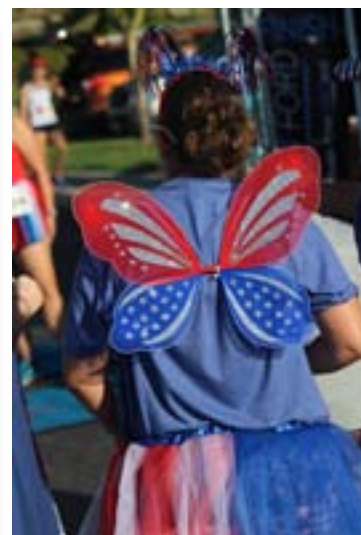


# Fall in Love, with Running!



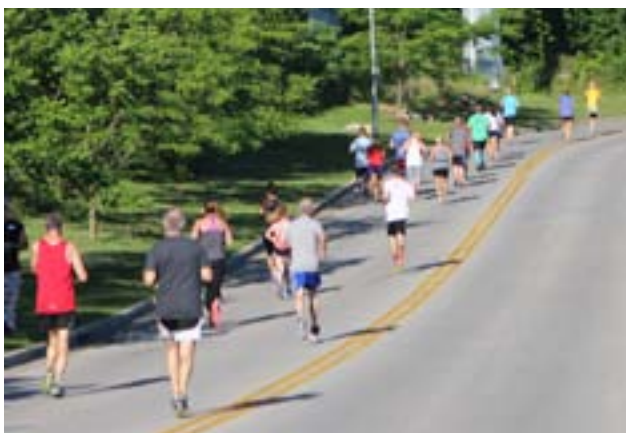
## Firecracker Flight 5k & 10k Independence, MO -- 07-01-17

So many friends, families, fun lovin runners joined us on Saturday July 1st for the annual Firecracker Flight 5k and 10k at Waterfall Park in Independence. The Firecracker Flight is a 4th of July themed run that is perfect for the whole family. The fun included a costume contest, free kids dash, great post race food, and plenty of fun activities and vendors!



Photos By: Michael Chaffee

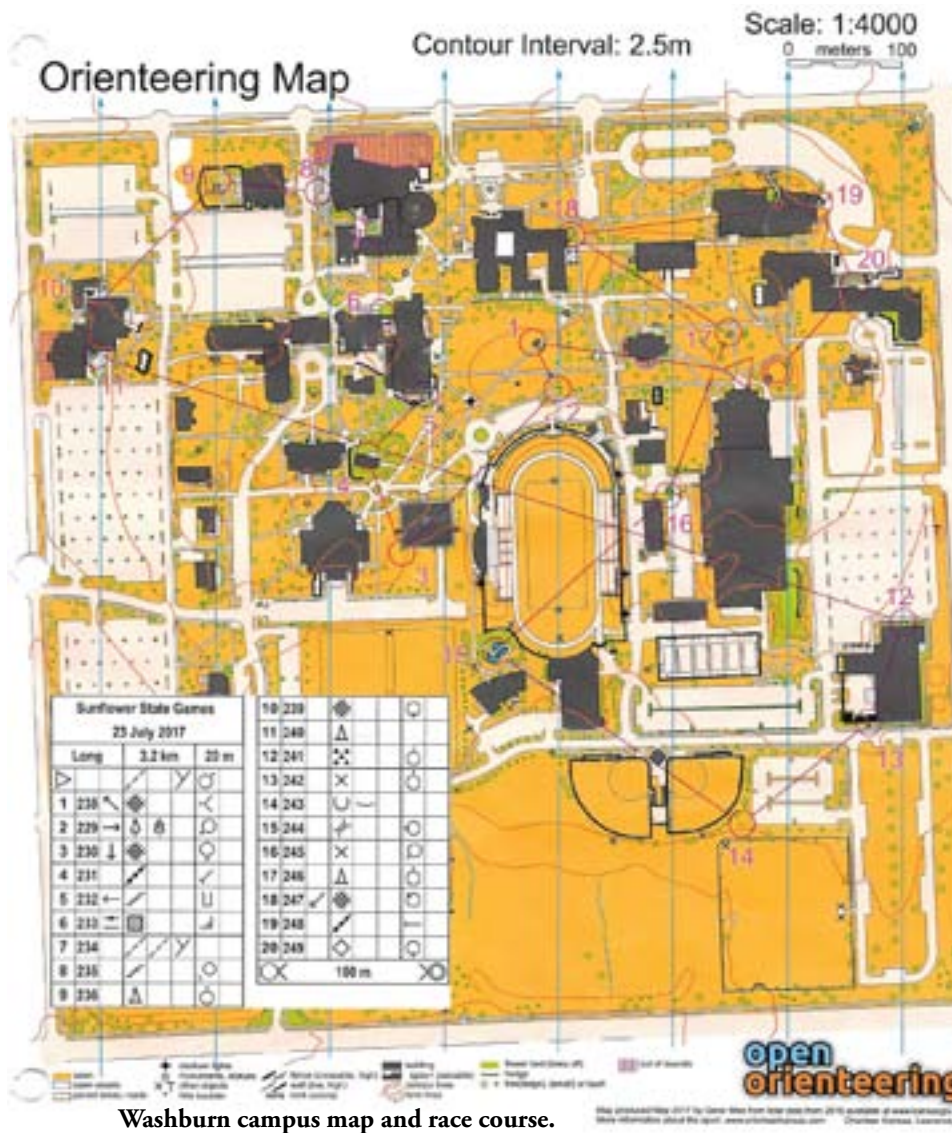




Photos By: Michael Chaffee

Cindy Cameron





Washburn campus map and race course.

*Sunflower  
State Games  
Orienteering  
races held  
this year on  
the  
Washburn  
University  
Campus.*



Father and daughter team point in the direction to their next control point.



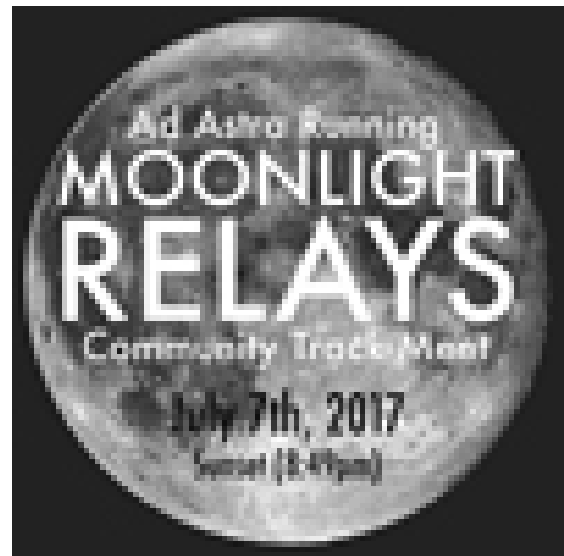
Mike Shifman - long-time orienteer from Overland Park. Mike when not competing also makes orienteering maps, directs O' and rogaine races as well as does triathlons and climbs some of the highest peaks in the Western Hemisphere.

He was an avid road racer for many years.

Photos By: Gene Wee - RunLawrence.com



4x400 Relay - Michelle Andrew (Topeka) takes the baton from Jennifer Kongs just ahead of Matt O'Reilly and Cordairo Hanson in the 4x400 during the Moonlight Relays at the Free State High track the evening of July 7th.



**THE AD ASTRA RUNNING MOONLIGHT RELAYS IS AN ALL-COMER COMMUNITY TRACK MEET UNDER THE LIGHTS AT FREE STATE HIGH SCHOOL.**

**ALL AGES AND PACES ARE WELCOME--*ay*, *encouraged!*--to participate.**

The emphasis, as always, is on FUN.



