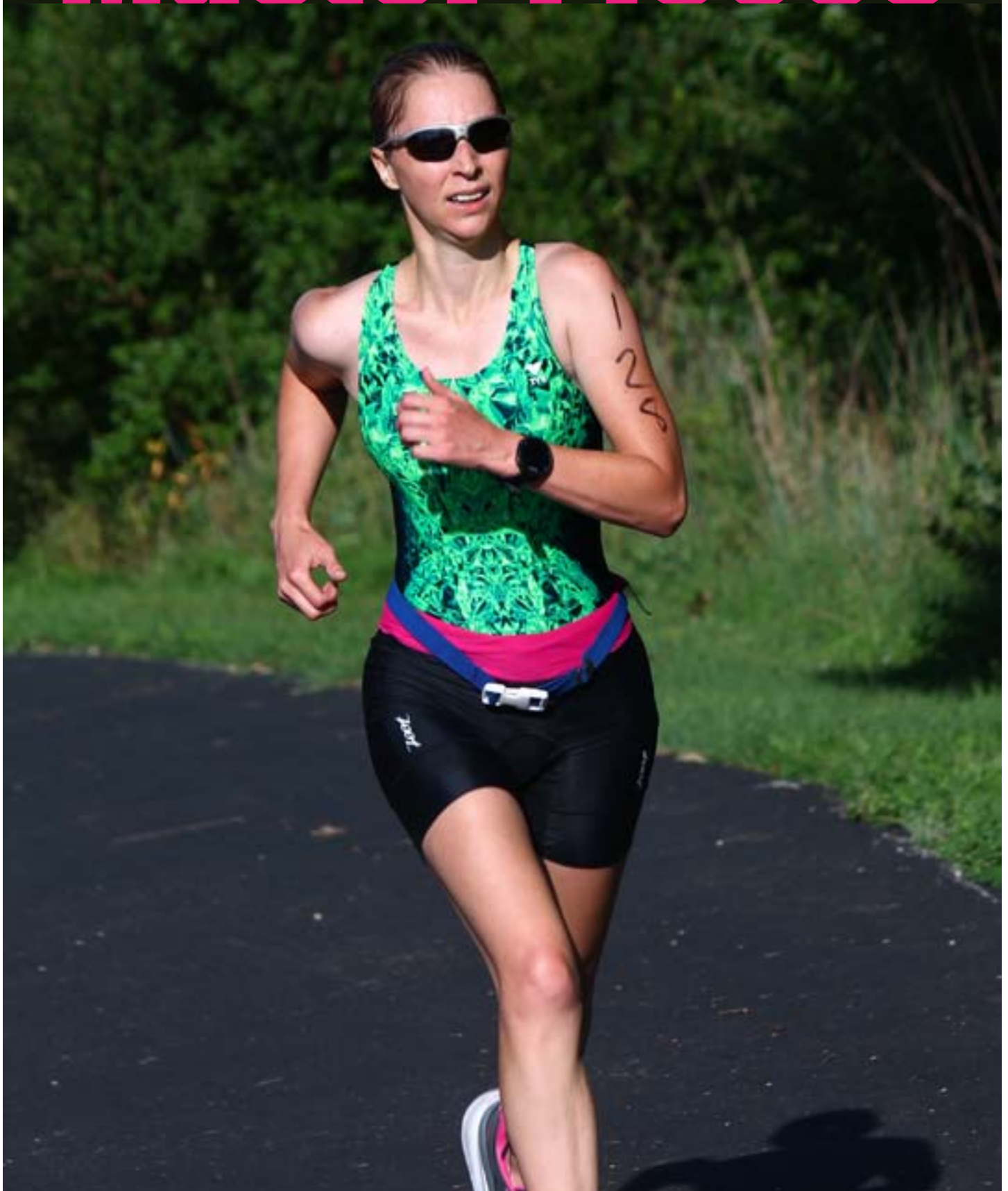


Master Pieces



**Magazine of Mid-America Running Association
September - October 2016**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

SEPTEMBER
OCTOBER
2016

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*Cover Photo: Running Strong in the
Open Options Triathlon*

*Photo by:
Michael Chaffee*

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



Tied a Little Too Tight

By: Renee Kidwell



For most of my running years, I have found that early morning runs work best for me. It's a natural part of my morning routine and provides ample positive affects that help me throughout the day. I'll admit though, once in a while that 4:45 AM alarm clock is NOT my friend. Just the other morning, I was struggling to get going, pulling my running gear on, sipping some coffee to help me wake up. In my haste I must have tied one shoe too tight. Didn't really notice anything until I headed out & picked up the pace down the road. Trying to ignore how uncomfortable my foot was, I ended up not enjoying a single step and became tense & frustrated as I tried to reposition my foot within the shoe. It made me stop and think, how often in our hectic, hurried days we become tied too tight and miss out on enjoying the moment. Taking a little time to loosen that shoe string or the tight grip of "life's pressure strings" that have us bound up is necessary to go the distance, while still enjoying the scenery and those pleasurable moments of each day.

*Wishing you a safe, relaxed... and healthy
Autumn of running!*

Sustaining Memberships are listed on page 2

• *Master Pieces Staff*

Editor: Renee Kidwell
Nutrition Editor: Sally Berry
Webmaster: Howard Nies
Photographers: Gene Wee,
Michael Chaffee,
Calendar and Distribution Editor: Stevan Ryan

Writers: Lou Joline,
Karen Raymer,
Roberta Washburn
Alan Poisner
Dr. Ralph Hall



• *Master Pieces* is published six times per year by Mid-America Running Association. Applications for membership are available at www.mararunning.org. For advertising information and deadlines, contact: Renee Kidwell at runnay19@yahoo.com.



Karen's Column

By Karen Raymer
President of MARA

September-October 2016

Recently, I saw a friend that I had not seen in a long time. She asked if I was still participating in races. I informed her that after 45 years of running, I only participate in a couple of races each year. For the first 20 years of running, I participated in almost every race that was available. Then Keith and I started doing the results and race directing for many of the races. When you are responsible for the production of races, you do not get to be a participant as well. We have retired from that portion of our careers. However, I never retired from running. I still run 25-30 miles a week, with at least one 10 mile run each week. That being said, even though I do not participate in races very often, there is one that I never try to miss. It is the Elvis 5K, held in Memphis (since 1982) during Elvis Week in August. Of the 34 years that the race has been held, I have only missed about 6 of them.

It is one of the most fun races, with many participants running in Elvis costumes. Remember, this is August in Memphis! Mostly it is guys who run in "jumpsuits" and wigs, but several women also dress as Priscilla, also in wigs! You also see a lot of gold sunglasses with attached black sideburns!!

