

# Master Pieces



Magazine of Mid-America Running Association  
September - October 2014  
[www.mararunning.org](http://www.mararunning.org)

# Master Pieces

SEPT. - OCTOBER 2014

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*Note: Please send all articles, photos, and inquiries to Renee Kidwell at [runnay19@yahoo.com](mailto:runnay19@yahoo.com).*

*Cover Photo: Mindy Gray during the 5K run of WIN KC Triathlon*

*Photo by:*  
[www.thomasphotographic.com](http://www.thomasphotographic.com)



**RUN SAFE  
RUN ALERT  
RUN HAPPY**

By: Renee Kidwell



As many of us celebrate the unofficial end of summer with a long Labor Day Holiday Weekend, no doubt some are not quite ready for Fall and the changes these coming months will bring. I have always chosen Fall, then Spring as my favorite seasons. For me, the delight in going for a long run in cool, crisp temperatures surrounded by the most amazing and beautiful color scape nature can offer is priceless!

With the autumn season also comes a shorter amount of sunshine each day. So, if you are not used to getting up and working out while it's dark now, you may not have a choice with the start or end of your day.

There are many risks and dangers for those who run, walk or bike in the dark and it is paramount that you don't forget your protection. I often hear from friends or coworkers, their surprise and fear in barely seeing a runner on the dark streets without any light or reflective gear on them. They ask me why runners don't have a light or some type of reflection on them in the dark. Just a friendly reminder to all who enjoy and benefit so greatly from proper exercise and nutrition, please don't forget to make safety and security a priority when out on the roads. Remind your running, walking and biking buddies and friends as well. Drivers usually aren't looking for or aware you are out there if you don't help them see you. The mini flashlights are so convenient, easy to carry and quite bright to hold in your hand. Also, don't forget that pepper spray - just in case the roaming dogs think you are the enemy!

Enjoy the beauty of playing safely outside this Fall!

## **New MARA Members and Sustaining Memberships are listed on page 5**

### **• Master Pieces Staff**

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**Horseback  
National Anthem**

**Deanna Rose Children's Farmstead was established in 1978 to depict a turn of the century farm. Activities, attractions and programs are provided April 1 through October 31 in a 12 acre educational farm environment that cultivates an appreciation of farm life, wildlife and Kansas Heritage.**



**Farmstead  
Stampede OP5K  
August 9, 2014**

**Horse-led start**



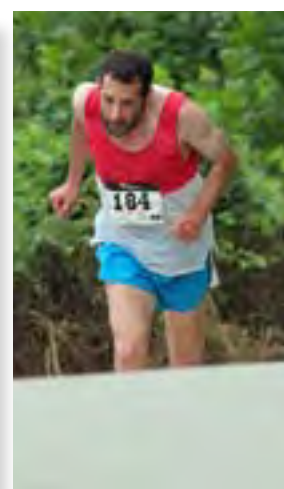
**Chris Myers (153, Overland Park) & Karen Hyde (95, Lawrence)**



**Shannon Lilly (123, OP) & Dennis Browning (23, LaCygne)**



**Alex Harling (72, Lenexa) & Sandy Weston (277, KC,MO)**



**Michael Robins (St Joseph, MO)**



**Jake Edwards (285) & Jimmy Stanziola (212, OP)**



**2nd Overall Female  
Cassidy Nelson**



**Photos provided by: runlawrence photos**



**Eugene Wren  
(Shawnee KS)**



**Daniel & Zach Beshear**



**Jesse Stocks**



**Cindy Rushin (189), Amy  
Cottrell (39, OP) & Shawn  
Jackson (97, Olathe)**



**Gayle Van Durme (232, Overland  
Park) & Connor Eksi (294)**



**Michelle Andrew,  
(Topka) 1st female**



**Matt Thibideau (224), Rob Harber (Shawnee) &  
Aaron Dittmore (Gardner) approaching the finish.**



**Madison Stringfellow (216) &  
Mary Haley (67, Kansas City MO)**



**Carlos Vasquez (Independence MO) begins his kick to win the  
Farmstead Challenge 5K pulling away from Adam Moos (Olathe KS).**

Photos provided by: runlawrence photos



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## Karen's Column

By Karen Raymer  
President of MARA

September/October 2014

If you have been a MARA member for very long, then you know that I am a lifelong Elvis fan. I saw Elvis when I was 7 years old and have been a fan ever since! I just got back from Elvisville (Memphis) today. I was in the Mecca of Elvis for 8 rock'n roll days. Elvis week was "born" the year that Graceland opened to the public, 1982. Of the 32 years that Elvis week has been going on, I have attended 25.

Actually, the catalyst that started me attending Elvis week, was the Elvis International 5K run, that also was started in 1982. The charity that is the beneficiary of the proceeds from the run is Live it Up, the Cerebral Palsy organization. The very first fan club that was formed for Elvis was founded by Gary Pepper. Gary had believed in Elvis when they were just young men. Gary had Cerebral Palsy. When Elvis became famous he never forgot that Gary had believed in him. Until Gary's death in 1961, Elvis had paid all of his medical expenses.

The race starts and finishes right in front of Graceland, runs through the neighborhood (Whitehaven) that surrounds Graceland. When Elvis bought Graceland in 1957, the area was mainly just farm land. There are plans in place to build a 450 room hotel just west of Graceland. It will be called "The Guesthouse at Graceland". Keith and I attended the ground breaking on Thursday, it is due to be finished in the fall of 2015 and will be a lovely full service hotel.

Back to the 5K, I did place 2nd in my age group, and there were actually 14 in my age group! I was amazed that I did as well as I did. I had very little sleep all week, and only had time to run once. I guess I should do all races at the end of a week, with no sleep and no running! The after food at the Elvis 5K is very interesting. The ONLY healthy food was bananas and some lettuce wraps. The other food consisted of, chips and salsa, chocolate chip and peanut butter cookies, Krispy Kreme Doughnuts, and Bud Light Beer. Not your typical after-race food!

Well, I have had my Elvis fix until January, so I am back to reality and wishing you happy and healthy running and/or walking.

*Karen*

## Sustaining MARA Members

<i>Anna &amp; John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, KS</i>
<i>Diane Bahr</i>	<i>Leavenworth, KS</i>
<i>Dee Boeck &amp; Gene Wee</i>	<i>Lawrence, KS</i>
<i>Dave Boone</i>	<i>Overland Park, KS</i>
<i>Mary Boyce &amp; Mary Desch</i>	<i>Wichita, KS</i>
<i>Herbert &amp; Janet Brown</i>	<i>Independence, MO</i>
<i>Rainey Cadenhead</i>	<i>Kansas City, MO</i>
<i>John Cookinham</i>	<i>Kansas City, MO</i>
<i>Bill &amp; Judy Dalton</i>	<i>Kansas City, MO</i>
<i>Mike &amp; Jo Faulconer</i>	<i>Kansas City, MO</i>
<i>Charles &amp; Mary Haley</i>	<i>Kansas City, MO</i>
<i>Alan &amp; Robin Higley</i>	<i>Omaha, NE</i>
<i>Wayne Hobelman</i>	<i>Kansas City, KS</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Terry &amp; Keith Mann</i>	<i>Fairway, KS</i>
<i>Ed McCay</i>	<i>Leawood, KS</i>
<i>Kent &amp; Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Harry Moeller</i>	<i>Hiawatha, KS</i>
<i>Ann Nelson</i>	<i>Fairway, KS</i>
<i>Russ &amp; Rosalie Niemi</i>	<i>Wake Forest, NC</i>
<i>Howard Nies</i>	<i>Kansas City, KS</i>
<i>Brett &amp; Gay Purcell</i>	<i>Independence, MO</i>
<i>Karen &amp; Keith Raymer</i>	<i>Raymore, MO</i>
<i>Barb Rinne &amp; Family</i>	<i>Lee's Summit, MO</i>
<i>Gretchen &amp; Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Garth &amp; Nancy Smith</i>	<i>Overland Park, KS</i>
<i>Richard Stainbrook &amp; Family</i>	<i>Pomona, KS</i>
<i>Marla Thompson</i>	<i>Leawood, KS</i>
<i>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Doug Van Auken</i>	<i>Shawnee Mission, KS</i>
<i>Sandra &amp; John Weston</i>	<i>Kansas City, MO</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene &amp; Marsha Wren</i>	<i>Shawnee Mission, KS</i>
<i>UltraMax Sports</i>	<i>Prairie Village, KS</i>