**Moonlight Relays - Start of the Mile**

Photos By: Gene Wee - [RunLawrence.com](http://RunLawrence.com)



# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## ***SUPER SNACKS- MAKING THE MUNCHIES WORK FOR YOU***

Snack really is not a four-letter word, yet I still hear from people that are either against snacking or know that they tend to overindulge whenever they have an opportunity to eat between meals. With a little planning, between-meal eats can and should be a wise investment in one's health, as well as a powerful energy boost for your fitness goals. Snacks are a great way to add nutrients between meals, boost metabolism, increase concentration by keeping one's energy level high, and satisfy hunger to help avoid overeating at meal time.

All sorts of snacks can fit into a healthy eating lifestyle. Snacking sensibly is the key to treat your taste buds and add nutrients to your diet at the same time. The idea is to look for simple and tasty ways to maximize flavor as well as nutrient density. Including a protein source (such as: nuts, low fat cheese, Greek yogurt, low fat milk, meat, egg, tuna or peanut butter) in all snacks will help with satiety.

When we eat just carbohydrates, such as fruit, crackers or other snack foods, we tend to be hungry again quite quickly. It is okay to enjoy all your favorites, just don't overdo it.

It is also wise to snack when you are hungry (not stressed) and stop when you are satisfied.

Making sense of your snack-time options just entails some pre-planning, preparation and moderation. Purchasing and having available sensible snacks in reasonable portions is the key. By incorporating a little planning while grocery shopping, you can have a variety of tasty snacks readily available at home, and to take to work or school. Portion control is the key! Whether you choose to buy pre-portioned snacks or purchase larger quantities and pre-portion at home, this will help prevent overeating. When we eat out of a container, it is so easy to eat too much and then be overly full. Taking out a serving or handful and placing it in a bowl or re-sealable bag/container automatically enables portion control and thus moderation, plus cost savings.



*Here are some ideas:*

**Grab & Go Snack Ideas:** \*String cheese and whole grain crackers, \*hard-boiled egg, \* cottage cheese and fruit, \*homemade trail mix made with nuts, dried fruit and cereal, \*handful of nuts, \*half of a PB&J sandwich, \*baby carrots (or other raw veggies) with hummus, \*tuna or chicken salad with crackers, \*yogurt with fruit or granola topping, \*turkey with cheese in a tortilla

**Frozen Blueberries** - the cold, sweetness of frozen blueberries is very refreshing at most any time of the day. Frozen blueberries are packed with just as many high-powered antioxidants as their fresh counterparts because they are flash frozen at peak ripeness, or feel free to freeze your own. Research tells us that the nutrients in blueberries can help with brain function and heart health.

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### ***Quick Cheese Quesadilla***

1 tortilla (corn, whole wheat or flour)

1-2 Tbsp. shredded cheddar cheese

1 Tbsp each salsa & plain Greek yogurt

Fill half the tortilla with cheese and salsa and fold tortilla in half. Heat a small skillet on medium heat and spray with non-stick spray. Place tortilla in the skillet and heat on each side for 1-2 minutes or until the cheese is melted. Serve warm with plain Greek yogurt on top, if desired.

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### ***Berry-Yogurt Parfait***

½ - 1 cup fresh berries (your choice of strawberries, raspberries, blueberries, blackberries) ½ - ¾ cup Greek vanilla yogurt In a tall glass, alternately layer yogurt and mixed berries. Top with crumbled graham cracker or granola-type cereal or Grape-nuts cereal or chopped nuts.



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### ***Apple Blossom (simple and yummy)***

1 apple peanut butter or your favorite nut butter optional toppings, such as dried cranberries, raisins, granola, dark chocolate chips, chopped peanuts, coconut flakes

Slice the apple (optional: dip slices in lemon juice or orange juice to prevent browning). Place approx 2 tablespoons peanut butter in the middle of a plate and surround with apple slices. Enjoy apple slices spread with peanut butter and optional toppings if desired.



**July 24 – 30, 2017 Lawrence, KS**

**The 51st USATF Hershey National Junior Olympic Track & Field Championships** were held at Rock Chalk Park, the home of Kansas Track and Field, in Lawrence, Kansas. The USATF Junior Olympic Track & Field program is one of the most visible youth athletic development programs in the world. Many of today's Olympic stars began their track and field careers competing in the USATF's Junior Olympic meets.



**Javelin thrower at the National  
USTAF Junior Olympics.**

**Lawrence, KS has one of the 5  
IAAF standard tracks in the U.S.  
and won the bid to host this year's  
national championships.**

**8,000+ athletes competed from  
July 24-30.**



**Relay race hand-off**

Photos By: Gene Wee - [RunLawrence.com](http://RunLawrence.com)





**Lake Atwood 10 Mile & 8k -- "since 1972  
-- The Oldest Road Race in Kansas"  
July 16, 2017**

In the '80s, the Lake Atwood 10 Mile was an important race. Despite its location far from nowhere, its eight very flat laps around the lake drew very fast runners from Denver and Kansas City eager to put up a fast ten mile time. In the late '70s and throughout the '80s, I was associated with a group of moderately fast runners (I was not a fast one, but the group tolerated me anyway.) The group included fine runners such as Carl Owczarzak, Ted Glenn, John Haraughty, Gene McClain, Greg Hartman, Carl Sniffen, and a young Rob Harber. Each summer the group made the six-hour trek to Colby and stayed at the Chief Motel for an hour or two, before going one more hour to Atwood to the 7:00 Saturday night starting time. It was daunting and exciting to see so many fast runners, including several from our group.

For one reason or another, Rob was never able to make it to the race but enjoyed the stories we regaled him with upon our return. This year as he was trolling through the MARA race calendar, he spotted the Lake Atwood 10 mile and decided to take his 59 year-old body out to race the classic race. I was the only one he could convince to ride with him, as a photographer, not as a broken down old runner. Bypassing Colby, he made a reservation at the It'll Do Motel in Atwood. We arrived early Saturday evening (the race start has been changed to 7:00 Sunday morning) and were put in the Caddy Shack suite, a not-so-bad two bedrooms, kitchen, and living room, replete with golf hats on the walls and Caddy Shack, gopher, and Three Stooges décor. The Caddy Shack was a thirty-foot putt from the Lake Atwood race course.

The field in the last few years has dwindled to about thirty but still offers a cash prize to the three-man team to get the best average time. At about 6:15, it appeared that 59 year-old Rob might be one of the best in the field. Then, at 6:30, four slender young greyhounds pranced out on to the course and put paid to any dreams in an old man's head. One of the greyhounds was Jack McDonald, one of my former runners at Shawnee Mission East and now running at the University of Kansas. The other three were about Jack's age and had KU ties. Well, there goes the team prize money. But wait .... At about 6:53, three light-stepping Kenyans based in Colorado Springs made their presence known.

The team prize was up in the air. The Kenyans finished one-two, but the KU men took the next four spots, followed by the third Kenyan. I never found out who grabbed the money because I had to sprint back to the Caddy Shack to take a shower before Rob used up all the water. He had run a fine race, about 70:30.

If you want a scenic, flat course with a classic heritage, I recommend the Lake Atwood Ten Mile.

The It'll Do Motel will do.