Now after the race, let me tell you about the food! I looked for a piece of fruit or a container of yogurt, not to be found! Instead, you find, Krispy Kreme Donuts (a little Elvis trivia, the ONLY commercial Elvis ever did was for Southern Made Donuts!), Fried peanut butter and banana sandwiches, pasta with meat sauce, beer, (Elvis never drank beer?) potato chips and chocolate chip cookies!!! Needless to say, I left very hungry, as none of this was appealing to me, especially at 8:00 o'clock in the morning!

I have a friend who is part of the Memphis Road Runners Club and does the timing for the race. I have asked him if this is typical food for all of the races in Memphis or just the Elvis run. He said that is it somewhat typical, only most other races do have some fruit and yogurt as well. Welcome to the south!!

Wishing you happy and healthy
running and/or walking.

Karen

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Pomona, KS
Overland Park, KS
Shawnee Mission, KS





RIO DE JANEIRO

As reported by Jeff Eisenberg on aug 17, 2016

They stared at the Olympic Stadium scoreboard with breathless anticipation after crossing the finish line, waiting for confirmation that they had made history together.

Only after the results popped up did they pump their fists and leap in the air in celebration.

Gold: Brianna Rollins. Silver: Nia Ali. Bronze: Kristi Castlin. The first American sweep of the 100-meter hurdles in Olympic history and the first 1-2-3 finish for the United States in any event since LaShawn Merritt, Jeremy Wariner and David Neville pulled it off in the 400 meters in 2004.

“I really couldn’t breathe for one second while we were waiting,” Castlin said. “My thing was not so much a bronze for myself but for the team. A lot of times in track and field athletes go into it as individuals, and we just had a different perspective. We came into it as a team.”

The medal sweep validates the notion that the 100-meter hurdles is USA Track and Field’s deepest and strongest event. The Americans went 1-2-3 even though newly crowned world record holder Keni Harrison failed to qualify at the U.S. Olympic Trials last month and two-time Olympic medalist Dawn Harper-Nelson also came up short. With Harrison, Harper-Nelson and reigning Olympic champion Sally Pearson of Australia each not in Rio, Rollins entered Wednesday’s final as the clear favorite. The 24-year-old led from start to finish and claimed victory in 12.48 seconds, just over a tenth of a second ahead of Ali (12.59) and Castlin (12.61).





**Galen Rupp's first
marathon - winning the
USA Men's Olympic
Trials**

**Rupp wins a Olympic
Bronze Medal in his 2nd
Marathon**



By Barry Svrluga August 21

RIO DE JANEIRO — For two or three days last week, Galen Rupp couldn't envision Sunday morning because he was so bitter about the previous Saturday night. Rupp is a distance runner, but there was the matter of what distances he should be running. He is perhaps better suited to be a marathoner, to run on the asphalt through a city. But he couldn't — he wouldn't — leave the track.

"The marathon, it's a real special event," Rupp said. "I don't think I really truly understood that until I started doing them. ... I definitely fought it a while, just being stubborn. Wanted to be a track runner. Thought I could **do both.**"

He tried to do both here, at these Olympics. On Aug. 13, he ran in the 10,000 meters, the event in which he won silver four years ago in London. He finished fifth.

The glorious past of American distance running once seemed far off. But over the course of the Rio Olympics, there was a comeback — capped by Rupp's own comeback from the devastation of his other event. On Sunday morning, through the soggy Rio streets, Rupp won a bronze in the marathon, the sixth medal won by the United States in races of at least 1,500 meters.

"It's fantastic," said Alberto Salazar, the marathon legend who serves as Rupp's coach. "It's so exciting to see the U.S., the resurgence in distance running in this country. We're back to where we were in the late '70s or early '80s, where Americans are competing to win medals again at all events."



Galen Rupp, Kenya's Eliud Kipchoge and Ethiopia's Feyisa Lilesa pose during a flower ceremony after the men's marathon. (Olivier Morin/AFP/Getty Images)

From the Kansas City Star
August 19, 2016

BY ASHLEY SCOBY
ascoby@kcstar.com



Heather Burroughs
University of Colorado

If someone had told former Pembroke Hill star runner Heather Burroughs that she would someday coach a couple of Olympic medalists, she would have said the idea was ludicrous.

"I didn't think I would be very good at it," said Burroughs, who won two cross country and seven Missouri Class 2 state track titles during 1990-94.

But two Olympic medals later, Burroughs admitted the coaching profession has worked out. Thanks to Emma Coburn (who won the bronze in the women's steeplechase in Rio) and Jenny Simpson (who won the bronze in the 1,500-meter race), Burroughs has helped guide two athletes to the Olympic podium.

Burroughs made her own attempt at the Olympics after a standout career at the University of Colorado. Although she was a three-time cross country All-American there, she never made the jump to being an internationally elite runner.

As Burroughs was running in NCAA cross country and track meets, she never harbored any coaching aspirations. But when her own athletic career fizzled, she joined her alma mater's staff, alongside her college coach, Mark Wetmore.

"(Running) is primarily an individual sport, a selfish sport," Burroughs said. "It's not like a soccer team, where everyone wins or everyone loses. I didn't think I would be great at coaching, because how could I possibly figure out what works individually for 20 different people? I would never have believed I would be here today."

Something clicked among Burroughs, Coburn and Simpson, though. Burroughs has been Simpson's coach for all but three of the last 11 years, and has coached Coburn since 2008.

Part of Burroughs' coaching philosophy comes from her experience as a runner. From her days at Pembroke Hill to her college career, she learned that running was not a sport guided by grand actions, but by a day-to-day grind of minutia. She tries to preach that mind-set to the athletes she coaches, including Coburn and Simpson.

"The glory and happiness of the final is a fraction of a percentage of your work," Burroughs said. "It's really the five or 10 years of day-to-day details that make someone good."

She's been by Coburn and Simpson's sides as both runners have learned the value of that daily drudgery. And although Burroughs wasn't in Brazil for the runners' triumphs — Wetmore traveled with them instead — she was in as much communication with them as international phone plans will allow.

Both runners expected to medal, Burroughs said, but it was still an overwhelming moment when the dreams turned into reality.

Simpson went through three rounds of her event before reaching the podium, and ran the 1,500-meter final in 4:10.53. It was the first time an American woman has medaled in that race.

Coburn, who previously broke Simpson's American steeplechase record, also brought home the first-ever medal for U.S. women in her event. She finished in 9:07.63 in the 3,000-meter steeplechase, which includes 35 barriers and water jumps.

"I was on the phone with them when they were in the warm-up area, and as they were coming off the track," Burroughs said. "Both had very specific race plans, and we were pretty confident in how the race would unfold. ... When it was all over, we were all alternating between total joy and tears."

It may have been a different ending than what Burroughs expected, when she was breaking school records at Pembroke Hill. But an Olympic medal's luster, Burroughs said, is just as bright, even as a coach.