## 2014 MARA GRAND PRIX STANDINGS

Results through Farmstead Stampede 5 km

8/11/14

Contact: Mike Lundgren (mikerunk@gmail.com) for questions or corrections

Male 20-24				Female 20-24			
Kyle	Snyder	16		Kathryn	Brake	38	
Michael	Zinser	14		Lindsey	McDonald	19	
Dane	Goodman	12		Lucy	Daldorph	16	
Mike	Hake	12		Kinsey	McKenrick	16	
13 with 10 pts				Marley	Crusch	16	
				Melanie	McVay-Frank	15	
				8 with 10 pts			
Male 25-29				Female 25-29			
Aaron	Davidson	24		Angie	Nygren	20	
Matt	O'Reilly	20		Leah	Hamm	12	
Lee	Dixon	18					
Zack	Sanchez	18		12 with 10 pts			
Jimmy	Balough	16					
Mark	Whittemore	13					
11 with 10 pts							
Male 30-34				Female 30-34			
Adam	Moos	40		Amy	Schmitz	31	
Silverus	Kimeli	21		Maeluen	Gruman	20	
Joe	Moore	20		Cassidy	Nelson	16	
Aaron	Dittemore	14		11 with 10 pts			
Brett	Rinehart	12					
Jeremy	Hammer	11					
7 with 10 pts							
Male 35-39				Female 35-39			
Jeremy	Garrett	30		Rachel	Hoger	30	
Jason	Holbert	20		Valerie	Hughes	12	
William	Kershner	14		Moni	Spinger	11	
Jerry	Pullins	14		14 with 10 pts			
Eric	Graham	12					
Drake	Vidrine	10					
10 with 10 pts							
Male 40-44				Female 40-44			
Ricardo	Medellin	20		Michelle	Andrew	38	
Ken	Moran	20		Jennifer	Lyon	20	
Marco	Garcia	19		Starla	Jones	18	
Drake	Vidrine	12		Tracy	Musolf	16	
11 with 10 pts				Sarah	Graves	16	
				Meagan	Ridgeway	12	
				Rebecca	Sommers	12	
				7 with 10 pts			
Male 45-49				Female 45-49			
Mark	Fuchs	50		Cindy	Cameron	60	
Mark	Westfall	49		Jennifer	Oprisu	20	
Carlos	Vasquez	36		Joann	Shippis	16	
Tom	May	20		Angela	Eberly	10	
Jeff	Holzbeierle	17		Nancy	Hill	10	
Tom	Mura	16		Deborah	Demars	10	
Miles	Marshall	16		Katherine	Hirschi	10	
Troy	Robinson	16		Esmeralda	Mendez	10	
Marvin	Mastin	14		Teresa	Perkins	10	
Male 50-54				Female 50-54			
Pat	Merrigan	38		Karen	Hyde	68	
Ken	Cameron	24		Cindy	Deprenger	10	
Gary	Mundhenke	12		Kathleen	Johnson-LS	10	
Terry	Seiter	12		Janice	Louden	10	
Roger	Mendell	12		Debra	Torneden	10	
11 with 10 pts				Wanda	Toro	10	
				Rebecca	Steven	10	
				Surah	Richman-Hill	10	
				Liz	Kyger	10	
Male 55-59				Female 55-59			
Rob	Harber	70		Kathleen	Johnson	79	
Jimmy	Stanziola	61		Anna	Allen	47	
Brian	Daldorph	38		Sunday	Cavallaro	28	
Greg	Schultz	34		Amy	Shortall	26	
Michael	Robins	20		Pam	Bertels	15	
Randy	McDermott	16		Marla	Rhoden	14	
				Kim	Olson	12	
				3 with 10 pts			
				Pam	Perica	8	

Male 60-64				Female 60-64			
Bruce	Gilbert	70		Dee	Boeck	54	
Gayle	Van Durme	63		Sandra	Weston	44	
Dan	Kuhlman	30		Linda	Cole	20	
Craig	Willemsen	14		Sharon	Costello	18	
Brad	Rhoden	12		Diana	Fitch	10	
Joe	McCarthy	11		Joann	Heap	10	
4 with 10 pts				Nancy	Pence	10	
				Linda	Cole	10	
				Pam	Perica	10	
				Terry	Olson	10	
Male 65-69				Female 65-69			
Jeff	Behrens	80		Donna	Romans	62	
Tim	Wigger	36		Susan	Robinette	56	
Rick	Hogan	24		Jean	Garber	20	
Larry	Rink	22		Paula	Labart	18	
Kermit	Trout	22		Mary	Haley	16	
Tom	Snook	19		Holly	Smith	13	
Robert	Fernandez	18		BJ	Thornburg	12	
Bob	Anderson	16		Teri	Hatfield	10	
Greg	Hartman	16		Kit	Warner	10	
Lee	Debault	16		Dee	Boeck	10	
Gene	Wee	14					
Male 70-74				Female 70-74			
Garth	Smith	89		Mary	Haley	68	
Eugene	Wren	78		Suzie	Turner	57	
Bill	Perry	22		Verna	Troutman	20	
Ron	Grauer	15		Judy	Hammond	14	
Richard	Carlson	12		Sylvia	Taylor	12	
4 with 10 pts				Marcile	Lewis	10	
				Mary Linda	McDonnell	10	
Male 75-79				Female 75-79			
Herb	Brown	72		Ann	Nelson	60	
Alan	Poisner	32		Beverly	Lewis	9	
Carl	Vansant	20		Carolyn	Mitchell	8	
Wally	Brawner	20		Shirley	Doering	8	
Donald	Hughes	14		Suzanne	Roberson	7	
Lee	Minor	10					
Paul	Hoopes	10					
Male 80-84				Female 80-84			
Lou	Joline	70		none			
Male 85+				Female 85+			
none				Mary	Otte	10	

- 1-18 Top. to Auburn 1/2 Marathon  
 1-26 Groundhog 10K  
 2-08 Sweetheart Shuffle 5K  
 3-15 Mrs. Robinson Romp 5K Trail  
 4-05 Run for Life 10 Miler-race  
*cancelled, will not be replaced*  
 4-12 Rock the Parkway 1/2 Marathon  
 4-27 Trolley Run 4 Miler  
 5-03 KS Heart and Sole 10K  
 5-26 Amy Thompson 8K  
 6-7 Hospital Hill Half-Marathon  
 6-29 Double Road Race 5K & 10K  
 7-04 Lenexa Freedom Run 10K  
 7-12 Eudora Horse Thief 5K  
 8-02 KC X Country Challenge 5K  
 8-09 Farmstead Challenge 5K  
 9-01 Leawood Labor Day 5K  
 9-07 Broadway Bridge Half  
 9-14 Plaza 10K  
 10-18 Kansas City Marathon  
 11-02 Cliffhanger 8K  
 11-08 UltraMax 15K



