

Master Pieces

Magazine of Mid-America Running Association

December 2011 / January 2012

www.mararunning.org



40100051

\$4.00

CONQUER OUR HILLS

"I wanted to congratulate you on another successful year of doing the Hospital Hill Run. I could not think of a single thing that should have been changed. The expo was a great addition to the run. Along with the design of the medal and the great BBQ after the race, (the experience) was amazing."

- Gavin D. Participant



JUNE 2



2012

Register Today at:
www.hospitalhillrun.com

The Granddaddy of all
Kansas City Road Races

Half Marathon - 10K - UMKC School of Medicine 5K



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www.mararunning.org

DECEMBER 2011

JANUARY 2012

This Issue

- 2 *Kansas City Marathon*
- 4 *Running Shorts from Julie*
- 6 *Karen's Column*
- 7 *Schedule of Races - Dec. / Jan.*
- 10 *Jared Coones Memorial 5K*
- 11 *Kansas City Zoo Run*
- 12 *Kansas City Express Newsletter*
- 13 *Sally On Nutrition & Running*
- 14 *A Man of Many Hats*
- 15 *KS XC State Championship*
- 16 *Cliff Hanger 5K & 8K*
- 17 *MARA Grad Prix 2012 Races*
- 19 *Dick Ross Volunteer Picnic*
- 21 *Roads and Bridges*
- 22 *Lou's Cartoons*
- 24 *Young Life 5K*
- 25 *Lawrence Veterans Day*
- 25 *When Running in Misery...*
- 26 *Motivation for Your Miles*

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

Cover Photo: *Cliff Janger 5k & 8K*
Photo by: *Gene Wee*



HERE'S TO SWEET MILES AHEAD



By Renee Kidwell

As I was reflecting on the fact that this issue ushers out the final month of 2011 and jumps right into 2012, I kept saying, WOW... where did the year go again? Plus.... the route and journey I ended up taking was far from what I envisioned or even imagined last January. Yet, through all of the changes and challenges that presented themselves, I am so thankful and grateful for my health, a good pair of running shoes and another beautiful day to click off a few miles on the road.

Running is often the glue as well as the energy lift of my day. So, when someone shared a top 25 list for runners titled, "you might be a runner if" I read through them nodding in agreement with most. (You can see if any or all on the list rings true for you on page 26). Perhaps what I liked most about the list was the one that said: 'You are proud of and respect all runners of all abilities.' Our sport is truly one of diversity showcased by the extensive age range, nationalities, experience, longevity, talents and skills of participants around the world. Truly, anyone can lace up a pair of running shoes and join at any time. Each month as our wonderful photographers provide photos of running events around our area with me, I am amazed and inspired with the wide spectrum of venues and runners of all levels participating, sharing and giving to the sport as much as they get in return.

I sincerely hope that this coming new year provides you days filled with great fun, friendships, and lots of sweet miles on happy feet!

New MARA Members and Sustaining Memberships are listed on page 6



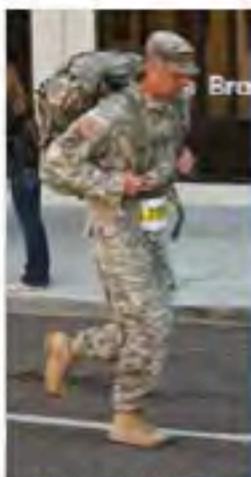
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• *Master Pieces* is published six times per year by Mid-America Running Association. Applications for membership are available at www.mararunning.org. For advertising information and deadlines, contact: Renee Kidwell at runnay19@yahoo.com.



Mark Kostolokous

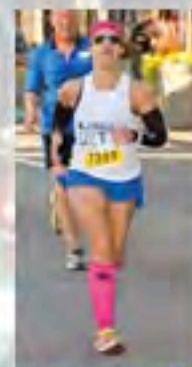


A Beastly Pair!



Tutu Fun

The 2011 Kansas City Marathon came and went on Saturday, October 15, 2011. The weather couldn't have been better with sunshine and fall-like temperatures. Racers came from all around the Midwest and beyond to strap on their running shoes and race the marathon, half marathon or the 5k. There were 1,331 finishers in the Marathon, 4,794 finishers in the Half-Marathon, and 1,382 finishers in the 5K



Lindsey Phelps



A SALUTE TO ALL THE FANTASTIC SUPPORT TEAMS!



Lettie Ebbs & Kelly Dippold



A 'low' five from Herschel Davis



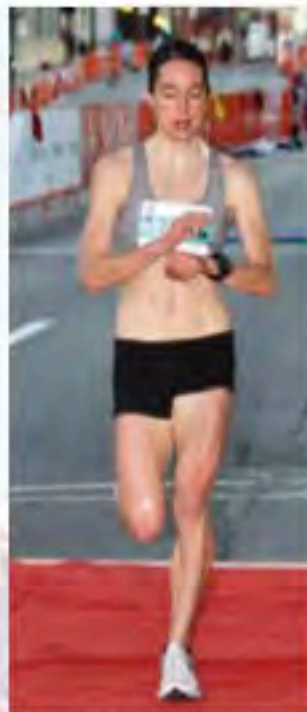
Powered with Determination!



**1/2 Marathon Male Winner:
Mathew Chesang - 1:10:13**



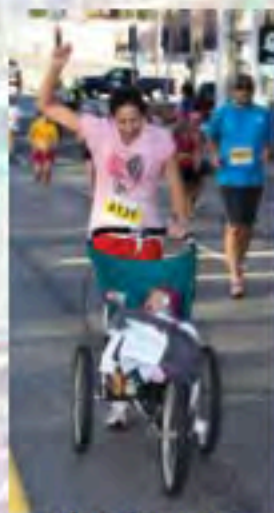
**1/2 Marathon Female
Winner:
Ajok Deng - 1:23:26**



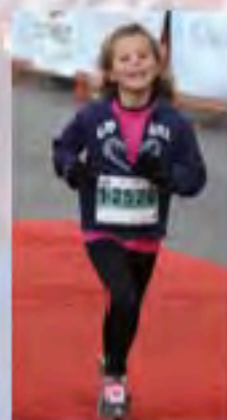
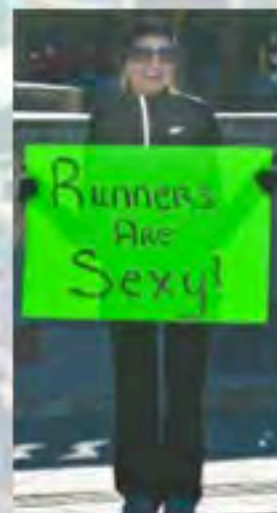
**5K Female Winner:
Sydney Messick -
16:54**



