

# Master Pieces



**Magazine of Mid-America  
Running Association  
September – October 2015**  
[www.mararunning.org](http://www.mararunning.org)

# Master Pieces

Magazine of Mid-America Running Association

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SEPTEMBER-OCTOBER 2015

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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: James Barnett Winner of the 'Ward Parkway Four on the Fourth'*

*Photo by:  
Michael Chaffee*



**KEEP ON  
RUNNING  
LIVING IT &  
LOVING IT !**

By: Renee Kidwell



A few years ago, after completing a rather tough marathon, struggling with the recovery and listening too intently to negativity about running too much, I resolved I was done with running long distances. No more marathons for me. Well, that lasted about a year until I was inspired by the stories and accomplishments of many runners my age and much older than myself. Now I can't imagine not wanting to run as much as I can, as long as I can. After the opportunity of gathering stories for this issue of Master Pieces, I was inspired and motivated all over again. You will see what I am talking about when you read about Dee Boeck's 3rd Place finish in her age group (65-69) at the National Senior Games in July -page 4! Then there's Karen Raymer's sweet accomplishment with a 2nd place age group finish at the Elvis International 5K. More inspiration and amazement can be gained about triathlete James Lawrence completing 50 Ironmans in 50 Days in 50 States. Check out his story on page 22. Yes, we have to monitor and take care of ourselves daily, but don't let anyone tell you you're too old to run, bike, swim, and win those medals!

*Wishing you a very Happy Fall Running Season this year and the next and the next.....!!!*

## **New MARA Members and Sustaining Memberships are listed on page 12**

### **• Master Pieces Staff**

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About this time each year, there is a pilgrimage to Memphis (or as I call it, Elvisville) in memory of the passing of the "Greatest entertainer in the world", Elvis Presley. Presley passed away 38 years ago on August 16, 1977. There is an entire week dedicated to his memory, it has become known as Elvis Week (aka EW). I have been making the trek to Elvisville for over 22 years.

Most people that know me, know that I am an obsessed Elvis fan and have been since I first saw him on Ed Sullivan in 1956, at the age of 7. However it was not my love for Elvis that started me attending EW, it was the Elvis International 5K that got me there originally.

I have a good friend, Wain Rubenstein, who I met 25 years ago at a RRCA convention. Wain and I became instant friends, and then I learned he was born and has lived in Elvisville his entire life. Wain is a member of the Memphis Runners Track Club, they are the club that started the run 33 years ago and have been involved with it.

The history behind it is, the very first Elvis fan club, was started by Gary Pepper. This fan club was in existence long before Elvis became the hit sensation in 1956, Gary Pepper had cerebral palsy, but it did not keep him trying to promote Elvis. Elvis never forgot how Gary had believed in him and told him that if he made it big, he would take care of him. Elvis did take care of Gary's expenses until the day Elvis died. Elvis bought Gary his first wheelchair and every one after that. Elvis also gave large donations to the United Cerebral Palsy organization in Gary's honor. The organization is now called Live It Up.

After Elvis passed away and Graceland was opened to the public, the Memphis Runners Track Club wanted to see that donations were still going to the UCP. They approached the UCP with their idea to have a run in connection with the anniversary of Elvis' death each year. That is how the run came into fruition. All of the proceeds from the run still go to the Live it Up organization. I have participated in 22 of the 33 years of the run. It is one of my favorites.

This year the weather was much nicer than usual, it was only about 72 degrees and not as humid as it had been earlier in the week. Typically, it is in the 80's at race start and very high humidity. But I always figure, after all it is Memphis (Elvisville) in the summer. I placed 2nd in my age group. And yes, there were more than 2, there were 15! There is a woman from New York who is just faster than me. She is 1 year older than I am, so in 3 years, I have a chance to place 1st in my age group!!!!



**Karen Raymer - 2nd Place Age Group Winner!**

Wishing you happy and healthy running or walking.

*Karen*





HELP END PROSTATE CANCER

# ZERO PROSTATE CANCER RUN/WALK

**KANSAS CITY • 2015**



## 10K Run/Walk 5K Run/Walk

### Kids Superhero Dash For Dad

**Saturday • October 24, 2015 • 8:00 a.m.**

**NEW LOCATION**

**SOUTH CREEK OFFICE PARK**

7200 West 132nd Street  
Overland Park, KS 66213

Support the one in seven American men affected by prostate cancer at this family-friendly event. Run or walk the 10K or 5K and receive a tech shirt and refreshments after the race. Kids 9 and under can take part in the Kids Superhero Dash for Dad and receive a cape.

**REGISTER NOW!**

[www.zeroprostatecancerrun.org/kansas-city](http://www.zeroprostatecancerrun.org/kansas-city)

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*Hanna Anderson*

## KC Area Runners at the National Senior Games

Before retirement age, not too many runners think about competing in the Senior Games, a program that is held in every state and hosts a National Senior Games every other year. Dee Boeck (Lawrence KS) ran the Kansas Senior Olympics 10K for the first time in 2014 and being the winner qualified for the national event.

The 2015 National Senior Games were to be held in Minneapolis, Minnesota from July 3 to July 16. So, why not a trip back to Dee's home state. Some states still call them Senior Olympics but officially the word "Olympics" was dropped in 1990 (in response to an objection by the U.S. Olympics Committee).

Among the local competitors in the 5K and 10K road races, the best result was Dee's 3rd place in the F65-69 10K race held on the 4th of July.

Tim Wigger (Shawnee KS) battling some injuries this spring used the 5K as a warmup before his track events (800m, 1500m) later in the week. Tim did a 21:58

5K good for 7th in M65-59. Also breaking into the top 10 in the 5K, were Norma Shipman (Topeka KS, 8th in the F70-74 with a 32:49) and Oscar Gonzales (Mound City KS, 10th in M55-59, 21:10).

Others who ran the 10K were William Hoobing (Overland Park KS) and Gene Wee (Lawrence KS).

Results: National Senior Games 10K, July 4th at the Minnesota Fair Grounds. Times for the first four:

1st - Jeannie Rice (#72, Concord OH, 46:43),

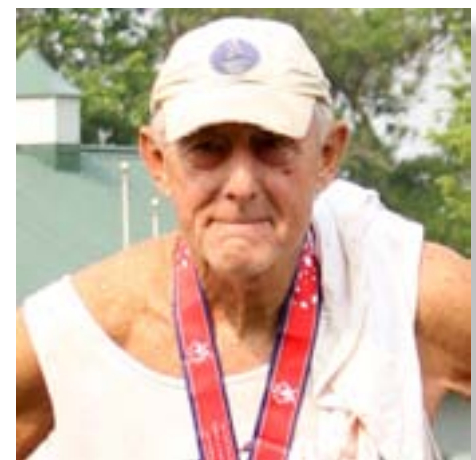
2nd - Alice Franks (Rockville MD, 51:15),

3rd - Dee Boeck (Lawrence KS, 53:16),

4th - Mary Harris (Camp Hill PA, 55:43).



Dee Boeck - far right, on the podium,  
3rd place F65, 10K, July 4th)



William Hoobing (Overland Park, KS  
M75-79) who competed in the 10K on July 4.

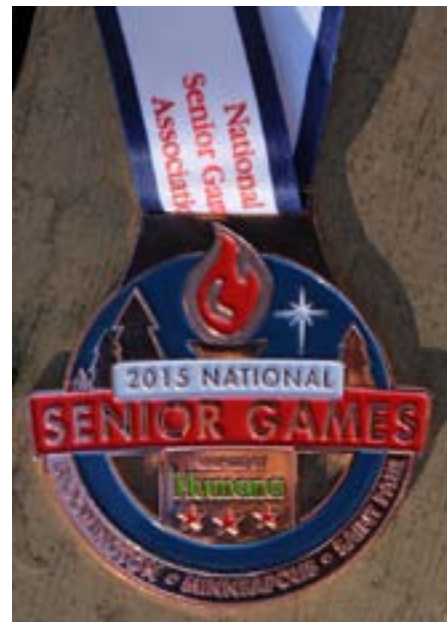
Continued on Page 5

Photos By: Gene Wee [www.runlawrence.org](http://www.runlawrence.org)



**Tim Wigger in the National Senior Games 5K, July 6.**

On Wed, July 9, Tim placed 4th in the 800m (M65-59) in 2:36.11, missing the bronze by a little over a second. But the oh-so-close finish was in Friday's 1500m final. Colorado's John Roeske finished in 5:27.85 for third. Tim's time was 5:27.88. There are no "almost-third" awards; 4th place.