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# 2014

## MARA Grand Prix Scoring System & Rules

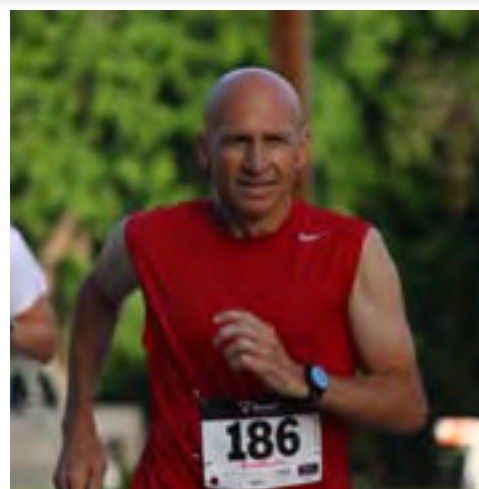
### Mid-America Running Association

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1. Anyone who runs in any MARA Grand Prix race at any point in the season and who places in the top 5 in their age group is automatically a part of the circuit. Standings are updated and published in Masterpieces magazine and on the MARA website: ([www.mararunning.org](http://www.mararunning.org)) as the season progresses.
2. Active MARA membership must be in place by Dec 1 to receive final recognition and awards at Chili Run – no exceptions. (membership forms are available online at [www.mararunning.org](http://www.mararunning.org) and at local specialty running stores).
3. Points are based on performance in 5-year age groups from 20-24 thru 80+.
4. Scoring is 5 deep in each 5 year age group except as noted in item 5.
  - \* 10 points for 1st place
  - \* 8 points for 2nd place
  - \* 6 points for 3rd place
  - \* 4 points for 4th place
  - \* 2 points for 5th place
5. Trolley Run will be single points, 10 deep (10, 9, 8, 7...)
6. Your 10 best race scores will count, with 100 points the maximum score possible, encouraging quality racing over quantity of races.
7. Circuit races range from 5 km to half marathon. Road races are run on USATF certified courses.
8. Chip time will be used to determine place finish and award grand prix points.
9. In any race with more than one distance (such as both a 5K and 10K) there will be only one designated MARA GP race.
10. When moving into a new age group during the GP season, points can be scored in both age groups. The age group where the most points are scored is the age group where all points will be added and counted at year's end.
11. In case of a tie, the winner will be determined by: 1) head-to-head competition; 2) the 11th best race. If a tie is not broken by these tiebreakers, the tie remains.
12. To qualify for year's end recognition and awards you must score points in at least 3 MARA GP races.
13. Each Mara GP race will contribute 7 free entries. Each 2nd place finisher will receive one free race. The remaining free entries will be divided evenly among 1st place age group finishers.
14. The Top Five point finishers in each age group will also receive awards additional to that listed above. Thanks to MARA, our Sponsors and Grand Prix Circuit Races who contributed over \$27,000.00 in prizes over the last four seasons. These are distributed at the Chili Run each year in December. Everyone is invited to participate in the circuit and attend the Chili Run festivities.



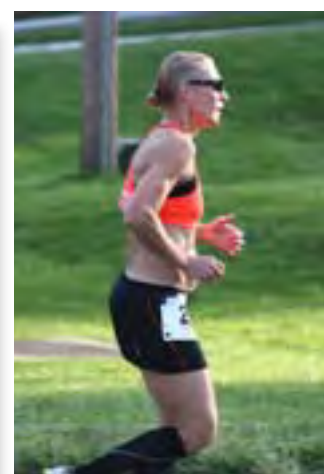
**Abram Chrislip leading the group**



**Rob Harber- 1st in Age group 55-59**



**Dee Boeck (13) will finish 1st in Age group 60-64**



**Photos provided by: Michael Chaffee**



*The Eudora Horsethief 5K race is a fund raiser for the Eudora High School Cross Country Team and is USATF certified. The course winds through both historic and modern parts of Eudora and starts and finishes in CPA Park . Distinctive awards were given in 5 year age groups in the 5K race. A great time was had by all !!*



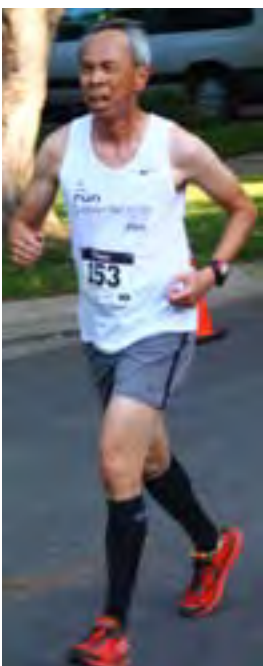
**Jeff Behrens - 1st in Age group 65-69**



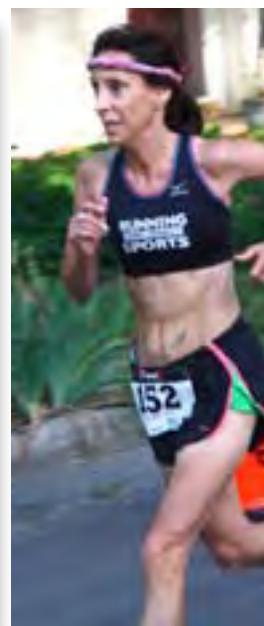
**Photos provided by: Michael Chaffee**



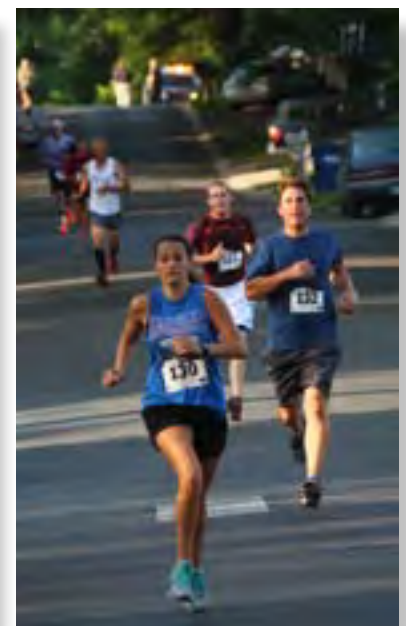
**GO MOM !!!!!**



**Gene Wee -2nd in Age group 65-69**



**Kathleen Johnson 1st in Age group 55-59**





## Nutrition and Running By Sally Berry MA RD CSSD CLT

Board Certified Sports Nutrition  
Food Sensitivities - Certified LEAP  
Lifestyle Changes & Integrative Eating

### *Running on “Low”*

#### **What is Training Low?**

“Training Low” is one of the newest diet trends for the endurance athlete. Even LeBron James has started this type of food plan during his off season. With runners, it has been especially discussed in the ultra-endurance population. This is not to be confused with “low altitude” training. “Training Low” is a diet that is relatively low in carbohydrate compared to a traditional runner’s diet. This diet is meant for runners to intentionally train with low glycogen stores to increase body’s fat metabolism. Glycogen is the body’s storage form of carbohydrate in the liver and muscles. Your body relies on glycogen for energy bursts of activity and for most energy needs, even metabolizing fat. You can get by with utilizing predominately fat during low intensity activity and purely aerobic.