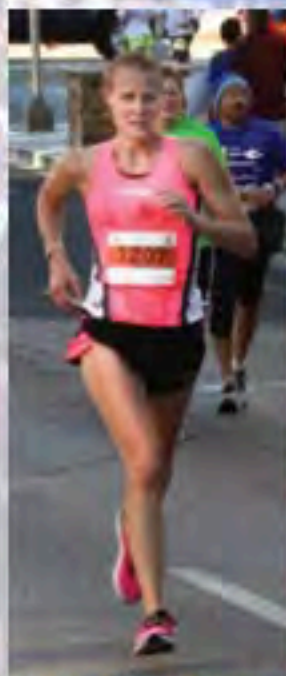
**5K Male Winner:
Benson Chesang -
16:02**



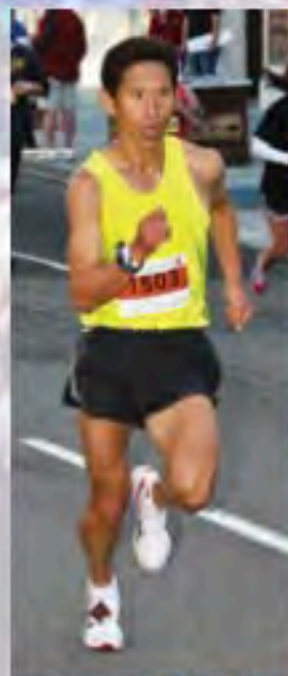
Kristin Schroeder



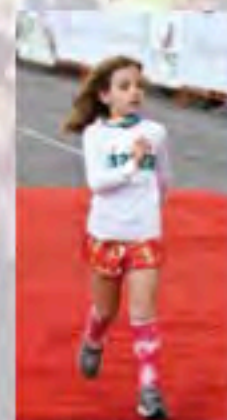
Sophia Dawson



**Marathon Female Winner:
Megan Earney - 2:55:53**



**Marathon Male Winner:
Jae Yung Hyung - 2:28:41**



Eleanor Merkerson

Photos by: Russ Niemi



Running Shorts

DECEMBER 2011

Edited by

Julie Worthington

THE TRUTH ABOUT TEA

The most promising claims about tea drinking include these perks:

****CANCER PREVENTION** - A 2009 review of 51 green tea studies found that sipping three to five cups a day may lower the risks of ovarian, colorectal, lung and prostate cancers, but not breast or other cancers.

****BRAIN BENEFITS** - Downing from one to four cups of black or green tea a day has been linked with a lower risk of Parkinson's disease, according to the National Institutes of Health.

****HEART HELP** - Drinking tea may be helpful in preventing or delaying certain risk factors of cardiovascular disease, and lowering LDL (bad) cholesterol and triglycerides. One Japanese study found that adults who drank five or more cups of green tea per day had a 26 percent reduction in death from heart attack or stroke compared with those who had one cup or less; the effect was greater in women than in men.

****SMART SIPS** - All this sounds pretty compelling. So why aren't major health organizations advising us to drink tea like crazy? It's a matter of needing more core evidence. The vast majority of the research conducted has been observational, meaning scientist can't know if the medical boosts seen in tea drinkers are definitely results of that habit, or some other factor that makes these people healthier. That said, experts agree that a daily cup, or five, won't hurt you, and may well help fight disease. If you're trying to limit your caffeine intake, go for decaf - it has antioxidants too, though fewer than the caffeinated kind. (Health, November 2011)



FRIDGE WISDOM NUTRITION ADVICE FOR HEALTHY, HUNGRY RUNNERS

1. Blueberries protect you on long runs. Physiologists from Appalachian State University gave runners a cup of blueberries daily for six weeks; a second group had no blueberries. Participants then ran for two-and-a-half hours. The results show the berry-eating runners had more immune cells and less inflammation and oxidative damage before and after the run. Researchers believe anthocyanidins in blueberries are responsible for the protective benefits. Action: During training, have blueberries or other anthocyanidin-rich foods (blackberries, pomegranate juice) daily.
2. A pint of beer helps prevent colds. In a study from Munich University published this year, runners drank one to one-and-a-half liters of nonalcoholic beer (NAB) daily for three weeks and then ran a marathon. Afterward they drank NAB for two more weeks. Compared to non-drinkers, the NAB group had more killer T-cells (a sign of a strong immune system) and three times fewer post race respiratory-tract infections. Nonalcoholic and alcoholic beer contains polyphenols from brewing grains that may reduce colds. Action: Drink a moderate amount (12 ounces) of regular or nonalcoholic beer per day and eat whole grains like barley.

3. Ice baths hinder muscle refueling. Participants in a study released this year from the University of Montana rode a bike for 90 minutes to deplete their glycogen (or energy) levels. Over the next four hours they intermittently soaked on the leg in an ice bath while sipping a carb recovery drink. Researchers found that the iced leg replenished only half as much glycogen as the leg that wasn't iced. Action: To ensure your muscles are fully fueled for the next day's workout, skip or postpone the ice bath and follow a hard run with a high-carb meal.

4. Chocolate milk helps you lose body fat. About 30 men and women participated in a four-and-a-half week training program at the University of Texas at Austin that included cycling hard for an hour a day, five days a week. Right after their ride and again an hour later, subjects drank chocolate milk or a carb beverage. The 2011 study found that chocolate milk drinkers gained more lean muscle and lost more body fat (thanks to milk's protein) than those downing the carb drink. Action: To help shed body fat and boost muscle gains, follow long workouts with a tall glass of chocolate milk.
5. Many athletes are vitamin D deficient. Eighty five percent of athletes at the University of Montana have sub-optimal vitamin D levels in the winter, scientist their reported in a study published in February; 25 percent are deficient in the fall. Those with low levels have a higher rate of flu and colds. The body makes vitamin D, which builds bone and reduces injury risk, when exposed to UV rays; since exposure drops in the winter, production drops, too. Action: Take 600 to 1,000 IU daily of vitamin D, and eat plenty of vitamin D rich foods, such as salmon and milk (the latter is fortified with the nutrient). (Runner's World, October 2011)