The 2017 National Games will be in Birmingham, Alabama. Summertime weather in Birmingham does not elicit enthusiasm among 5 and 10K runners. Should you want to qualify you need to place in a state games. Missouri's State Senior Games were already held June 11-14 but you can still enter the Missouri Games in 2016. The Kansas Senior Olympics are set for Sept 19 - Oct 4 for 2015 in Topeka. The 5K is Sept 25; 10K Sept 26. Out-of-state participants are eligible to compete. There are many other sports if you want to do more than running.

Attending a national event, you learn that everyone from everywhere supports each other. Competition can be fierce, but the tone of the Senior Games is closer to Pierre de Coubertin's motto (he's the father of the modern Olympics):

All sports for all people. The most important thing in the Olympic Games is not winning but taking part; the essential thing in life is not conquering but fighting well.

*Dee's comments:*

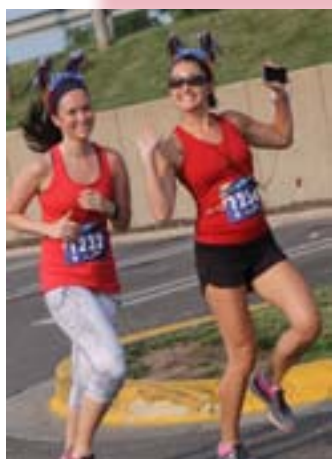
"Participating in the National Senior Games was a lot of fun; however, if I do it again, I believe I will plan to enter more than just one event and partake in more of the "regalia" associated with the games. Gene & I ran in the 10K which was on the first morning of the games. We did stay and cheer on a couple friends running the 5K the next morning, but then we left. Most of the track events were several days to a week later and we did not stay for those nor for the closing ceremony. I would highly recommend going to the national games and plan on spending a week touring the area as well. The games are held only every two years, so you have two opportunities to qualify at your state games."

By: Gene Wee and Dee Boeck

Photos By: Gene Wee [www.runlawrence.org](http://www.runlawrence.org)



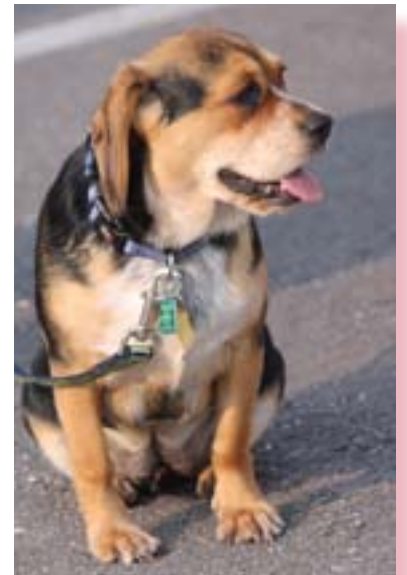
**FUN \* FAMILY \* FAST \* FOUR on the FOURTH !!**



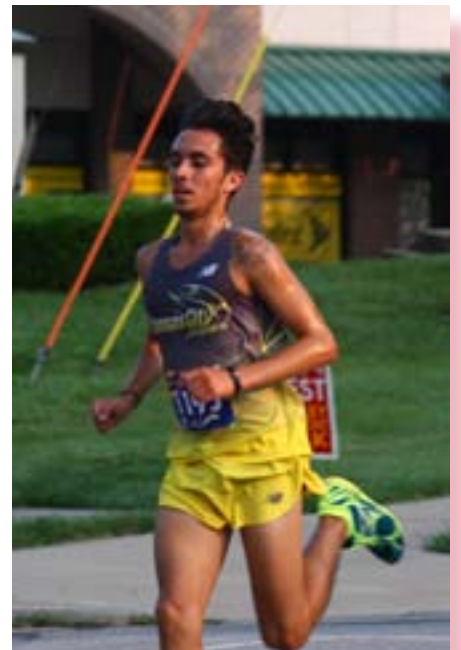
Photos By: Michael Chaffee







Photos By: Michael Chaffee



**FUN \* FAMILY \* FAST \* FOUR on the FOURTH !!**



# Running on Empty?

## Running Experts Get You Motivated

Three-time Olympic medallist Carmelita Jeter knows a little something about motivation. As the American sprinter told PopSugar's Michele Foley, she has a brutal daily schedule, spending as much as three hours on the track in addition to two hours in the weight room.

And when she doesn't feel motivated to work out? Not an option. Whether it's running or lifting weights, Jeter says: "I'm trying to beast it. My mindset is beastmode."

For pro runner Lauren Fleshman, running buddies are the best motivators. In her Runner's World article, she says "a strong, fit friend pulls you through what you can't do alone."

Read on to discover how various runners — champions, coaches and marathoners among them — share their tips for staying motivated. Ideas and stories include using throwback pictures to actually "see" how far you've come, and the time one runner had a two-time Olympic champion join her monthly group run.

### *The Runner Dad*

Matt Orlando, a runner who regularly takes part in marathons, says it helps to make running important. Seems obvious, but to see whether you really do this, he says to make and compare two lists. One list will include the things you think are important, and the other will include the things you actually spend the most time on. He asks: "Do your lists match up?"

### *ROJ Running*

If you ever feel you're too sore, too tired or too depressed to run, check out what Julie from ROJ Running says about a throwback picture of her first race ever:

"The girl in the old t-shirt, Sketchers shoes and bib plastered to her chest would go on to complete 2 marathons, 5 50Ks, over 25 half marathons and countless other distances. She will 'come back' from heart surgery, torn hamstrings, gallbladder removal, kidney stones and multiple struggles with depression, anxiety and PTSD."

Julie's story moves beyond simple motivation and into the realm of inspiration.

### *Running And The City*

Elizabeth Maiuolo, a runner and USA Track & Field Certified Coach who just came through a couple of years of dragging her feet, says she's learned to set "micro-goals" to stay motivated. These small goals include doing weekly speedwork, getting through drills and calculating monthly distance totals.

### *Miss Zippy*

Amanda Loudin, an RRCA running coach, likes a mix of group work and solo runs. She's been running with her current "pack of ladies" for about a decade, and says the benefits include "camaraderie, safety, motivation to get out the door and/or hit certain paces."

### *Pawsitively Delightful*

Sometimes, you need to cut back, says dog-loving marathon runner Michelle Christine Roos. She did so recently, and she says "it made a world of difference to 'just' run the miles rather than focus on specific paces and getting upset if [I] don't hit them."

### *Sara Runs*

Sara K. Larsen, an RRCA-certified coach, says, "By focusing your thoughts on the right things, you can push past your comfort zone during your next speed workout or to finally PR during your next race." In other words, a running mantra such as "One foot in front of the other" might be just enough to get you out the door.



### ***The Music of Running***

Like many runners, RRCA-certified coach Gerard uses music to inspire and push him. He regularly posts playlists he's compiled, such as using songs from movies and plays.



### ***Runner's Blueprint***

David Dack, who's always had a "love/hate relationship with the long run," has come up with 10 ways to think about long runs so they can actually be enjoyable rather than feeling like "death marches." His tips include the simple-but-crucial "avoid chafing" to advice on breaking up the run into manageable segments. He's also got 23 motivation hacks to get you going, no matter how long the run is.

### ***Run to the Finish***

Running coach and long-time runner Amanda Brooks addresses the boredom factor by saying that she's learned how to use her running time in a variety of ways, which include not just listening to music but also to audiobooks and podcasts. Her favorite thing to do while running? Making plans.

### ***Run Far Girl***

Sarah Canney, an RRCA and USATF coach, recently had the opportunity to run with two-time Olympian Cathy O'Brien, who happened to join a run at Sarah's club. The now-retired marathoner, who still runs 50-55 miles a week, was very encouraging when Sarah described her own running habits and goals. Now that's motivating!

### ***NYC Running Mama***

Michele Gonzalez, a coach, ultrarunner and Ironman competitor, says keeping a journal where she logs all her runs becomes something very inspiring to look back on. She adds: "Knowing you will be keeping track — even though it's just privately (or with a coach) is enough motivation for me to want to get that run in. ... It's another way to hold me accountable."

### ***Run Eat Repeat***

Marathon runner (and enthusiastic eater, by her own admission) Monica is an RRCA-certified running coach and ACE personal trainer. She'll use weekly mini-goals when she wants to get back on track, with targets such "eating clean" and "strength train two times."

### ***Beth Risdon @ Run Haven***

Achievable, realistic goals are good, but Beth Risdon at Run Haven says it's also "important to have a 'carrot' to motivate your training."

