

MASTER PIECES



**Magazine of Mid-America
Running Association
September-October 2020**

Master Pieces

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

SEPTEMBER-OCTOBER
2020

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Cover Photo:

Eric Smith (Topeka, KS) was the overall male winner on the Sunflower State Games Orienteering long course

By: Gene Wee

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



Renee Kidwell
Editor



A Change of Seasons

As we soon make that change from Summer to Autumn it has me reflecting on the upcoming spectacle of beautiful golden & orange colors that will surround us. I can't deny that I truly enjoy the Fall Season for many reasons. It often seems much calmer, cooler and casual to me. I wonder though, will this year be different as our world continues to struggle with a deadly virus? I am so Grateful, Thankful & Blessed everyday for my health, freedom, blessings & friends.

I join Karen Raymer (pg 2) in her prayer that doctors & researches find that much needed vaccine very soon so we can all move from this Season of

Covid 19 to

the Season of Healing, Health and prosperity for all.

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• *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 2020

When I wrote my article in June, I thought that by now, the world as we knew it before Covid 19, would be back. But it certainly is not and doesn't appear to be in the near future.

Until last week, I personally had not known anyone who had succumbed to this horrible disease. This lovely lady, Sonja Joline, was not a runner, but was the wife of a very a well known and long time runner, Lou Joline. Sonja was a very accomplished athlete in her own right, she was an ace tennis player, for many, many years. She was also a vey good skier. Keith and I have, in the past, been on many ski trips with the Joline's, through the Kansas City Ski Club. Sonja was always a fun person to be around, most of her family and close friends called her Sunny, which was a very fitting name for her.

Sonja, had been in bad health for awhile and had recently been in a nursery home, this is where she contracted the Covid 19 virus.

Please keep Lou and their family in your thoughts and prayers.

I also feel so bad for those who make their livings from the running industry, these have certainly been very trying times.

I pray that the doctors and researchers find a vaccine soon for this awful malady. Please take care and be safe. Wishing you happy and healthy running and/or walking.

Karen

MARA Sustaining Members

Anna & John Allen - Leawood, KS

Lexa Alley- Merriam, KS

Diane Bahr-Leavenworth, KS

Dave Boone-Overland Park, KS

Mary Boyce & Mary Desch - Wichita, KS

John Cookinham - Kansas City, MO

Joe Duncan - Lee's Summit, MO

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, KS



Karen & Keith Raymer - Raymore, MO

Gretchen & Stevan Ryan - Olathe, KS

Catherine Saxon Family - Lawrence, KS

Kermit Trout - Overland, Park, KS

LeRoy Unruh - Overland Park, KS

Sandie Weston - Kansas City, MO

Eugene & Marsha Wren - Shawnee Mission, KS

Getting to KNOW MARA MEMBER: BOB COOK –

“THE RUNNING PIANO MAN”

Master Pieces’ Editor Renee Kidwell is delighted to share a wonderful conversation & background on MARA Member Bob Cook

Bob has been a loyal member of MARA since 1988.

RK: What came first – running or the piano?

BC: Someone once suggested that I perhaps ran out of the womb, but I would have to say the piano came first.

RK: What is your piano history?

BC: When I was in the 2nd grade I made the mistake of sitting down to our family piano and plunking out “Mary Had A Little Lamb” with one finger. My mother decided I needed to advance my talent and signed me up for piano lessons much to my chagrin. I took piano for several years in our small Ohio town while in grade school not enjoying it at all as I would much rather have been out playing ball with my buddies. I convinced my mom to let me quit in about 6th grade, but when I was in high school the Beatles came along and I found myself sitting down to the piano and playing some simple Beatles songs by ear which I found more enjoyable than taking structured lessons. I continued learning to play more songs by ear while in high school and in college. After graduating from Ohio University and serving in the US Navy I got a job in Springfield, Ohio, where I purchased an old upright piano which I lugged around with me when I moved to Dayton, Cincinnati, St. Louis and finally Kansas City in 1982.

RK: What is your running history?

BC: I did not run in high school or college, and in fact did not run my first race until my mid-30's when I ran the 1984 Macy's 10K in Kansas City. I got hooked on it not just for the fitness benefits but for the social aspect as well. I joined some running groups and met a number of new acquaintances who are good friends to this day. I ran my first marathon when I turned 40 and ended up running 25 marathons. After running Boston in 2000 I retired from that distance as a concession to marriage considering the time it takes to train. I do not compete anymore but still run 2 or 3 days per week for fun. I am also enjoying my part time “retirement job” at Garry Gribbles Running Sports which keeps me connected with the running community.

RK: Is there a connection between the piano and running?

BC: Yes. In 1988 I started going to the weekly Wednesday Night Runs that were hosted at the home of somebody different each week – 52 weeks per year. A large group would run up to 10 miles and then return to the hosts' home for a social pot luck supper. Some of these homes had a piano and I would occasionally sit down and pound out a number or two. Some of the pianos in these homes were baby grands which were much nicer than the old upright I had, so in 1992 I traded in my old well-traveled piano for a baby grand which I enjoy playing to this day. I met my future wife, Anne McCarty, at a Wednesday Night Run in 1988 and we got married in 1998 in Las Vegas the same day that we ran the LV Half-Marathon. She likes the stuff I play so that keeps me motivated to continue.

Bob's Running PR's:

10K – 39:19

Marathon – 3:07

5K – 18:40

Half-Marathon – 1:26

1M- 5:30

Bob's Piano “PR's”:

Beethoven – Moonlight Sonata, Fur Elise

Rachmaninoff – Prelude in C Sharp Minor

Beatles, Elton John and Billy Joel

photos cont'd on pages 5-6





Bob Cook Running in the Flying Pig Marathon



Bob Cook Making Beautiful Music

*Bob's piano videos can be viewed on YouTube by typing in
"Bob Cook Piano".*

Midnight Run 5K/10K for Summer Olympics

Scheduled to go off at 11:59 Saturday night, the race probably started in the wee minutes of Sunday morning. Cones were set at the starting line to establish a modicum of social distancing, and runners were set off into that good night in waves determined by time. The darkness was punctuated by recurring street lamps, as bicycles with flashing blue and red lights led the 5K and the 10K. Those same flashing lights announced the return of sweating runners on a muggy, muggy night.



cones set for social distancing



waiting... and stretching



pre-race stretch



"... and then you turn onto
Tomahawk Creek Parkway"

Cont'd on page 8

Update/photos by: Michael Chaffee

Midnight Run 5K/10K for Summer Olympics



on 117th Street



2nd Male



Hot Young Finishers



1st & 2nd 10K



Impressionist Finish



Quick Fans

Update & Photos by: Michael Chaffee

**Sunglasses Run 5K --
8-1-2020 --
South Creek Park, O.P., KS**



Warming up



Lots of Sun, Smiles & Fun!



Rock Chalk



Lead Group



Update & Photos by: Michael Chaffee

Wheaton Glow Run 5K run & 1 mile run -- Wheaton, KS -- 8-22-20

By 8:00 p.m. grade school children, their parents, and numerous unattached young adults began congregating in the main park in Wheaton, Kansas, for the Wheaton Glow Run, presided over by race director Bailey Starns, as a fundraiser for the Wheaton Independence Day Celebration, which is held the Saturday after the Fourth of July. The scheduled 8:30 start time crept closer to 9:00. as a sizable field of 50-60 entrants, many sporting the neon race t-shirt and many youngsters decked out with glow goggles and bracelets, stepped to the starting line painted on Main Street. The race director's voice command sent the field into the muggy darkness, and great enjoyment was had by all.



Raising funds for WIDC



Joe Harder, publisher/editor of
the Onaga Herald

Cont'd on Pg's 11-16

Update & Photos by: Michael Chaffee



"When is the start?"



Wary of the stranger from KC



Pre-race tether-ball
Championships



pre-race Hi-Jinks

Wheaton Glow
Run 5K run & 1
mile run



Beginning to Gather

Update & Photos by: Michael Chaffee



This is where it all starts



the old fire station, a few feet from the start

**W h e a t o n
Glow Run 5K run
& 1 mile run**



Primed to take a prominent part inthe race

Update & Photos by: Michael Chaffee

**Wheaton Glow Run
5K run & 1 mile run**



The Excitement
Mounts....



**Terry Force, Mayor
of Wheaton and Fire
Department Member**



**A nod to the good old days with no
computers, race chips, or inflated
infrastructure**

Update & Photos by: Michael Chaffee



at the park pavilion,
waiting for the start



Performance Enhancing Car



*Glowing before the
"Glow Run"*

Wheaton Glow
Run 5K run & 1
mile run

Update/photos by: Michael Chaffee



Red-eyed Start



Eventual Co-Winners

Wheaton Glow
Run 5K run & 1
mile run

Update/photos by: Michael Chaffee

Wheaton Glow
Run 5K run & 1
mile run



The winners!