*Michael*



**Leaders**

**Photos by: Michael Chaffee**

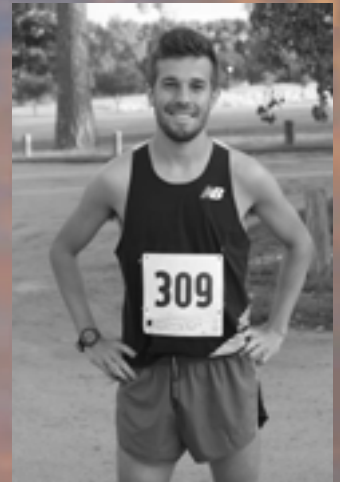
**Continued on page 11**



Honorary starter, runner of every  
Lake Atwood 10 Mile since 1979,  
Bob McNany



Paul Shimon



Jack McDonald

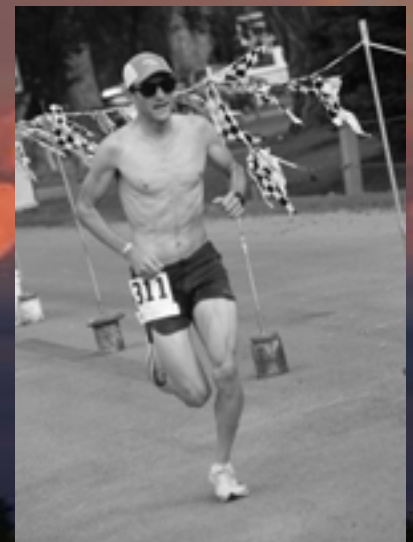
## Atwood Early Morning Sunrise



Rob Harber



1st & 2nd Place



3rd Place

Photos by: Michael Chaffee



## SPLAT! Jr. Obstacle Course Mud Run -- Columbia, MO. --7-8-17

Master mudders of the future. Waves of young runners coping with obstacles, such as Walk the Plank, in which participants walk a balance beam set on hay bales, and the second obstacle, Tire-iffic, a pile of giant truck tires, taller than many of the contestants. But, of course, just as we crane our necks to see the accident, we want to see young people getting wet and muddy. Several barriers, such as Get Over It, give us that opportunity. The major mud milieu comes in the final two obstacles: the Pipe Cleaner, forcing runners to crawl through sewer pipes and wade through a water/mud pit; and the Big SPLAT?, once again going through sewer pipes and into a larger, longer mud/water pit, with plastic flagging forcing athletes to keep low in the water.

Participants could be up to 15 years old. I only watched the first two waves, which had only four and five year olds. I remember what a wimp I was when I was five years old, easily scared and easily sobbing, so I thought some of the obstacles might be somewhat daunting for the youngest contestants. Indeed some young ones were reluctant, but for the most part they were impressive in attacking the obstacles, albeit often with prodding from parents who could move along the course with their child.



Photos by: Michael Chaffee

More SPLAT fun on Pages 13-15

**READY FOR A LITTLE MUD FUN RUN !!!**



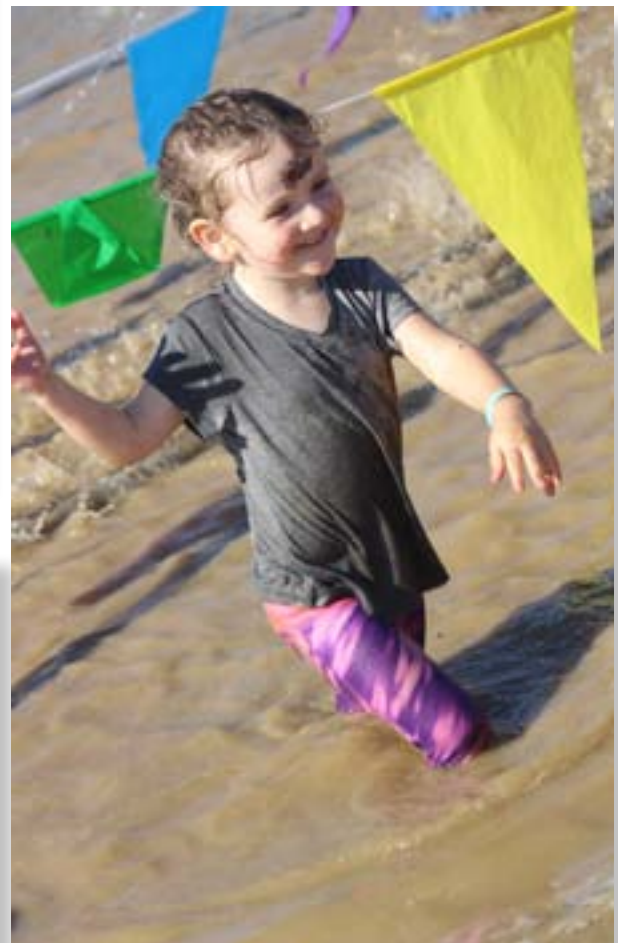
Photos by: Michael Chaffee





Photos by: Michael Chaffee





**It Just makes you SMILE!**

Photos by: Michael Chaffee



***Coburn Claims Gold as U.S. Goes 1,2 in Women's Steeple at World Championships.***



**From Runner's World rundown  
Friday, August 11, 2017  
U.S. goes 1, 2 in women's steeple.**

**By Cathal Dennehy, Erin Strout, Scott Douglas**

Emma Coburn and Courtney Frerichs turned back the deepest field in history to take gold and silver in the women's 3,000-meter steeplechase. Coburn broke her own American record to finish in 9:02.58, which is also a new world championships record. Frerichs took more than 15 seconds off her previous personal best to take silver in 9:03.77 (well under Coburn's previous American record). Hyvin Jepkemoi of Kenya, the defending world champion, got the bronze in 9:04.03.

The magnitude of Coburn's and Frerichs's accomplishment can't be overstated. Before last year's Olympics, no American had medaled in the steeplechase since it became a women's event at global championships in 2005. Even more impressive, in modern times there hasn't been an event above 400 meters, men's or women's, in which Americans have gone 1-2. That Coburn and Frerichs did so in the steeple, usually considered the national pride of Kenya, only adds luster to their medals.

MATTHIAS HANGST/GETTY IMAGES

### 3 (Good) Things That Happen When You Run Without Headphones

#### Ditch those earbuds and tune in to your run.

**You'll survive!**

By Jeff Galloway FRIDAY, JULY 21, 2017, 9:13 AM

“My iPod isn’t charged!” “My earbuds won’t pair with my smartphone!” If you’ve ever used those excuses to skip a run, it’s time to reconsider your approach. While music, podcasts, and audiobooks can motivate and entertain, relying on them for even the shortest, simplest runs means another item you have to prepare and carry, another obstacle between you and your workout. Plus, headphones—even on low volume—limit awareness of your surroundings. Try a few short runs with open ears and you may find...



**You'll run easier.** Running to the beat of an energizing song can cause you to push too hard too early—and you'll slow down as your workout goes on. Tuning into your breathing and effort level activates your conscious brain, which can help you meter your pace. If that makes you hyper-aware of how achy, tired, or bored you are, a better distraction might be running with a friend or a group. In this case, you'll be able to use the “talk test” to ensure you're not going too fast: You want to be able to carry on a conversation with ease as you run. Of course, this only works if your buddies are also willing to forgo headphones!

**You'll notice more.** By focusing on the way you feel in your environment, you can better see the sights and hear the sounds of life around you. You will notice architectural details you missed before, feel the vibrant energy of other people going about their days, and smell the beans being roasted at the corner coffee shop. And lest you think “noticing” sounds awfully hippie-dippie, remember that it also can help keep you safe from some distracted drivers, wayward dogs, and dangerous people.

**You might even...like it!** If you're a beginner, not that long ago you may have said, “Running? So boring. Why on earth would I do that?” If that's how you currently feel about running without your favorite auditory distraction, consider the possibility that you might prefer running headphone-less—if you'd just give it a chance. Try leaving your 'buds at home once or twice a week for at least a month. If those runs are immeasurably miserable, well, at least you tried—but you'll likely learn you don't need distractions as much as you thought you did.