"This usually involves signing up for a race in the near or far future," she says. "Something happens mentally when you make that type of commitment: you become more invested in the process. You don't want to waste your money. You don't want to have to save face when you tell everyone you signed up for that 10K and then wimped out."

### ***RockMyRun***

Motivation is affected by the company we keep. In a RockMyRun guest blog post, Brock Jones, co-owner of and head trainer at BodyFIT, reminds us: "It's just a natural thing for people to surround themselves with others who share the same interests. So, people who run consistently are more than likely going to gravitate towards other runners."

### ***Vega***

If you're not motivated to run because, well, you hate running, take hope. Joseph Chick hated running, too, but learned to love it ... slowly. After his first 5K, he found he liked accomplishing hard tasks. More marathons meant more mileage, and that's when Chick discovered running could be a stress-reliever. But it was when he joined a trail running community that his love of running really blossomed.

### ***Fell Running Guide***

Dave Taylor from the UK is a fell (mountain) runner and coach who has won individual and team medals. He really gets why you might not be particularly motivated to leave the house for a run when it's "cold, wet and windy and dark by 4pm." Having the right gear, though, can be all it takes to ramp up the motivation factor when it comes to winter running.

### ***Amber Hadigan @ Run Haven***

If you're sitting on the couch not running, why not read about other runners for a bit of inspiration? That's what Amber Hadigan likes to do when not running half marathons. She says she reads "stories of both elite and common athletes and how they kept going, even when the going got tough."

**These stories and more courtesy of Dr. Anand Vora @ <http://dranandvora.com/foot-and-ankle-rehabilitation/>**



# 2015 MARA Grand Prix Standings

## Standings Thru Lenexa Freedom Run 10K

23 July 2015

M (20-24)	Geraldo Hernandez + 7 @ 10 pts. ea.	18	F(20-24)	Lindsey McDonald Elizabeth Bruemmer + 6 @ 10 pts. ea.	20 16
M(25-29)	Jimmy Balough + 7 @ 10 pts. ea.	24	F(25-29)	Kathryn Brake + 7 @ 10 pts. ea.	26
M(30-34)	Lee Dixon Benson Cherulyot Andrew Marshall +6 @ 10 pts. ea.	28 18 14	F(30-34)	Nicole Schile +7 @ 10 pts. ea.	12
M(35-39)	8 @ 10 pts. ea.		F(35-39)	Maeluen Gruman Kimberly Crawford +7 @ 10 pts. ea.	20 20
M(40-44)	Robert Zuck Christian Reed +7 @ 10 pts. ea.	20 18	F(40-44)	Michelle Andrew Rachel Hoyer Christy Staker + 3 @ 10 pts. ea.	40 24 14
M(45-49)	Ken Moran Marvin Mastin + 6 @ 10 pts. ea.	28 12	F(45-49)	7 @ 10 pts. ea.	
M(50-54)	Rodney Pixler Pat Merrigan Scott Mahlar Chris Nicholl + 5 @ 10 pts. ea.	30 18 14 14	F(50-54)	Karen Hyde Deb Torneden Joanne Shipps Kelly Cortney + 3 @ 10 pts. ea	22 20 18 16

# 2015 MARA Grand Prix Standings

M(55-59)	Jimmy Stanziola	36	F(55-59)	Kathleen Johnson	44
	Stan McCormack	16		Gail Tolbert	20
	Mark Niblo	14		Anna Allen	16
	Kelly Donley	12		Karen Chambers	14
	+3 @ 10 pts. ea.			Jane Tompkins-Lund	12
M(60-64)	Don Fitzgerald	60	F(60-64)	Pam Perica	18
	Jack Uhrig	18		Linda Cole	18
	Jeffrey Elmer	12		Sandra Weston	16
	John Garrison	12		Debbie Johnson	14
	Greg Hall	12		Norma Weiser	12
	Jimmy Stanziola	8			
M(65-69)	Don Turner	42	F(65-69)	Donna Romans	48
	Bruce Gilbert	40		Karon Way Turner	46
	Tim Wigger	38		Dee Boeck	20
	Jeff Behrens	32		Cynthia McPherson	10
	Greg Hartman	16			
	Tom Snook	16			
M(70-74)	Garth Smith	50	F(70-74)	Mary Haley	64
	Rick Hogan	30		Susie Turner	30
	Eugene Wren	24		Jeanne Hendrickson	20
	John Pepper	14		Susan Robinette	12
	Ralph Johnson	10			
M(75-79)	Herb Brown	46	F(75-79)	Ann Nelson	60
	Carl Vasant	38		Carolyn Mitchell	50
	Donald Hughes	22		Mary Murphy	12
	+ 3 @ 10 pts. ea				
M 80+	Lou Joline	70	F 80+	Mary Otte	10
	Alan Poisner	40			
	Kent Mitchell	22			



## 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>Susan Clayton</i>	<i>Loch Lloyd, MO</i>
<i>Charles &amp; Mary Haley</i>	<i>Kansas City, MO</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Home Team Inspection</i>	<i>Leawood, KS</i>
<i>Kent &amp; Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Marie Modglin,</i>	<i>Westwood, 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>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>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Jeff Waters, MD</i>	<i>Fairway, KS</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene &amp; Marsha Wren</i>	<i>Shawnee Mission, KS</i>

**THANK YOU!!**



## 2015 Grand Prix Schedule (dates subject to change)

January 17 Topeka to Auburn Half  
 January 25 Groundhog 10K  
 February 7 Sweetheart Shuffle 5K  
 April 11 Rock the Parkway Half  
 April 26 Trolley Run 4 miler  
 May 25 Amy Thompson 8K  
 June 6 Hospital Hill Half  
 July 4 Lenexa Freedom 10K  
 July 11 Eudora Horse Thief 5K  
 September 7 Leawood Labor Day 5K  
 September 13 Plaza 10K  
 September 19 Helen Gold 5K  
 October 17 KC Half Marathon  
 November 1 Cliffhanger 8K



# 2015

## MARA Grand Prix Scoring System & Rules

### Mid-America Running Association

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- 1) Anyone running a MARA Grand Prix race at any point in the season and placing in the top five in their age group is a part of the circuit. Standings are updated and published online 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, 2015 to receive final recognition and awards at the Chili Run – no exceptions. (Membership is available online at the website.)
- 3) Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4) Scoring is five deep in each age group in all races as follows:
  - a. 10 points for 1st place
  - b. 8 points for 2nd place
  - c. 6 points for 3rd place
  - d. 4 points for 4th place
  - e. 2 points for 5th place
- 5) Best ten race scores will count, with 100 points the maximum score possible encouraging quality over quantity of races.
- 6) Circuit races range from 5K to Half Marathon. Road races are on USATF- certified courses.
- 7) Chip time will be used to determine place finish and award grand prix points.
- 8) In any race with more than one distance (such as both a 5K and 10K there will be only one designated MARA Grand Prix race.
- 9) When moving from one age group to another during the year, points can be scored in both age groups and will be added together and counted in the age group where the most points have been scored.
- 10) In the case of a tie, the winner will be determined by 1) head-to-head competition or 2) the 11th best race. If a tie still exists, the tie will remain.
- 11) Points must be scored in at least 3 MARA Grand Prix races to be eligible for Prizes.
- 12) Prizes will be awarded to the top five point- finishers at the MARA Chili Run the second Saturday in December. Everyone is invited to participate in the circuit and attend the Chili Run Festivities.
- 13) Thanks to MARA, Our Sponsors and Grand Prix Circuit Races who have contributed over \$27,000 in prizes over the last four seasons.