"When I finished my own career, I never could have projected I would be training athletes for this level of success," Burroughs said. "It's so much joy to see Jenny and Emma do what they've done. Back when I was running, I would have been surprised at where my journey has taken me. But it's just as sweet to watch them succeed."



**Open Options Shawnee Mission
Triathlon & Duathlon
7-10-16 SWIM**



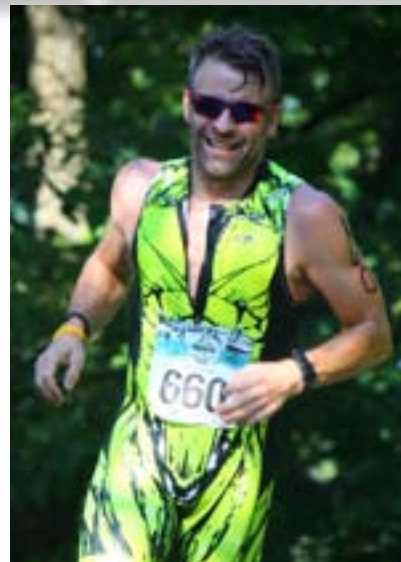
Photos By: Michael Chaffee



**Open Options Shawnee Mission
Triathlon & Duathlon
7-10-16
*BIKE***



Photos By: Michael Chaffee



**Open Options Shawnee Mission
Triathlon & Duathlon
7-10-16 RUN**

Photos By: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

BENEFITS OF BREAKFAST

We have heard it for years, and it remains true, that breakfast really is the most important meal of the day! There is science behind the key benefits of breakfast, including improved cognition, healthier body weight and better overall nutrition.

Studies have shown that adults and children who eat breakfast are healthier, more efficient, are faster at making decisions and are physically more sound. Without an adequate breakfast, research has shown that fatigue sets in earlier, irritability is increased, work output is reduced and all reaction time slows down markedly. Having plenty of energy from breakfast is particularly important for school children because often most of the basic subjects are taught before noon.



Think of a good breakfast (with adequate carbohydrates and protein) as a great recovery tool after your morning run or a great nutrition base for your workout later in the day. One mistake Americans often make, though, is grabbing typical “breakfast foods”. Fueling up with breakfast foods that are primarily carbohydrate laden (such as donuts, muffins, pastries, cereal, cereal bars, juice, “white” bread or toast) can set a person up for energy level fluctuations throughout the day. Instead of processed carbohydrate foods, aim for a balance of quality protein (25-30 grams before noon), healthy fat and fiber from non-starchy vegetables, whole grains and lower sugar fruits, like berries or pomegranates. It just takes a little bit of planning to reframe a typical breakfast.

Breakfast ideas to consider – peanut butter toast on whole grain with a side of blueberries, Greek yogurt, cottage cheese, hard boiled eggs, spinach/veggie omelet, protein smoothie, or a quinoa breakfast bowl.



Certainly any food eaten at breakfast time can be “breakfast food”, including last night’s leftover protein food and veggies. Also, breakfast can be made quite quickly before we rush off to work or school.

Just say ***good morning*** to protein in your meal.

Here’s a yummy and quick breakfast sandwich recipe found on the Macheesmo website. Nick from Denver emphasizes cooking with confidence and has lots of recipe ideas on this interesting website.

5 Minute Protein Breakfast Sandwich

1 English muffin, toasted (try whole grain)

¼ cup black beans

Pinch each of chili powder and garlic powder

¼ avocado

1 large egg

½ ounce cheddar cheese, grated

Hot sauce and salt & pepper as desired

Toast English muffin. Whisk egg in a bowl and microwave on high for 65 seconds. Remove egg and fold it into a circle shape the size of the muffin. Top with cheese and microwave another 15 seconds.

Mash black beans (drained and rinsed) with chili powder, garlic and a sprinkle of salt and pepper. Spread the black beans on the English muffin and top with the avocado. Place hot, cheesy egg and English muffin top on the avocado and season as desired.

Eat the sandwich right away or wrap it in foil to take it on the go.

Another website that has really good protein information and fun and tasty sounding recipes is:

milklife.com/morning-protein

MEDICINE, SPORT SCIENCE, & NUTRITION

***Ralph R Hall M.D. FACP, FACSM
Professor of Medicine Emeritus,
University of Missouri at Kansas City***

EMOTIONAL RESPONSE TO BREAST CANCER TREATMENT:

More women with breast cancer opted for bilateral mastectomy from 2005 to 2013 even as breast cancer rates remained stable. (Jacob, Julie, Journal American Medical Association (JAMA); May 24, 2016) This may well be a rational decision for those women who have a BRAC mutation and have a substantial increased risk for breast cancer. This is an important reason for second opinions and options for complete genetic testing. Breast cancer is a frightening disease for women of all ages.

A BETTER TEST FOR BREAST CANCER:

Over the past few years the Mayo Clinic has developed a Molecular Breast Imaging (MBI) test. Rather than taking a picture of the breast the MBI is a functional test. This means the picture it creates shows differences in the activity of the tissue. Tissue that contains cells that are rapidly growing and dividing, such as cancer cells, appear brighter than less active cells. The test is particularly accurate in women with dense breast tissue. (around 45 % of women). Both dense breast tissue and cancer appear white on a mammogram, which makes cancer more difficult to detect. The Mayo Clinic studies combining mammography and MBI results in finding 3 times more breast cancer in dense breasts.

The Molecular Breast Imaging test, has a number of advantages over the traditional Magnetic Resonance Test that we call an MRI. It does not require a special room lined with lead.

It requires much less pressure to be placed on the breast, and it does not require a cramped space resulting in claustrophobia. The magnetic resonance test is 10-12 times more expensive than a mammogram while the molecular test is only 3 times more expensive.

SENSITIVITY AND SPECIFICITY OF MEDICAL TESTS:

If you have 100 patients with breast cancer, how many of the 100 will be identified by a mammogram? In most published studies the mammogram will usually detect from 77 to 85 of the cancers. The SENSITIVITY is 77 to 85. SPECIFICITY is the ability to exclude the individuals who do not have the disease. If 100 individuals who do not have breast cancer are tested and 10 people who do not have the disease are found to be positive (false positive), the SPECIFICITY is 90. The specificity of mammograms is around 85, depending on the skill of the reader and the quality of the equipment.

One of the worst radiographic tests, in my opinion, is the CT calcium scan. It has a sensitivity of around 90 for detecting calcium in a coronary artery greater than 50 % obstructed. However, the specificity in skilled hands is no greater than 60%. That means that 40 individuals who do not have 50% obstruction may have to undergo a more expensive and invasive test because their test was false positive. The sensitivity of the Molecular Breast Imaging test, in a dense breast is 91.

I have not seen its specificity reported.