Bikes keep up!

Wheaton Glow
Run 5K run & 1
mile run

Update/photos by: Michael Chaffee

The Sunflower State Games Orienteering held July 12th, 2020

Orienteering - the original sport with social distancing where you send competitors out one at a time and compare times at the end.

Many other SSG events were canceled due to the COVID19 pandemic.
The 5K and 10K road races and the cross country races were canceled.



Amanda-John_near13.
= Amanda Oakley & John Remmert (Wamego, KS)
*just need to look around the
bush to find the marker they're
looking for.*



Sandy Beverly coming in at the
boulder control.



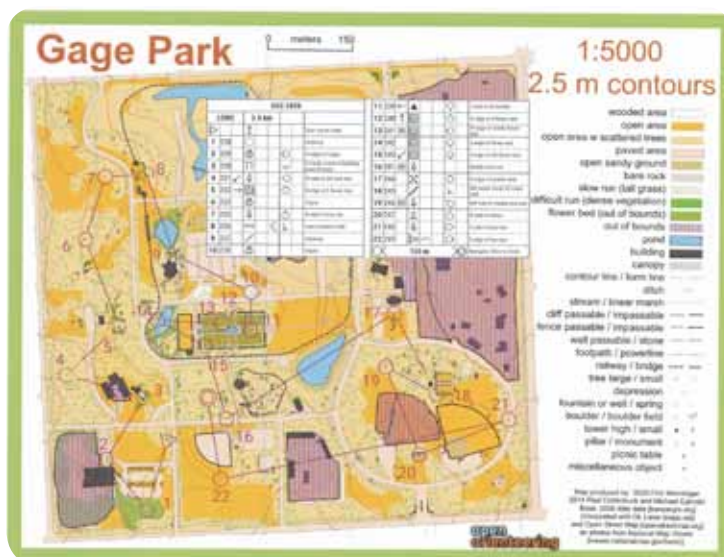
DickNeuburger-at14 = Dick
Neuburger (Lenexa, KS) at
control 14 by the pond at
Gage Park.

Update/photos by: Gene Wee

Cont'd pg 18



Eric Smith (Topeka, KS) was the overall male winner on the long course, here leaving point 15 showing how good orienteers map read on the run.



Map of the long course at Gage Park in Topeka, KS.



Mike Shifman (Olathe, KS) was one of two 80+ year olds at the competition.



Eric Smith went out again with his daughter on the short course.

The Sunflower State Games Orienteering

Update/photos by: Gene Wee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

IRRESISTABLE VEGETABLES

While nutrition research continues to grow and change the way we look at what a healthy diet really is, it is certainly easy to run across a vast array of messages about diet and nutrition. Science does matter with nutrition, but most people still really just want to know, “What should we eat to stay healthy”? This often turns out to be not so simple at all. A recent NIH Strategic Plan for Nutrition Research reinforced what most know, that one size does not fit all when it comes to nutrition and what is best to eat. There are indeed profound differences between individuals in dietary responses, along with links between diet and disease risk. One thing dietitians do know, which was echoed in the recent 2020 American Cancer Society recommendations (Guideline for Diet and Physical Activity for Cancer Prevention), as well as many other professionals, is to consume a healthy diet focused on “real” food: which includes, vegetables, fruit, lean protein, and whole grains. My recommendations continue to include: add more color to one’s plate, in terms of a variety of vegetables and fruits. Helping to make those vegetables tasty and irresistible is a key to tempting most any picky eater, no matter their age. Here are some ideas:

GAZPACHO

(a cold soup made of blended vegetables; there are many varieties, here is a tasty, easy one)

**1 zucchini, 1 cucumber, 1 stalk celery, ½ onion, 3 sprigs parsley, 1 green pepper, seeded,
1 large can whole peeled tomatoes with juice
1 (12-oz) can V-8 juice
2 cloves garlic
2 Tablespoons wine vinegar
2 Tablespoons olive oil
½ - 1 teaspoon salt
½ teaspoon Worcestershire sauce
½ teaspoon ground black pepper
3 jalapeno peppers, chopped (optional)**

Chop first 7 ingredients coarsely in a blender or food processor. Empty into a bowl. Liquefy remaining ingredients in blender or food processor. Combine mixtures. Chill well, Serve with a lime slice.

**More Recipes on
Page 20**

SPINACH & CHEESE SQUARES

2-10 oz pkgs. frozen chopped spinach
1 pound cottage cheese
1/3 cup Feta or shredded cheddar cheese
4 eggs, beaten
¼ cup chopped scallions or onion
3 Tablespoons melted butter or margarine,
1 Tablespoon flour
½ teaspoon white pepper, ½ teaspoon dill
2 Tablespoons grated Parmesan cheese

Thaw, drain and pat down spinach to remove extra liquid (can be thawed overnight in refrigerator). In a large bowl, mix eggs, cottage cheese, shredded cheese, and onions. Add melted butter, flour, pepper and dill, mix. Fold in spinach. Pour into a 9"x 9" or 12" x 8" pan that has been oiled or coated with pan spray. Even out mixture in pan. Sprinkle with Parmesan cheese. Bake in a preheated 350 degree oven for approximately 50 minutes. Allow to cool, then cut into squares.

CARROT SALAD IN APPLE BOWLS

(some people like veggies better when combined with a favorite fruit)

1 large red or green apple
1 teaspoon lemon or orange juice
1 Tablespoon honey
1 Tablespoon plain low-fat yogurt
1 carrot, peeled and shredded
2 Tablespoons chopped salted peanuts
1 Tablespoon raisins
Green leaf lettuce for garnish, optional

Cut apple in half, lengthwise, remove core and seeds. Hollow out halves with a small spoon, leaving a ½" border. Rub halves with lemon or orange juice to prevent browning. Finely chop apple pulp.

In a small bowl, combine honey and yogurt until smooth. Stir in shredded carrot, chopped apple, peanuts, and raisins. Fill apple halves with salad mixture. Serve on a bed of lettuce if desired.

Makes 2 servings

Injury is a frequent companion of older runners. Here Greg Hartman exhibits the grit, determination, and discipline needed to recover from a quadriceps tear by hiking in Shawnee Mission Park.