## The Sunflower Games

in Topeka, KS were held from July 10th through the 26th this year. The 5K and 10K races were held on July 11th - preceded by the lighting of the Sunflower State Games cauldron pictured below with one of the winners, Tara Spencer. The Orienteering races were held on July 26th ( see page 15 for map/photos)



1st three 5K;  
434 = Javier Segura (KC, KS, 16:59)  
245 = Thomas Laroche  
(Topeka KS, 17:11) &  
422 = Pierce Flaners (Topeka KS, 17:18)

**First overall winners were:**  
**10K: Mitchell Lathrop**  
(Stillwater OK, 33:21) and  
**Kaitlyn Shoemaker**  
(Topeka, KS, 44:46).  
**5K: Javier Segura**  
(Kansas City KS, 16:58)  
and **Kiran Cordes**  
(Lawrence KS, 21:17)



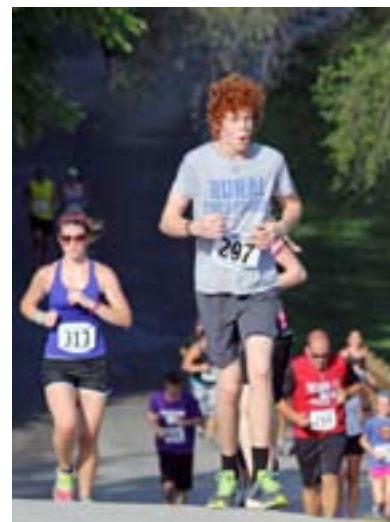
207=Kiran Cordes  
(Lawrence KS, 1st F - 5K, 21:17)



Linda Sharp, Overland Park, KS



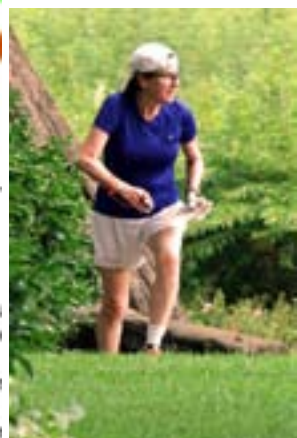
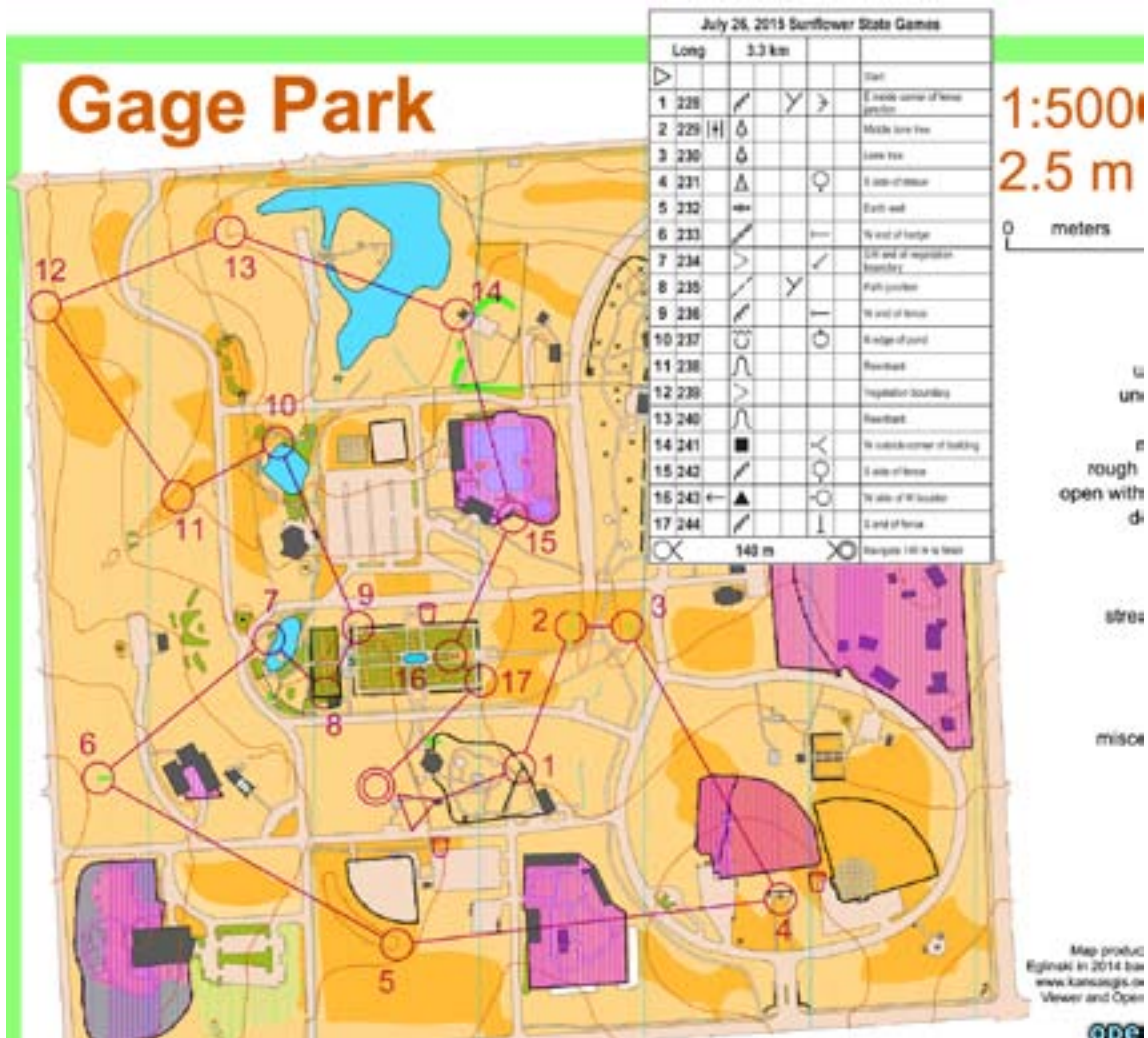
One of the winners on the podium  
was Tara Spencer (Topeka, KS)  
1st in the F10 & under - 5K.



Alex Stinson (297, Wakarusa) &  
Autumn Brading (313, Topeka)

Photos By: Gene Wee [www.runlawrence.org](http://www.runlawrence.org)





MaryJones- a typical shot of of an orienteer in action - map folded showing just the leg of the course she's on at the moment, a thumb compass also in the left hand used to keep track of her place on the map. The chip timing is in the Sport Ident stick worn over the middle finger.



Marvin Nuss (Shawnee KS, 2nd in M61+ category) making his way through the rose garden.



Mary Jones (Lawrence KS) was the race director who had the luxury of also competing as someone else designed the course. Mary, along with all other competitors, did not see the course map until the start. Fritz Menninger (Topeka KS) won the M21 race. At small races sometimes winners are called upon to present awards.



Mike Shifman (Longview MO) at the pond control before entering the maze in the rose garden. Mike, age 77 and the oldest competitor, emigrated to the United States in the 1970s from the Soviet Union where he was a sports director including orienteering, mountaineering and cross country skiing.

Photos By: Gene Wee  
www.runlawrence.org



# 11 Things Healthy People Do Every Day

As Reported From 'Health Living.today'

by Eric Patterson

## 1. They Exercise

Starting this list anywhere else would be a mistake. When it comes to ways to improve and maintain your mental health, physical health and overall wellbeing, exercise is the answer. You don't have to push yourself hard everyday, but improving your activity level will improve your health.

## 2. They Eat Well

It turns out the old adage is true; you really are what you eat. If you fill yourself full of sugary drinks or carbohydrate-rich foods, your blood sugar is going to spike and plunge. This pattern creates changes in mood, irritability and anxiety.

## 3. They Get Enough Rest

Sometimes the best solutions to get healthy are the most obvious. People with good health regularly get the amount of rest that is right for them. Some people need 10 hours of sleep while other people need less. The important thing is to find the level that makes sense for you.

## 4. They Practice Good Hygiene

Showering, brushing your teeth, doing your hair and putting on clean clothes every day may not sound very significant, but good self-care plays a factor in being healthy. Caring for your body is a crucial element in staying physically healthy while its role in mental health is equally notable. Good hygiene is a vital way to improve self-esteem.

## 5. They Complete Goals

Does your life have purpose and direction? Do you set out to achieve and accomplish things daily? Chances are good that healthy people spend their time working towards something they deem valuable. Completing a major project at work, mowing the grass or winning the Nobel Prize all carry worth. Accomplishing goals allows you to feel like a powerful, successful person. This perceived control over life builds good emotional health.

## 6. They Spend Time With People They Care About

People who are cut off from others tend to develop poor coping skills. These skills almost always lead to poorer health. Instead of isolation, plan events and activities with the people you love the most. This will improve your social health by allowing you to feel like you belong and have a sense of connectedness. Online relationships are fine, but lack the immediacy and realness of a face-to-face interaction. Healthy people can be outgoing when needed to make a new friend.

## 7. They Find Gratitude in the World Around Them

Healthy people do well to make the best of what they experience. In a world full of options, it is too easy to become stuck on the unwanted or undesirable aspects of your environment. When you become stuck, though, you begin to see the world in a more negative light. This light extends to include the people and things that make up the world. Healthy people find gratitude and acceptance by focusing on the positives they come across. They actively look for the good on a daily basis.

## 8. They Pay Attention

In this case, you are paying attention to yourself. Many people see each day as a series of events that lead them back to where they started: bed. These people are trying to survive the day and block out their own thoughts and feelings. This avoidance ends with unhappiness and poor health.