Dr. Hall continues on page 11

LIFESPAN WEIGHTED DOWN BY DIET:

Source- JAMA ,June 7,2016. In 1850 lifespan was an estimated 38 years for men and 40 years for women. These numbers nearly doubled by 1980, to 71 years for men and 78 years for women. However, the trend is beginning to reverse itself, primarily due to the obesity epidemic.

In the first nine months of 2014, death rates increase by 1% for heart disease, 1% for diabetes, 4% for stroke, and 19% due to Alzheimer's disease. These diseases have been mitigated by increasingly powerful and expensive arrays of treatments. To delay disease progression millions of individuals in the United states depend on medications to lower levels of cholesterol, blood pressure, and blood glucose; surgical procedures to open blocked arteries; and dialysis.

This down ward trend will almost certainly accelerate as the current generation of children-with higher body weights, from earlier in life, than ever before, reaches early adulthood. Could we say, "This is food for thought!"

THE UNRELENTING CHALLENGE OF OBESITY:

Zyike and Baucher point out, in an Editorial in the same issue of the JAMA, as the Lifespan article, how unsuccessful we have been in halting the epidemic of obesity. They note that scientists and physicians have not been particularly helpful. For example, After years of advice to drink only skim milk. Including, by the National School Lunch Program, a recent study suggests whole milk may be associated with less weight gain in children.

The controversy regarding the effect of a low fat diet versus a low carbohydrate diet has added to the confusion of how to approach dietary recommendations. Beginning with the influential Ansel Keys, guilt by association, of fat and heart attacks, we have ignored our individual responses to foods. When you feed overweight people a low

fat diet their lipid profiles (their good and bad fats), change by increasing their triglyceride and lowering their good cholesterol. When you feed Seventh Day Adventists two eggs per day their cholesterol rises. When you feed Missouri farmers two eggs a day their good cholesterol rises and there is little change in their bad cholesterol. More attention needs to be directed to these individual differences.

MORE DISCONNECT IN OUR HEALTH CARE SYSTEM:

Patients in many areas are receiving unexpected bills for services out of their health care network. For instance a patient may have a surgical procedure in the hospital but either the laboratory testing or the tissue removed at the time of surgery may be sent out of the hospital to a laboratory or a pathologist who has been contracted with the hospital, but is not in the insurance company network.

As reimbursement for these services have decreased, hospitals have either sold their laboratory or contracted with a larger laboratories for their services. The hospital may have also contracted with a pathologist outside of the hospital who would provide services at lessor cost, without having the approval of the insurance company. The outside services then bill the patient. The patient will be surprised by an unexpected bill for which they are responsible.

Source: Pathology and Laboratory Medicine, June 2016

ALCOHOL: FRIEND OR FOE? DO YOUR GENES KNOW?

Think of the wonders uncorked by wine!
It opens secrets, gives heart to our hopes, pushes the cowardly into battle, lifts the load from anxious minds, and evokes talents. Thanks to the bottles prompting, no one is at loss for words.

But, is there more?

We will examine the subject in our next issue.



Lenexa Freedom Run 5K & 10K July 4th, 2016



A Very Happy Gene Wee



Photos By: Michael Chaffee

Belesti Akula
Overall 10K Winner

Each year, about 1,600 runners and walkers of all activity levels participate in this family-friendly event that is a fun celebration of our country's independence.



Molly Born leading the way

2016 Lenexa Freedom Run Results

5K Overall Winners

Male: Bryan Zack - 15:10

Female: Molly Born - 17:19

10K Overall Winners

Male: Belesti Akalu - 31:24

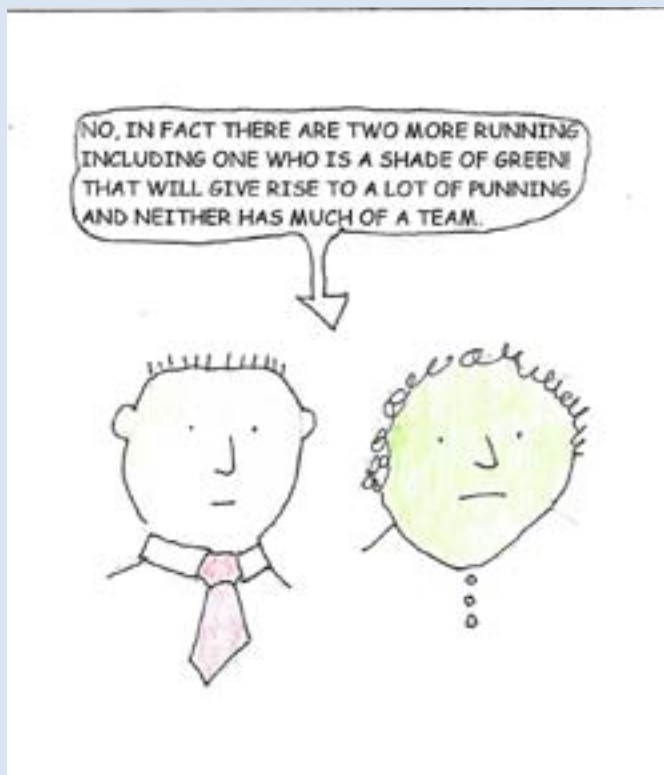
Female: Micki Krzeskinski - 37:23

Photos By: Michael Chaffee



Lou's Cartoons
In Living Color
By Lou Joline

A RUNNER FOR CONGRESS



BUY 10 TICKETS TICKETS ON A COAST TO COAST TRAIN
I'LL SPEAK AT A HUNDRED TOWNS FROM THE LAST CAR
IT'S HOW HARRY TRUMAN GAINED THE FAME
THAT MADE HIM A POLITICAL STAR.



5

REMEMBER WALKING JOE TEASDALE?
HE WALKED THE ENTIRE STATE.
OUR CAMPAIGN WILL MAKE THAT LOOK PALE
OUR TOUR WILL BE REALLY GREAT!



6

WE'LL NEED TEN THOUSAND BUTTONS TO PIN TO YOUR SHIRT
AND THREE THOUSAND RUNNERS FOR OUR TICKER TAPE PARADE
A BIG CLEAN UP CREW CERTAINLY WOULDN'T HURT
FOR THE CONFETTI ON BROADWAY WILL BE A CASCADE!



7

WE'LL MAKE THE FRONT PAGE OF EVERY PUBLICATION
OUR FLEET FOOTED GROUP WILL PRESS FOREVER FORWARD
THE OTHER CANDIDATES WILL FLEE IN CONSTERNATION
AND A SEAT IN THE WHITE HOUSE WILL BE OUR GREAT REWARD



Lou Joline

8



RUN PHEIDIPPIDES, RUN

The story of the Battle of Marathon

One year after running the Pikes Peak Marathon I was asked to give a talk about long distance running. Remembering a quote from W.H. Haden-“A professor is one who talks in someone else’s sleep,” I ventured to the library looking for something interesting to present. I stumbled on an article in the British Journal of Sports Medicine (Sept 1981), by an accomplished Australian historian, R. Grogan MBBS. This article is taken from his review of the Battle of Marathon and from Robert Browning’s 1879 “Pheidippides” from “Dramatic Idols.”