Update/photos by: Michael Chaffee

Mid-America Running Association					
Schedule of Kansas City Local and Regional Races					
<p>This race schedule is a service of Mid-America Running Association. Support MARA and join today!</p> <p>Send additions, changes, & corrections to Stevan.Ryan@Outlook.com</p> <p>New race submissions should include the information shown below.</p> <p>This schedule includes Running Races in KC Metro or a short drive from KC, and, select other events.</p> <p>To search for races - http://www.runningintheusa.com/Race/Default.aspx</p> <p>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.</p> <p>Races that have dates highlighted with yellow are tentative.</p>					
Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
September 2020					
Sep 1	Sat	8:00 AM	Run for Recovery 5K Run/1Mile Fun Run & Walk	Salina, KS	Run for Recovery
Sep 3	Tue	8:00 AM	De Soto Family Fun 5K	Miller Memorial Park De Soto, KS	De Soto Family Fun 5K
Sep 4 - Sep 5	Sat	AM/PM	TriFest for MS	Melvin Ford Aquatic Center Bentonville, AR	TriFest for MS
Sep 5	Sat	6:00 AM	The Hawk - Cancelled 100 Mile, 50 Mile & b Marathon	Clinton Lake Lawrence, KS	The Hawk
Sep 5	Sat	7:30 AM	Going the Distance Run	Corpordate Woods Overland Park, KS	Going the Distance Run
Sep 5	Sat	8:00 AM	Labor Day Dash 5K - East KC	Summit Fair Shopping Center Lee's Summit, MO	Labor Day Dash 5K
Sep 5	Sat	8:00 AM	Bar K 5K	Kansas City, MO	Bar K 5K
Sep 5	Sat	8:00 AM	Fall Festival River Run	Walthena, KS	Fall Festival River Run
Sep 5	Sat	8:00 AM	D. S. Labor Day 5K	18th and Buffalo Soldier Dr. Junction City, KS	D. S. Labor Day 5K
Sep 5	Sat	8:30 AM	Suicide Prevention 5K Walk/Run	Topeka, KS	Suicide Prevention 5K Walk/Run
Sep 5	Sat	9:00 AM	One Step Closer	Kaw Valler Center Lawrence, KS	One Step Closer
Sep 5	Sat	9:00 AM	Domino's Partners Fun Run	Cunningham Park Joplin, MO	Partners Fun Run
Sep 5	Sat	9:00 AM	Trail of the Four Winds 25K	Lake of the Ozarks Stater Park Lake Ozark, MO	Trail of the Four Winds 25K
Sep 5	Sat	9:00 AM	Dream KCK - 5K Run	Bethany Park Kansas City, KS	Dream KCK - 5K Run
Sep 7	Mon	6:00 AM	Heart of America Marathon	Hearnes Center Columbia, MO	Heart of America Marathon
Sep 7	Mon	7:30 AM	Bill Snyder Highway Half Marathon	Manhattan, KS	Bill Snyder Highway Half Marathon
Sep 7	Mon	8:00 AM	Leawood Labor Day 5K	Tomahawk Crk Pkwy & 114th St. Overland Park, KS	Labor Day 5K
Sep 7	Mon	8:00 AM	MAC Labor Day 10 Miler & 2x5 Mile Relay	Lewis Dr. Hays, KS	MAC Labor Day 10 Miler & 2x5 Mile Relay
Sep 7	Mon	11:00 AM	Steve Miller Memorial 5K	Chapman High School Chapman, KS	Steve Miller Memorial 5K
Sep 11	Fri	7:30 AM	Fueled by Fire Run 9M or 2M	Athletic Park Newton, KS	Fueled by Fire Run
Sep 11	Fri	12:00 PM	Patriot's Run Ultra, Mara, Half, Casual Walk/Run, Team	Two Trails Park Olathe, KS	Patriot's Run
Sep 11/12	Sat	8:00 AM	Springfield Area Memorial Stair Climb	Plaster Stadium Columbia, MO	Springfield Area Memorial Stair Climb
Sep 11	Fri	6:30 PM	Patriot's Run 5K	Two Trails Park Olathe, KS	Patriot's Run 5K
Sep 12	Sat	7:00 AM	Run the Rock	Top of the Rock Ridgedale, MO	Run the Rock
Sep 12	Sat	7:15 AM	Big Red Shoe Presented by TAMKO	3402 S. Jackson Joplin, MO	Big Red Shoe

Sep 12	Sat	7:30 AM	Race to the Center - 13.1 M Geographic Center of the United States	Lebanon, KS	Race to the Center
Sep 12	Sun	7:30 AM	Litchfield TriathLou Spring, Olympic & Half Distance Triathlon	Lake Lou Yeager Beach House Litchfield, IL	Litchfield Triathlon
Sep 12	Sat	7:30 AM	Seymour Apple Festival 5K	Seymour, MO	Seymour Apple Festival 5K
Sep 12	Sat	7:30 AM	Tonganoxie Library Run - 5K/10K	Library Tonganoxie, KS	Tonganoxie Library Run - 5K/10K
Sep 12	Sat	8:00 AM	Helen Gold 5K - Cancelled	La Paloma Plaza Overland Park, KS	Helen Gold 5K
Sep 12	Sat	8:00 AM	Jesse James Festival Bill James Classic 5K/10K and Fun Run	Downtown Kearney, MO	Jesse James Festival
Sep 12	Sat	8:00 AM	Harris Park Midtown Sports & Activity Center 5K	4029 Wayne Ave. Kansas City, MO	Sports & Activity Center 5K
Sep 12	Sat	8:00 AM	Lyme is Local 5K	Berkley Riverfront Park Kansas City, MO	Lyme is Local 5K
Sep 12	Sat	8:00 AM	Grain Valley Fair 5K - Virtual	711 Main St. Grain Valley, MO	Grain Valley Fair 5K
Sep 12	Sat	8:00 AM	Heroes for Education 5K - Postponed	Conn-West Elementary Grandview, MO	Heroes for Education 5K
Sep 12	Sat	8:00 AM	GO! Missouri KT82 Trail Relay	Herman, MO	GO! Missouri KT82 Trail Relay
Sep 12	Sat	8:00 AM	Runnin' for Home 5K	National WW1 Museum and Memorial Kansas City, MO	Runnin' for Home 5K
Sep 12	Sat	8:00 AM	Gospel Run - Kansas City - Virtual	18th & Vine Kansas City, MO	Gospel Run - Kansas City
Sep 12	Sat	8:00 AM	Zack Schrock Memorial 5K Run/Walk	Harrisonville, MO	Zack Schrock Memorial 5K Run/Walk
Sep 12	Sat	8:00 AM	Catch the Spirit 5K Run/Walk	Harrisonville High School Harrisonville, MO	Catch the Spirit 5K
Sep 12	Sat	8:00 AM	St. Jude Run/Walk Springfield	Rutledge- Wilson Farm Park Springfield, MO	St. Jude Run/Walk Springfield
Sep 12	Sat	8:00 AM	Lizzy's Walk of Faith 5K Walk/Run	Twin Lakes Park Columbia, MO	Lizzy's Walk of Faith 5K Walk/Run
Sep 12	Sat	8:00 AM	4 Miles 4 Kids	Rutledge Wilson Family Park Springfield, MO	4 Miles 4 Kids
Sep 12	Sun	8:30 AM	5K Walk/Run	4901 SW Shunga Dr. Topeka, KS	5K Walk/Run
Sep 12	Sat	8:30 AM	Race for Freedom 5K	Carpenter Place Wichita, KS	Race for Freedom
Sep 12	Sun	8:30 AM	Senior Services Heartland 5K Walk/Run - Virtual	200 S. Walnut Wichita, KS	Heartland 5K Walk/Run
Sep 12	Sat	8:30 AM	Suicide Prevention Coalition 5K Run/Walk	Crestview Shelter House Topeka, KS	SCSPC 5K
Sep 12	Sat	9:00 AM	Steff Strong Run	Paola, KS	Steff Strong Run
Sep 12	Sat	9:00 AM	#NFAstrong 5K for Neurofibromatosis	North Kansas City, MO	#NFAstrong 5K for Neurofibromatosis
Sep 12	Sat	9:00 AM	Horsethief Canyon Trail Run	Marquette, KS	Horsethief Canyon Trail Run
Sep 12	Sat	10:00 AM	Free Spirit 5K/10K	Hays, KS	Free Spirit 5K/10K
Sep 12	Sat	4:00 PM	Great Amazing Race - KC	Franke Athletic Fields Lee's Summit, MO	Great Amazing Race - KC
Sep 13	Sun	7:30 AM	Plaza 10K Run/Walk	Country Club Plaza Kansas City, MO	Plaza 10K
Sep 13	Sun	8:00 AM	Jefferson County Big River Run	Hot Springs, MO	Jefferson County Big River Run