\* \* \*

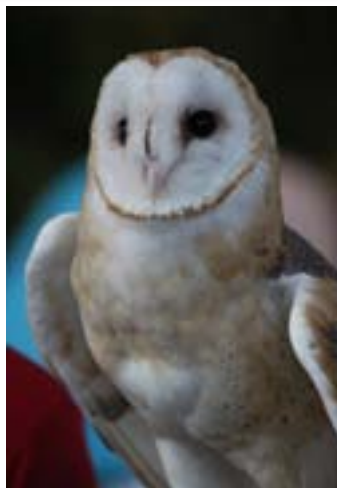
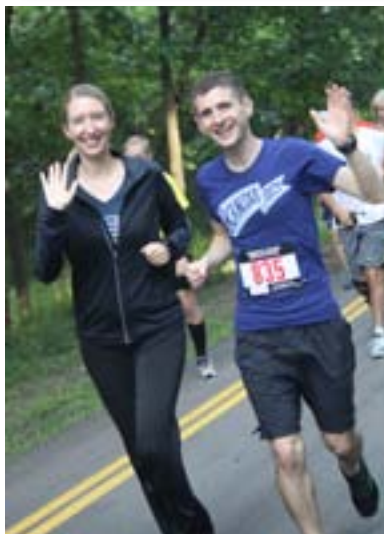
*Jeff Galloway is a 10,000-meter Olympian and well-known coach who promotes the run-walk method.*



## *Run for the Raptors -- 6.7 mile trail run, 5k trail run, 5k trail walk -- Swope Park -- 8-12-17*

Saturday, August 12, 2017 8 a.m

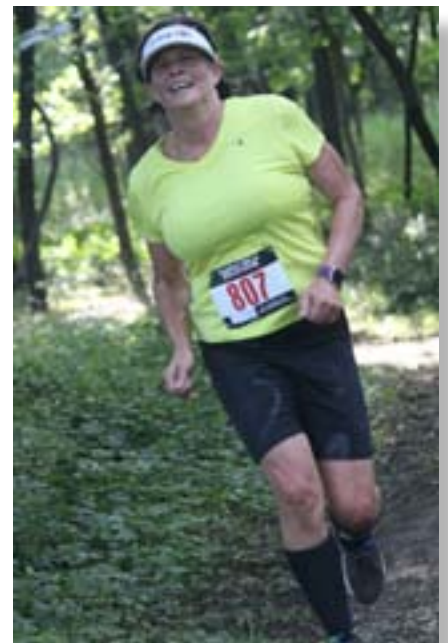
Camp Lake of the Woods in Swope Park, Friends of Lakeside Nature Center were pleased to host the second annual Run for Raptors! Runners had their choice of a challenging and beautiful 5K or 10K set in the wooded dirt track trails of Swope Park. Proceeds will be used to upgrade Lakeside Nature Center's reptile display.



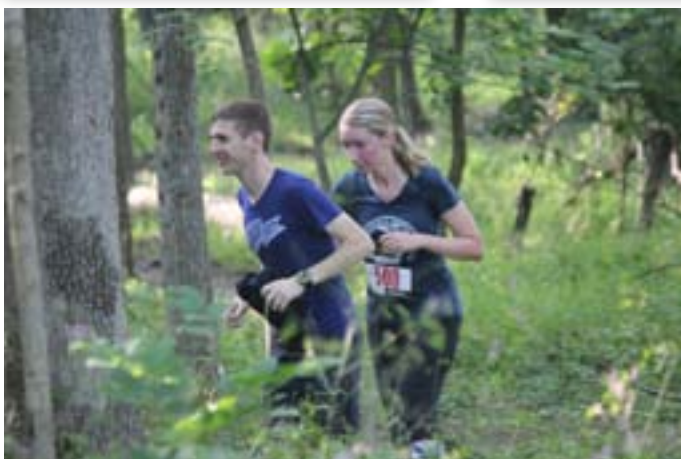
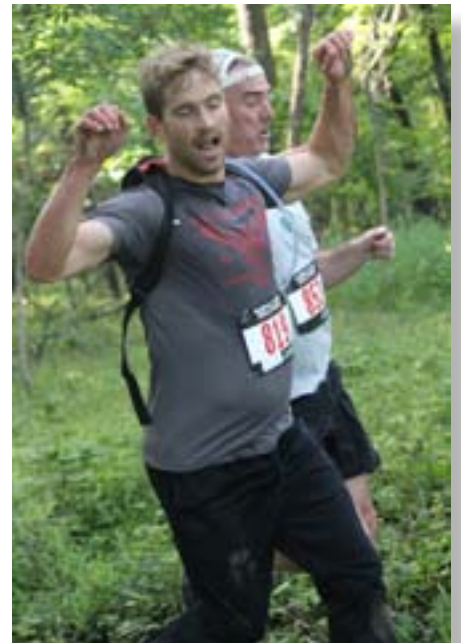
Winner of the 6.7 mile run

Photos by: Michael Chaffee





*Run for the Raptors*



Photos by: Michael Chaffee

749 - Leading the 5K pack- eventually the winner



# Joan Benoit Samuelson, 60, aims to set record at Chicago Marathon

Shannon Ryan Contact Reporter  
Chicago Tribune



Chicago Marathon officials on Thursday, July 20th, announced a field of American runners for the Oct. 8 race that includes the *legendary Joan Benoit Samuelson*.

And Benoit Samuelson, 60, is going for a sub-3-hour marathon, which would set a world record in her age category. Bernardine Portenski of New Zealand holds the record at 3 hours, 1 minute, 30 seconds, set in 2010.

“Storytelling is important to me and it’s how I motivate myself,” Benoit Samuelson said Thursday in a statement. “My race decisions often reflect my narrative. Once I turned 60 I knew the Chicago race would represent the next chapter in my career.”

Benoit Samuelson won the Chicago race in 1985, finishing in 2:21:21. At the 2008 Olympic Trials – at age 50 – she finished in 2:49:08.

“I thought that was my last competitive marathon, but there were more stories for me to tell,” she said.

The woman’s field includes Jordan Hasay, who took third in Boston in 2:23:00 – a record for a U.S. woman in her marathon debut by nearly three minutes and the fourth fastest Boston Marathon time by a U.S. woman.

The men’s field includes Galen Rupp, who won his first marathon at the 2016 Olympic Trials and took the bronze at the Rio Games. Rupp won the 10,000 meters at the 2012 London Olympics and finished second in the Boston Marathon in April.

“Galen and Jordan are huge talents who have the ability to capture podium finishes,” executive race director Carey Pinkowski said. “The last time we had an American male and female placed in the top three together was 1996.”

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Twitter @sryantribune

## Mid-America Running Association

### Schedule of Kansas City Local and Regional Races

This race schedule is a service of Mid-America Running Association. Support MARA and join today!

Send additions, changes, & corrections to [MARA.Calendar@gmail.com](mailto:MARA.Calendar@gmail.com)

New race submissions should include the information shown below.

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

To search for races - <http://www.runningintheusa.com/Race/Default.aspx>

Some races have limited field sizes, and may fill up (sell out) early, so if you want to run a particular race, register for it quickly.