The Battle of Marathon is described as one of the fifteen battles which were turning points in history. It occurred in 490 BC between Greece and Persia. But we are interested in the name of the longest running distance in the Olympic Games which some regard as the ultimate challenge in long distance running. But wait, Grogan states “that it may well be that no such run such as the marathon run ever occurred in ancient times and if it did, then it certainly was not 26 miles and 385 yards.”

Persia had extended its control over Asia Minor during 1200-750 BC. The Greek world passed through the Dark Age. Each City with its surrounding hamlets and farms became a separate social unit, a kind of a city State.

Grogan noted, “Although the city states maintained their autonomy they pursued a common course of political development. Some unification of the city states took place and between the 8th and 6th centuries BC. The two dominant powers became Athens and Sparta. Each of these united its weaker neighbors into a league, or confederacy, under its control.”

Their political and economic culture flourished into what was labeled the Hellenic Culture. As a part of their religious organization the Greeks held four national festivals, called games - the Olympian, Isthmian, Pythian and Nemean Games.

In time the Persians Invaded Greece and began their influence and control over Greece. They sent heralds into Greece city sates requiring tokens of submission. Some states complied but Athens and Sparta refused. Darius, the ruler of Persia, was enraged by their refusal and prepared an expedition of 600 ships and a large army. They disembarked at the bay of Marathon, described as a natural landing site surrounded by steep hills but open to the south toward Athens. By not landing further south the Persians gave the Athenians the chance of covering the opening of the plain toward Athens.



Continued on page 17



FIFTY-SEVENTH ANNUAL

MONDAY, SEPTEMBER 5TH • COLUMBIA, MO

26
miles

385
yards

2016

Heart of America

M A R A T H O N

PHOTO BY CHANE SPRING

REGISTER
TODAY AT: HEARTOFAMERICAMARATHON.COM

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.

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.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
September 2016					
Sep 3	Sat	8:00 AM	Labor Day Dash 5K & 10K Run	Downtown Lee's Summit, MO	Labor Day Dash
Sep 3	Sat	7:00 AM	Heartland Heat Triathlon	Tiffany Hills Park Kansas City, MO	Heartland Heat Triathlon
Sep 3	Sat	8:00 AM	Natalie's A.R.T. 5K	Southcreek Office Park Overland Park, KS	www.nataliesart.org/come-to-the-5k/
Sep 3	Sat	8:15 AM	Lake Quivira Triathlon	Lake Quivira Lake Quivira, KS	www.lakequiviratriathlon.com/home.html
Sep 4	Sun	7:00 AM	Orangerush5k	English Landing Parkville, MO	Orangerush5K
Sep 4	Sun	8:00 AM	Go Girl Run Half Marathon & 5K	Kansas City, MO	www.gogirlrun.com
Sep 5	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	www.columbiatrackclub.com/hoa/index.htm
Sep 5	Mon	7:30 AM	Leawood Labor Day Run - 5K	Leawood City Park Leawood, KS	www.leawood.org/parks/labordayrun.aspx
Sep 10	Sat	6:00 AM	Hawk Hundred 100 Mile, 50 Mile & b Marathon	Clinton Lake Lawrence, KS	trailhawks.com/races/2016/sep/10/hawk-6/
Sep 10	Sat	8:00 AM	Charger Challenger 5K Race & 1 Mile Walk	St. Charles Catholic School Gladstone, MO	www.stcharleskc.com
Sep 10	Sat	8:00 AM	DeFeet Hunger 5K	55th and Paseo Kansas City, MO	DeFeet Hunger 5K
Sep 10	Sat	8:00 AM	Jesse James Festival 5K/10K Bill James Classic and Fun Run	Downtown Kearney, MO	jessejamesfestival.com/events/5k-10k/
Sep 10	Sat	8:00 AM	Olathe Medical Center Women's Triathlon & Duathlon	Kill Creek Park Olathe, KS	www.jcprd.com/special_events/omc_triathlon.cfm
Sep 10	Sat	8:00 AM	Heart of the Summit 5K, 10K, 1 Mile Walk	Downtown Lee's Summit, MO	www.heartofthesummit.com
Sep 10	Sat	8:30 AM	Capital Craze 5K Obstacle Run Muddy Buddy Mile & 5K	St.Francis River Hill Topeka, KS	capitolcraze.com/
Sep 10	Sat	9:00 AM	Vine to Wine 1/2 Marathon and 5K	The Family Vine Wine Greenville, IL	bocorunco.com/vine-to-wine-12-marathon-and-5k.htm
Sep 10	Sat	9:00 AM	Easter Seals Midwest Walk, Run 'n Roll	Corporate Woods Overland Park, KS	WalkRunNRoll.org
Sep 10	Sat	9:00 AM	Finger Lakes Adventure Challenge	Finger Lakes State Park Columbia, MO	Finger Lakes Adventure Challenge
Sep 10	Fri	6:00 PM	Platte County Community Center South 5K/10K Run/Walk	English Landing Park Parkville, MO	Platte County Community Center South 5K/10K
Sep 11	Sun	7:30 AM	Ad Astra Triathlon	Clinton State Park Lawrence, KS	www.legendendurance.com/legend-ad-astra.html