THE LONG-RUN DAILY DOUBLE

Can running twice on your long-run days speed recovery? We know that gentle exercise aids in recovery. The blood flow from exercise delivers nutrients to the working muscles and removes waste products. What most athletes experience is that the Long-Run Day Double helps "loosen them up" and they feel better on the next day's run and on subsequent workout days. It makes sense that the muscles that seem to get stiff after a long run could benefit from the gentle run (or possibly from any other gentle exercise like walking, cycling or using an elliptical machine). And, because most competitive runners do a stretching routine after each run, the Long-Run Day Double gives another opportunity to stretch the working muscles after the run has warmed them up. One thing is for sure. Your body will not like the first few minutes of this second run. You'll be stiff and sluggish. You'll not look like the fit and fast runner you are. You'll look old and slow. But stick with it. After 5 to 10 minutes, your body will loosen up and you'll feel better. Since you're running only 20 to 30 minutes, the run will be over quickly and you can continue your recovery program of resting, smart nutrition and rehydrating. It's vitally important that you go slow. Don't worry about your pace. Also, this isn't a time to pad your logbook with more miles. These runs should be for time instead of mileage so you aren't forcing your body to run farther than you should. A couple of cautions: Any runner who'd injury-prone or recovering from an injury should focus on treatment of the injury as opposed to running again. Young or other new runners who are just building up the duration of their long runs should be wary of this training idea. First get used to running longer and longer; then, when you're more experienced, you can experiment with this concept if you choose. The Long-Run Day Double is clearly not the usual practice for long runs. But if you're looking for ideas to take your running to a new level, this may be one to try. (Running Times, November 2011)

THE NEW RESEARCH

Recent studies are forcing us to question additional long-standing advice. *East breakfast before you run? Sure, being properly fueled helps you run better. And trying to run when your carbohydrate stores are depleted is hard – but not a bad idea if you're looking to shed pounds. Preliminary studies have found running on empty forces your body to burn more fat. But it does take a toll, so do it just a few times a week. *Always race at an even pace? When University of Cape Town scientists analyzed every man's 5000- and 10,000-meter world record set in the modern era, they found the first and last kilometers of the race were faster than any other kilometer for 65 or the 66 records. Similarly, a 2006 study found that running the first mile six percent faster than goal pace led to faster 5-K time than did even pacing. *Push yourself hard up hills? Working hard to maintain your pace when running uphill is a bad strategy, according to Australian researchers. They found the effort of pushing up inclines left study subjects so tired they lost time by running slowly after reaching the top and not going hard enough on the down hills. Focus on maintaining an even effort rather than an even pace. *Supplements with antioxidants? Vitamin research is a minefield of conflicting findings. Recently, the tide has turned against antioxidant supplements. Large studies have failed to confirm their long-touted age-defying, disease-fighting benefits. Indeed, a few studies now suggest that antioxidants block some of the benefits of training – like improved insulin sensitivity, which helps maintain normal blood-sugar levels – and possibly delay recovery from muscle damage. *Take electrolytes to avoid cramps? Overtraining and poor pacing could be the real culprit. Researchers found that, when compared with noncrampers, runners who cramped up in south Africa's Two oceans Marathon had run more in the three days prior to the race, had prerace blood markers indicating damaged or fatigued muscles, and started the event at a more aggressive pace relative to their previous best times. (Runner's World, November 2011)

BOOST YOUR IMMUNE SYSTEM, ONE BITE AT A TIME

Hands washed? Check. Flu Shot? Check. Immunity-boosting diet? Uh...what? If you don't have good nutrition, you're missing a key weapon against colds and flu. Basics include the famously nutrient-dense leafy greens, berries and nuts. You may be surprised by these six other top immune boosters suggested Tonia Reinhard, registered dietitian and author of *Superfoods*, and Joel Fuhrman, a physician and author of *Super Immunity*. Note: Don't expect immediate results. Fuhrman says you'll need superior nutrition for a few months to see a real effect of your body's defenses.

1. **Fatty fish.** Oily fish such as salmon, tuna and trout have powerful immune effects and are so important for making the structures and antibodies for the immune system.
2. **Onions.** Onions, leeks, garlic, shallots and scallions contain anti-inflammatory effects that fight infection and bacteria.
3. **Yogurt.** Yogurt, especially Greek yogurt, has active cultures (known as probiotics) which are friendly bacteria that keep down the population of pathogens in the GI tract.
4. **Eggs.** The highest-quality protein of any food, eggs contains the compound choline, which keeps invaders from getting into the body.

5. **Mushrooms.** Consuming mushrooms regularly stimulates the immune system by increasing the production and activity of white blood cells, which help you fight off infection.
6. **Beans.** A nutritional powerhouse, beans and other legumes are the most nutrient-dense carbohydrate source. Rich in zinc, beans increase the production and aggressiveness of white blood cells fighting infection. (USA Today, November 2011)

DEFINING SUCCESS

by COACH JOHN WOODEN

It all started at High School in Indiana. When we were sophomores, a teacher assigned us to write a paper on the definition of success. Many of my classmates equated success with wealth, fame, power, and status; others characterized it as the winning of a race or a championship. I wasn't comfortable with any of these descriptions and began to mull over what the word really means. I knew what success was not. I didn't see recommendations, promotions, points, scores, trophies, medals, or money as accurate measurements. So how could I define success? I began with two principles my dad had passed along to my brothers and me when we were boys growing up on a farm. 1. Don't try to be better than someone else. 2. Always try to be the best you can be. While dad urged us to always learn from other people, he also cautioned us against depending upon others to define our self-worth or success. Instead, he wanted us to try very hard to give the best possible effort to become the best we could be and let the results take care of themselves. A poem helped further my understanding of doing one's best. At God's footstool to confess, A poor soul knelt and bowed his head. "I failed," he cried. The Master said, "Thou didst thy best, that is success." I don't know who wrote these verses, but the underlying message helped me identify one of the core ingredients of success and has had a lasting impact on my life. In 1934, having been influenced by these wise words from my dad and this poem, I penned a definition of success that has stood the test of time: Success is peace of mind that is the direct result of self-satisfaction in knowing you did your best to become the best that you are capable of becoming. Within this framework, each person becomes the only one who can ultimately judge his or her own success. You are the only one who knows whether you have won. (Pyramid of Success, John Wooden)

AND REMEMBER ...