Healthy people pay attention to their thoughts, feelings and behaviors in a process called self-monitoring. This attention is a way to gather information about their experience.

## 9. They Have Routine and Spontaneity

Healthy people tend to have some type of regularity to their life. They have consistencies and routines that are completed on a daily basis. These tendencies assist both mental and physical health by allowing their body to know what to expect.

## 10. They Balance Selfishness and Selflessness

Healthy people take care of themselves. Whether it is through self-care, exercise, diet or sleep, it takes substantial time to be healthy. What healthy people are really good at is the balance between selfishness of caring for themselves and the selflessness of caring for others. Volunteering your time and energies towards others feels good and benefits so many others. Sometimes, people try so hard to improve themselves that it becomes an egocentric endeavor. Giving back and doing for others may yield the healthy results you are attempting to achieve.

## 11. They Have Leisure Time

If you want to feel your best mentally and physically, you must find enjoyment in the way you spend time. To be clear, leisure time rarely involves spending hours horizontally in front of the TV. Leisure time involves setting out to engage in hobbies, interests and other worthwhile pursuits. Having a creative outlet like art or music will permit you to express your emotions in a beneficial way. Playing a sport or joining a club will allow you the opportunity to socialize with other like-minded people.

# ADVENTURE RUN BINGO



HUGH BACK PACK	HIKING POLE OR CANE	WEARING A HEAD LAMP	MEDIC W FIRST AID KIT	RUNNING WITH NO SHIRT
OBSCENE MSG ON SHIRT	RELIGIOUS MSG ON SHIRT	CRYING	FAKE BOOBS	LIMPING
BRACE	BLOODY SHIRT	FREE SPACE	BLOODY BANDAGE	POO IN PANTS
SIGNS OF VOMIT	RUNNING WITH A DOG	RUNNING WITH A A BEER	DRAWING CARRYING A CHILD	BLOODY KNEE
TORN CLOTHING	AWFUL OUTFIT	BROKEN GLASSES	NO BIB (BANDIT)	NOSE BLEED



ADVENTURE RUN BINGO, also known as Blood Bingo at the Pikes Peak Marathon. It is a game played by patient supporters who wait at the finish for their runner to arrive in various states of ruin. Can be played at any long or hazardous run. Like regular bingo, you call out "BINGO" when you get 5 in a row.

Created by: Lou Joline





**Dr. Robert Sindorf,  
DC, MS, ART  
Elite Chiro Care  
Chiropractic-Rehab-Sports  
Therapy**

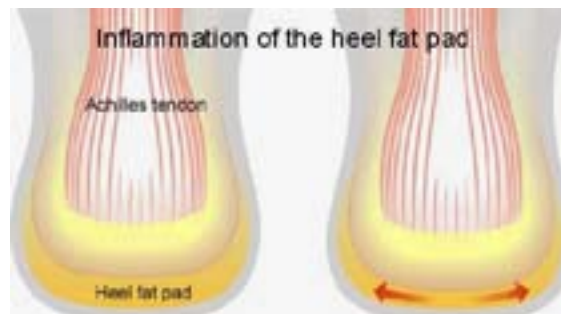
## *Foot Pain in Runners*

If you are suffering from pain in your feet there are many different reasons why you may be experiencing this pain. I always inform people that pain is a sign of dysfunction in the body. Pain is your body's natural safeguard to keep you from using the part of your body that is injured. The tough thing about having pain and injury in your feet is that most of us have to use our feet throughout the day.

Thanks to the internet there is easy access to large amounts of information about foot pain. Unfortunately there is a growing trend for people to label all foot pain as: "plantar fasciitis". There are many causes for foot pain and I will discuss three common causes that I see in a clinical setting. Please remember this information is for learning purposes only and should not be used for self-treatment. If you are suffering from foot pain make sure you see your health care provider as soon as possible.

**Plantar fasciitis:** This is when you have inflammation of the connective tissue under the bottom and inside of the foot. A hallmark sign for plantar fasciitis is when your most painful step is the first step of the day. This ailment is usually the result of too high of tension for an extended period of time. A lot of runners who do not have proper motion in the 1st toe and mid-foot are more likely to develop this condition. This condition is treated easily in the clinical setting using techniques such as Active Release Technique, or Instrument Assisted Soft Tissue Mobilization. Some of the most common at home treatments are to use a Strasberg sock or an orthopedic boot to keep your foot from moving while you sleep and implementing dynamic rest, ice, and compression.

**Heel Fat Pad Syndrome:** This is a condition that gets overlooked quite frequently. The hallmark sign for this condition is when you have pain in the heel of the foot that is worse when you are weight bearing. There is a pad of fat under the bottom of the heel bone called the calcaneus. This fat pad provides impact absorption so when you are walking the calcaneus doesn't hit the ground with as much force. Wearing shoes that are improper and running with poor form can cause you to deform this fat pad and results in it thinning and flattening. One of the most common at home treatments is to use a heel cushion to provide impact absorption for your foot. In a clinical setting a sports doctor may work to unload the surrounding musculature in the foot and calf as well as working with you on proper running form to help this condition.



**Bone Fracture:** If you have been in an accident where you landed hard on your foot or rolled your ankle you want to make sure the bones are not injured. When you roll your ankle it is possible to have a sudden onset of pain most commonly on the outside of the foot. The pain is generally very sharp and you most commonly have a very specific tender spot. It is possible to bruise your bone or to injury the surrounding tissue of the bone. An x-ray can help to determine if you have a fracture or not. If you think you may have a fracture make sure you contact your primary care provider as quickly as possible.

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# Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

## Count on Cruciferous Vegetables

These veggies can offer lots of nutritional value and great taste.

**What are they?** These are vegetables in the Cruciferae (or Brassicaceae) family, which is Latin for “cross-bearing.” The flowers of these plants all have four petals that resemble a cross, hence the name. This family of vegetables includes broccoli, cabbage, cauliflower, Brussels sprouts, kale and bok choy.

Why should we eat them? These nutrient dense power houses are full of vitamins, minerals, antioxidants and phytochemicals that can help decrease oxidative stress on cells. This can neutralize the damage from free radicals, which in turn, can improve long-term health. Science has long recognized that cruciferous vegetables contain cancer-fighting properties. They are also great sources of fiber, low in carbohydrates, generally fat-free and low in calories.

**How to prepare?** To retain the most nutritional value, these vegetables are best eaten raw or lightly steamed. However, there are also lots of other preparation methods that may make these nutrient dense veggies more appealing to even the pickiest of eaters. For example, roasted vegetables are easy and quite flavorful. A particular favorite in our household is Roasted Brussels Sprouts. Here are some relatively easy and very yummy recipes to prepare them and their “cruciferous cousins”. Enjoy!!



### Roasted Brussels Sprouts

Place trimmed and washed Brussels sprouts (and/or any other cruciferous vegetable) in a glass baking dish. Toss with extra virgin olive oil, sea salt and a little balsamic vinegar if desired. Roast in the oven at 400 degrees for at least 20-30 minutes or until browned.

## Creamy Mashed Cauliflower



1 head of cauliflower  
3 Tablespoons milk,  
1 Tablespoon butter,  
2 Tablespoons light sour cream  
¼ teaspoon garlic salt, freshly ground black pepper,  
snipped chives

Separate the cauliflower into florets and chop the core finely. Bring about 1 cup of water to a simmer in a pot, add the cauliflower. Cover and turn the heat to medium. Cook the cauliflower for 12-15 minutes or until very tender. Drain and discard all of the water (the drier the cauliflower, the better.) Add the remaining ingredients except the chives, and mash with a potato masher until it looks like “mashed potatoes.” Top with chives if desired.

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## Broccoli Bisque

1 Tablespoon extra virgin olive oil  
1 bay leaf  
1 cup chopped onion  
4 cups chopped fresh broccoli, including stems  
2 cups water or vegetable stock  
2 teaspoons tamari sauce (a Japanese soy sauce)  
1-1/2 cups nonfat or 1 % milk  
1/8 teaspoon ground allspice  
¼ teaspoon dried basil leaves  
½ cup plain yogurt  
Salt and freshly ground black pepper

Gently warm the oil with the bay leaf in a soup kettle. Add onion and cook over moderate heat until translucent. Add broccoli, water or stock, and tamari sauce. Cook covered until broccoli is tender but still bright green, about 10 minutes. Remove bay leaf. In a blender, blend a small amount of the broccoli mixture to a desired consistency, a small portion at a time. Add milk to thin as you blend. Return the soup to the pan and stir in the allspice, basil and yogurt. Warm the soup over very low heat so the yogurt won't curdle. Season to taste with salt and pepper.