Sep 11	Sun	7:30 AM	Plaza 10K Run/Walk	Country Club Plaza Kansas City, MO	www.plaza10K.com
Sep 11	Sun	7:30 AM	Jeremy Katzenberger Memorial Triathlon	Weathersby Lake Kansas City, MO	jktri.weebly.com/
Sep 11	Sun	8:00 AM	Charlie's House Home Run for Safety 5K, 3K and .4K	Shawnee Mission Park Theater in the Park Pavilion Shawnee, KS	http://www.enter2run.com/search/event.aspx?id=31905
Sep 11	Sun	8:00 AM	Get Your Rear in Gear - 5K Run/Walk	Zona Rosa Kansas City, MO	Get Your Rear in Gear
Sep 11	Sun	8:30 AM	BIGGSteps Toward Cancer Prevention 5K	Overland Park, KS	www.biggsteps.org/
Sep 11	Sat	12:00 PM	Patriot's Run Ultra, Marathon, Half, Casual Walk/Run, Team	Mid-America Nazarene Campus Olathe, KS	www.patriotsrun.org/
Sep 17	Sat	7:00 AM	Kansas City Initiative 5K Walk/Run	Swope Park Band Stand Kansas City, MO	Initiative 5K Walk/Run
Sep 17	Sat	8:00 AM	Quartermax, Halfmax & Octomax Half-iron, Long, Short Triathlon and Duathlon	Innsbrook Resort Innsbrook, MO	ultramaxsports.com/halfmaxchampionship/landing/halfmax_landing.html#
Sep 17	Sat	8:00 AM	Helen Gold 5K	Fountains Shopping Center Overland Park, KS	www.helengold5k.com
Sep 17	Sat	8:00 AM	Run 4 Hope	Bass Pro Shops Independence, MO	Run 4 Hope
Sep 17	Sun	8:00 AM	Lee's Summit Half Marathon	City Hall Plaza Lee's Summit, MO	www.leessummithalf.com
Sep 17	Sat	8:00 AM	Dash 5K KCK	Donnelly College Kansas City, KS	www.donnelydash.weebly.com/
Sep 17	Sat	8:00 AM	Race Against Breast Cancer 5K	Topeka West High School Topeka, KS	www.rabctopeka.org/5k-event/
Sep 17	Sat	9:00 AM	Trot for Tots PJ 5K	Lake Shawnee Topeka, KS	Trot for Tots PJ
Sep 17	Sat	9:00 AM	Run for Freedom 5K, 10K and Poker Walk	Missouri Veteran's Home Warrensburg, MO	www.2016valrun.eventbrite.com
Sep 17	Sat	9:00 AM	North Shore Trail Run Half Marathon, 10K, 5K	Clinton Sate Park Lawrence, KS	www.psychowico.com/id61.html
Sep 17	Sat	9:00 AM	Dr. Bob Run 5K & Hy-Vee 1M Kid's Run	Rim Rock Park Lawrence, KS	Dr. Bob Run
Sep 17	Sat	5:30 PM	Nighthawk Flight 5K Run	Rockwood Golf Course Independence, MO	Night Flight 5K
Sep 18	Sun	7:00 AM	Strut With Your Mutt 3K Walk with your dog and a 5K Dog optional	Brookside Kansas City, KS	www.waysidewaifs.org/site/TR?fr_id=1180&pg=entry
Sep 18	Sat	7:30 AM	Paulina Cooper DotToDot 10K Run & 5K Run/Walk	Corporate Woods Overland Park, KS	www.dottodotrun.org/
Sep 18	Sat	7:30 AM	Dot to Dot 5K/10K	Corporate Woods Overland Park, KS	www.dottodotrun.org
Sep 24	Sat	7:30 AM	Flat Rock 50/25K	Elk City State Park Independence, MO	www.kansascityzoorun.org/
Sep 24	Sat	8:00 AM	Kansas City Zoo Run 4 Mile & 1 Mile	Kansas City Zoo Swope Park Kansas City, MO	www.kansascityzoorun.org/
Sep 24	Sat	8:00 AM	Pony Express Run Half Marathon & 5K	Pony Express Museum St. Joseph, MO	Pony Express 5K

Sep 24	Sat	8:00 AM	Sacred Steps 5K	Church of the Resurrection Leawood, KS	Sacred Steps 5K
Sep 24	Sat	8:00 AM	HCA FarmK 5K Run/Walk	38660 W 167th St. Edgerton, KS	HCA FarmK 5K
Sep 24	Sat	8:00 AM	Country Fest 10K & 2 Mile Fun Run	Lee's Summit , MO	Country Fest 10K
Sep 24	Sat	8:00 AM	Kansas Chocolate Winged Foot Fast 5K/10K & 4K Walk	Forbes Field Topeka, KS Leawood, KS	www.combatairmuseum.org/fundraising/wingedfoot2016.html
Sep 24	Sat	8:30 AM	Run For Purple Peace 10K, 5K, & Kids Dash	Webb Park Oak Grove, MO	www.purplepeacefoundation.org
Sep 24	Sat	9:00 AM	Buck O'Neil 2.2 Mile Walk & 5K Run	Negro Leagues Baseball Museum Kansas City, MO	Buck O'Neil 2.2 Walk & 5K Run
Sep 24	Sat	9:00 AM	St. Jude Walk/Run to End Childhood Cancer	Kansas City Power & Light District Kansas City, MO	St. Jude Walk/Run
Sep 17	Sat	8:00 AM	Grin & Bear It 5k	Cass Regional Medical Center Harrisonville, MO	Grin & Bear It
Sep 24	Sat	5:30 PM	Classic Rock 5K	Carey Park Hutchinson, KS	www.runfortherocks.com
Sep 25	Sun	7:00 AM	Broadway Bridge Run Half Marathon, 10K & 5K	Sprint Center Kansas City, KS	www.broadwaybridgerun.org/
Sep 25	Sun	8:30 AM	Regalia Run 5K	UMKC Volker Campus Kansas City, MO	Regalia Run
Sep 25	Sun	7:30 AM	Run for the Rocks Half Marathon	Carey Park Hutchinson, KS	www.runfortherocks.com
Sep 25	Sat	8:00 AM	War Horses for Veterans 5K	Kansas City, MO	http://www.warhorsesforveterans.com/
Sep 25	Sun	8:00 AM	Smithville Dam 5K Run/Walk 1 Mile Fun Run/Walk	Smith's Fork Park Smithville, MO	www.smithvilledamrun.com
Sep 25	Sun	8:00 AM	Extreme Timber Challenge	Bonner Springs, KS	www.kctimberchallenge.com
Sep 25	Sun	8:30 AM	5K Whisper Walk/Run for Ovarian Cancer	The Grove @ Zona Rosa Kansas City, MO	vickiweishfund.org/whisperwalk/
Sep 25	Sun	9:00 AM	Rock the Socks 5K	Waterfall Park Independence, MO	www.rockthesocks5k.com
Sep 25	Sun	9:00 AM	Fall Fell 7 Mile Trail Run	Kill Creek Park Olathe, KS	www.psychowyc.com/id64.html

October 2016

Oct 1	Sat	7:00 AM	Roots N Blues BBQ Half Marathon and 10K	Stephens Lake Park Columbia, MO	rootsnbluesnbbq.com/half-marathon-10k/
Oct 1	Sat	7:15 AM	Run the Burg Half Marathon, 10K & 5K	Downtown Warrensburg, MO	runtheburg.com/Race_Information.html
Oct 1	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk	Black Bob Elementary School Olathe, KS	www.pumpkinrunwalk.org/
Oct 1	Sat	8:00 AM	Lake Perry Rocks! Trail Run 50K, Half Marathon & 5K	Branded B Ranch Meriden, KS	www.psychowyc.com/lakeperrytrailruns/id13.html
Oct 1	Sat	8:00 AM	Pink Laundry 5K Walk/Run	Lee's Summit City Hall Lee's Summit, MO	www.pinklaundry.org