#### **How would you decrease the glycogen?**

Decreasing glycogen is accomplished through lowering your intake of carbohydrate to less than 3 grams carbohydrate per kilogram body weight. It also happens during fasting or when you deny yourself fuel replacement. For the 150 pound athlete, that would translate to about 800 Calories of carbohydrate (or typically less than 200 grams of carbs per day). This is done for more than 5 days. Fat calories increase in order to get enough fuel to exercise on a daily training plan.

#### **What’s the catch?**

When starting this plan, you may feel symptoms of sluggishness, irritability, brain fog, dizziness and low energy. This would have to be timed and manipulated so that the runner would have the energy to run, think, and even metabolize fat. The best time to attempt changing the plan is during “off season”. The concept and training low are one of the current popular plans. The “catch” is to get enough high-end carb oxidizing capacity when training ramps up and on the day of competition.

#### **Where does this concept come from?**

Sounds cool, but the theory hinges on the very very chronically LOW carb diets called “Ketogenic” diets. Ketogenic diets, initially developed to help young patient have control of seizures that were difficult to control by medication alone.

Carbs on Ketogenic diet plummet down to less than 50 grams per day. For comparison, carbohydrate would be the amount in about 4 servings on non-starchy vegetable plus 1 small fruit only. The rest of the diet would be a modest amount of meat 3-6 oz daily, with generous amounts of fat loaded mayonnaise, avocados, oils, or similar to make up calories.

#### **Is this concept proven?**

Applying the theory of Ketogenic diet to the athlete will need some research that is currently not available. However, there is some data starting to emerge. Some experts feel that this will eventually be an option for ultra-endurance runners, for those that don’t process carbs well, need to reduce body fat, or those that train and have gastrointestinal issues.

#### **What about the higher performance elite level runner?**

For the high end runners who utilizes more intensity and speed, there may be a deficiency of the enzyme to help make energy in the metabolic process, called PDH (pyruvate dehydrogenase). During high peak such as hills, passing, and end of race surges, the maladaptation of the higher fat diet may limit the performance.

Most long standing Sports Registered Dietitians who have tracked athlete’s body fat have understood for a while that manipulating fat to carb ratio and changing up nutrients in different periods of training can help the athlete change their body composition and body fat. Diet periodization can also help athletes continue to mobilize fat when off-season or injured. Then, athletes can change back diet to higher carb that is timed correctly in periods of high competition training and training without deteriorating performance or increase risk for injury.

#### **Bottom Line**

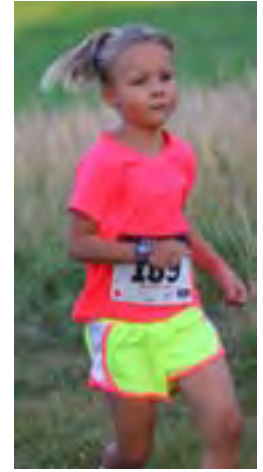
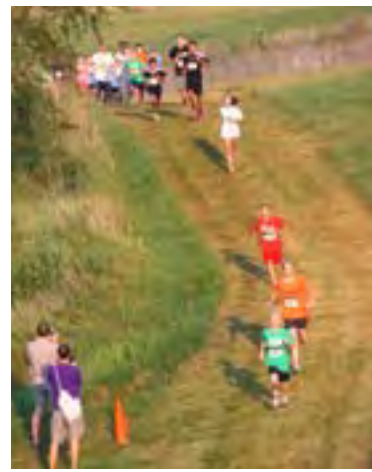
When fueling for the best performance, individualizing the diet composition of the weekend warrior may be different than the runner of higher intensity. Applying a Ketogenic diet still needs research, but manipulating the fats may help some ultra-endurance athletes. Traditional fueling balance still wins out. I personally think that trying some “Train Low” low concepts may help help some runners meet their goals. Results are best when there is a balance in quality carbs, fats and proteins that will accomplish an athlete’s personal body composition and running goals. So go ahead and try to eat healthy lower carb meals ... if you are on your off season and not being paid 30 million for your sport!

***Fuel Your Body ... For Life!***  
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Photo by: Michael Chaffee



Photos by: Michael Chaffee



# Kansas City Cross Country Challenge Shawnee Mission Lake August 2, 2014



The KCXC Challenge is open to runners and walkers of all ages and abilities and gives you an opportunity to escape the roads and jump on the grass for a unique course at a unique event. Whether you are a high school cross country runner or someone who has always wanted to run a cross country course, everyone is welcome to join as we celebrate the sport of cross country!

Photos by: Michael Chaffee



## Lou's Cartoons In Living Color By Lou Joline

### RUNNING WITH GRANDAD PEOPLE WHO WON'T BE MISSED



Henry, we have a chance to corner the market for execution cocktails! The current provider has lost the contract after botching several jobs!

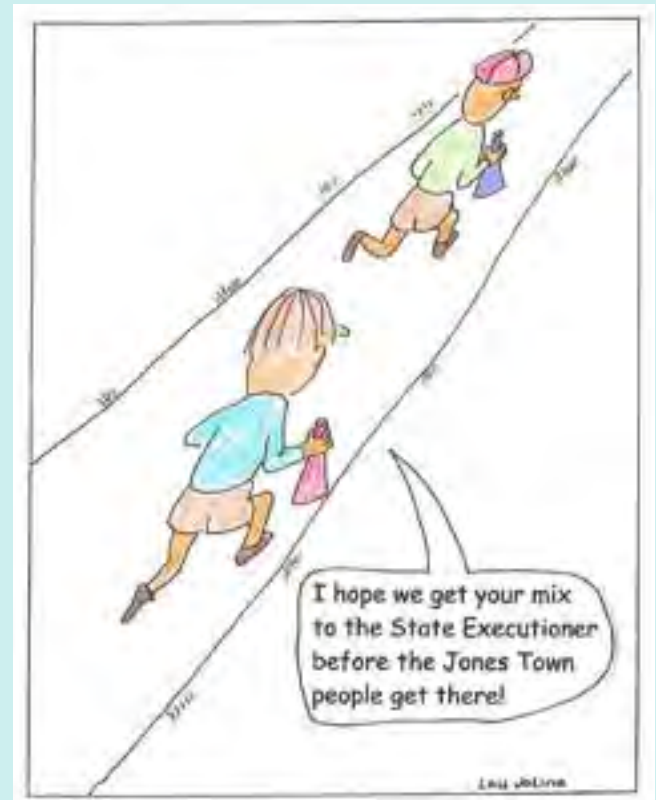


This awful Cool-Aid you're selling to pay your college tuition could win us the contract, but first we must round up some prime offenders to demonstrate our mixture.



For example this guy sold 6,000 electric drills with an 8 inch cord to save 48 cents a tool back in 1980!







**Dr. Robert Sindorf, D.C., M.S.**

Doctor of Chiropractic,  
Cleveland Chiropractic College  
Masters in Science, Human Anatomy  
and Physiology, NYCC  
Bachelors in Science, Kinesiology,  
Kansas State University

## Running problems related to your big toe?

Most runners don't think about how important their first toe is for their running performance. The truth is if you don't have proper movement in the first toe it means you will not have proper foot control. It has been found that 85% of foot stability comes from the first toe. If your first toe does not properly extend you will not be able to extend with your back leg correctly as well as increasing the amount of tension in the fascia on the bottom of the foot, which is known as the "windlass affect". If you have proper movement and muscle coordination in the first toe you will increase your ability to perform complex and coordinated movements as well as decrease your risk for injury.