When you have a big enough dream in your heart, you can overcome almost any obstacle...One person with courage makes a majority... If you don't love what you do, you'll never be successful at it...The greater the difficulty, the more the glory in surmounting it...There's no substitute for confidence. You can have all the talent in the world, but if you don't believe it, it doesn't mean anything.

**STAY HEALTHY
AND KEEP RUNNING!!**

Karen's Column

By Karen Raymer
President of MARA

December 2011



After 15 years as the race director of the KC Marathon, it was very strange to not have been going "crazy" this fall getting ready for the event. However, for the first time, I was able to work the MARA booth at the expo. It was so fun to see the faces of some long time familiar runners, and be able to have the time to actually visit with them. It was also fun to meet new people and tell them about MARA.

One thing that did become very apparent, is how many people use our website and calendar, without being a member. Those of us working the booth, encouraged these people to help support the organization and become a member. If they are using these services, they should help support MARA with their membership dues. MARA is a 501c3 non-profit organization, made up of all volunteers and these services do cost to provide.

If you are a MARA member and recruit a new member, we will extend your membership by 3 months. For more details on this offer, you can read the article from our membership director, Stevan Ryan, also in this issue.

As a member, you receive the bi-monthly wonderful publication of MasterPieces. Another added benefit for MARA members, they receive member discounts at locally owned running stores, such as Elite Feet, Garry Gribble Running Sports, and Metro Walk and Run. The stores offer different amounts of discounts and there may be some restrictions, set forth by the owners. In addition to these stores, there will be a 4th one added after the first of the year, with the opening of Ultramax Sports in the KC area. Look for information on their grand opening on the website.

Please help support these stores, as they support MARA, by purchasing your running/walking needs at their establishments.

Wishing you happy and healthy
running and/or walking.

Karen

Welcome New MARA Members:

<i>Machelle Collins</i>	<i>Aschison, KS</i>
<i>Michael Diederich</i>	<i>Overland Park, KS</i>
<i>Paula Hahn</i>	<i>Olathe, KS</i>
<i>Chuck Manthey</i>	<i>Prairie Village, KS</i>
<i>Gary Mielke</i>	<i>Leawood, KS</i>
<i>Harry Moeller</i>	<i>Hiawatha, KS</i>
<i>Verna Trounman</i>	<i>Blue Springs, MO</i>
<i>Garth Smith</i>	<i>Overland Park, KS</i>

Sustaining MARA Members

<i>Anna & John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, KS</i>
<i>Rich & Marlene Ayers</i>	<i>Kansas City, KS</i>
<i>Diane Bahr</i>	<i>Leavenworth, KS</i>
<i>Dave Boone</i>	<i>Overland Park, KS</i>
<i>Mary Boyce & Mary Desch</i>	<i>Wichita, KS</i>
<i>Herbert & Janet Brown</i>	<i>Independence, MO</i>
<i>Rainey Cadenhead</i>	<i>Kansas City, MO</i>
<i>John Cookinham</i>	<i>Kansas City, MO</i>
<i>Bill Glauz</i>	<i>Leawood, KS</i>
<i>Charles & Mary Haley</i>	<i>Kansas City, MO</i>
<i>Alan & Robin Higley</i>	<i>Omaha, NE</i>
<i>Rick Hogan</i>	<i>Leawood, KS</i>
<i>Carla Jenkins</i>	<i>Odessa, MO</i>
<i>Donna LaLonde</i>	<i>Topeka, KS</i>
<i>Ann Leno</i>	<i>Overland Park, KS</i>
<i>Terry & Keith Mann</i>	<i>Fairway, KS</i>
<i>Ed McCay</i>	<i>Leawood, KS</i>
<i>Ann & Sean Nelson</i>	<i>Westwood Hills, KS</i>
<i>Rus Niemi</i>	<i>Olathe, KS</i>
<i>Howard Nies</i>	<i>Kansas City, KS</i>
<i>Karen & Keith Raymer</i>	<i>Raymore, MO</i>
<i>Barb Rinne & Family</i>	<i>Lee's Summit, MO</i>
<i>Donald Roth</i>	<i>Prairie Village, KS</i>
<i>Greschen & Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Richard Stainbrook & Family</i>	<i>Pomona, KS</i>
<i>Marla Thompson</i>	<i>Leawood, KS</i>
<i>Don Turner & Karon Way-Turner</i>	<i>Shawnee, KS</i>
<i>Mary Turner</i>	<i>Leawood, KS</i>
<i>Sandra & John Weston</i>	<i>Kansas City, MO</i>
<i>Dean Whipple & Family</i>	<i>Kansas City, MO</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene & Marsha Wren</i>	<i>Shawnee Mission, KS</i>
<i>HomeTeam Inspection</i>	<i>Leawood, KS</i>
<i>Thomas Photographic</i>	<i>Kansas City, MO</i>

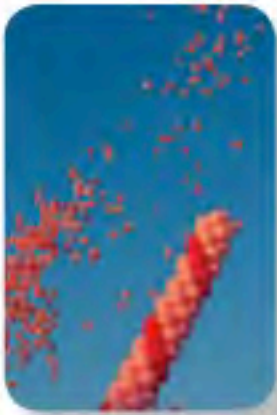
Mid-America Running Association Schedule of Kansas City Local and Regional Races

For changes, additions, or confirmed 2012 dates, send email to jay@jimcup@www.mararunning.org
 MARA GP includes a MARA Grand Prix event.
 As of November 12, 2011. For subsequent updates, go to www.mararunning.org