Oct 1	Sat	9:00 AM	Hopkins Skip & Run 5K	Rockhurst University Kansas City, MO	www.hopkins5k.org
Oct 1	Sat	6:00 PM	Blazin' the Burg 5K Run/WALK	Downtown Louisburg, KS	Blazin' The Burg
Oct 2	Sun	7:30 AM	Panera Bread Diabetes Dash 5K/10K	Town Center Panera Bread Leawood, KS	www.diabetesdashforlife.com
Oct 2	Sun	8:00 AM	Free to Breathe 5K	Theis Park Kansas City, MO	Free to Breath 5K
Oct 2	Sun	9:00 AM	Harley-Davidson Scarecrow 5K Run/Walk or 1 Mile Walk	Gladstone Linden Square Gladstone, MO	Harley-Davidson Scarecrow Run
Oct 8	Sun	8:00 AM	Cliffhanger 8K & 5K Run/Walk	KCUMB Campus Kansas City, MO	www.cliffhangerrun.com/
Oct 8	Sat	8:00 AM	Ability Quest: Run, Walk, Stroll, Roll	Berkley Riverfront Park Kansas City, MO	www.rehabkc.org/AbilityQuest
Oct 8	Sat	8:00 AM	Race for the Future 5K Run/Walk & Kids Dash	Lee's Summit West High School Lee's Summit, MO	Race For The Future
Oct 8	Sat	8:00 AM	Mustache Dash 5K	Park Place Leawood, KS	www.mustachedash5k.com/
Oct 9	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	www.prairiefiremarathon.com/
Oct 9	Sun	8:00 AM	Run Crazy Horse Half, Marathon & Marathon Relay	Hill City, SD	www.runcrazyhorse.com
Oct 9	Sun	8:00 AM	World War I Museum & Memorial 8K Adventure Run and Kids Cup	WW I Memorial/Museum Grounds Kansas City, MO	World War I Memorial Races
Oct 9	Sun	8:00 AM	JCCC Lace up for Learning 5K Run/Walk	JCCC Campus Overland Park, KS	www.jccc.edu/laceup5k
Oct 9	Sun	8:30 AM	FLATS Trail Half Marathon	Thousand Hills State Park Marina Kirksville, MO	www.sunflowerstriders.org/events/2016
Oct 13	Sat	5:30 PM	The Great Pumpkin Run - 5K	Johnson Farms Pumpkins Belton, MO	www.thegreatpumpkinrun.com/cities/kansascity/
Oct 15	Sat	7:15 AM	Waddell & Reed Kansas City Marathon with Ivy Investments Full, Half, Relay & 5K	Crown Center Kansas City, MO	www.waddellandreedkansascitymarathon.org/
Oct 15	Sat	8:00 AM	Maple Leaf Run 5K & 1 Mile	Baldwin City Golf Course Baldwin City, KS	www.baldwincitychamber.com/
Oct 15	Sat	8:00 AM	Bear Creek Run Half Marathon	Bear Creek Trail Columbia, MO	Bear Creek Run
Oct 15	Sat	8:30 AM	Run for Excellence 5K Run/Walk	Raytown High School Raytown, MO	www.raytowneducationalfoundation.org/run-for-excellence/
Oct 16	Sun	8:00 AM	IMT Des Moines Marathon Full, Half, Relay & 5K	Locust Street Bridge Des Moines, IA	www.desmoinesmarathon.com/#home
Oct 16	Sun	8:00 AM	World's Largest Corn Maze Run	Spring Grove, IL	World's Largest Corn Maze Run
Oct 16	Sun	9:00 AM	Oregon Trail Trek	Alcove Spring Park Blue Rapids, KS	pamtrains@bluevalley.net
Oct 22	Sat	8:00 AM	CAC STB/FMWR - Half Marathon	Ft. Leavenworth Leavenworth, KS	CAC STB/FMWR - Half Marathon
Oct 22	Sat	8:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School 645 S. Commercial Ave Smithville, MO	www.juliaswarriorsrunforhope.com/
Oct 22	Sat	9:00 AM	Olathe Charities 5K	Frontier Park Olathe, KS	www.olatheks.org/parksrec/olathe-charities-5k
Oct 30	Sun	6:00 AM	Blue Springs Marathon, Half & 4 Person Relay	Blue Springs, MO	http://bs50.com/bsrun/tracks/?page_id=379

Oct 23	Sun	8:00 AM	Hustle for Hunger 5K	Warren Middle School Leavenworth, KS	www.hustleforhunger.com/home
Oct 23	Sun	8:00 AM	Great GO! St. Louis Halloween Race Half Marathon, 10K, 5K, Fun Run	Downtown St. Louis, MO Leavenworth, KS	Great GO! St. Louis Halloween Race
Oct 23	Sun	8:30 AM	OVERRUN Ovarian Cancer 5K Run/Walk & 1 Mile Teal Trail Walk	Southcreek Office Park Overland Park, KS	www.overrunovariancancer.com
Oct 23	Sun	9:00 AM	Spooky 5K Run	133rd St. & State Line Leawood, KS	Spooky 5K Run
Oct 23	Sun	9:30 AM	Family Timber Challenge	Bonner Springs, KS	www.kctimberchallenge.com
Oct 21	Fri	7:00 PM	Light the Night for Life	Liberty's Women's Clinic Liberty, MO	www.lightthenight4life.com
Oct 29	Sat	7:45 AM	Tulsa Federal Credit Union Tulsa Run 15K, 5K, & 2K	Downtown Tulsa, OK	Illinois Ozarks 10K Bluff Trail Run
Oct 29	Sat	8:00 AM	SAFEHOME Halloween 5K	South Creek Office Park Overland Park, KS	www.safehome-ks.org/
Oct 29	Sat	8:00 AM	Halloween Hustle 5K & 10K Run	Unity Village Lee's Summit, MO	Halloween Hustle
Oct 29	Sat	8:00 AM	Halloween Hustle 5K & 10K Run	Unity Village Lee's Summit, MO	Halloween Hustle 5K & 10K Run
Oct 29	Sat	8:30 AM	Pumpkin Run 5K Run, 5K Walk & Family Stroll	Lake Shawnee Topeka, KS	rogerlunderwood1@sbcglobal.net
Oct 29	Sat	8:50 AM	Emma Marie Aronson Memorial 5K Run, 1 Mile Walk & Kid's race	Unity Village Lee's Summit, MO	tulsasports.org/tulsarun/
Oct 29	Sat	9:00 AM	Oakhill Day School Panther Scamper 5k/Walk/Fun Dash	Oakhill Day School 7019 N. Cherry Street Gladstone, MO	odsdevelopment.wix.com/pantherscamper5k
Oct 29	Sat	9:00 AM	Monster Dash 5K/10K	Blue River Rail Trail Marysville, MO Roeland Park, KS	www.jkrunningevents.com
Oct 29	Sat	9:00 AM	Illinois Ozarks 10K Bluff Trail Run	Borsch Park Valmeyer, IL	Illinois Ozarks 10K Bluff Trail Run
Oct 29	Sat	11:00 AM	The Running Dead 5K	Cricket Wireless Amphitheater Bonner Springs, KS	www.runningdeadkc.com/info.html
Oct 29	Sat	6:45 PM	Tick or Treat 5K Trail Run	Wyandotte County Lake Park Kansas City, KS	www.psychowyc.com/tickortreat/
Oct 29	Sat	7:00 PM	Monster Dash & Lil' Monster Kids Run	City Market Kansas City, MO	www.kcmonsterdash.com