Sep 13	Sun	8:00 AM	Step Beyond Celiac KC5K - Virtual	Berkley Riverfront Park Kansas City, MO	Step Beyond Celiac KC5K
Sep 13	Sun	9:00 AM	Bariatric Center of KC 5K Run/Walk - Cancelled	Lenexa, KS	Bariatric Center of KC 5K Run/Walk
Sep 13	Sun	9:00 AM	Run with GEAK5	Lawrence, KS	Run with GEAK5
Sep 13	Sun	9:00 AM	JayDoc 5K Dental Night Run/Walk	7900 Renner Road Lenexa, KS	JayDoc 5K Dental Night
Sep 14	Mon	7:00 AM	Strut With Your Mutt - Virtual 3K Walk with your dog and a 5K	Brookside Kansas City, KS	Strut With Your Mutt
Sep 18	Fri	8:00 PM	Arrowhead 5K	Arrowhead Stadium Kansas City, MO	Arrowhead 5K
Sep 19	Sat	7:30 AM	Rugged Maniac Obstacle Race Kansas City	Snow Creek Weston, MO	Rugged Maniac Race
Sep 19	Sat	7:30 AM	Redman Triathlon	10899 N. Old Lakeshore Road Oklahoma City, OK	Redman Triathlon
Sep 19	Sat	8:00 AM	Kansas Walk Like MADD & 5K MADD Dash	Lexington Lake Park DeSoto, KS	Walk Like MADD & 5K MADD Dash
Sep 19	Sat	8:00 AM	Sacred Steps 5K - Cancelled	Church of the Resurrection Leawood, KS	Sacred Steps 5K
Sep 19	Sat	8:00 AM	Woodland 5K Wolf Run - Cancelled	Wichita, KS	Woodland 5K Wolf Run
Sep 19	Sat	8:00 AM	Autumn Adventure North KC	TBD Kansas City, MO	Autumn Adventure North KC
Sep 19	Sat	8:00 AM	Give Back Run	4200 Merchant Square Columbia, MO	Give Back Run
Sep 19	Sat	8:00 AM	Danny J. Petersen 5K Run /Walk of Honor	City Hall Oskaloosa, KS	Danny J. Petersen 5K Run /Walk of Honor
Sep 19	Sat	8:00 AM	Do or Die Half Marathon	Booneville, MO	Do or Die Half Marathon
Sep 19	Sat	8:00 AM	Watkins Mill Get Outdoors 6K - Virtual	Lawson, MO	Watkins Mill Get Outdoors 6K
Sep 19	Sat	8:00 AM	OneSolePurpose 5K/10K Run	Springfield, MO	OneSolePurpose 5K/10K Run
Sep 19	Sat	8:00 AM	Autism Society - The Heartland Virtual 5K	Worlds of Fun Kansas City, MO	Autism Society - The Heartland 5K
Sep 19	Sat	8:00 AM	Path To Parenthood 5K	Berkley River Front Park Kansas City, MO	Path to Parenthood 5K
Sep 19	Sat	8:00 AM	Branson Mountain Man Off-Road Triathlon	5272 MO-165 Branson, MO	Mountain Man Off-Road Triathlon
Sep 19	Sat	8:00 AM	St. Jude Walk Run - Virtual	Springfield, MO	St. Jude Walk Run - Virtual
Sep 19	Sat	8:30 AM	Make a Joyful Noise 5K	New Life Christian Church Emporia, KS	Make a Joyful Noise
Sep 19	Sat	8:30 AM	Dad and Daughter 5K Run/Walk - Cancelled	AMF Pro Bowl Lanes North Kansas City, KS	Dad and Daughter 5K
Sep 19	Sat	8:30 AM	Tunnel to Towers 5K Run & Walk	AMF Pro Bowl Lanes North Kansas City, KS	Tunnel to Towers 5K Run & Walk
Sep 19	Sat	8:30 AM	Woodland Centennial 5K Wolf Run - Cancelled	Wichita, KS	Woodland Centennial 5K Wolf Run
Sep 19	Sat	9:00 AM	Run The Numbers 5K	Flat Branch Park Columbia, MO	Run The Numbers 5K
Sep 19	Sat	9:00 AM	Triangle Run/Walk	South Patrol Police Station Kansas City, MO	Triangle Run/Walk
Sep 19	Sat	9:00 AM	Tunnel to Towers 5K run & Walk	Missouri State Capitol Building Jefferson City, MO	Tunnel to Towers 5K
Sep 19	Sat	9:00 AM	Fe for a Cure - Cancelled	KWU Salina, KS	Fe for a Cure

Sep 19	Sat	10:00 AM	Muddy Hutch 5K	Fun Valley Sports Complex Hutchinson, KS	Muddy Hutch 5K
Sep 19	Sat	5:00 PM	Miles Against Melanoma 1M Walk & 5K	Jefferson City, MO	Miles Against Melanoma 1M Walk & 5K
Sep 19	Sat	6:00 PM	Miles Against Melanoma	111 Memorial Park Dr. Jefferson City, MO	Miles Against Melanoma
Sep 20	Sun	7:30 AM	Konquer the Konza 25K & 10K	Konza Prairie Manhattan, KS	Konquer the Konza
Sep 20	Sun	7:30 AM	Get Your Rear in Gear - Kansas City Virtual	Zona Rosa Kansas City, MO	Get Your Rear in Gear
Sep 20	Sun	7:30 AM	Paulina Cooper DotToDot 10K Run & 5K Run/Walk	Corporate Woods Overland Park, KS	Paulina Cooper DotToDot
Sep 20	Sun	7:30 AM	Dot-to-Dot 10K & 5K	Corporate Woods Overland Park, KS	Dot-to-Dot
Sep 20	Sun	7:30 AM	Old Town 10K	Old Town Wichita, KS	Old Town 10K
Sep 12	Sat	7:30 AM	Tonganoxie Library Run - 5K/10K	Library Tonganoxie, KS	Tonganoxie Library Run - 5K/10K
Sep 20	Sun	8:00 AM	Kansas Senior Games 10K & 5K	Forbes Field Topeka, KS	Kansas Senior Games 10K & 5K
Sep 20	Sun	9:00 AM	Speak Up Walk 2020	Garmin Campus Olathe, KS	Speak Up Walk 2020
Sep 20	Sun	10:00 AM	Earth Day 5K	Flat Branch Park Columbia, MO	Earth Day 5K
Sep 22	Sun	6:00 AM	Brew to Brew Relay	1600 Genessee St. Kansas City, MO	Brew to Brew Relay
Sep 26	Sat	7:15 AM	Run for Freedom	Downtown Warrensburg, MO	Run for Freedom
Sep 26	Sat	7:30 AM	Monument Marathon	Scottsbluff, NE	Monument Marathon
Sep 26	Sat	7:30 AM	FlatRock 25/50K	Elk City Lake Park Independence, KS	FlatRock 25/50K
Sep 26	Sat	7:30 AM	Wizard Run - Springfield	117 Park Central Square Springfield, MO	Wizard Run - Springfield
Sep 26	Sat	7:30 AM	Mark A. Chapman 10K & 2M Piotique Run	Downtown Clay Center, KS	Mark A. Chapman 10K & 2M Piotique Run
Sep 26	Sat	8:00 AM	HCA FarmK Run/Walk	38660 W. 167th St. Edgerton, KS	FarmK Run/Walk
Sep 26	Sat	8:00 AM	Prairie Pride 5K and Fun Run	Prairie Elementary School Prairie Village, KS	Prairie Pride 5K
Sep 26	Sat	8:00 AM	Oh The Places She Will Go 5K	927 Fourth Street Jefferson City, MO	Oh The Places She Will Go 5K
Sep 26	Sat	8:00 AM	KC Blind All-Stars Foundation 5K Run - Virtual	Kansas School for the Blind Kansas City, KS	KC Blind All-Stars Foundation 5K Run
Sep 26	Sat	8:00 AM	Quinn Memorial Fun Run & 5K Run/Walk	1114 Trenton St. Chillicothe, MO	Quinn Memorial 5K Run/Walk
Sep 26	Sat	8:00 AM	Pony Express Run - Virtual Half Marathon & 5K	Pony Express Museum St. Joseph, MO	Pony Express Run
Sep 26	Sat	8:00 AM	Winged Foot 5K/10K Run & Walk - Cancelled	Forbes Field Topeka, KS	Winged Foot 5K/10K
Sep 26	Sat	8:00 AM	Shoreline Shuffle 5K	Clinton Lake Campground Lawrence, KS	Shoreline Shuffle 5K
Sep 26	Sat	8:00 AM	Tanger Fit 5K - Virtual	Tanger Outlets Branson, MO	Tanger Fit 5K
Sep 26	Sat	8:00 AM	Anytime Fitness 5K	4410 N. 107th St. Kansas City, KS	Anytime Fitness 5K
Sep 26	Sat	8:00 AM	Free State Trail Run	Perry Lake Meriden, KS	Free State Trail Run