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More Websites
DECEMBER 2011						
12/3/2011	Sat	7:00 AM	Castlewood 8-Hour Adventure Race	Castlewood State Park, MO	www.BONKHARDRACING.COM	Jason Eisenraat, jason@bonkhardracing.com , 816-582-3102
12/3/2011	Sat	9:30 AM	Jingle Bell Run 4 mi / 1 mi	WaterWalk, Wichita, KS		Arthritis Foundation, 316.263.0116
12/3/2011	Sat	12:00 noon	Rudolf's Red Nose Run 7.2 miles	High Noon Saloon, Leavenworth, KS	www.enter2run.com	Roger Harrison, Rth49@yahoo.com ,
12/3/2011	Sat	8:00 AM	St. Jude Memphis Marathon	Memphis, TN	www.sjudemarathon.org	
12/4/2011	Sun	9:00 AM	Great Santa Run 5K	Johnson County Community College, 12345 College Blvd, Overland Park, KS	www.kcsantarun.com	Troy Fitzgerald (troy@kcrunningcompany.com)
12/10/2011	Sat	9:00AM	Reindeer Roundup 5K	Warrensburg Community Center, 445 East Gay Street, Warrensburg, MO		\$10. Register by calling Warrensburg Community Center at 660-747-7178 and paying by credit/debit card, or visit the Center. Heather Birchard, 660-747-7178
12/10/2011	Sat	10:00 AM	MARA Chili Run, 6.5 mile loop on park road.	Wyandotte County Lake, 91st & Leavenworth Rd., Kansas City, KS	www.mararunning.org	No entry fee for MARA members, \$5 for non-members; donations for charity, 816.741.2314. See ad in Dec/Jan issue of Master Pieces magazine
12/10/2011	Sat	8:00 AM	Alternate Chili Run, 10 Mile Trail Run	James P Davis Ctr, Wyandotte County Lake, 91st & Leavenworth Rd., Kansas City, KS	http://www.psychowycoco.com/vid44.html	Ben Holmes, 816.810.0440, badbenders@yahoo.com
12/10/2011	Sat	10:00 AM	23rd Kris Kringle Cross Country 5K	Southeast Community Center, Swope Park, Kansas City, MO	www.active.com/event_detail.cfm?event_id=1993026	See ad in Dec-Jan issue of Masterpieces.
12/11/2011	Sun	8:30 AM	Jingle Bell Run/Walk 5K	115 W. 11th St. in downtown Lawrence, KS	www.lawrence.kintera.org	Steve Rock at (913) 262-2233 or srock@arthritis.org
12/11/2011	Sun	9:00 AM	Jingle Bell Run/Walk 5K	Meritex Underground Business Complex, 17501 W. 98th St, Lenexa, KS	www.JingleBellRunKC.org	Steve Rock, Arthritis Foundation, 913.262.2233 x109,
12/17/2011	Sat	tba	Stuff the Sleigh 5K	Kansas City, KS	www.runkansascity.com	runkansascity@aol.com
12/31/2011	Sat	11:59 PM	New Year's Day Run	TBD	www.runkansascity.com	runkansascity@aol.com
JANUARY 2012						
1/1/2012	Sun	12:01 AM	Run the First 5K	tba	www.active.com/event_detail.cfm?event_id=1990915	Rusty Collins Run Kansas City
1/1/2012	Sat	10:00 AM	New Years' Fun Run, 0-10 miles	Athletic Club of Overland Park, 10440 Marty, Overland Park, KS	www.kctrack.org	
1/7/2012	Sat	8:30AM	Polar Bear Fun Run 5K/10K	Warrensburg Community Center, 445 East Gay Street, Warrensburg, MO		\$10 / \$12. Register by calling Warrensburg Community Center at 660-747-7178 and paying by credit/debit card, or visit the Center. Heather Birchard, 660-747-7178
1/14/2012	Sat	8:00AM	U.S. Olympic Marathon Trials, Men and Women	Houston, TX	www.houston2012.com	Should be on NBC TV., perhaps on tape delay.
1/21/2012	Sat	11:00 AM	30th Topeka to Auburn Half Marathon. MARA GP	Fairlawn Plaza Mall, Topeka, KS	www.sunflowerstriders.org	Brad Rhoden, Sunflower Striders, 785.273.6331, See ad in both Oct/Nov and Dec/Jan issues of Master Pieces magazine.
1/21/2012	Sat	7:00 AM	City of Mission Indoor Triathlon	Sylvester Powell Jr. Community Center, 6200 Martway, Mission, KS	www.sylvesterpowell.com	Natalie Lucas, Recreation Programmer, City of Mission Parks & Recreation, 913.722.8222, nlucas@missionks.org
1/28/2012	Sat	TBD	Polar Bear Strut 5K Run/Walk benefitting Special Olympics Kansas	Shawnee Mission Park, Shawnee, KS	www.kssso.org	Amber Hellwig, 913.789.0347, hellwiga@kssso.org
1/29/2012	Sun	9:00 AM: 5K & 10:00 AM: 10K	Children's TLC Groundhog Run 5K & 10K. MARA GP	Hunt Midwest Subtropolis, 8300 NE Underground Dr., Kansas City, MO	www.childrenstlc.org	