**Nutrition and Running**

**By Sally Berry**

**MA RD CSSD CLT**

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

## **Top Nutrient Deficiencies for Runners**

**M**any times, a runner will come in my office feeling fatigued, tired, complaining of bloat, or just not feeling like they are performing to their potential for their training goals. Even if it's just a "check in" visit, nutrient deficiencies are very common in endurance athletes. This month, I had three clients come in my office with B12 deficiency - discovered after a good nutrition history and micronutrient testing. That's what encouraged me to write this article. Without evaluation and testing, how do you know your real nutrient status? Sometimes, deficiencies are "subclinical", meaning that they really haven't made a huge outward impact yet. It may take some time and detective work looking at a food history, training history, lifestyle history to evaluate deficiencies. Meanwhile, your running is becoming "stale" or going down the tubes! Food and lifestyle habit always come first. But sometimes, the nutrient deficiencies occur **EVEN** with a perfect fueling plan. Here are a few nutrients more commonly found deficient in endurance athlete.

**Iron** - Iron is critical for performance of all athletes and one of the most common deficiencies in the US. As part of our hemoglobin/myoglobin structure, iron plays a critical role in carrying oxygen to the cells and muscles for proper use of our energy.

Iron deficiency can cause, fatigue, decrease performance, shortness of breath, irritability, cold intolerance, pale complexion, loss of immune function/illness, and even restless leg syndrome or death. Athletes can be iron deficient without showing of a frank "anemia". At greater risk are female athletes, distance runners and vegetarian athletes. Possibly as many as 26-60% in these groups are deficient. The runner's "pounding the pavement" also causes increase breakdown of iron. Jogging causes gastrointestinal changes resulting in iron loss. I don't recommend supplementation unless you know your numbers due risk of iron toxicity. Some facts:

Iron is found in animal foods (heme iron) and plant sources of soy, dried fruits, legumes, whole intact grains, green leafy and other vegetables.

Iron competes for absorption into your body with copper, zinc, calcium, manganese, fiber, soy, tea, coffee, and other mineral... a delicate balance!

Best absorbed in acidic environment.

Food comes first for iron source!

When testing, check more than hemoglobin. Ferritin, iron panels will give you signs of early depletion.

If supplementation is needed, choose a "gentler form" such as ferrous bisglycinate in smaller quantities to prevent side effect reactions. More is not always better!

Besides iron, there are also several other types of anemias due to some B vitamin deficiencies. Testing will help determine.

**Continued on Page 19**



**B12** - B12 is a common deficiency - otherwise known as “cobalamin” and active form “methylcobalamine”. Deficiency symptoms include dermatitis, dementia, diarrhea, extreme brain fog and fatigue. Lack of B12 drives neurological problems, altered red blood cell formation, decreased endurance, increased homocysteine level. B12 and folate (B9) work together. B12 is critical for folate metabolism and prevention of pernicious anemia. You need both nutrients for a biochemical process called “methylation”. Simply put, transferring methyl group is everywhere. Without this process, your nerve transmissions, red blood cells and body functions are severely compromised and you eventually will die. Your intestines require a factor called “intrinsic factor” to absorb B12. B12 is a common deficiency with those with digestive problem, decreased stomach acid, and those over the age of 50. B12 is found only in animal products, which makes this a necessary evaluation for those with a vegan plan over an extended period of time. Knowing how to test and interpret results can be tricky. Some values can show “normal” but still have a deficiency. B12 may need a nutrition sleuth to adequately diagnose and differentiate from other anemias. This is one nutrient that can be adequate in the diet, but still have a deficiency.

**Vitamin D** - called the “sunshine vitamin”, this is one of the most common deficiencies in athletes, even those runners in sunnier areas of the US. A major role of Vitamin D is to control calcium levels in the blood. It is also a key factor for immune function, controlling inflammation, and muscle contractions. Vitamin D deficiency has been associated with autoimmune diseases, hypertension, cardiovascular, rheumatoid arthritis, depression and certain cancers (just to name a few).

Deficiency signs are fatigue, muscle weakness, bone pain, chronic injury, frequent illness, changes in bowel function. Since these symptoms can occur with other illnesses and deficiencies, a good evaluation and testing is recommended. Vitamin D food sources are bone-in salmon, sardines, egg yolk, fish oils, and fortified dairy products. Our typical diet will not meet nutrient needs of the athlete. Sunlight also helps. Test before supplementation. To prevent too much or too little Vitamin D. Note to the wise- Vitamin D also needs Vitamin K, Calcium, magnesium, boron, and a few other associated nutrients.

There are a host of other vital nutrients, a list too long to mention in this short article, such as Essential fatty acids, Omega 3's, Antioxidants (Vitamins A,C,E, Selenium), other B vitamins, Sodium, Potassium, Magnesium, Glutamine, Calcium, Water, plus even more!! And the list goes on!

### **Best Way to Prevent Nutrient Deficiencies**

Have your food intake evaluated for any deficiencies.

Eat a nutrient dense, plant strong food plan. If there are deficiencies cover with food first!

Address any non-food deficiencies by further evaluation and nutrient testing. Then, “dig” to the root cause of the deficiencies.

Supplement wisely. Get help with nutrition to know your sources, interactions, and quantities necessary. Then re-test and re-evaluate.

Good food and nutrients will prevent injury and fatigue and keep you running at top performance.

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# 50 Ironmans in 50 Days in 50 States

## Triathlete and Father of Five Completes Epic Endurance Challenge.

By Megan DiTrollo  
July 31, 2015

James Lawrence, a 36-year-old triathlon coach and personal trainer, set out on a grueling endurance challenge on June 6 in Hawaii: to complete 50 Ironman-distance events in 50 states in 50 consecutive days. He succeeded, finishing his final 2.4-mile swim, 112-mile bike ride, and 26.2-mile run 50 days later on July 25 in Utah.

Along the way, the father of five from Lindon, Utah, raised \$70,000 for the Jamie Oliver Food Foundation, an organization focused on teaching youths about food and nutrition and combatting obesity in America. After hearing a Ted Talk about the Jamie Oliver Food Foundation, Lawrence knew it was a cause he wanted to support.

"I've got five young kids, I'm very active with their lives," Lawrence told Runner's World Newswire. "I want to help change up-and-coming lives and set an example for my kids, so that they can then set an example for their schoolmates."

Lawrence is an experienced athlete, having completed more than 40 official Ironman triathlons, 40 Half Ironmans, and 15 marathons. He currently holds world records for the most Ironman-distance events completed—30—in a single year (through 11 countries) in 2012 and the most Half Ironman distance events completed—22—in a single year (which he actually completed in 30 weeks) in 2011.

His most recent feat featured 50 Ironman-length events measured and monitored using his Garmin GPS. (You can view a blog of each day's times [here](#).) It was not for a record. "This was a personal journey and quest," he said.

The last 5K of each marathon was measured by ambassadors in each respective state, and Lawrence encouraged local runners to join him for his daily final 3.1 miles. Registration fees for the 5Ks, as well as donations, went directly to the Jamie Oliver Food Foundation.

The number of participants running each day's final 5K ranged from 10 to 2,000, the latter being the number of runners who came out for his final run. The finale in Utah was also Lawrence's most successful in terms of his performance. He finished his final triathlon in about 11.5 hours with a 4:23 marathon. His overall average finish time was 14.5 hours, and he averaged about four to five hours of sleep each night.

Lawrence's wife and four kids traveled with him in a motor home. Lucy, his 12-year-old daughter, ran 50 consecutive 5Ks with her dad. "She's setting an example for the next generation," he said.

Three drivers, two wingmen, and a documentary film crew also joined the family in a van and Subaru. A masseuse and chiropractor visited almost every weekend for therapy to help Lawrence recover. He also used Norma Tec compression boots and oils from Young Living Essential Oils, his title sponsor, to recover.

His supportive family is the thing that kept him going, though. "My kids mean everything to me," he said. "I told them I was going to do it, so I had no choice [but to finish]. I knew there was going to be five smiling faces and five warm hugs waiting for me at the finish and that's enough motivation for anyone."

Though he normally enjoys biking the most when competing in triathlons, Lawrence preferred another leg in his most recent journey. "I enjoyed the marathon the most because I was really in control of what I was doing," he said. "Once I made it off bike [and started the marathon portion], I knew the day would be a success."

Lawrence said he thrives on helping others. He and his wife plan to travel to schools to give motivational speeches about conquering obesity and leading an active lifestyle.