Sep 26	Sat	8:00 AM	Rome Sweet Home 5k	5973 SW 25th St. Topeka, KS	Rome Sweet Home 5k
Sep 26	Sat	8:00 AM	Joggin for the Noggin - Virtual	Veterans Memorial Park Atchison, KS	Joggin for the Noggin
Sep 26	Sat	8:00 AM	Clinton Education Foundation 5K & Fun Run	600 East Clinton St. Clinton, MO	Clinton Education Foundation
Sep 26	Sat	8:30 AM	Red Hot Chili Pepper 5K Little Pepper Fun Run	Newton Recreation Center Newton, KS	Red Hot Chili Pepper 5K
Sep 26	Sat	8:30 AM	Kansas City Zoo Run - Virtual 4 Mile & 1 Mile	Kansas City Zoo Kansas City, MO	Kansas City Zoo Run
Sep 26	Sat	9:00 AM	C Clyde Run/Fun Run/Walk	Bosco Plaza Manhattan, KS	C Clyde Run/Fun Run/Walk
Sep 26	Sat	9:00 AM	Northland Mother's Day 5K/10K - Virtual	English Landing Park Parkville, MO	Northland Mother's Day 5K/10K
Sep 26	Sat	9:00 AM	Run for Freedom 5K, 10K and Poker Walk	Missouri Veteran's Home Warrensburg, MO	Run for Freedom
Sep 26	Sat	9:00 AM	St. Jude Walk/Run to End Childhood Cancer	Power & Light District Kansas City, MO	St. Jude Walk/Run
Sep 26	Sat	9:00 AM	VSO 22 A Day 5K	Strong Hall Springfield, MO	VSO 22 A Day 5K
Sep 26	Sat	2:00 PM	Brews, Clues and Running Shoes	Downtown Wichita, KS	Brews, Clues and Running Shoes
Sep 27	Sun	10:00 AM	Wizard - OKC	2021 Robinson Ave. Oklahoma City, OK	Wizard - OKC
Sep 27	Sun	8:00 AM	ZERO Prostate Cancer Run/Walk – Virtual	Children's Mercy Park Kansas City, KS	ZERO Prostate Cancer Run/Walk
Sep 27	Sun	8:00 AM	Great Plains 10K - Kansas City	Longview Lake Kansas City, MO	Great Plains 10K - Kansas City
Sep 27	Sun	10:00 AM	WildKAT Chase	918 N. 17th St. Manhattan, KS	WildKAT Chase
Sep 28	Mon	5:30 AM	Prairie Series Day 4 - Cancelled Marathon, Half, 50K, 5K,	Sioux City, IA	Prairie Series Day 4
Sep 29	Tue	5:30 AM	Prairie Series Day 5 - Cancelled Marathon, Half, 50K, 5K,	South Sioux City, NE	Prairie Series Day 5
Sep 30	Wed	5:30 AM	Prairie Series Day 6 - Cancelled Marathon, Half, 50K, 5K,	Hiawatha, KS	Prairie Series Day 6
October 2020					
Oct 3	Sat	7:30 AM	Salt City Half Marathon	3rd & Main Street Hutchinson, KS	Salt City Half Marathon
Oct 3	Sat	5:30 AM	Prairie Series Day 7 - Cancelled Marathon, Half, 50K, 5K,	St. Joseph, MO	Prairie Series Day 7
Oct 3	Sat	7:00 AM	The Betsy Farris Memorial Run Half Marathon and 10K	Stephens Lake Park Columbia, MO	The Betsy Farris Memorial Run
Oct 3	Sat	7:30 AM	Salt City Half Marathon	3rd & Main Street Hutchinson, KS	Salt City Half Marathon
Oct 3	Sat	7:30 AM	Panther Run	Drury University Springfield, MO	Panther Run
Oct 3	Sat	7:30 AM	The Wizarding Run	511 S. Main St. Joplin, MO	The Wizarding Run
Oct 3	Sat	7:30 AM	Coronado Heights Run	Lindsborg, KS	Coronado Heights Run
Oct 3	Sat	8:00 AM	Chiefs Fantennial 5K	Arrowhead Stadium Kansas City, MO	Chief's Fantennial 5K
Oct 3	Sat	8:00 AM	Merriam Drive Live 5K Run, Walk, Youth Sprint	Merriam, KS	Merriam Drive Live 5K
Oct 3	Sat	8:00 AM	A Step in the Right Direction 5K	Don Bosco Center Kansas City, MO	A Step in the Right Direction 5K

Oct 3	Sat	8:00 AM	Walk/5K Run for Live Community Event	Lake Ozark, MO	Walk/5K Run for Live Community Event
Oct 3	Sat	8:00 AM	The Arrowhead Trail Run	Camp Arrowhead Marshfield, MO	The Arrowhead Trail Run
Oct 3	Sat	8:00 AM	Jacomotose Trail Run	Lake Jacomo Kansas City, MO	Jacomotose Trail Run
Oct 3	Sat	8:00 AM	Belinder Elementary Brave Run	Belinder Elementary School Prairie Village, KS	Belinder Elementary Brave Run
Oct 3	Sat	8:00 AM	Kansas City Scleroderma 5K Run Walk	English Landing Park Parkville, MO	Kansas City Scleroderma 5K Run Walk
Oct 3	Sat	8:00 AM	Coach E Race 5K Run/Walk	1008 County Road Brunswick, MO	Coach E Race 5K Run/Walk
Oct 3	Sat	8:30 AM	Leave a Legacy 5K & 10K Road Races	The Cancer Center Garden City, KS	Leave a Legacy 5K & 10K Road Races
Oct 3	Sat	8:30 AM	Dyslexia Dash 2017 - Kansas City	Horizon Academy Roeland Park, KS	Dyslexia Dash
Oct 3	Sat	8:30 AM	Rolling Hills & Rocky Road Race For Haiti Missions	474 Contour Rd. Gridley, KS	Rolling Hills & Rocky Road Race
Oct 3	Sat	8:30 AM	Vision Clinic Run 5K & 1M Run	Vision Clinic Springfield, MO	Vision Clinic Run 5K & 1M Run
Oct 3	Sat	9:00 AM	Mater Dei IrishFest 5K Fun Run	Topeka, KS	Mater Dei IrishFest 5K Fun Run
Oct 3	Sat	9:00 AM	Race Against Breast Cancer 5K	Topeka West High School Topeka, KS	Race Against Breast Cancer 5K
Oct 3	Sat	9:00 AM	Great Pumpkin Run 5K	HyVee Arena Kansas City, MO	Great Pumpkin Run 5K
Oct 3	Sat	9:00 AM	Run for the Poor	College Hill Wichita, KS	Run for the Poor
Oct 3	Sat	9:00 AM	Health for the Heartland 5K	Shawnee Mission Park Shelter #1 Lenexa, KS	Health for the Heartland 5K
Oct 3	Sat	9:00 AM	Go Big or Go Home Race	106 W. Pine St. Warrensburg, MO	Go Big or Go Home Race
Oct 3	Sat	9:00 AM	May The Forest Be With You 5K & Fun Run	Wildcat Park Joplin, MO	May The Forest Be With You 5K
Oct 3	Sat	9:00 AM	Stomping Out Cancer 5K	Nighthawk Vineyard Winery Paola, KS	Stomping Out Cancer 5K
Oct 3	Sat	9:00 AM	Run for Their Lives	Gavin Park Augusta, KS	Run for Their Lives
Oct 3	Sat	9:30 AM	Oktoberfest Run for the Poor 5K & 1 Mile Run	Wichita, KS	Oktoberfest Run for the Poor 5K & 1M Run
Oct 3	Sat	2:00 PM	Pups & Pumpkins 5K	Excelsior Springs, MO	Pups & Pumpkins 5K
Oct 3	Sat	4:00 PM	Louisburg Cider Run - Cancelled 5K, 10K, Kid Run, Hard Cider Relay	Louisburg Cider Mill Louisburg, KS	Louisburg Cider Run
Oct 4	Sun	7:00 AM	Grand Country Half Marathon	Branson Landing Branson, MO	Grand Country Half Marathon
Oct 4	Sun	7:00 AM	Rush the Rails - Run or Ride	Osawatamie High School Osawatamie, KS	Rush the Rails - Run or Ride
Oct 4	Sun	8:00 AM	Run Crazy Horse Half, Marathon & Marathon Relay	Hill City, SD	Run Crazy Horse
Oct 4	Sun	8:00 AM	Honor Roll 8K	Lawrence, KS	Honor Roll 8K
Oct 4	Sun	8:00 AM	De Soto Half Marathon	De Soto, KS	De Soto Half Marathon
Oct 4	Sun	8:30 AM	Wizard Run - Omaha	3838 S. 156th St. Omaha, NE	Wizard Run - Omaha
Oct 4	Sun	9:00 AM	Oktoberfest 5K & Kinder Kaufen Kids Run	411 E. 135th St. Kansas City, MO	Oktoberfest 5K & Kinder Kaufen