Races that have dates **highlighted with yellow** are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
<b>September 2017</b>					
Sep 2	Sat	8:00 AM	Labor Day Dash 5K & 10K Run	Downtown Lee's Summit, MO	<a href="#">Labor Day Dash</a>
Sep 3	Sun	7:00 AM	Orange Rush 5K	English Landing Park Parkville, MO	<a href="#">Orange Rush 5K</a>
Sep 3	Sun	8:00 AM	De Soto Family Fun 5K	Miller Memorial Park De Soto, KS	<a href="#">De Soto Family Fun 5K</a>
Sep 4	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	<a href="#">Heart of America Marathon</a>
Sep 4	Mon	7:30 AM	Labor Day 5K Run & Walk	Leawood City Park Leawood, KS	<a href="#">Labor Day 5K</a>
Sep 9	Sat	6:00 AM	The Hawk 100 Mile, 50 Mile & b Marathon	Clinton Lake Lawrence, KS	<a href="#">The Hawk</a>
Sep 9	Sat	7:00 AM	Blue Ribbon 10K & 5K Run, 2.5K Walk	English Landing Parkville, MO	<a href="#">Blue Ribbon 10K/5K Run</a>
Sep 9	Sat	7:30 AM	Rugged Maniac Obstacle Race - Kansas City	Snow Creek Weston, MO	<a href="#">Rugged Maniac Race</a>
Sep 9	Sat	8:00 AM	Jesse James Festival Bill James Classic 5K/10K and Fun Run	Downtown Kearney, MO	<a href="#">Jesse James Festival</a>
Sep 9	Sat	8:00 AM	Run 4 Hope	Bass Pro Shops Independence, MO	<a href="#">Run 4 Hope</a>
Sep 9	Sat	8:00 AM	Natalie's ART 5K	St. Thomas Episcopal Church Overland Park, KS	<a href="#">Natalie's ART 5K</a>
Sep 9	Sat	8:00 AM	5K 4 Kids	First Baptist Church Raymore, MO	<a href="#">5K 4 Kids</a>
Sep 9	Sat	8:00 AM	Dash 5K KCK	Donnelly College Kansas City, KS	<a href="#">Dash 5K KCK</a>
Sep 9	Sat	8:15 AM	Holy Smokin' 5K Run	Mother Teresa Catholic Church Topeka, KS	<a href="#">Holy Smokin' 5K Run</a>
Sep 9	Sat	8:30 AM	Olathe Medical Center Women's Triathlon & Duathlon	Kill Creek Park Olathe, KS	<a href="#">OMC Women's Triathlon &amp; Duathlon</a>
Sep 9	Sat	9:00 AM	Vine to Wine 1/2 Marathon and 5K	The Family Vine Wine Greenville, IL	<a href="#">Vine to Wine 1/2 Marathon</a>
Sep 9	Sat	9:00 AM	Race Against Breast Cancer 5K	Topeka West High School Topeka, KS	<a href="#">Race Against Breast Cancer 5K</a>
Sep 9	Sat	9:00 AM	Steff Strong Run 5K Run/Walk, 10K, Kids Fun Run	Lake Miola Paola, KS	<a href="#">Steff Strong Run</a>



Sep 9	Sat	9:00 AM	Finger Lakes Adventure Challenge	Finger Lakes State Park Columbia, MO	<a href="#">Finger Lakes Adventure Challenge</a>
Sep 9	Sat	6:00 PM	Run for Raytown	River of Refuge Raytown, MO	<a href="#">Run for Raytown</a>
Sep 10	Sun	7:30 AM	Go Girl Run Half Marathon & 5K	Kansas City, MO	<a href="#">Go Girl Run</a>
Sep 10	Sun	7:30 AM	Ad Astra Triathlon	Clinton State Park Lawrence, KS	<a href="#">Ad Astra Triathlon</a>
Sep 10	Sun	7:30 AM	Apple Triathlon	Tuttle Creek State Park Manhattan, KS	<a href="#">Apple Triathlon</a>
Sep 10	Sun	7:30 AM	Litchfield Triathlon	Lake Lou Yeager Beach House Litchfield, IL	<a href="#">Litchfield Triathlon</a>
Sep 10	Sun	7:30 AM	Plaza 10K Run/Walk	Country Club Plaza Kansas City, MO	<a href="#">Plaza 10K</a>
Sep 10	Sun	7:30 AM	Jeremy Katzenberger Memorial Triathlon	Weathersby Lake Kansas City, MO	<a href="#">Jeremy Katzenberger Memorial Triathlon</a>
Sep 11	Sat	12:00 PM	Patriot's Run Ultra, Marathon, Half, Casual Walk/Run, Team	Mid-America Nazarene Campus Olathe, KS	<a href="#">Patriot's Run</a>
Sep 16	Sat	8:00 AM	Run/Walk for the Fallen 5K	Resiliency Center Ft. Leavenworth, KS	<a href="#">Run/Walk for th Fallen</a>
Sep 16	Sat	8:00 AM	Helen Gold 5K	Fountains Shopping Center Overland Park, KS	<a href="#">Helen Gold 5K</a>
Sep 16	Sat	8:00 AM	Kade Meyer Celebration Run 5K/10K Run Walk & Kids 1 Mile Fun Run	Celebration Park Gardner, KS	<a href="#">Kade Meyer Celebration Run</a>
Sep 16	Sat	8:00 AM	Heart of the Summit 5K, 10K, 1 Mile Walk	Downtown Lee's Summit, MO	<a href="#">Heart of the Summit</a>
Sep 16	Sat	8:00 AM	KCIA Path To Parenthood 5K	Waterfall Park Independence, MO	<a href="#">Path to Parenthood 5K</a>
Sep 16	Sat	8:00 AM	Catch the Spirit 5K Run/Walk	Harrisonville High School Harrisonville, MO	<a href="#">Catch the Spirit 5K</a>
Sep 16	Sat	8:00 AM	Daviess County Arts Council 5K	Gallitin, MO	<a href="#">Daviess County Arts Council 5K</a>
Sep 16	Sat	8:00 AM	Harris Park Midtown Sports & Activity Center 5K	4029 Wayne St. Kansas City, MO	<a href="#">Harris Park Midtown Sports &amp; Activity Center 5K</a>
Sep 16	Sat	8:30 AM	Make a Joyful Noise 5K	New Life Christian Church Emporia, KS	<a href="#">Make a Joyful Noise</a>
Sep 16	Sat	9:00 AM	North Shore Trail Run Half Marathon, 10K, 5K	Clinton Sate Park Lawrence, KS	<a href="#">North Shore Trail Run</a>
Sep 16	Sat	9:00 AM	Dr. Bob Run 5K & Hy-Vee 1M Kid's Run	Rim Rock Park Lawrence, KS	<a href="#">Dr. Bob Run</a>
Sep 16	Sat	9:00 AM	Tunnel to Towers 5K run & Walk	Missouri State Capitol Building Jefferson City, MO	<a href="#">Tunnel to Towers 5K</a>
Sep 16	Sat	10:00 AM	Run for a Cure	Cosmo Park Columbia, MO	<a href="#">Run for a Cure</a>
Sep 16	Sat	7:00 PM	Glow Run 5K	Life Strong Church Spring Hill, KS	<a href="#">Glow Run 5K</a>