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More websites
FEBRUARY 2012						
2/6/2012	Sun	8:00 AM	Buffalo Run 8K & 5K, and 1K Kids Run	Parkville Nature Sanctuary, Parkville, MO	www.runkansascity.com	runkansascity@aol.com See ad in Dec-Jan issue of Master Pieces Magazine
2/11/2012	Sat	9:00AM	Cupids Chase 5K	Warrensburg Community Center, 445 East Gay Street, Warrensburg, MO		\$10. Register by calling Warrensburg Community Center at 660-747-7178 and paying by credit/debit card, or visit the Center. Heather Birchard, 660-747-7178
2/11/2012	Sat	8:00 AM	Run Toto Run Trail Runs 50K / 20 mi. / 10mi.	Wyandotte County Lake Park, Kansas City, KS	http://www.psychowrco.com/id7.htm	Ben Holmes, 816.810.0440, badbends@yahoo.com
2/11/2012	Sat	9:00 A.M.	Love2Run 4 Mile Run/Walk	Columbia, MO	www.love2runmi.com	Patrick Hansen readysetresults@gmail.com
2/11/2012	Sat	9:00 A.M.	Love2Run 4 Mile Run	Free State High School, Lawrence, KS	www.love2runks.com	Troy Fitzgerald Troy@kcrunningcompany.com
2/12/2012	Sun	9:00 A.M.	Love2Run 4 Mile Run	Charles Wheeler Downtown Airport, Kansas City, MO	www.love2runkc.com	Troy Fitzgerald Troy@kcrunningcompany.com
MARCH 2012						
3/3/2012	Sat	8:30 AM	Truffle Shuffle 5K	Johnson County Community College Overland Park, KS	http://www.ianaepinter.org/fundraiser.htm	Rusty Collins, RunwRus@aol.com
3/4/2012	Sun	8:00 AM	Little Rock Marathon, Half Marathon, and 10K	Little Rock, AR	www.ltrmarathon.com	
3/10/2011	Sat	10:00 AM	34th Annual Westport St. Patrick's Day Run 4 Miles	Corner of Westport Rd. & Pennsylvania Ave., Kansas City, MO	http://www.sportkc.org/sportkc.aspx?pgID=856&event_id=635	
3/17/2012	Sat	8:00 A.M.	Dash for Diabetes 5K	Liberty Memorial Park, Kansas City, MO	http://www.dashfordiabetes.com/	Chelsea Luebbert at cluebbert@kcumb.edu and Jenni Weeks at jweeks@kcumb.edu
3/24/2012	Sat	8:00 A.M.	Diva Dash Women's 5K Run/Walk	Park Place, 117th and Nail, Leawood, KS	www.divadashkc.com	Brad Ziegler brad@kcrunningcompany.com
3/31/2012	Sat	8:00 AM	Circle the Square 5K Run and Walk	Historic Independence Square 607 W Lexington, Independence, MO	http://www.active.com/running/independence-mo/circle-the-square-presented-by-young-friends-of-csi-2011	Doug Cowan (816) 912-4484 cowan@csicare.org
APRIL 2012						
4/1/2012	Sun	6:00 AM	Brew to Brew 44 Miles Relay & Solo	From: Boulevard Brewery, Kansas City, MO To: Freestate Brewery, Lawrence, KS	www.brewtobrew.com	Lou Joline, 816.228.3842
4/7/2012	Sat	8:00 AM	Run for Mercy 5K Run/Walk, 10K Run, Kids Fun Run	Mill Valley HS, 5900 Monticello Road, Shawnee, KS	http://oceansofmercy.com/event/sign-for-mercy.html	Gene Willis, genew@oceansofmercy.com, 913.485.7447
4/7/2012	Sat	9:00 AM	Havin' A Crapple Day 5K Run & 1 mi. fun run	Stockton State Park Marina, 18610 E. 2000th Road, Dadeville, MO	http://www.stocktonstateparkmarina.com/11.htm	Joy Wells: crappeda5k@hotmail.com <crappeda5k@hotmail.com> 417-664-3355
4/14/2012	Sat	7:30 AM	Rock the Parkway Half Marathon, 5K MARA GP	Ward Parkway, KC, MO	www.rocktheparkway.com	KC Running Company, troy@rocktheparkway.com
4/14/2012	Sat	9:00 AM	American Lung Association's Fight for Air Climb, 34 Flight Stairclimb	Town Pavilion, 1100 Walnut, Kansas City, MO	http://www.lungusa.org/pledge-events/mo/kansas-city-climb	
4/16/2012	Mon		BAA Boston Marathon	Hopkinton, MA	www.baa.org	
4/21/2012	Sat	7:00 AM	Oz Marathon, Half Marathon, and 5K	Olathe, KS	www.oiathe.org/cvb/sports/Marathon/information_registration.html	www.active.com
4/21/2012	Sat	7am, 8am	6th annual Free State Trail Run, 100K, 40-Mile, Trail Marathon & 1/2-Marathon	Clinton State Park, Lawrence, KS	6th annual Free State Trail Run, 100K, 40-Mile, Trail Marathon & 1/2-Marathon	
4/21/2012	Sat	8:30 AM	Running the Rails for a Reason 5K	Osawatomie Railroad Museum, 628 Main St., Osawatomie, KS 66064	https://secure.eventunited.com/kcsp/RunningtheRailsforaReason5k2012/Register.aspx	Sarah Dorsett 913-731-2162,
4/21/2011	Sat	9:00 AM	American Lung Association's Fight For Air Climb Wichita	Cessna Stadium - Wichita State University, 1845 N. Fairmount, Wichita, KS	http://www.FightForAirClimb.org	(early bird registration of \$15 till December 31st)
4/22/2012	Sun	7:30AM	Kansas Half Marathon, 5K, 10K	Haskell Indian Nations University, 155 Indian Avenue, Lawrence, KS	http://www.kansashalfmarathon.com/	Troy Fitzgerald, troy@kansashalfmarathon.com
4/29/2012	Sun	AM	The Trolley Run 4 mile run/walk MARA GP	75th and Wornall, Kansas City, MO	www.trolleyrun.org	Susan Belger Angulo, CCVI, 816.841.2284 x2017
4/29/2012	Sun	6:30AM	Oklahoma City Memorial Marathon	Oklahoma City, OK	http://www.okcmarathon.com/	