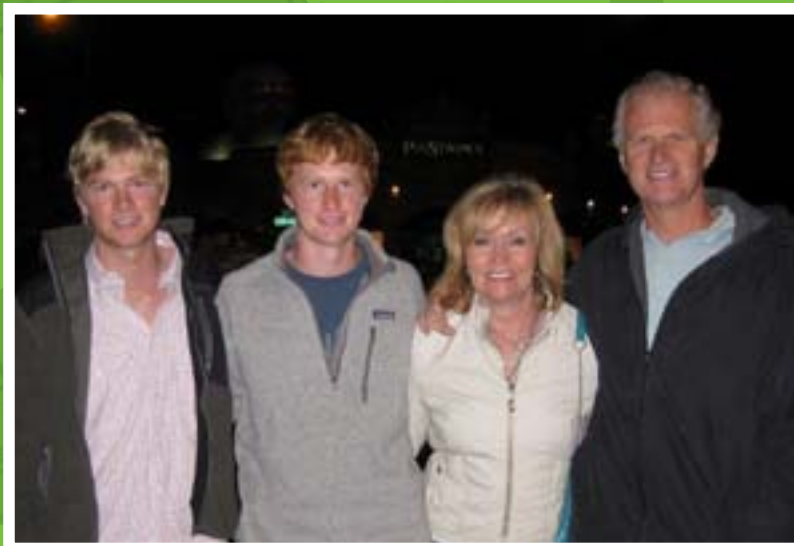
November 2016

Nov 5	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	www.ozarktrail100.com
Nov 5	Sat	8:00 AM	Grub Run	Northland Abundant Life Center Kansas City, MO	Grub Run
Nov 5	Sat	9:00 AM	Pumpkin Smash 5K Run/Walk	Waterfall Park Independence, MO	Pumpkin Smash 5K Run/Walk
Nov 5	Sat	9:00 AM	Shoal Creek Living History Wilderness Run 5K & 2 Mile	Robert H. Hodge Park Kansas City, MO	Shoal Creek Living History Wilderness Run
Nov 5	Sat	9:00 AM	Turkey Trot 5K Run & 1 Mile Fun Walk	Lee's Summit, MO	Turkey Trot 5K
Nov 5	Sat	9:00 AM	OLP Turkey Trot	Downtown Lee's Summit, MO	www.olpturkeytrot.com
Nov 5	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr. Topeka, KS	www.hhhstopeka.org/tails_on_the_trail0.aspx

Nov 6	Sun	8:00 AM	Kansas Half Marathon & 5K	Downtown Lawrence, KS	www.kansashalfmarathon.com/
Nov 6	Sun	8:00 AM	Breath Deep Kansas City	Liberty Memorial Kansas City, MO	Breath Deep Kansas City
Nov 12	Sat	7:00 AM	Sander Saunter	Clinton Lake Lawrence, KS	trailhawks.com/races/2016/nov/12/sanders-saunter-8
Nov 12	Sat	8:00 AM	Longview Half Marathon	9035 Pittenger Rd. Grandview, MO	www.longviewhalf.com
Nov 13	Sun	8:00 AM	Dude, Where's the Trail? 50K Trail Run	South Marina at Lake Jacomo Kansas City, MO	Where's the Trail
Nov 13	Sun	8:30 AM	Gobbler Grind Run Marathon, Half Marathon & 5K	Corporate Woods Overland Park, KS	www.gobblergrindmarathon.com/
Nov 13	Sun	9:00 AM	Veteran's Day Fantastic 4 Mile	Wyandotte County State Park Shelter #9 Kansas City, KS	www.psychowyc.com/id65.html
Nov 19	Sat	8:00 AM	AdventureMax Springfield Half Marathon & 10K	Two Rivers Bike Park Springfield, MO	www.ultramaxsports.com/adventuremax
Nov 19	Sat	8:00 AM	Turkey Trails 5k & 10K Run	Waterfall Park(Bass Pro) Independence, MO	Turkey Trails 5k & 10K Run
Nov 19	Sat	8:00 AM	MCTP/FMWR Turkey Trot	Ft. Leavenworth Leavenworth, KS	MCTP/FMWR Turkey Trot
Nov 19	Sat	8:00 AM	Living History Farms Off Road Race	Living History Farms Urbandale, IA	Living History Farms Run
Nov 19	Sat	9:00 AM	Saunders Saunter - 10K, 25K & 50K	Clinton Lake Lawrence, KS	Saunders Saunter
Nov 20	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, Kansas	www.psychowyc.com/pilgrimpacerrun/
Nov 20	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	www.route66marathon.com/
Nov 24	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	www.runlawrence.org/TDay5k.html
Nov 24	Thu	9:00 AM	Thanksgiving Day 5K Run & Family Stroll	Sprint Campus Overland Park, KS	www.sportkc.org/sportkc.aspx?pgID=866&event_id=1166
Nov 24	Thu	9:00 AM	Turkey Trax Running Road 5K Walk/Run	UltraMax Sports Columbia, MO	www.turkeytraxrun.com
Nov 24	Thu	9:00 AM	Liberty Giving Thanks 5K Run and Walk	Liberty Community Center Liberty, MO	www.hillcresthope.org
Nov 24	Thu	9:00 AM	Parkville Turkey Trail Trot 5K Run/Walk	English Landing Parkville, MO	www.parkvilleturkeytrot.org/
Nov 24	Thu	9:00 AM	Ward Parkway Thanksgiving Day 5K	Ward Parkway Center Kansas City, MO	wardparkwaythanksgivingdayrun.com/
Nov 24	Thu	9:00 AM	Pilgrim Run 5K	Pilgrim Chapel Kansas City, MO	pilgrimrun.org
Nov 26	Sat	5:00 PM	MKA Rescue Run 5K Run/Walk	Downtown Topeka Topeka, KS	www.TRMonline.org/RescueRun
December 2016					
Dec 3	Sat	9:00 AM	Alternate Chili Trail Run - 10 Mile	Wyandotte County Lake Park Shelter #2 Kansas City, KS	www.psychowyc.com/id44.html
Dec 3	Sat	10:00 AM	Westport Santa Dash 5K	Kelly's in Westport Kansas City, MO	www.santadash.com/
Dec 10	Sat	8:00 AM	Candy Cane Course 5K & 10 Run	Lee's Summit, MO	Candy Cane Course 5K & 10 Run

"Have you ever felt worse after a run?"

- George Sheehan



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