Oct 4	Sun	9:00 AM	Happy Camper Scamper 5K run or Walk	Bartlett Park St. Joseph, MO	Happy Camper Scamper 5K run or Walk
Oct 4	Sun	9:00 AM	Race for Dignity	Frank A Theiss Park Kansas City, MO	Race for Dignity
Oct 4	Sun	4:30 PM	Light The Night 4 LIFE	Liberty, MO	Light The Night 4 LIFE
Oct 10	Sat	6:00 AM	Heartland Spirit of the Prairie 100M & 50M Run	Cassoday, KS	Heartland Spirit of the Prairie
Oct 10	Sat	7:00 AM	Rock Bridge Revenge	Rock Bridge Park Columbia, MO	Rock Bridge Revenge
Oct 10	Sat	8:00 AM	Joyful Morning 5K - Postponed	Southcreek Office Park Overland Park, KS	Joyful Morning 5K
Oct 10	Sat	8:00 AM	Run for Paws 5K	Corporate Woods Overland Park, KS	Run for Paws 5K
Oct 10	Sat	8:00 AM	On the Move for Change	William Bryant Elementary Blue Springs, Mo	On the Move for Change
Oct 10	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 10	Sat	8:00 AM	Jared Coones Memorial Pumpkin 5K Run/Walk Virtual	Black Bob Elementary School Olathe, KS	Jared Coones 5K
Oct 10	Sat	8:00 AM	AdventureMax Springfield Half Marathon & 10K	Two Rivers Bike Park Highlandville, MO	AdventureMax Springfield
Oct 10	Sat	8:00 AM	Impact the Cure 5K	Impact Spots & Fitness Abilene, KS	Impact the Cure 5K
Oct 10	Sat	8:00 AM	Purple Paws 5K	Marlott Park Trails Manhattan, KS	Purple Paws 5K
Oct 10	Sat	8:00 AM	The Fast & The Furriest Race	Ewing Park Springfield, MO	The Fast & The Furriest Race
Oct 10	Sat	8:00 AM	Youth R.I.S.E. 5K Charity Run	Cliff Drive Kansas City, MO	Youth R.I.S.E. 5K Charity Run
Oct 10	Sat	8:00 AM	Strataca Adventure Run 10K Fall Edition	3650 E. Ave. G Hutchinson, KS	Strataca Adventure Run 10K Fall Edition
Oct 10	Sat	8:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School Smithville, MO	Julia's Warriors Run For Hope
Oct 10	Sat	8:30 AM	Run for Excellence 5K Run/Walk - Virtual	Raytown High School Raytown, MO	Run for Excellence 5K Run/Walk
Oct 10	Sat	8:30 AM	Project Remember 5K - 2020	Police Department Blue Springs, MO	Project Remember 5K - 2020
Oct 10	Sat	8:30 AM	Fit58 Center Foundation 5K - Virtual	Mid-Con Library Red Bridge Kansas City, MO	Fit58 Ctr Education Foundation 5K
Oct 10	Sat	8:30 AM	Wizard Run - Tulsa	61 E. 3rd St. Tulsa, OK Kansas City, MO	Wizard Run - Tulsa
Oct 10	Sat	8:30 AM	OTC PTA 5K	OTC Richwood Valley Campus Nixa, MO	OTC PTA 5K
Oct 10	Sat	8:45 AM	Nebraska Furniture Mart Halloween Run - Kansas City	Nebraska Furniture Mart Kansas City, KS	Nebraska Furniture Mart 5K
Oct 10	Sat	9:00 AM	Halloween Hustle	Manhattan City Park Manhattan, KS	Halloween Hustle
Oct 10	Sat	9:00 AM	Mine Run 5K at Strataca Fall Edition	3650 E. Ave. G Hutchinson, KS	Mine Run 5K at Strataca Fall Edition
Oct 10	Sat	9:00 AM	Trails for Tails Purple Paws 5K	Kansas Farm Bureau Manhattan, KS	Trails for Tails Purple Paws 5K
Oct 10	Sat	9:00 AM	Earth Day 5K	University of Springfield Springfield, MO	Earth Day 5K
Oct 10	Sat	9:00 AM	SYO Color Run	709 E. Hyde Park Ave. St. Joseph, MO	SYO Color Run
Oct 10	Sat	9:30 AM	5K Run/Walk with the Huskies	Phil Welch Stadium Saint Joseph, MO	5K Run/Walk with the Huskies

Oct 10	Sat	10:00 AM	Seize the Day Wichita	Sedgwick County Park Wichita, KS	Seize the Day Wichita
Oct 10	Sat	3:00 PM	Oktoberfest Bier Run 5K and 1M	South Park Kinsley, KS	Oktoberfest Bier Run 5K and 1M
Oct 10	Sat	5:00 PM	Kyleigh's Gift Run/Walk	Liberty Hospital Liberty, MO	Kyleigh's Gift Run/Walk
Oct 11	Sun	7:30 AM	Prairie Fire Marathon Full, Half & 5K	Wichita, KS	Prairie Fire Marathon
Oct 11	Sun	8:00 AM	World's Largest Corn Maze Run	Spring Grove, IL	World's Largest Corn Maze Run
Oct 11	Sun	8:00 AM	Pink Laundry 5K Walk/Run	Summit Fair Shopping Center Lee's Summit, MO	Pink Laundry 5K
Oct 11	Sun	8:00 AM	Bill Cross 5K Walk/Run for Back Snacks	Zona Rosa Kansas City, MO	Bill Cross 5K Walk/Run
Oct 11	Sun	8:00 AM	Trailfest Half Marathon/10K/5K	Two Rivers Bike Park Highlandville, MO	Bill Cross 5K Walk/Run
Oct 11	Sun	8:00 AM	Fearless Females 5K Series	1100 SE Century Dr. Lee's Summit, MO	Fearless Females 5K Series
Oct 11	Sun	8:30 AM	OVERRUN Ovarian Cancer - Virtual 5K Run/Walk & 1 Mile Rujn/Walk	Southcreek Office Park Overland Park, KS	OVERRUN Ovarian Cancer Run
Oct 11	Sun	7:00 PM	Light the Night 4 Life 5K Glow Run	Liberty Women's Clinic Liberty, Missouri	Light the Night 4 Life 5K Glow Run
Oct 13	Mon	8:00 AM	KS/MO Dyslexia Dash 2020 - Virtual	Kansas City, MO	KS/MO Dyslexia Dash 2020
Oct 17	Sat	7:00 AM	Teuton Color Splash Dash	Inman, KS	Teuton Color Splash Dash
Oct 17	Sat	7:15 AM	KC Marathon presented by Garmin - Virtual Full, Half, 10K & 5K	Crown Center Kansas City, MO	Kansas City Marathon
Oct 17	Sat	8:30 AM	Barktoberfest Dog and Jog 5K	Theater in the Park Shawnee, KS	Barktoberfest Dog and Jog 5K
Oct 17	Sat	8:00 AM	Pony Express Half Marathon & 5K	Marysville, KS	Pony Express Half Marathon & 5K
Oct 17	Sat	8:00 AM	Maple Leaf Run	Baldwin City Golf Course Baldwin City, KS	Maple Leaf Run
Oct 17	Sat	8:00 AM	Donut Dash	1202 Penn Street St. Joseph, MO	Donut Dash
Oct 17	Sat	8:00 AM	Springfield Walk Like MADD & 5K Dash	Jordan Valley Park Springfield, MO	Springfield Walk Like MADD & 5K Dash
Oct 17	Sat	8:00 AM	The Crush Rush 2020	BSHS Braves Fieldhouse Bonner Springs, KS	The Crush Rush 2020
Oct 17	Sat	8:30 AM	F*L*A*T*S Trail Half Marathon	Thousand Hills State Park Marina Kirksville, MO	F*L*A*T*S Trail Half Marathon
Oct 17	Sat	8:00 AM	Run Shunga	Council Grove, KS	Run Shunga
Oct 17	Sat	8:30 AM	Fast and Furriest 5K & K9 Carnival	1729 West Broadway Springfield, MO	Fast and Furriest 5K & K9 Carnival
Oct 17	Sat	8:30 AM	Flatlander Half Marathon - Cancelled	Jack Kirby Square Great Bend, KS	Flatlander Half Marathon & YP5K
Oct 17	Sat	8:30 AM	Let's Move, Kansas	Sedgwick County Park Wichita, KS	Let's Move, Kansas
Oct 17	Sat	9:00 AM	Pumpkin Run 5K - Virtual	WSU Wichita, KS	Pumpkin Run 5K
Oct 17	Sat	9:00 AM	Dr. Bob Run 5K & Hy-Vee 1M Kid's Run	Rim Rock Park Lawrence, KS	Dr. Bob Run
Oct 17	Sat	10:00 AM	Rock4Kids Series - Zombie Run	Rutledge-Wilson Farm Park Springfield, MO	Rock4Kids Series - Zombie Run
Oct 17	Sat	5:00 PM	Reach for the Stars	Delaware Elementary Springfield, MO	Reach for the Stars