To increase the mobility in your first toe you must identify if the restriction in movement is from the joint or the soft tissue (muscles, tendons, and ligaments). If it is in the joint you can stabilize above and below the joint with your hands and gently move the toe up and down. If the tension is from the soft tissues of the foot place the forefoot on a step and let your heel hang down off. This will stretch the connective tissue on the bottom of the foot.

To increase the coordination in your first toe you must work on actively learning to isolate these muscles. Start off by sitting with your foot flat on the floor and begin to raise your first toe up off the floor while keeping your other toes on the floor. Then reverse keeping your big toe on the floor and raise your other toes up from the ground. If you have a hard time with this gently pull your first toe up with your fingers and work on gently pressing down with your toe into your hand. These exercises generally will take weeks to build up the dexterity of movement. Don't get frustrated if this takes you a while to master, just think how long it took you to learn to move your fingers with coordination.

Work hard on the big toe, and you will most likely see big improvements in your foot mechanics when running.

**Dr. Robert Sindorf, DC, MS, ART**

**Official Chiropractor - KC T-Bones, KC Smoke, and  
Hospital Hill Run**

**Active Release Technique Certified  
Good Form Running Certified  
Mid America Running Assoc. Contributing Author**

**Advanced Chiropractic & Rehab, PA  
20160 W 153rd st  
Olathe, KS 66062**



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# 16<sup>th</sup> Annual Jared Coones Memorial Pumpkin 5K Run/Walk

## October 4, 2014

### 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) 909-3406.

• Walkers with strollers are welcome •

-----  
*Detach form and return with check. Entry form may be photocopied.*

## 16<sup>th</sup> Annual Jared Coones Memorial Pumpkin 5K Run/Walk

Last Name _____		First Name _____	Birth Date _____
Address _____		Age on Race Day _____	
City/State/Zip _____		Gender	Male      Female
Daytime Phone _____		Evening Phone _____	E-Mail Address _____

### Fee Information

Race day entries cannot be guaranteed a T-Shirt.

Fee includes T-shirt/ (circle one)    Adult sizes    S   M   L   XL   XXL    Children sizes (circle one)    S   M   L

I am enclosing a check for: (check one entry option)

**POSTMARKED PRIOR TO 9/24/14** \_\_\_\_\_

☐ \$25 Individual Entry Fee

☐ \$20 per Person Family Fee\*

**POSTMARKED AFTER 9/24/14** \_\_\_\_\_

☐ \$30 Individual Entry Fee

☐ \$25 per Person Family Fee\*

\* Family fee applies if three or more family members of a family enter together. Each family member must complete a separate entry form and sign the Release and Waiver. Entry forms for all family members and one check for all entry fees must be submitted together to receive the family price.

I am including a tax-deductible donation of \$ \_\_\_\_\_ to the Jared Coones Memorial Foundation a 501(c)3 non-profit organization. Federal ID #43-1937567.

### Release and Waiver (Must Sign to Participate)

I know that running a road race is potentially hazardous activity, which could cause injury or death. I certify that I am medically able to perform this event, and am in good health, and I am properly trained. I agree to abide by any decision of a race official relative to any aspect of my participation in this event, including the right of any official to deny or suspend my participation for any reason whatsoever. I attest that I have read the rules of the race and agree to abide by them. I assume all risks associated with running in this event, including but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known and appreciated by me. I understand that bicycles, skateboards, roller skates or roller blades, animals, and personal music players are not allowed in the race and I will abide by all race rules. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive, release, and discharge the Jared Coones Memorial Pumpkin 5K Run/Walk, the Pumpkin Race Planning Committee, the Foundation Board, the City of Olathe including the police department, Olathe Running Club, Black Bob Elementary School, race officials, volunteers and all event sponsors their representatives or anyone acting on their behalf, and successors from all claims or liabilities of any kind arising out of my participation in this event, even though that liability may arise out of negligence or carelessness on the part of the persons named in this waiver. This Release and Waiver extends to all claims of every kind of nature whatsoever, foreseen or unforeseen, known or unknown. I grant permission to all of the foregoing to use my photographs, motion pictures, recordings or any other record of this event for any legitimate purpose. Applications for minors will be accepted only with a parent's signature. (If a parent is signing on behalf of a minor, then the parent agrees to defend and indemnify all persons and entities listed in this Release and Waiver against any claim brought against them by that minor at any time, arising out of the minor's participation in this event.)

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent/Guardian Signature (if under 18) \_\_\_\_\_ Date \_\_\_\_\_

Make Checks Payable To:

**Jared Coones Pumpkin Run**

Mail completed form, signed release and check to:

Jared Coones Pumpkin Run  
P.O. Box 3314  
Olathe, Kansas 66063-3314



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



## **INTERVALS—FOR ENDURANCE TRAINING HOW FAST— HOW OFTEN**

First, how should we measure the intensity of the intervals to be run. Some coaches and physiology texts use a percentage of the best time for the distance trained for. However, the simplest and one of the most informative measures, is your heart rate.

In order to use the heart rate for training we need to understand the basics of the normal heart rate at rest and at maximum effort. The resting and maximum heart rate vary greatly with age and the degree of fitness. The resting heart rate (RHR) can vary from 30 to 80 beats per minute. (BPM) The very fit will have rates near 40 BPM and the unfit will have higher rates. The RHR can be affected by emotions, temperature and altitude.

One of the interesting stories regarding the astronauts during the early space flights, was the heart rates that physicians thought were safe for the astronauts to tolerate during their space walks. The physicians thought that if their heart rates exceeded 220 BPM while outside the space craft that they should be immediately brought back in the space craft. Their plans were changed, however, because their heart rates exceeded 220 BPM in the minutes before blast off.

During exercise the heart rate increases in proportion to the increase in exercise intensity. Near the maximum heart rate (HRmax) the rate begins to plateau even if the workload is increased. The HRmax is the highest heart rate achieved in an all out effort.

The HRmax is usually calculated based on age. This is due to the decrease in heart rate at the rate of one beat per year, beginning around 12 to 15 years of age. Subtracting ones age from 220 BPM provides a reasonable approximation of ones predicted HRmax. However, this is only an estimate, since individual values vary considerably. The text, edited by Kenney, Wilmore and Costil, sites the example of a 40 year old women's HRmax would be estimated at 180BPM.

However, 65% of all 40 year old have actual HRmax values between 168 and 192 BPM. 95 % fall between 156 and 204 BPM. Another suggested estimate for the HRmax is  $208 - (0.7 \times \text{age})$ .