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More websites
MAY 2012						
5/4/2012	Fri	11:59 PM (midnight)	Special Olympics Pay It Forward Midnight 5K	11400 Tomahawk Creek Parkway Leawood, KS	http://www.active.com/running/leawood-ks/special-olympic-pay-it-forward-midnight-5k-and-run-run-2012	http://www.kssso.org/
5/5/2012	Sat	tba	Commando Run - 3.5 mil Obstacle course	K-10 and Ridgeview, Olathe, KS	http://commandorun.com/	www.sportkc.org
5/6/2012	Sun	7:00 AM	Lincoln Marathon (35th Annual)	Lincoln, NE	http://www.lincolnrn.org/marathon.htm	Registration opens in December 2011
5/12/2012	Sat	7:30 AM	Running with the Cows Half marathon & 5K	Holy Rosary Wea School, 227th & Metcalf, Overland Park, KS	http://www.runningwiththecows.com/	Troy Fitzgerald Troy@runningwiththecows.com ,
5/13/2012	Sun	AM	KC Express Mother's Day 5K Run/Walk for Women	Corporate Woods, College & Antioch, Overland Park, KS	www.mothersdayrun.com	June Moore, racedirector@kcexpress.org
5/20/2012	Sun	8:00 AM	Granny Pants Run™ 5k and Fashion Extravaganza	Scott Fitness, Broadway Valentine Shopping Center, 3600 Broadway, Kansas City, MO		janicewoolery@kcrr.com
5/20/2012	Sun	8:00 AM	Outpacing Melanoma 5K Run and Kids Run	Corporate Woods - Overland Park, KS	http://www.sportkc.org/	Kelly Klover - koklover@everestkc.net
5/26/2012	Sat	tba	Shawnee Mission Park Hot Trot 5K / 10K Half Marathon	Shawnee Mission Park, Theatre in the Park, Shawnee, KS	http://www.enter2run.com/Seach/event.aspx?event=e617b83f-da7a-407f-b90a-3593bc999887.aspx	Jordan Clayton, 816.344.6026, Jordan@run-areyouin.com , OR, www.run-areyouin.com for a PDF file of registration form to print out
JUNE 2012						
6/2/2012	Sat	7:00 AM	Hospital Hill Run, Half Marathon, 10K / 5K	Crown Center, Pershing & Grand, Kansas City, MO	www.hospitalhillrun.com	Beth Salinger, Beth@hospitalhillrun.com , Early bird registration is open.
6/16/2012	Sat	8:00 AM	Hope Challenge 5K	Frank A. Thels Park, 48th and Oak, Kansas City, MO		Jamie Gunn, jamie.g4@gmail.com , 913.708.2379 A fast-flat run through the Plaza Entry Fee \$25.00. Chip Timmed-Cash Prizes-Fun Family Events following the race.
JULY 2012						
7/4/2011	Wed	7:00 AM	34th Annual Lenexa Freedom Run 5K/10K	Old Town Lenexa, Sante Fe & Pflumm, Lenexa, KS	http://www.lenexa.com/parks/festivals/freedom.html	
7/14/2012	Sat	8am, 9am	6th annual Psycho Psummer Run Toto Run, 10-Mile, 20-Mile & 50-Kilometer trail run	Sheiter 2, Wyandotte County Lake Park, KC, KS	6th annual Psycho Psummer Run Toto Run, 10-Mile, 20-Mile & 50-Kilometer trail run	
7/28/2012	Sat	7:30 AM	WIN for KC Women's Triathlon	Smithville Lake, Smithville, MO	http://www.winforkc.org/	Reg opens in Feb 3, 2012 and website notes say that 2011 filed in ten days.
AUGUST 2012						
SEPTEMBER 2012						
9/8/2012	Sat	7:30 AM	Olathe Medical Center Women's Triathlon	Kill Creek Park, 1167D Homestead Lane, Olathe, KS	http://cprd.com/activities/special_events.cfm	
9/9/2012	Sun		2012 Broadway Bridge Run, 5K, 10K, Half Marathon	City Market, KC, MO	www.somo.org/broadwaybridgerun	Jeremie Ballinger, 913.789.0332, Ballinger@somo.org
9/15/2012	Sat	AM	Kansas City Zoo Run, 4 MI. Run and 1 mi. run/walk	Kansas City Zoo, Swope Park, KC, MO	www.kansascityzoonrun.org	Lisa Drake, Event Midwest, 913.485.3254, info@eventmidwest.com
9/30/2012	Sun	8:30 A.M	Lemon Run/Walk 5K - Kansas City	Waterfall Park, Independence, MO	http://www.alexislemonade.org/campaign/lemon-run-kansas-city	Susan Blowey, Susan.Blowey@alexislemonade.org , 913-70-0604.
OCTOBER 2012						
10/7/2012	Sun		Chicago Marathon	Chicago, IL	www.chicagomarathon.com	Entries open around Feb 1, 2012
10/20/2012	Sat		Waddell & Reed Kansas City Marathon, Half Marathon & 5K MARA GP	Kansas City, MO	http://www.waddellandreedkansascitymarathon.org/	
NOVEMBER 2012						
11/22/2012	Thu	9:00 AM	Thanksgiving Day 5K & Family Stroll	Sprint Campus, 117th Street & Nail, Overland Park, KS	http://www.sportkc.org/sportkc.aspx?pgID=866&event_id=634	www.sportkc.org



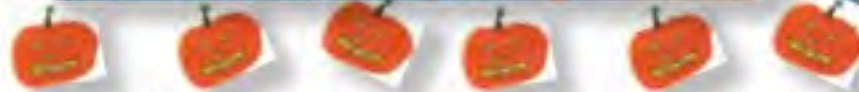
Sam Miceli (race director), Joel Nichols (KMBC), Chris & Larry Moore



Ruth Hannon



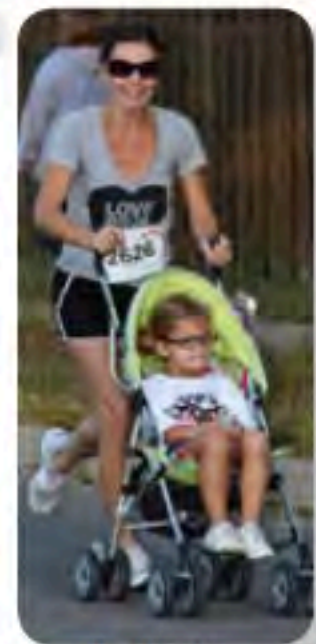
Lisa, Eldon, & Erin Wenstrand Sawyer & Shawn Hawkins



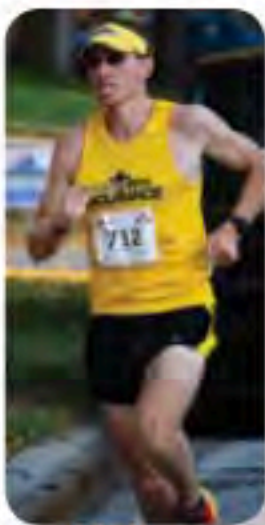
13th Annual Jared Coones Memorial Pumpkin 5K Run/Walk

October 8, 2011
8:00 a.m.

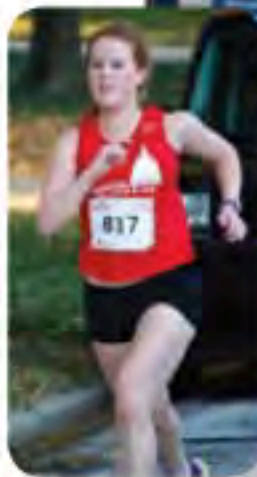
Black Bob Elementary School
Olathe, Kansas



Lisa Hamilton



Male Winner:
Adam Moos - 15:47



Female Winner:
Jillian Pollack - 19:23



Photos by: Russ Niemi



Military Veterans sing the Stars & Stripes



The elephants get to watch the One Mile Run



Sarah Meyers and husband enjoy the elephants.



Elite Runners start the field of 1,500 runners



Race Director Lisa Drake gets them ready to run



A great day to run for everyone!