"I want people to know that anything is possible, and to not let anyone else dictate what they think is possible," he said. "Chase your highest dreams... there are no limits to life."



**Triathlete James Lawrence running in Hawaii on the first day of his 50 Ironmans in 50 days quest.**

**PHOTO BY JESSAKAE PHOTOGRAPHY**

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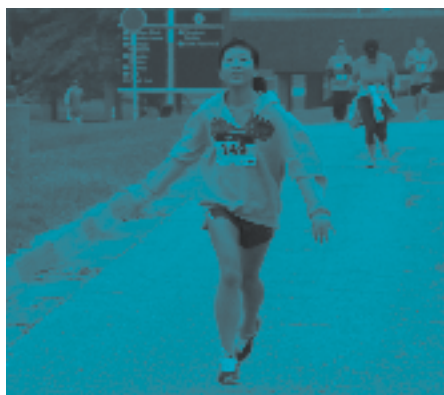
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(Early registration, team and student discounts available)



## 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

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.

**MARA GP** indicates a MARA Grand Prix event with GP distance for multiple races.

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.

#### September 2015

Sep 5	Sat	8:00 AM	Heartland Heat Triathlon	Tiffany Hills Park Kansas City, MO	<a href="http://www.kcmo.gov/heartlandheattriathlon/">www.kcmo.gov/heartlandheattriathlon/</a>
Sep 7	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	<a href="http://www.columbiatrackclub.com/hoa/index.htm">www.columbiatrackclub.com/hoa/index.htm</a>
Sep 7	Mon	7:30 AM	Leawood Labor Day Run - 5K <b>MARA GP</b>	Leawood City Park Leawood, KS	<a href="http://www.leawood.org/parks/labordayrun.aspx">www.leawood.org/parks/labordayrun.aspx</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="http://www.patriotsrun.org/">www.patriotsrun.org/</a>
Sep 12	Sat	8:00 AM	Olathe Medical Center Women's Triathlon	Kill Creek Park Olathe, KS	<a href="http://www.jcprd.com/special_events/omc_triathlon.cfm">www.jcprd.com/special_events/omc_triathlon.cfm</a>
Sep 12	Sat	8:00 AM	Heart of the Summit 5K, 10K, 1 Mile Walk	Downtown Lee's Summit, MO	<a href="http://www.heartofthesummit.com">www.heartofthesummit.com</a>
Sep 12	Sat	8:30 AM	Race for Freedom 5K	Carpenter Place Wichita, KS	<a href="http://www.raceforfreedom.com">www.raceforfreedom.com</a>
Sep 13	Sun	7:30 AM	Susan B. Komen Greater Kansas City Race for the Cure - 5K	World's of Fun Kansas City, MO	<a href="http://www.kansascity.info-komen.org/site/TR?fr_id=5255&amp;pg=entry">www.kansascity.info-komen.org/site/TR?fr_id=5255&amp;pg=entry</a>
Sep 13	Sun	7:30 AM	Plaza 10K Run/Walk <b>MARA GP(10K)</b>	Country Club Plaza Kansas City, MO	<a href="http://www.plaza10K.com">www.plaza10K.com</a>
Sep 13	Sat	8:00 AM	Charlie's House Home Run for Safety 5K, 3K and .4K	Shawnee Mission Park Theater in the Park Pavilion Shawnee, KS	<a href="http://www.enter2run.com/search/event.aspx?id=31905">http://www.enter2run.com/search/event.aspx?id=31905</a>
Sep 19	Sat	7:30 AM	Bleeding Kansas 50K and Half Marathon Trail Run	Clinton State Park Lawrence, KS	<a href="http://www.legendendurance.com/bleeding-kansas.html">www.legendendurance.com/bleeding-kansas.html</a>
Sep 19	Sat	8:00 AM	Helen Gold 5K <b>MARA GP</b>	Fountains Shopping Center Overland Park, KS	<a href="http://www.helengold5k.com">www.helengold5k.com</a>
Sep 19	Sat	8:00 AM	Get Your Rear in Gear - Kansas City 5K	Legends Outlet Kansas City, KS	<a href="http://www.events.getyourrearingear.com/site/TR?fr_id=2600&amp;pg=entry">www.events.getyourrearingear.com/site/TR?fr_id=2600&amp;pg=entry</a>
Sep 19	Sat	6:00 PM	Blazin' the Burg 5K Run/WALK	Downtown Louisburg, KS	<a href="http://www.blazintheburg.com/">www.blazintheburg.com/</a>
Sep 20	Sun	7:00 AM	Broadway Bridge Run Half Marathon, 10K & 5K	Sprint Center Kansas City, KS	<a href="http://www.broadwaybridgerun.org/">www.broadwaybridgerun.org/</a>
Sep 20	Sun	8:00 AM	Lee's Summit Half Marathon	City Hall Plaza Lee's Summit, MO	<a href="http://www.leessummithalf.com">www.leessummithalf.com</a>
Sep 26	Sat	8:00 AM	Sacred Steps 5K	Church of the Resurrection Leawood, KS	<a href="http://www.cor.org/index.php?id=6447">www.cor.org/index.php?id=6447</a>
Sep 26	Sat	8:00 AM	Kansas City Zoo Run 4 Mile & 1 Mile	Kansas City Zoo Swope Park Kansas City, MO	<a href="http://www.kansascityzoorun.org/">www.kansascityzoorun.org/</a>
Sep 27	Sun	7:30 AM	Regalia Run 5K	UMKC Volker Campus Kansas City, MO	<a href="http://info.umkc.edu/foundersweek/schedule/regalia-run/#.VRBWm-k5DKM">info.umkc.edu/foundersweek/schedule/regalia-run/#.VRBWm-k5DKM</a>
Sep 27	Sun	7:30 AM	Legend Triathlon- Ad Astra	Clinton State Park Lawrence, KS	<a href="http://www.legendendurance.com/legend-ad-astra.html">www.legendendurance.com/legend-ad-astra.html</a>