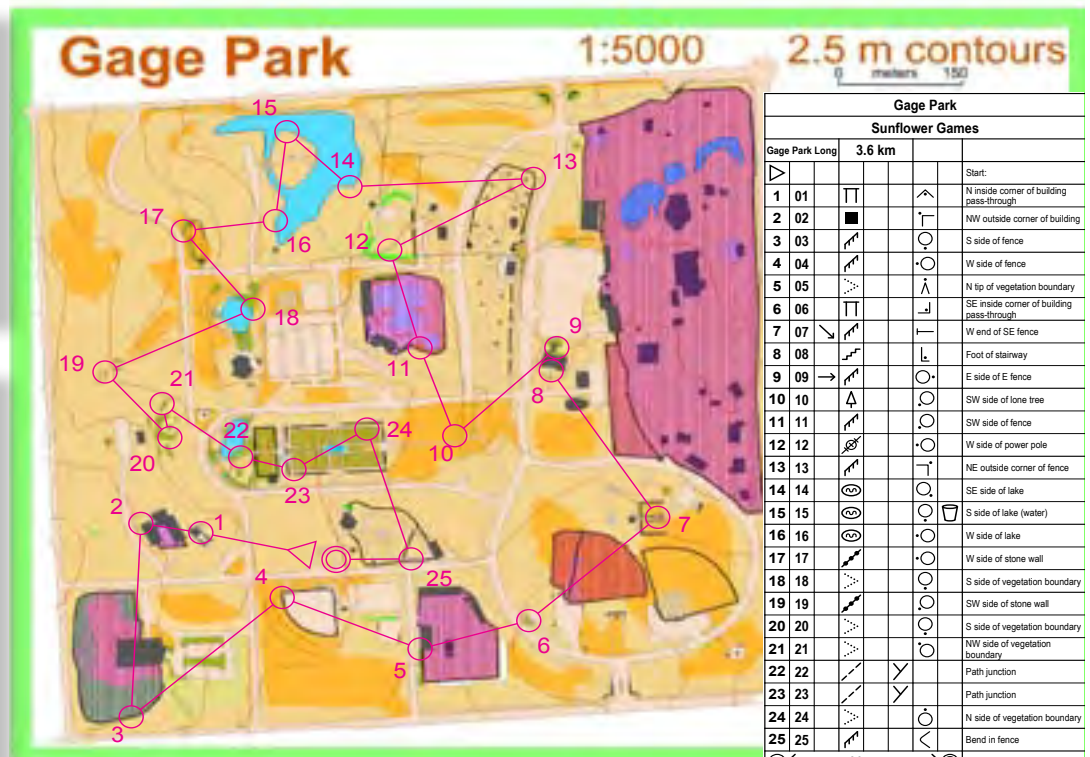
The authors of the above text recommend the following: Interval training for the high anaerobic system, the HR should be between 90 and 100% of HRmax. To develop the lactate threshold ( intermediate system), one should aim for 85-100 % of HRmax. Other sources recommend only 85-90 % of HRmax. The recommended intensity for the aerobic system is 70-90% HRmax.

In my experience these intensities are too high for many beginning and intermediate runners.

The recovery activity between intervals can vary between slow walking and jogging. The more intense the interval the lighter and less intense will be the rest between intervals. As one becomes better conditioned they will be able to increase the intensity of the rest interval or decrease the rest interval or both.

World class sprinters and middle distance runners will train 5 to 7 days a week. The literature is replete with examples of older successful runners (over 60 years of age) who train only 3-4 days a week. In the last issue we noted that Jerry Morrison, one of the best in the world at his age, trained 6-7 days a week. The number of interval training days will be one to three days a week. Remember, the percent of time elite athletes spend training at high anaerobic intensities for the longer distances is 10% for 5000 meters and 5 % for distances longer than 5000 meters.

This short article leaves out many specifics. To obtain more precise information, Kenney et al. recommend the classic short text "Interval Training for Sports and Fitness," by Fox & Mathews, Sanders 1974. I concur, it works for all sports. Despite it's age, it is detailed and accurate. It also costs less than \$10 for a used copy through Amazon. It and the Kenney text were the main sources for this article.



## Sunflower State Games Orienteering July 27, 2014 Gage Park, Topeka, KS



Hunter Munns makes his way through the Reinisch Rose Garden



Photos By: runlawrence photos-Gene Wee

# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## Avo/Coco/Loco

### **Super Smoothies – Wake up and shake up your breakfast or snack routine!**

Smoothies seem to be a popular favorite everywhere these days and for a number of good reasons. Whether on the go or at home, it is easy to blend up a quick and nutritious breakfast or snack. Smoothies make it quick and easy to eat/drink healthy with fruit, veggies, protein and other nutritious ingredients. Combining basic wholesome ingredients in a blender can give you a world of possibilities. It is important however, to be aware of excessive amounts of carbohydrates and sugars that are often found in some commercial and homemade smoothies. Drinks made with all fruit and juice can contain upwards of 75-90 grams carbohydrate in one serving, which may be more than a person needs all at once. Consider moderating the carb content and adding some quality lean protein and/or healthy fat to help you strike a balance with your smoothie.

Often people feel they don't have time for breakfast in the morning, but a quick and easy smoothie can be prepared in minutes and taken to go out the door. A blender full of great ingredients can also be a very refreshing and excellent post workout energizer, supplying appropriate amounts of protein and carbohydrates. So, cool off and replenish with these ideas for refreshing sips – *just give it a whirl!*

.....

### **Triple Berry Blend**

1/2 – 1 cup low fat or skim milk  
1 cup fresh or frozen mixed berries  
(such as raspberries, blueberries & strawberries)  
1/2 cup plain Greek yogurt  
1/2 scoop protein powder  
1 cup greens (spinach or kale) if desired  
Blend in a blender until smooth and creamy. Enjoy!

.....

### **Banana Peanut Butter Blast**

1 banana  
2 cups ice  
1/2 cup plain Greek yogurt  
1/2 tsp cocoa powder (if desired)  
1/4 cup peanut butter, pinch of salt  
1/2 cup low fat, soy or almond milk Blend and enjoy!



1 cup coconut water      1 cup kale or spinach  
1 cup low fat milk or plain Greek yogurt  
Juice from 1/2 lime      1 tbsp. honey  
1/2 - 1 avocado      1 cup frozen mango cubes  
Blend all in blender until smooth.



### **Create your own Smoothie the possibilities are endless**

Choose one ingredient from each of the following lists to customize your own delicious, well-balanced smoothie:

**Protein:** protein powder (such as whey, soy, pea or egg protein)

2 Tbsp peanut butter

4-6 oz. plain Greek yogurt

Silken tofu (organic/non-GMO)

**Healthy Fat:** (if desired)

2 Tbsp. natural nut butter, such as peanut, almond, cashew

Avocado

Coconut Oil (1 Tbsp.)

Ground flax seeds or chia seeds (2 tsp.)

Unsweetened coconut flakes (1-2 Tbsp.)

**1-2 Servings of Fruit:** 1 small banana, apple, pear, frozen berries, pineapple, grapes, orange, 1/2 mango, peach, cranberries to name a few

**Greens:** 1 cup (without thick stems) of spinach, kale, arugula or chard

**Other Veggies:** if desired, such as celery, radish, carrot, chopped broccoli, red cabbage, beets, sweet potato

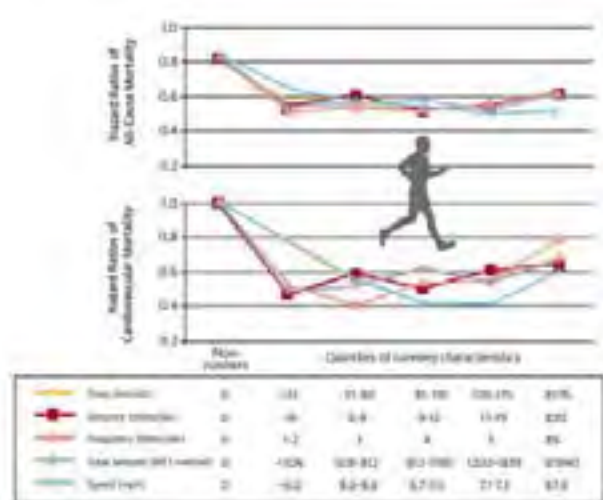
**1/2 cup Liquid and/or Ice Cubes (10):**

Milk, coconut milk or water, soy milk, almond milk, coffee, water

**Other Flavor Add-ins:** such as ginger, cocoa powder, cinnamon, honey, agave, lemon/lime/orange zest, cinnamon, chili powder, mint leaves

The following article was provided by MARA member Rich Ayers via the link:  
[http://www.eurekalert.org/pub\\_releases/2014-07/acoc-rrr072414.php#](http://www.eurekalert.org/pub_releases/2014-07/acoc-rrr072414.php#)

A study published today in the Journal of the American College of Cardiology found that running for only a few minutes a day or at slow speeds may significantly reduce..