Sep 17.	Sun	7:00 AM	Get Your Rear in Gear Kansas City 5K Run/Walk & Kid's	Zona Rosa Kansas City, MO	<a href="#">Get Your Rear in Gear 5K</a>
Sep 17	Sun	7:00 AM	Strut With Your Mutt 3K Walk with your dog and a 5K Dog optional	Brookside Kansas City, KS	<a href="#">Strut With Your Mutt</a>
Sep 17	Sun	7:30 AM	Paulina Cooper DotToDot 10K Run & 5K Run/Walk	Corporate Woods Overland Park, KS	<a href="#">Paulina Cooper DotToDot</a>
Sep 17	Sun	7:30 AM	Old Town 10K	Old Town Wichita, KS	<a href="#">Old Town 10K</a>
Sep 17	Sat	7:00 AM	5K Zombie Run	Gallatin, MO	<a href="#">5K Zombie Run</a>
Sep 17	Sun	8:00 AM	Get Your Rear in Gear - Kansas City 5K	Zona Rosa Kansas City, MO	<a href="#">Get Your Rear in Gear</a>
Sep 17	Sun	8:05 AM	Tiger Trot at Tanganyika	Tanganyika Wildlife Park Goddard, KS	<a href="#">Tiger Trot at Tanganyika</a>
Sep 17	Sun	8:30 AM	5K Whisper Walk/Run for Ovarian Cancer	The Grove @ Zona Rosa Kansas City, MO	<a href="#">5K Whisper Walk/Run</a>
Sep 23	Sat	6:45 AM	Northwest Missouri State 5K	Lamkin Activity Center Maryville, MO	<a href="#">NW Missouri State 5K</a>
Sep 23	Sat	7:30 AM	Flat Rock 50/25K	Elk City State Park Independence, MO	<a href="#">Flat Rock 50/25K</a>
Sep 23	Sat	8:00 AM	Sacred Steps 5K	Church of the Resurrection Leawood, KS	<a href="#">Sacred Steps 5K</a>
Sep 23	Sat	8:00 AM	Ability Quest: Run, Walk, Stroll, Roll	Berkley Riverfront Park Kansas City, MO	<a href="#">Ability Quest</a>
Sep 23	Sat	8:00 AM	HCA FarmK Run/Walk	38660 W. 167th St. Edgerton, KS	<a href="#">FarmK Run/Walk</a>
Sep 23	Sat	8:00 AM	Lions Pride 5K Fun Run/Walk	Faith Academy Kansas City, MO	<a href="#">Lions Pride 5K</a>
Sep 23	Sat	8:00 AM	Dash for the Dog Park 5K/10K	16400 N. Mullen Rd. Belton, MO	<a href="#">Dash for the Dog Park</a>
Sep 23	Sat	8:00 AM	Joggin for the Noggin 5K	Independence Park Atchinson, KS	<a href="#">Joggin for the Noggin</a>
Sep 23	Sat	8:00 AM	Superhero 5K Walk/Run	SW Lawrence Trafficway Trail Lawrence, KS	<a href="#">Superhero 5K</a>
Sep 23	Sat	8:30 AM	Kansas City Zoo Run 4 Mile & 1 Mile	Kansas City Zoo Swope Park Kansas City, MO	<a href="#">Kansas City Zoo Run</a>
Sep 23	Sat	8:30 AM	Take the Lake 5K/Kids Mile	600 Park. Rd. Garnett, KS	<a href="#">Take the Lake</a>
Sep 23	Sat	8:30 AM	Prairie Pride 5K & Mile Fun Run	Prairie Elementary School Prairie Village, KS	<a href="#">Prairie Pride</a>
Sep 23	Sat	8:30 AM	Flint Hills Praise Fest 5K	City Park Manhattan, KS	<a href="#">Flint Hills Praise Fest</a>
Sep 23	Sat	9:00 AM	Run for Freedom 5K, 10K and Poker Walk	Missouri Veteran's Home Warrensburg, MO	<a href="#">Run for Freedom</a>
Sep 23	Sat	9:00 AM	St. Jude Walk/Run to End Childhood Cancer	Kansas City Power & Light District Kansas City, MO	<a href="#">St. Jude Walk/Run</a>



Sep 23	Sat	9:00 AM	Warrior's Best Friend 5K	10940 NE 104th St. Kansas City, MO	<a href="#">Warrior's Best Friend 5K</a>
Sep 23	Sat	5:30 PM	Classic Rock 5K	Carey Park Hutchinson, KS	<a href="#">Classic Rock 5K</a>
Sep 23	Sat	9:00 PM	Moonlight 5K Run and Fun Walk	Mapleleaf Parkway St. Joseph, MO	<a href="#">Moonlight 5K</a>
Sep 24	Sun	7:00 AM	Broadway Bridge Run Half Marathon, 10K & 5K	Kauffman Center Kansas City, KS	<a href="#">Broadway Bridge Run</a>
Sep 24	Sun	7:30 AM	Run for the Rocks Half Marathon	Carey Park Hutchinson, KS	<a href="#">Run for the Rocks</a>
Sep 24	Sun	7:30 AM	Konquer the Konza 25K & 10K	Manhattan, KS	<a href="#">Konquer the Konza</a>
Sep 24	Sun	8:00 AM	Kansas Senior Games 10K & 5K	Forbes Field Topeka, KS	<a href="#">Kansas Senior Games 10K &amp; 5K</a>
Sep 24	Sun	9:00 AM	JayDoc Free Clinic 5K	Shawnee Mission Park Lenexa, KS	<a href="#">JayDoc 5K</a>
Sep 24	Sun	8:00 AM	Smithville Dam 5K Run/Walk 1Mile Fun Run/Walk	Smithville Lake Dam Smithville, MO	<a href="#">Smithville 5K</a>
Sep 24	Sun	9:00 AM	MU Physical Therapy Run for Life 5K 1Mile Fun Run/Walk	MLK Jr. Memorial Battle Garden Columbia, MO	<a href="#">MU Physical Therapy Run for Life 5K</a>
Sep 24	Sun	1:00 PM	Fall Fell Trail Run Mystery Distance	Kill Creek Park Olathe, KS	<a href="#">Fall Fell Trail Run</a>
Sep 30	Sat	7:00 AM	Roots N Blues BBQ Half Marathon and 10K	Stephens Lake Park Columbia, MO	<a href="#">Roots N Blues BBQ</a>
Sep 30	Sat	7:15 AM	Run the Burg Half Marathon, 10K & 5K	Downtown Warrensburg, MO	<a href="#">Run the Burg</a>
Sep 30	Sat	8:00 AM	Pony Express Run Half Marathon & 5K	Pony Express Museum St. Joseph, MO	<a href="#">Pony Express Run</a>
Sep 30	Sat	7:30 AM	FlatRock 25/50K	Elk City Lake Park Independence, KS	<a href="#">FlatRock 25/50K</a>
Sep 30	Sat	7:30 AM	Race to the Center - 13.1 M Geographic Center of the United States	Fairview Cemetery Smith Center, KS	<a href="#">Race to the Center</a>
Sep 30	Sat	8:00 AM	Kansas Chocolate Festival Wing Foot 5K/10K Run & Walk	Combat Air Museum Topeka, KS	<a href="#">Kansas Chocolate Festival</a>
Sep 30	Sat	8:00 AM	CTG XTC MEGA OCR 10K	Bonner Springs, KS	<a href="#">CTG XTC MEGA OCR 10K</a>
Sep 30	Sat	8:00 AM	Move, Emporia 10K	Central Care Cancer Center Emporia, KS	<a href="#">Move, Emporia 10K</a>
Sep 30	Sat	8:00 AM	Triple Trot 5K	Riverfront Community Center Leavenworth, KS	<a href="#">Triple Trot 5K</a>
Sep 30	Sat	8:00 AM	Grin & Bear It 5K Run/Walk	Cass Regional Medical Center Harrisonville, MO	<a href="#">Grin &amp; Bear It 5K</a>
Sep 30	Sat	8:00 AM	Anytime Fitness 5K	4410 N. 107th St. Kansas City, KS	<a href="#">Anytime Fitness 5K</a>
Sep 30	Sat	9:00 AM	Conquer the Gauntlet - Kansas City 4M Obstacle Run	Valley Speedway Grain Valley, MO	<a href="#">Conquer the Gauntlet - Kansas City</a>