Oct 17	Sat	10:00 AM	Rock4Kids Series - Zombie Run	Rutledge-Wilson Farm Park Springfield, MO	Rock4Kids Series - Zombie Run
Oct 18	Sun	8:00 AM	IMT Des Moines Marathon Full, Half, Relay & 5K	Locust Street Bridge Des Moines, IA	IMT Des Moines Marathon
Oct 18	Sun	8:00 AM	Moxie's Mission: 6 legged Relay Fun Run	Bar K Dog Bar Kansas City, MO	Moxie's Mission
Oct 18	Sun	8:00 AM	Fearless Females 5K Series	1100 SE Century Dr. Lee's Summit, MO	Fearless Females 5K Series
Oct 18	Sun	10:00 AM	Homecoming 5K Run/Walk	K-State Alumni Center Manhattan, KS	Homecoming 5K Run/Walk
Oct 23	Fri	6:30 PM	Spooky Sprint North 5K/10K	Lee's Summit, MO	Spooky Sprint North 5K/10K
Oct 23	Fri	6:30 PM	Monster Dash & Lil Monster Fun Run	1865 Museum Blvd. Wichita, KS	Monster Dash & Lil Monster Fun Run
Oct 23	Sat	7:00 PM	The Victory Lap	Children's Mercy Park Kansas City, KS	The Victory Lap
Oct 24	Sat	6:00 AM	Kansas Rails-to-Trails Fall Ultra Extravaganza	Ottawa, KS	Kansas Rails-to-Trails
Oct 24	Sat	7:00 AM	Habitat Home Run 5K, 10K, 1M Fun Run	Lafayette Park Springfield, MO	Habitat Home Run
Oct 24	Sun	7:30 AM	Susan B. Komen Greater Kansas City Race for the Cure - 5K	Black & Veatch Overland Park, KS	Race for the Cure
Oct 24	Sat	8:00 AM	Happy Feet for Healthy Minds 5K & 1M	Jefferson City Pavilion Jefferson City, MO	Happy Feet for Healthy Minds
Oct 24	Sat	8:00 AM	KC Rescue Run	7077 Elmwood Ave. Kansas City, MO	KC Rescue Run
Oct 24	Sat	8:00 AM	Priebe Strong 1062	Republic, MO	Priebe Strong 1062
Oct 24	Sat	8:30 AM	Neewollah 5K, 10K & Fun Run/Walk - Cancelled	Riverside Oval Independence, KS	Neewollah 5K, 10K
Oct 24	Sat	8:30 AM	CASA Superhero Run	Broken Arrow Park Lawrence, KS	CASA Superhero Run
Oct 24	Sat	9:00 AM	Weston Bluffs Trail 5K & 8K - Postponed	Weston, MO	Weston Bluffs Trail 5K & 8K
Oct 24	Sat	9:00 AM	Trail and Treat Family 3K & 5K	Sand Hills State Park Hutchinson, KS	Trail and Treat Family 3K & 5K
Oct 24	Sat	9:00 AM	Mileage Monsters 5K	15501 Indian Creek Pkwy Overland Park, KS	Mileage Monsters 5K
Oct 24	Sat	9:00 AM	Wine-O Trail Run	Wheat State Wine Company Winfield, KS	Wine-O Trail Run
Oct 24	Sun	9:00 AM	Trail & Treat 3K/5K	Sand Hills State Park Hutchinson, KS	Trail & Treat 3K/5K
Oct 24	Sat	9:00 AM	Cliff Hanger 10K & 5K Run/Walk	Colonnade at Concourse Park Kansas City, MO	Cliff Hanger Run
Oct 24	Sat	9:00 AM	Wilderness Trail Trek 5K	Lawson, MO	Wilderness Trail Trek 5K
Oct 24	Sat	9:00 AM	TJ5K Family Fun Trail Run	1470 N. 1000 Rd. Lawrence, KS	TJ5K Family Fun Trail Run
Oct 25	Sat	7:30 AM	Spooky Sprint North KC 5K/10K	11101 Draytown Rd. Kansas City, MO	Spooky Sprint 5K/10K
Oct 25	Sun	2:00 PM	Lexi's 5K	Sedgwick County Park Wichita, KS	Lexi's 5K
Oct 31	Sat	7:00 AM	Little Apple Marathon	Tuttle Creek State Park Manhattan, KS	Little Apple Marathon
Oct 31	Sat	7:00 AM	Northwest Missouri State 5K	Lamkin Activity Center Maryville, MO	NW Missouri State 5K
Oct 31	Sun	7:30 AM	Monster Dash & Lil Monster Fun Run	South Creek Office Park Overland Park, KS	Monster Dash & Lil Monster Fun Run

Oct 31	Sat	7:45 AM	Tulsa Federal Credit Union Tulsa Run 15K, 5K, & 2K	Downtown Tulsa, OK	Tulsa Run
Oct 31	Sat	8:00 AM	Bear Creek Run Half Marathon	Bear Creek Trail Columbia, MO	Bear Creek Run
Oct 31	Sat	9:00 AM	Zombie Run 5K/10K for Special Olympics	Heritage Park Olathe, KS	Zombie Run 5K/10K
Oct 31	Sat	9:00 AM	Give em the Bird 5K Run	Versailles, MO	Give em the Bird 5K Run
November 2020					
Nov 1	Sun	7:00 AM	Bass Pro Conservation Marathon Full, Relay, Half & 5K	Bass Pro Shops Springfield, MO	Bass Pro Marathon
Nov 1	Sun	7:30 AM	Kansas Half Marathon & 5K - Cancelled	Downtown Lawrence, KS	Kansas Half Marathon
Nov 1	Sun	8:30 AM	Gobbler Grind Run Marathon, Half Marathon & 5K	Corporate Woods Overland Park, KS	Gobbler Grind
Nov 1	Sun	8:30 AM	Who Let the Dogs Out 5K	Sedgwick County Park Wichita, KS	Who Let the Dogs Out 5K
Nov 1	Sun	9:00 AM	Tom Strong 5K	Booth Memorial Stadium Lawrence, KS	Tom Strong 5K
Nov 7	Sat	6:00 AM	Ozark Trail 100 Mile Endurance Run	Steelville, MO	Ozark Trail 100
Nov 7	Sat	7:00 AM	Sanders Saunter - Virtual	Clinton Lake Lawrence, KS	Sanders Saunter
Nov 7	Sat	8:00 AM	Fidelity Bank River Run 10K, 5K, 2M Walk/Jog	Wichita, KS	Riverfest River Run
Nov 7	Sat	8:00 AM	Grandview Turkey Day 5K Fun Run/Walk	Grandview Amphitheater Grandview, MO	Grandview Turkey Day 5K
Nov 7	Sat	8:00 AM	Run for the Nations 5K	Kansas City, MO	Run for the Nations 5K
Nov 7	Sat	8:00 AM	Veterans Voyage North KC	TBD Kansas City, MO	Veterans Voyage North KC
Nov 7	Sat	8:00 AM	Run for the Summit 5K	Downtown Lee's Summit, MO	Run for the Summit 5K
Nov 7	Sat	8:00 AM	Longview Half Marathon, 10K & 5K	9035 Pettinger Rd. Grandview, MO	Longview Half Marathon
Nov 7	Sat	8:00 AM	The Innsbrook Half Marathon	Innsbrook, MO	The Innsbrook Half Marathon
Nov 7	Sat	8:30 AM	Heroes Run	Willard Community Center Willard, MO	Heroes Run
Nov 7	Sat	9:00 AM	Seize the Day 5K	Jordan Valley Park Springfield, MO	Seize the Day 5K
Nov 7	Sat	9:00 AM	Gobble Wobble Run/Walk	401 S. Jane Haysville, KS	Gobble Wobble Run/Walk
Nov 7	Sat	9:00 AM	Wilderness Run	Hodge Park Kansas City, MO	Wilderness Run
Nov 7	Sat	9:00 AM	Cure' of Ars 5K	Cure of Ars Church Leawood, KS	Cure' of Ars 5K
Nov 7	Sat	9:00 AM	Clover Run 5K	Wallace Park Paola, KS	Clover Run 5K
Nov 7	Sat	10:00 AM	Tails on the Trail 5K Run/Walk	Shawnee North Community Ctr. Topeka, KS	Tails on the Trail
Nov 7	Sat	10:00 AM	Veterans' Day Honor Walk & 5K Run	Stephen Lake Park Columbia, MO	Veterans' Day Honor Walk & 5K Run
Nov 7	Sat	3:00 PM	Cross Country 5K for Christ's Kids	Scott City, KS	Cross Country 5K for Christ's Kids
Nov 7	Sat	4:00 PM	Weston Bluffs Trail 5K & 10K	Weston, MO	Weston Bluffs Trail 5K & 10K