JACC J Am Coll Cardiol. 2014;64(15):472-481.

Running for only a few minutes a day or at slow speeds may significantly reduce a person's risk of death from cardiovascular disease compared to someone who does not run, according to a study published today in the Journal of the American College of Cardiology.

Exercise is well-established as way to prevent heart disease and it is component of an overall healthy life, but it is unclear whether there are health benefits below the level of 75 minutes per week of vigorous-intensity activity, such as running, recommended by the U.S. government and World Health Organization.

Researchers studied 55,137 adults between the ages of 18 and 100 over a 15-year period to determine whether there is a relationship between running and longevity. Data was drawn from the Aerobics Center Longitudinal Study, where participants were asked to complete a questionnaire about their running habits. In the study period, 3,413 participants died, including 1,217 whose deaths were related to cardiovascular disease. In this population, 24 percent of the participants reported running as part of their leisure-time exercise.

Compared with non-runners, the runners had a 30 percent lower risk of death from all causes and a 45 percent lower risk of death from heart disease or stroke. Runners on average lived three years longer compared to non-runners. Also, to reduce mortality risk at a population level from a public health perspective, the authors concluded that promoting running is as important as preventing smoking, obesity or hypertension. The benefits were the same no matter how long, far, frequently or fast participants reported running. Benefits were also the same regardless of sex, age, body mass index, health conditions, smoking status or alcohol use.

The study showed that participants who ran less than 51 minutes, fewer than 6 miles, slower than 6 miles per hour, or only one to two times per week had a lower risk of dying compared to those who did not run. DC (Duck-chul) Lee, Ph.D., lead author of the study and an assistant professor in the Iowa State University Kinesiology Department in Ames, Iowa, said they found that runners who ran less than an hour per week have the same mortality benefits compared to runners who ran more than three hours per week. Thus, it is possible that the more may not be the better in relation to running and longevity.

Researchers also looked at running behavior patterns and found that those who persistently ran over a period of six years on average had the most significant benefits, with a 29 percent lower risk of death for any reason and 50 percent lower risk of death from heart disease or stroke.

"Since time is one of the strongest barriers to participate in physical activity, the study may motivate more people to start running and continue to run as an attainable health goal for mortality benefits," Lee said. "Running may be a better exercise option than more moderate intensity exercises for healthy but sedentary people since it produces similar, if not greater, mortality benefits in five to 10 minutes compared to the 15 to 20 minutes per day of moderate intensity activity that many find too time consuming."

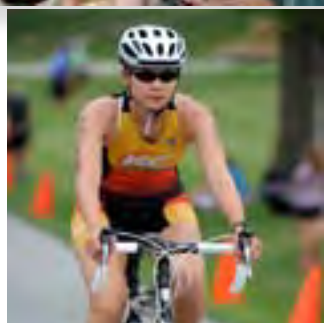
The American College of Cardiology is a 47,000-member medical society that is the professional home for the entire cardiovascular care team. The mission of the College is to transform cardiovascular care and to improve heart health. The ACC leads in the formation of health policy, standards and guidelines. The College operates national registries to measure and improve care, provides professional medical education, disseminates cardiovascular research and bestows credentials upon cardiovascular specialists who meet stringent qualifications. For more information, visit [Cardiosource.org/ACC](http://Cardiosource.org/ACC)

July 26, 2014 - Smithville Lake

## SWIM- 500 Meters



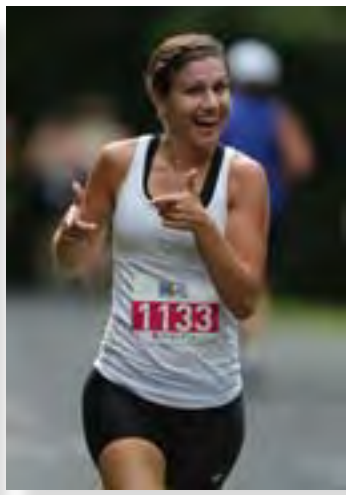
## BIKE- 10 Miles



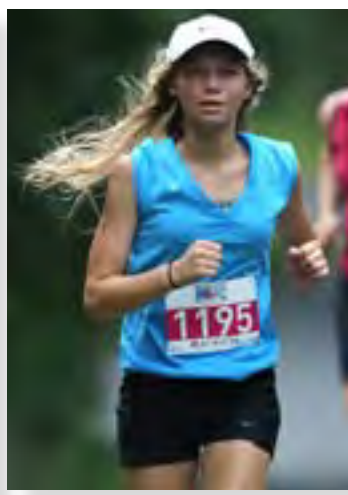
Photos by: [www.thomasphotographic.com](http://www.thomasphotographic.com)



Amy Middaugh



Alexis Dyer



Camille Toner



Jamie Young

## RUN-5K



Susan Hutcherson ends with a perfect handstand



Kelly Barnickel - newly crowned Triathlete



Marianne Hunerdosse with her children



Sisters Mendy & Maddison Jarman

## 893 Finishers CELEBRATE !!



Macey Watermann & Kayla England celebrate with their babies!



**Top 3 Finishers**  
 1st - Kalleta Caldwell (58:09)  
 2nd - Lynsey Fugate (1:01:23)  
 3rd - Cathy Wood (1:02:22)

Photos by:  
[www.thomasphotographic.com](http://www.thomasphotographic.com)



Rachel Westendorf/Daughter relish the moment!

# *Heartland Racewalkers*

## *Celebrate 25 years*

**By Alan Poisner**

The Heartland Racewalkers (HRW) celebrated their 25th anniversary on July 5, 2014 at the Kingswood Manor in Kansas City, Mo. HRW was honored to have local icons Dick Ross (See KC Run) and BJ (the DJ) Taylor as our guests. 40 members and a few former members attended this Silver Anniversary to honor their club but also to recognize their forerunner (forewalker?), the Kansas City Walkers. In 1985, Don and Debbi Lawrence started a walking club called the Kansas City Walkers that met at the Health Plus facility in Overland Park. Debbi was the U.S. Olympic representative for three successive Olympic Games and was a role model for the community. But in 1989 they moved back to Kenosha, WI so that Debbi could continue her training. Out of this closing came our club. A meeting was held, with about 40 attending, on Jan. 7, 1989. In February the new name was announced and a logo was chosen, red with white lettering. Over the years a variety of shirts of various colors and styles have been used, but always with the original logo.

Of the 40 members who attended that first organizational meeting, three are currently active, Phil Jacobs, Martie Lykens Delon and Alan Poisner. Our clinic directors over the years have included Pathe Price, Jim Fogle, Steve Ficoni and Fred Adams. There have only been a few presidents in the past 25 years because there are no term limits and Alan has served in that capacity for almost 19 years because (he says) they keep doubling his salary.