Sep 30	Sat	9:00 AM	Paws on the Prairie 5K Run/Walk	10940 NE 104th St. Kansas City, MO	<a href="#">Paws on the Prairie 5K</a>
Sep 30	Sat	9:00 AM	Trot for Tots PJ 5K	Lake Shawnee Topeka, KS	<a href="#">Trot for Tots PJ</a>
Sep 30	Sat	9:00 AM	NAMI GKC March for Mental Health	Berkley Park Kansas City, MO	<a href="#">NAMI GKC March for Mental Health</a>
Sep 30	Sat	9:30 AM	Runnin' for Research - KC/Parkville 5K/1M	English Landing Park Parkville, MO	<a href="#">Runnin' for Research</a>
Sep 30	Sat	10:00 AM	Hopkin's Skip & Run 5K	1100 Rockhurst Rd. Kansas City, MO	<a href="#">Hopkin's Skip &amp; Run 5K</a>
<b>October 2017</b>					
Oct 1	Sun	7:30 AM	Harley Davidson Scarecrow 5K Run/Walk	Linden Square Gladstone, MO	<a href="#">Harley Davidson Scarecrow 5K</a>
Oct 1	Sat	8:00 AM	ZERO Prostate Cancer Run/Walk – Kansas City 10K, 5K Run/Walk & 200 Yard Kid's Dash	Children's Mercy Park Kansas City, KS	<a href="#">ZERO Prostate Cancer Run/Walk</a>
Oct 1	Sun	8:00 AM	Free to Breathe 5K	Corporate Woods Overland Park, KS	<a href="#">Free to Breathe</a>
Oct 1	Sun	8:00 AM	Pink Laundry 5K Walk/Run	Summit Fair Shopping Center Lee's Summit, MO	<a href="#">Pink Laundry 5K</a>
Oct 1	Sun	8:00 AM	KC Pumpkin Run 5K	Johnson Farms Belton, MO	<a href="#">KC Pumpkin Run 5K</a>
Oct 1	Sun	8:30 AM	UMKC Regalia Run 5K/10K	UMKC Volker Campus Kansas City, MO	<a href="#">UMKC Regalia Run</a>
Oct 1	Sun	9:00 AM	National WWI Museum & Memorial 8K Double	National WWI Museum & Memorial Kansas City, MO	<a href="#">WWI Museum 8K Double</a>
Oct 1	Sun	9:00 AM	Double Road Race	Liberty Memorial & WWI Museum Kansas City, MO	<a href="#">Double Road Race</a>
Oct 1	Sun	9:00 AM	Dyslexia Dash 2017 - Kansas City	English Landings Park Parkville, MO	<a href="#">Dyslexia Dash</a>
Oct 1	Sun	9:00 AM	Westport Oktoberfest Lederhosen Lap	Westport Kansas City, MO	<a href="#">Westport Oktoberfest Lederhosen Lap</a>
Oct 6	Fri	6:00 PM	Roadrunner Dash 5K	Richardson Elementary School Lee's Summit, MO	<a href="#">Roadrunner Dash 5K</a>
Oct 7	Sat	7:00 AM	Rock Ridge Revenge 7M25K/50K	Rock Ridge Memorial State Park Columbia, MO	<a href="#">Rock Ridge Revenge</a>
Oct 7	Sun	7:30 AM	Susan B. Komen Greater Kansas City Race for the Cure - 5K	Black & Veatch Overland Park, KS	<a href="#">Race for the Cure</a>
Oct 7	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	<a href="#">Jared Coones 5K</a>
Oct 7	Sat	8:00 AM	Fill the Gap 5K Race	Main Street Grandview, MO	<a href="#">Fill the Gap 5K Race</a>
Oct 7	Sat	8:00 AM	Lake Perry Rocks! Trail Run 50K, Half Marathon & 5K	Branded B Ranch Meriden, KS	<a href="#">Lake Perry Rocks! Trail Run</a>
Oct 7	Sat	8:00 AM	Chopstick Challenge 1 Mile Fun Run 50K, Half Marathon & 5K	BluHawk Overland Park, KS	<a href="#">Chopstick Challenge</a>
Oct 7	Sat	8:00 AM	No One Fights Alone 5K	Nighthawk Winery Paola, KS	<a href="#">No One Fights Alone</a>



Oct 7	Sat	8:00 AM	Mid-Missouri Race for the Cure 5K	Flat Branch Park Columbia, MO	<a href="#">Mid-Missour Race for the Cure</a>
Oct 7	Sat	9:00 AM	Graveyard 5K Run & Walk	Elmwood Cemetery Kansas City, MO	<a href="#">Graveyard 5K</a>
Oct 7	Sat	3:00 PM	Louisburg Cider Run 5K, 10K, Kid Run, Hard Cider Relay	Louisburg Cider Mill Louisburg, KS	<a href="#">Louisburg Cider Run</a>
Oct 7	Sat	3:15 PM	Supermax Kids Run 5K & Kids Superhero Dash	Downtown Topeka, KS	<a href="#">Supermax Kids Run</a>
Oct 8	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	<a href="#">Prairie Fire Marathon</a>
Oct 8	Sun	8:00 AM	Run Crazy Horse Half, Marathon & Marathon Relay	Hill City, SD	<a href="#">Run Crazy Horse</a>
Oct 8	Sun	8:00 AM	GO!toberfest	Adams Pointe Club Blue Springs, MO	<a href="#">GO!toberfest</a>
Oct 8	Sun	8:00 AM	Oktoberfest 5K & Kinder Kaufen Kids Run	411 E. 135th St. Kansas City, MO	<a href="#">Oktoberfest 5K &amp; Kinder Kauden Kids Run</a>
Oct 8	Sun	9:00 AM	TwinFitness 5K	TwinFitness Overland Park, KS	<a href="#">TwinFitness 5K</a>
Oct 8	Sun	9:00 AM	Bringing up the Rear	English Landing Park Parkville, MO	<a href="#">Bringing up the Rear</a>
Oct 14	Sat	6:00 AM	Heartland Spirit of the Prairie 100M & 50M Run	Cassoday, KS	<a href="#">Heartland Spirit of the Prairie</a>
Oct 14	Sat	8:00 AM	Race for the Future 5K Run/Walk & Kids Dash	Lee's Summit West High School Lee's Summit, MO	<a href="#">Race For The Future</a>
Oct 14	Sat	8:00 AM	Tough Mudder - Missouri	Missouri State Fair Grounds Sedalia, MO	<a href="#">Tough Mudder</a>
Oct 14	Sat	8:00 AM	Colorado Heights Run	Lindsborg, KS	<a href="#">Colorado Heights Run</a>
Oct 14	Sat	8:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School 645 S. Commercial Ave Smithville, MO	<a href="#">Julia's Warriors Run For Hope</a>
Oct 14	Sat	8:00 AM	Bear Creek Run Half Marathon	Bear Creek Trail Columbia, MO	<a href="#">Bear Creek Run</a>
Oct 14	Sat	8:00 AM	Inspired Darrell Sublett 5K Run/Walk	Centennial United Methodist Church Kansas City, MO	<a href="#">Inspired Darrell Sublett</a>
Oct 14	Sat	8:00 AM	AdventureMax Springfield Half Marathon & 10K	Two Rivers Bike Park Springfield, MO	<a href="#">AdventureMax Springfield</a>
Oct 14	Sat	8:00 AM	Step Beyond Celiac KC5K	Community America BallPark Kansas City, KS	<a href="#">Step Beyond Celiac KC5K</a>
Oct 14	Sat	8:30 AM	Fierce-ish 5K Fun Run & 10K RUN	Norsemen Brewing Company Topeka, KS	<a href="#">Fierce-ish 5K</a>
Oct 14	Sat	8:45 AM	Nebraska Furniture Mart 5K Walk/Run Halloween Run - Kansas City	Nebraska Furniture Mart Kansas City, KS	<a href="#">Nebraska Furniture Mart 5K</a>
Oct 14	Sat	9:00 AM	The Great Pumpkin Run - 5K	Berkley Riverfront Park Kansas City, MO	<a href="#">The Great Pumpkin Run</a>
Oct 14	Sat	5:00 PM	Kyleigh's Gift Fund 5K Run & 3K Walk	Liberty Hospital Liberty, MO	<a href="#">Kyleigh's Gift Fund Run</a>
Oct 15	Sun	8:00 AM	JCCC Lace up for Learning 5K Run/Walk	JCCC Campus Overland Park, KS	<a href="#">Lace up for Learning 5K</a>