Nov 8	Sun	7:30 AM	Rompin' Stompin' Raider Band 5K	Shawnee Mission South HS Overland Park, KS	Rompin' Stompin' Raider Band 5K
Nov 8	Sat	7:30 AM	Dogwood Canyon 15K Trail Run	Dogwood Canyon Nature Park Lampe, MO	Dogwood Canyon Trail Runs
Nov 8	Sun	8:00 AM	Billy Mills 10K - Cancelled	Haskell University Lawrence, KS	Billy Mills 10K
Nov 8	Sun	8:00 AM	Hope on the Hill KC 5K	WW1 Memorial Kansas City, MO	Hope on the Hill KC 5K
Nov 8	Sun	8:00 AM	Veterans Day 5K	Wichita, KS	Veterans Day 5K
Nov 8	Sun	8:00 AM	Chasing State Records	Lawrence, KS	Chasing State Records
Nov 8	Sun	8:00 AM	Blue Springs Runners' 50/50	Longview Lake Trail Kansas City, MO	Blue Springs Runners' 50/50
Nov 8	Sun	8:00 AM	March in the Saints 5K	Messiah Lutheran Church Lindsborg, KS	March in the Saints 5K
Nov 8	Sun	8:00 AM	Grandview Turkey Day 5K	13611 Byars Rd. Grandview, MO	Grandview Turkey Day 5K
Nov 8	Sun	8:00 AM	Dream Dash 5K	Southcreek Office Park Overland Park, KS	Dream Dash 5K
Nov 8	Sun	8:30 AM	Wizard Run - Columbia	Cosmo Park Columbia, MO	Wizard Run - Columbia
Nov 13-14	Fri-Sat	7:00 PM	KUS 6/12/24 Hour Run	Cessna Activity Center Wichita, KS	KUS 6/12/24 Hour Run
Nov 13	Fri	10:00 PM	Run to the Lights 5K Run/Walk	Silver Dollar City Branson, MO	Run to the Lights 5K Run/Walk
Nov 14	Sat	8:00 AM	Stearman's 5 Mile Run Walk Kid's Runway Trot	Stearman Field Benton, KS	Stearman's 5 Mile Run Walk
Nov 14	Sat	8:00 AM	Diabetes Dash 5K CoMo	401 Clinkscates Rd. Columbia, MO	Diabetes Dash 5K CoMo
Nov 14	Sat	8:30 AM	Ruck 'n' Run	Meadowview Baptist Church Hutchinson, KS	Ruck 'n' Run
Nov 14	Sat	9:00 AM	OLP Turkey Trot 5K & 1 Mile Fun Run/Walk	Unity Village Lee's Summit, MO	OLP Turkey Trot
Nov 14	Sat	9:00 AM	War Horses for Veterans 5K	Liberty Memorial Kansas City, MO	War Horses for Veterans 5K
Nov 14	Sat	9:00 AM	Sacred Heart Knight's Club 5K	Salina, KS	Sacred Heart Knight's Club 5K
Nov 14	Sat	9:00 AM	Hot Chocolate 15K/5K	Arrowhead Stadium Kansas City, MO	Hot Chocolate 15K/5K
Nov 14	Sat	9:00 AM	Girls' on the Run Greater KC Fall 5K	Children's Mercy Park Kansas City, KS	Girls' on the Run
Nov 14	Sat	9:00 AM	Red Kettle Run	Camp Hiawatha Wichita, KS	Red Kettle Run
Nov 14	Sat	9:00 AM	KS Proud 10 Miler & 12 Mile Ruck March	All Veterans Memorial Park Emporia, KS	KS Proud 10 Miler
Nov 14	Sat	9:30 AM	Freedom Fest 5K Run/Walk	Emporia All Veterans Memorial Emporia, KS	Freedom Fest 5K Run/Walk
Nov 14	Sat	9:45 AM	HRC Turkey Trot 5K & 10K	Hays, KS	HRC Turkey Trot 5K & 10K
Nov 14	Sat	3:30 PM	Cup of Hope 5K	1125 S. Summit St. Arkansas City, KS	Cup of Hope 5K
Nov 15	Sun	7:30 AM	Dogwood Canyon 25K & 50K Trail Runs	Dogwood Canyon Nature Park Lampe, MO	Dogwood Canyon Trail Runs
Nov 15	Sun	8:00 AM	The Bill Grevas & Cindy Curran 5K Memorial Run/ Walk	Sacred Heart High School Salina, KS	5K Memorial Run/Walk
Nov 15	Sun	8:00 AM	Capital Pursuit - 10 Mile	Locust & 15th Street Des Moines, IA	Capital Pursuit

Nov 15	Sun	9:00 AM	KU Vets Day 5K	Memorial Stadium Lawrence, KS	KU Vets Day 5K
Nov 15	Sun	9:00 AM	Blue Springs First Responder Hero Run	Blue Springs South High School Blue Springs, MO	First Responder Hero Run
Nov 15	Sun	2:00 PM	Girls on the Run Heart of Kansas Fall 5K	Watson Park Wichita, KS	Girls on the Run Heart of Kansas Fall
Nov 20	Fri	5:00 PM	Thanksgiving Day Turkey Trot	Moberly, MO	Thanksgiving Day Turkey Trot
Nov 21	Sat	7:30 AM	The Wizarding Run	Columbia, MO	The Wizarding Run
Nov 21	Sat	7:45 AM	44rd Annual Wichita Turkey Trot 10M & 2M	Cowtown Wichita, KS	Wichita Turkey Trot
Nov 21	Sat	8:00 AM	Honoring Our Heroes Marathon	Rolla, MO	Honoring Our Heroes Marathon
Nov 21	Sat	8:00 AM	Turkey Trails 5K & 10K Run	Bass Pro/Waterfall Park Independence, MO	Turkey Trails 5k & 10K Run
Nov 21	Sat	8:30 AM	Pound the Pavement for Parkinson's 5K	McBride Elementary Springfield, MO	Parkinson's 5K
Nov 21	Sat	9:00 AM	Washburn Rural 5K	Washburn Rural High School Topeka, KS	Washburn Rural 5K
Nov 21	Sat	9:00 AM	Senior Specialists Trails & Tails 5K	5401 Gene Field Road Saint Joseph, MO	Senior Specialists Trails & Tails 5K
Nov 21	Sat	9:00 AM	Frosty Fun Runs	City Teen Center Salina, KS	Frosty Fun Runs
Nov 21	Sat	9:00 AM	MCTP/FMWR Turkey Trot	185 Fourth St. Fort Leavenworth, KS	MCTP/FMWR Turkey Trot
Nov 21	Sat	9:00 AM	Angela's Army 5K & 1M Family Stroll	Grain Valley, MO	Angela's Army 5K & 1M Family Stroll
Nov 21	Sat	10:00 AM	Vet and Pets 5K	Shawnee Mission Park Lenexa, KS	Vet and Pets 5K
Nov 21	Sat	5:30 PM	Winter Wonderland 5K Run/Walk	Lake Shawnee Campground Topeka, KS	Winter Wonderland 5K
Nov 22	Sun	8:00 AM	Williams Route 66 Marathon Full, Half, Relay, 5K	Downtown Tulsa, OK	Williams Route 66 Marathon
Nov 22	Sun	8:30 AM	Pilgrim Pacer Run Marathon, Half, 10K & 5K	Shawnee Mission Park Shawnee, KS	Pilgrim Pacer Run
Nov 26	Thu	7:30 AM	Turkey Scramble	Ozark, Mo	Turkey Scramble
Nov 26	Thu	7:30 AM	Joplin Turkey Trot 5K	206 S. Main Joplin, Mo	Joplin Turkey Trot 5K
Nov 26	Thu	8:00 AM	Turkey Trot 5K	Springfield Expo Center Springfield, MO	Turkey Trot 5K
Nov 26	Thu	8:00 AM	Trojan Turkey Trot 5K	Andover High School Andover, KS	Trojan Turkey Trot 5K
Nov 26	Thu	8:00 AM	Walnut Turkey Day Dash	Walnut Elementary School Emporia, KS	Walnut Turkey Day Dash
Nov 26	Thu	8:00 AM	Turkey Trot 5K	Moberly, MO	Turkey Trot 5K
Nov 26	Thu	8:00 AM	Branson Turkey Trot 5K	Branson Landing Branson, MO	Branson Turkey Trot 5K
Nov 26	Thu	8:30 AM	Thanksgiving Day Pie Run - 5K & 10K	Parks & Rec Multipurpose Bldg. North Jefferson City, MO	Thanksgiving Day Pie Run
Nov 26	Thu	8:30 AM	runLawrence Thanksgiving 5K	Woodlawn School Lawrence, KS	runLawrence Thanksgiving
Nov 26	Thu	8:30 AM	Kearney Turkey Trot	Kearney High School Kearney, MO	Kearney Turkey Trot
Nov 26	Thu	8:30 AM	Kansas Turkey Trot for Heroes	Combat Air Museum Topeka, KS	Kansas Turkey Trot for Heroes