Over the years the Heartland Racewalkers(HRW) have grown into one of the larger racewalking clubs in the country and have provided Gold Medal winners in local and state games (ShowMe-MO and Sunflower Games-KS), State Senior Games (MO and KS), national competitions (USATF National Masters indoors and outdoors, National Senior Olympics, State Games of America, and International Events (Huntsman World Games, Nike World Games and the World Masters Athletics). We have won Gold in all of them in many age divisions. Jean Brunnenkant, who celebrated her 98th birthday on Aug. 30, has won Gold in 5 different age divisions in the National Senior Olympics (75-79, 80-84, 85-89, 90-94 and 95-99). Other Gold Medal winners from the National Senior Olympics have included Eileen McManus, Tom Young and Alan Poisner who has the fastest 5K ever walked at the National Senior Games in the 75-79 division. He is along with Jean one of the Gold Medal winners from several different National Senior Games in different age divisions as well as the only HRW member to win Gold medals at the World Masters Athletics competition where he also won the team Gold for the U.S. in 2011.

We have also trained youth racewalkers who have competed in the USATF, AAU and NAIA meets that include racewalking. Emma Carter was an elite youth walker in the late 1990's who competed for Baker University and took Gold in a US Canadian Junior Meet and also set an AAU junior record.

We have trained walkers who wished to enter special events, such as the National Transplant Games and breast cancer survivors who wished to do the Race for the Cure 5K as walkers. In 1992, Ray Gabel, a recipient of a heart transplant, won the Gold in the 1500 meter walk.

We have conducted racewalking clinics for a variety of schools and institutions in the KC Metro and have also hosted weekend clinics with national recognized coaches. The list includes Dave McGovern, Troy Engle, Jeff Salvage, Ray Funkhouser, Jonathan Matthews and a short return visit by Debbi Lawrence. .

In 2004, HRW hosted the World Cup Team Trials in Corporate Woods where the elite U.S. walkers vied for a place on the team that would compete in Europe for the international cup. The USATF National Clubs competition was held here in Olathe as well as the USATF National Masters a few years ago. HRW won medals in both of these.

We have garnered a quite a bit of publicity over the years, from local media (radio, tv, newspapers and magazines). Our club was featured on TV on local NBC affiliate in 2006 (walking at Health Plus) and Alan was interviewed by Channel 5 after the Nike World Games. We have had several radio interviews on a local sports talk radio. Additionally, we have had a number of articles in the Kansas City Star and other local newspapers and magazines as well as the National Master News.

Some of our members have garnered attention due to their long distance walking. Jim Fogle entered a 24-hour walk in Columbia, MO and finished 74 miles. Carol Goslin has completed the 50-state marathon club two times and is closing in on a third. Mark Landry is closing in on his second 50-state marathon accomplishment. Martha McCarter has done a number of marathons including the original Athens marathon.

We also do relays such as the Brew to Brew, the Patriots Day Relay (9 hours and 11 minutes) and the Blue Springs 50-50 marathon. In the Brew to Brew, we usually beat a number of running teams using the age-grading method. We have had as many as four 5-member teams. The only race that HRW puts on itself is a predicted-time race that has varied over the years from 3K to 2 miles to 5K. The fastest walker has only won this event once. The next schedule Be-A-Walker is October 11.

We look forward to another 25 years of pedestrian fitness and fun. We welcome the racing community to join us on a Saturday morning ([www.heartlandracewalkers.com](http://www.heartlandracewalkers.com))



Photo by: SeekcRun - Dick Ross

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HALF MARATHON & 5K SERIES**

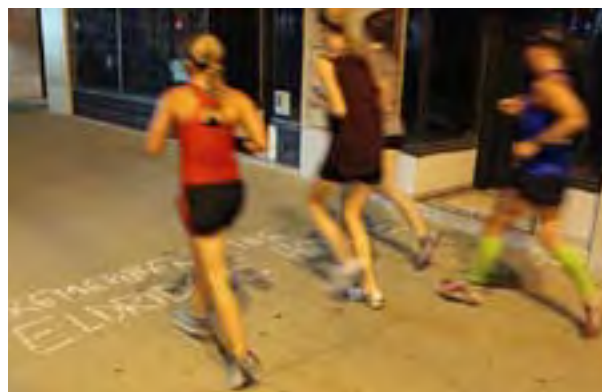
 **2014**  
**GO GIRL RUN**  
**— KANSAS CITY —**  
**SEPT. 28, 2014**

 **2015**  
**GO GIRL RUN**  
**— OKLAHOMA CITY —**  
**MARCH 22, 2015**

25% off discount good thru Oct. 31 when you register for Go Girl Run Oklahoma City:  
**GOGIRLOKC25**

**BECAUSE YOU CAN. GOGIRLRUN.COM**

**J. Jenkins with the Gribble store in Lawrence held a commemorative run on the 151st anniversary of Quantrill's Raid August 22, 2014 AM**



Photos By: runlawrence photos-Gene Wee



# Lace Up

FOR LEARNING  
5K Run-Walk

**8 a.m. • October 12, 2014**

**Johnson County Community College**  
12345 College Blvd., Overland Park, KS

## **Making strides for scholarships!**

Participate in the Lace Up for Learning  
5K Run-Walk or make a direct donation.  
Proceeds from this event support scholarships  
for JCCC students.

## **Participants receive:**

- Chip timing
- T-shirt
- Special gift for all finishers
- Special team pricing
- Age group awards
- Food and beverages

**Cost:** \$25 online through Oct. 10 or at  
packet pick-up on Oct. 11  
\$30 on race day, Oct. 12

Special discounts when registering with  
a friend or as part of a team.

**For more information, visit**  
**[www.jccc.edu/laceup5k](http://www.jccc.edu/laceup5k)**



"I always loved running...it was something you could do by yourself, and under your own power. You could go in any direction, fast or slow as you wanted, fighting the wind if you felt like it, seeking out new sights just on the strength of your feet and the courage of your lungs."

-Jesse Owens

"You have to wonder at times what you're doing out there. Over the years, I've given myself a thousand reasons to keep running, but it always comes back to where it started. It comes down to self-satisfaction and a sense of achievement."

- Steve Prefontaine

"It's important to know that at the end of the day it's not the medals you remember. What you remember is the process -- what you learn about yourself by challenging yourself, the experiences you share with other people, the honesty the training demands -- those are things nobody can take away from you whether you finish twelfth or you're an Olympic Champion."

-Silken Laumann, Canadian Olympian

"Ask yourself: 'Can I give more?'.  
The answer is usually: 'Yes'."

-Paul Tergat, Kenyan professional  
marathoner

"The answer to the big questions in running is the same as the answer to the big questions in life: do the best with what you've got."

Anonymous

"We run, not because we think it is doing us good, but because we enjoy it and cannot help ourselves...The more restricted our society and work become, the more necessary it will be to find some outlet for this craving for freedom. No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable."

-Sir Roger Bannister

"Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do. Don't let worn-out beliefs stop you from moving beyond yourself."

-John Bingham, running speaker and writer

"Running gives freedom. When you run you can determine your own tempo. You can choose your own course and think whatever you want."

Nobody tells you what to do."

Nina Kuscik

"Running should be a lifelong activity. Approach it patiently and intelligently, and it will reward you for a long, long time."

-Michael Sargent

"Running long and hard is an ideal antidepressant, since it's hard to run and feel sorry for yourself at the same time. Also, there are those hours of clearheadedness that follow a long run."

-Monte Davis

"Every day is a good day when you run."

-Kevin Nelson

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

- George Sheehan



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