Oct 15	Sun	8:00 AM	World's Largest Corn Maze Run	Spring Grove, IL	<a href="#">World's Largest Corn Maze Run</a>
Oct 15	Sun	8:00 AM	Bill Cross 5K Walk/Run for BackSnacks	Zona Rosa Kansas City, MO	<a href="#">Bill Cross 5K Walk/Run for BackSnacks</a>
Oct 17	Sat	11:00 AM	5K My Character Way	Fort Osage High School Fort Osage, MO	<a href="#">5K My Character Way</a>
Oct 20	Fri	6:00 PM	Halloween Prowl, Howl and Growl	Clinton Lake State Park Lawrence, KS	<a href="#">Halloween Prowl, Howl, and Growl</a>
Oct 21	Sat	7:15 AM	Kansas City Marathon presented by Garmin Full, Half, 10K & 5K	Crown Center Kansas City, MO	<a href="#">Kansas City Marathon</a>
Oct 21	Sat	8:00 AM	CAC/STB 1/2 Marathon 13.1M/10K/5K	Harvey Sports Complex Ft. Leavenworth, KS	<a href="#">CAC/STB 1/2 Marathon</a>
Oct 21	Sat	8:00 AM	Pioneer Pathways 5k Run & Pancake Breakfast	Mid-America Nazarene Campus Olathe, KS	<a href="#">Pioneer Pathways</a>
Oct 21	Sat	8:30 AM	Run for Excellence 5K Run/Walk	Raytown High School Raytown, MO	<a href="#">Run for Excellence</a>
Oct 21	Sat	9:00 AM	Race to Remember DUI Victims & Survivors	Sedgwick County State Park Wichita, KS	<a href="#">Race to Remember</a>
Oct 21	Sat	5:30 PM	Wichita Hawaii 5.0K	8300 E. Thorn Dr. Wichita, KS	<a href="#">Wichita Hawaii 5.0K</a>
Oct 21	Sat	7:00 PM	5K Haunted Glow Run/Walk	Washington Park Arena Jefferson City, MO	<a href="#">5K Haunted Glow Run</a>
Oct 22	Sun	7:30 AM	Great Go! St. Louis Halloween Race Half Marathon, 10K & 5K	Downtown St. Louis, MO Des Moines, IA	<a href="#">St. Louis Halloween Race</a>
Oct 22	Sun	8:00 AM	IMT Des Moines Marathon Full, Half, Relay & 5K	Locust Street Bridge Des Moines, IA	<a href="#">IMT Des Moines Marathon</a>
Oct 22	Sun	8:00 AM	Route 66 Half Marathon	Litchfield Skyview Drive lin Theater Litchfield, IL	<a href="#">Route 66 Half Marathon</a>
Oct 22	Sun	8:00 AM	Fall Family Timber Challenge	Zip KC - 12829 Loring Rd. Bonner Springs, KS	<a href="#">Fall Family Timber Challenge</a>
Oct 22	Sun	8:00 AM	Hustle for Hunger 5K Race	Warren Middle School Leavenworth, KS	<a href="#">Hustle for Hunger 5K</a>
Oct 22	Sun	8:30 AM	OVERRUN Ovarian Cancer 5K Run/Walk & 1 Mile Teal Trail Walk	Southcreek Office Park Overland Park, KS	<a href="#">OVERRUN Ovarian Cancer Run</a>
Oct 22	Sun	9:30 AM	Crimson & Boo 5K	KU Endowment Lawrence, KS	<a href="#">Crimson &amp; Boo 5K</a>
Oct 28	Sat	7:45 AM	Tulsa Federal Credit Union Tulsa Run 15K, 5K, & 2K	Downtown Tulsa, OK	<a href="#">Tulsa Run</a>
Oct 28	Sat	8:00 AM	Halloween Hustle 13.1/10K/5K	Blue River CC Independence, MO	<a href="#">Halloween Hustle</a>
Oct 28	Sat	8:00 AM	Olathe Charities 5K	College Boulevard Activity Center Olathe, KS	<a href="#">Olathe Charities 5K</a>
Oct 28	Sat	8:00 AM	Cliffhanger 8K & 5K Run/Walk	KCUMB Campus Kansas City, MO	<a href="#">Cliffhanger Run</a>
Oct 28	Sat	8:00 AM	Summit 5K	Summit Christian Academy Lee's Summit, MO	<a href="#">Sumit 5K</a>
Oct 28	Sat	8:30 AM	F*L*A*T*S Trail Half Marathon	Thousand Hills State Park Marina Kirksville, MO	<a href="#">F*L*A*T*S Trail Half Marathon</a>



Oct 28	Sat	8:30 AM	Pumpkin Run 5K	Lake Shawnee Shelter House #1 Topeka, KS	<a href="#">Pumpkin Run</a>
Oct 28	Sat	8:30 AM	Cranio Cutie 5K	Shawnee Mission Park Shawnee, KS	<a href="#">Cranio Cutie 5K</a>
Oct 28	Sat	9:00 AM	Illinois Ozarks 10K Bluff Trail Run	Borsch Park Valmeyer, IL	<a href="#">Illinois Ozarks 10K Bluff Trail Run</a>
Oct 28	Sat	9:00 AM	Peculiar Zombie Run/Walk	Peculiar, MO	<a href="#">Peculiar Zombie Run/Walk</a>
Oct 28	Sat	9:00 AM	Oakhill Day School Panther Scamper 5k/Walk/Fun Dash	Oakhill Day School 7019 N. Cherry Street Gladstone, MO	<a href="#">Oakhill Day School Panther Scamper</a>
Oct 28	Sat	10:00 AM	Allez 5K	Arrowhead Stadium Kansas City, MO	<a href="#">Allez 5K</a>
Oct 28	Sat	7:00 PM	Tick or Treat 5K Trail Run Night Run	Wyandotte County Lake Park Kansas City, KS	<a href="#">Tick or Treat 5K Trail Run</a>
Oct 28	Sun	7:00 PM	5K Haunted Glow Run	Washington Park Ice Arena Jefferson City, MO	<a href="#">5K Haunted Glow Run</a>
Oct 28	Sat	7:00 PM	Monster Dash & Lil' Monster Kids Run	City Market Kansas City, MO	<a href="#">Monster Dash</a>
Oct 29	Sun	7:30 AM	Air Capital Half Marathon	Aero Plains Brewing Company Wichita, KS	<a href="#">Air Capital Half Marathon</a>
Oct 29	Sun	8:00 AM	Halloween Hustle 5K & 10K Run	Unity Village Lee's Summit, MO	<a href="#">Halloween Hustle</a>
Oct 29	Sun	9:00 AM	Spooky 5K Run/Walk	Unity Village 133rd St. & State Line Leawood, KS	<a href="#">Spooky 5K</a>
<b>November 2017</b>					
Nov 4	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	<a href="#">Ozark Trail 100</a>
Nov 4	Sat	8:00 AM	Grub Run	Northland Abundant Life Center Kansas City, MO	<a href="#">Grub Run</a>
Nov 4	Sat	9:00 AM	Clover Run 5K	Wallace Park Paola, KS	<a href="#">Clover Run 5K</a>
Nov 4	Sat	9:00 AM	Turkey Trot	Downtown Lee's Summit, MO	<a href="#">Turkey Trot</a>
Nov 4	Sat	9:00 AM	Girls on the Run 5K	Children's Mercy Park Kansas City, KS	<a href="#">Girls on the Run 5K</a>
Nov 4	Sat	9:30 AM	MAAIC & Friends Culture Dash	Mid-America All-Indian Center Wichita, KS	<a href="#">Culture Dash</a>
Nov 4	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr. Topeka, KS	<a href="#">Tails on the Trail</a>
Nov 4	Sat	3:00 PM	Run Ranger Run KC 5K	Kansas Speedway Kansas City, KS	<a href="#">Run Ranger Run KC 5K</a>
Nov 5	Sun	7:00 AM	Bass Pro Conservation Marathon Full, Relay, Half & 5K	Bass Pro Shops Springfield, MO	<a href="#">Bass Pro Marathon</a>
Nov 5	Sun	7:30 AM	Panera Bread Diabetes Dash 5K/10K	Town Center Panera Bread Leawood, KS	<a href="#">Panera Bread Diabetes Dash</a>
Nov 5	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	<a href="#">Kansas Half Marathon</a>
Nov 5	Sun	8:00 AM	Panera Bread Diabetes Dash 5K	114th & Tomahawk Creek Overland Park, KS	<a href="#">Panera Bread Diabetes Dash</a>

*Ready For Fall Running?*





# "Have you ever felt worse after a run?"

- George Sheehan



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