Sep 27	Sun	8:00 AM	Go Girl Run Half Marathon & 5K	Kansas City, MO	<a href="http://www.ultramaxsports.com/gogirlrun/gogirlrun_landing">www.ultramaxsports.com/gogirlrun/gogirlrun_landing</a>
Sep 27	Sun	8:00 AM	Pony Express Run Half Marathon & 5K	Pony Express Museum St. Joseph, MO	<a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=1176">www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=1176</a>
Sep 27	Sun	8:00 AM	Smithville 5K Run/Walk & 1 Mile Fun Run/Walk	Smith's Fork Park Smithville, MO	<a href="http://www.smithvilledamrun.com">www.smithvilledamrun.com</a>
Sep 27	Sun	9:00 AM	Fall Fell 7 Mile Trail Run	Kill Creek Park Olathe, KS	<a href="http://www.psychowyc.com/id64.html">www.psychowyc.com/id64.html</a>
<b>October 2015</b>					
Oct 3	Sat	7:30 AM	Blue Springs Family YMCA Half Marathon and 5K	Blue Springs Family YMCA Blue Springs, MO	<a href="http://bit.ly/1AdMX38">http://bit.ly/1AdMX38</a>
Oct 3	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	<a href="http://www.pumpkinrunwalk.org/">www.pumpkinrunwalk.org/</a>
Oct 3	Sat	8:00 AM	Lake Perry Rocks! Trail Run 50K, Half Marathon & 5K	Branded B Ranch Meriden, KS	<a href="http://www.psychowyc.com/lakeperrytrailruns/id13.html">www.psychowyc.com/lakeperrytrailruns/id13.html</a>
Oct 3	Sat	8:00 AM	Natalie's A.R.T. 5K	Southcreek Office Park Overland Park, KS	<a href="http://www.nataliesart.org/come-to-the-5k/">www.nataliesart.org/come-to-the-5k/</a>
Oct 4	Sun	7:30 AM	HyVee Scarecrow Run 5K	Gladstone, MO	<a href="mailto:Sblattner@gladstone.mo.us">Sblattner@gladstone.mo.us</a>
Oct 4	Sun	8:00 AM	Pink Lady 5K Walk/Run	Downtown Lee's Summit Lee's Summit, MO	<a href="http://www.pinklaundry.org">www.pinklaundry.org</a>
Oct 4	Sun	9:00 AM	John Glaser Memorial 5K	Fire Station 71 Shawnee, KS	<a href="http://www.johnglaser5k.com/">www.johnglaser5k.com/</a>
Oct 10	Sat	8:30 AM	Ability Quest: Run, Walk, Stroll, Roll	Berkley Riverfront Park Kansas City, MO	<a href="http://www.rehabkc.org/AbilityQuest">www.rehabkc.org/AbilityQuest</a>
Oct 11	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	<a href="http://www.prairiefiremarathon.com/">www.prairiefiremarathon.com/</a>
Oct 11	Sun	8:00 AM	JCCC Lace up for Learning 5K Run/Walk	JCCC Campus Overland Park, KS	<a href="mailto:jreilly@jccc.edu">jreilly@jccc.edu</a>
Oct 17	Sat	7:15 AM	Waddell and Reed Kansas City Marathon Full, Half, Relay & 5K <b>MARA GP (Half)</b>	Crown Center Kansas City, MO	<a href="http://www.waddellandreedkansascitymarathon.org/">www.waddellandreedkansascitymarathon.org/</a>
Oct 17	Sat	8:30 AM	Run for Excellence 5K Run/Walk	Raytown High School Raytown, MO	<a href="http://www.raytowneducationalfoundation.org/run-for-excellence/">www.raytowneducationalfoundation.org/run-for-excellence/</a>
Oct 17	Sat	9:00 AM	The Great Pumpkin Run - 5K	Johnson Farms Pumpkins Belton, MO	<a href="http://www.thegreatpumpkinrun.com/cities/kansascity/">http://www.thegreatpumpkinrun.com/cities/kansascity/</a>
Oct 18	Sun	8:00 AM	Maple Leaf Run 5K & 1 Mile	Baldwin City Golf Course Baldwin City, KS	<a href="http://www.baldwincitychamber.com/">www.baldwincitychamber.com/</a>
Oct 18	Sun	8:00 AM	IMT Des Moines Marathon Full, Half, Relay & 5K	Locust Street Bridge Des Moines, IA	<a href="http://www.desmoinesmarathon.com/#home">www.desmoinesmarathon.com/#home</a>
Oct 18	Sun	9:00 AM	The Great Pumpkin Run - 5K	Johnson Farms Plants Belton, MO	<a href="http://www.thegreatpumpkinrun.com/cities/kansascity/">http://www.thegreatpumpkinrun.com/cities/kansascity/</a>
Oct 24	Sat	8:00 AM	Parkville Half Half Marathon & Three Person Relay	English Landing Parkville, MO	<a href="http://www.psychowyc.com">www.psychowyc.com</a>
Oct 24	Sat	8:00 AM	Halloween Hustle 5K & 10K Run	Unity Village Lee's Summit, MO	<a href="http://bit.ly/1Lc85b3">http://bit.ly/1Lc85b3</a>
Oct 24	Sat	6:00 PM	Bone Bash & Dash 5K Run/Walk	Meritex Executive Park 17501 W. 98th Street Lenexa, KS	<a href="http://www.BoneBashAndDash.org">www.BoneBashAndDash.org</a>
Oct 24	Sat	7:00 PM	Monster Dash 5K	City Market Kansas City, MO	<a href="http://www.kcmonsterdash.com/">www.kcmonsterdash.com/</a>
Oct 25	Sun	7:15 AM	The Bison 50R Topeka to Lawrence Relay	Westridge Plaza Topeka, KS	<a href="http://www.bison50.com">www.bison50.com</a>

Oct 25	Sun	8:00 AM	OVERRUN Ovarian Cancer 5K Run/Walk & 1 Mile Teal Trail Walk	Southcreek Office Park Overland Park, KS	<a href="http://www.overrunovariancancer.com">www.overrunovariancancer.com</a>
Oct 31	Sat	9:00 AM	Operaton Jack KC Walk/Run Half Marthon & 5K	Theater in the Park Shawnee, KS	<a href="http://www.operationjack.org">www.operationjack.org</a>
Oct 31	Sat	9:00 AM	Great Pumpkin Race 5K	Horizon Academy Roeland Park, KS	<a href="http://www.GreatPumpkinRaceKC.com">www.GreatPumpkinRaceKC.com</a>
Oct 31	Sat	9:00 AM	Monroe County YMCA-HTC Illinois Ozarks 10K Bluff Trail Run & Children's Fun Run	Borsch Park Valmeyer, IL	<a href="http://bit.ly/1eA56Pc">http://bit.ly/1eA56Pc</a>
Oct 31	Sat	11:00 AM	The Running Dead 5K	Cricket Wireless Amphitheater Bonner Springs, KS	<a href="http://www.runningdeadkc.com/info.html">www.runningdeadkc.com/info.html</a>
<b>November 2015</b>					
Nov 1	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	<a href="http://www.kansashalfmarathon.com/">www.kansashalfmarathon.com/</a>
Nov 1	Sun	8:00 AM	Cliffhanger 8K & 5K Run/Walk <b>MARA GP (8K)</b>	KCUMB Campus Kansas City, MO	<a href="http://www.cliffhangerrun.com/">www.cliffhangerrun.com/</a>
Nov 7	Sat	9:00 AM	Shoal Creek Living History Wilderness Run 5K & 2 Mile	Robert H. Hodge Park Kansas City, MO	<a href="http://bit.ly/1IKjy1Y">http://bit.ly/1IKjy1Y</a>
Nov 7	Sat	9:00 AM	Muddy MO River Run 5K	Big River Ranch Lexington, MO	<a href="http://www.lexington.k12.mo.us">http://www.lexington.k12.mo.us</a>
Nov 8	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile	Wyandotte County State Park Shelter #9 Kansas City, KS	<a href="http://www.psychowyc.com/id65.html">www.psychowyc.com/id65.html</a>
Nov 14	Sat	8:00 AM	Longview Half Marathon	Longview Lake Kansas City, MO	<a href="http://www.lexington.k12.mo.us">http://www.lexington.k12.mo.us</a>
Nov 15	Sun	8:30 AM	Gobbler Grind Run Full, Half & 5K	Corporate Woods Overland Park, KS	<a href="http://www.gobblergrindrun.com/">www.gobblergrindrun.com/</a>
Nov 15	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, Kansas	<a href="http://www.psychowyc.com/pilgrimpacerrun/">www.psychowyc.com/pilgrimpacerrun/</a>
Nov 21	Sat	8:00 AM	Dash 5K KCK	Donnelly College Kansas City, KS	<a href="http://www.donnelydash.weebly.com/">www.donnelydash.weebly.com/</a>
Nov 21	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Waterfall Park(Bass Pro) Independence, MO	<a href="http://bit.ly/1A8mN29">http://bit.ly/1A8mN29</a>
Nov 22	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	<a href="http://www.route66marathon.com/">www.route66marathon.com/</a>
Nov 26	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park, KS	<a href="http://www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=1166">www.sportkc.org/sportkc.aspx?pgID=866&amp;event_id=1166</a>
Nov 26	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K	Ward Parkway Center Kansas City, MO	<a href="http://www.wardparkwaythanksgivingdayrun.com/">www.wardparkwaythanksgivingdayrun.com/</a>
Nov 26	Thu	9:00 AM	Liberty Giving Thanks 5K Run and Walk	Liberty Community Center Liberty, MO	<a href="http://www.hillcresthope.org">www.hillcresthope.org</a>
Nov 26	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	<a href="http://www.parkvilleturkeytrot.org/">www.parkvilleturkeytrot.org/</a>
Nov 28	Sat	9:00 AM	MKA Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	<a href="http://www.TRMonline.org/RescueRun">www.TRMonline.org/RescueRun</a>
<b>December 2015</b>					
Dec 5	Sat	9:00 AM	Alternate Chili Trail Run - 10 Mile	Wyandotte County Lake Park Shelter #2 Kansas City, KS	<a href="http://www.psychowyc.com/id44.html">www.psychowyc.com/id44.html</a>
Dec 5	Sat	10:00 AM	Santa Dash 5K	Kelly's in Westport Kansas City, MO	<a href="http://www.westportsantadash.com/">www.westportsantadash.com/</a>
Dec 6	Sun	9:00 AM	Great Santa Run 5K	Johnson County Community College Overland Park, KS	<a href="http://www.kcsantarun.com/">www.kcsantarun.com/</a>
Dec 12	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Lee's Summit, MO	<a href="http://bit.ly/1FrTrO5">http://bit.ly/1FrTrO5</a>
Dec 12	Sat	10:00 AM	MARA Chili Run 6.5 Mile loop on park road	Wyandotte County Lake Park Shelter #2 Kansas City, KS	<a href="http://www.mararunning.org/">www.mararunning.org/</a>
Dec 13	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Executive Park 17501 W. 98th Street Lenexa, KS	<a href="http://www.JingleBellRunKC.org">www.JingleBellRunKC.org</a>



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