Sarah Stark wins her age group 25-29 along side Lisa Drake



Amanda & Jake Foiles enjoying good eats at the fair



Lots of Friends of the cat at the vendor fair



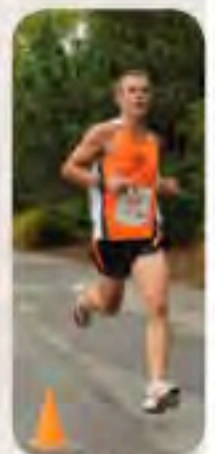
Alisa Fancher enjoys the vendor fair



Overall Winner Mathew Cesang 21:22



Female Winner Megan Earney 25:27



2nd Place winner Caleb Teague 21:36



It's always fun to go past the rhinos



Claudia Basel & son Benjamin with a Black-Footed Cat

Photos by: thomas photographic.com



KC EXPRESS.org



President's Message

By Kelly Pfannenstiel
President of the Kansas City Express

It's been a Joy!

As I'm writing this message, Thanksgiving is just a week away. It seems a perfect time to reflect back on this year serving as President of the KC Express. I can truly say that it has been a joy for me to lead the women of the Express during this incredibly exciting year! From becoming our own independent non-profit organization and introducing our new logo "Joy" to launching our first 10K and Half Marathon Training Program and planning our 30th Birthday Celebrations for 2012, it's been an amazing year of growth and renewal for our club. All I can say is "WOW"!

The talents and commitment of the women of Express continue to humble me. Each woman has unique abilities and a selfless desire to share and contribute to the greater good. I'm thankful for the women who started KC Express 30 years ago and for all the women who have contributed and served since then. By keeping our focus on staying healthy while having fun, we've continued to meet the needs of the women in our community.

Speaking of fun, what a fun year it has been! We had our annual Red Dress Run in February, followed by Daisy and the Bees Centipede in the Westport St. Patrick's Day Run in March. We partnered with Shawnee Mission Medical Center in April to pace the women in their Training Team, which led right into our Mother's Day 5K in May with almost 4,000 participants. Our Training Program began almost immediately following the MD5K. Through the months of training, we celebrated our increased fitness and mileage with participation in the Lenexa Freedom Run, Helen Gold 10K, Kansas City Half Marathon, and our very own Tutu Run in September for the opening of the Kauffman Center for the Performing Arts. The tutus were put to further use by the Express volunteers at KC Marathon aid station at mile 6.5! Following the completion of our Training Program, we had a special run and discount night at Lucy's. November's meeting was the 3rd Annual Top Chef competition for our members and we all enjoyed tasting the variety of yummy, healthy dishes. Finally, we will be wrapping up the year with our Holiday Party in December, along with the announcement of the Phyllis Bahner PaceSetter Award recipient for 2011.

I finish my term as president thankful for all the wonderful women of the KC Express.

It's been a joy!



Activities, Training and Meetings

Long Run:

Join the Long Run Group at 7a.m. each Saturday, followed by chat and coffee! Meet locations for each month are listed below. To receive the Saturday Long Run e-mails, please e-mail

KCExpressLongRun@gmail.com.

December:

Panera, 83rd and Mission

January:

Einsteins, 71st and Tomahawk

February:

Einsteins, Shawnee Mission Pkwy in Fairway

Walk Group:

Join the Walk Group at 7:30 a.m. each Saturday. To receive the Walk Group emails, please email

kcexpresswalkers@gmail.com.

December:

Panera on the Plaza

2012:

Please check www.kcexpress.org for up-to-date locations

Upcoming Meetings:

We meet the first Tuesday of every month @ St. Joseph Medical Center (I-435 & State Line Rd). We begin at 6:30 p.m. for drinks, a light dinner, and time to catch up with friends. From 7:00-8:30 we have a speaker, discussion, or activity of interest to women, and we conclude with a short business meeting. We know you're busy - come when you can. You're always welcome.

1/3/12 - Ready to Ride? Fun tips for biking in the metro area.

2/7/12 - Red Wine & Dark Chocolate. Are they really good for you? Come taste and decide.



KC EXPRESS.org



Nutrition and Running By Sally Berry MA RD CSSD ISSN

Running Fuel for Cooler Seasons by Sally Berry

Are you recovering from that last 5K, Marathon, or 50K? Are you treating yourself to a "break" in training and nutrition plan? With this cooler season the holidays around the corner, I notice athletes "slip" out of some of their best behaviors and habits into something that looks more like hibernation and food gathering. One of the my most commonly asked nutrition questions is, "why do I continue to increase my weight and gain weight around my middle if I am running so much?" Another major observation is watching athletes wait to start on a good nutrition and health plan until after the fall season holidays are over. It is common for athletes to "take a break" in their training after their fall competition 5 K's, half, full marathons, or ultra endurance race season.

Just as our climate has seasons, so does endurance training and most sports. In reality, this "recovery" transitional phase or base phase of your training will need different eating patterns than during the peak training season. First, take a good look at what you need coming into 2012. What improvements in your diet or performance are needed? Do you have injuries that need healing? Will you be building up your base endurance into a longer race? Your goals for 2012 determine your nutrition now. Next, take a good look at your eating now and how your eating relates with your current training regimen... while other athletes are taking time off. Switching up your nutrition is necessary as your training changes. Waiting until the first of the year is a lost opportunity!

Let's start with the exercise research and nutrition knowledge fact to explain what this season requires. One fact that has been known for a long time is that running will help with fat utilization. And the slower base training such as many try during the winter months can help improve your fat burning. BUT.... the benefits of running and fat burning is vastly improved with the right nutrition intake. You can manipulate what you eat to help improve your fat utilization and prevent being a "carb burner". "Carb burners" are more likely to have gut issues, cramping, poor performance, and chronic medical issues that come from poor nutrition choices during the base of the season.

So what should your diet look like in the recovery (transitional) and base training phase? The nutrition changes include changing your balance of fat protein and carbohydrate so that there is more focus on lean proteins and less focus on carbohydrates. During base training, put away your sport supplements, gels, drinks when workout level is lower intensity and at a slower aerobic pace. Shift nutrients to include lean protein, higher fiber carbohydrate with vegetables and some fruits and less grains. These will be increased as the season intensity increases. These changes result in a moderate carbohydrate load on the body rather than a high demand of carbohydrate on the body. You body will therefore shift to usage of fat and rather than carbohydrate for fuel. The result for runners is less gut issues, bloating, cramping and more energy, changed body composition and improved overall health.

Although I can say that I have seen these changes when I have tested clients for metabolic nutrition efficiency with a metabolic cart, the research and evidence based data is not yet available. For an athlete to be successful in competition, careful consideration must be given not only to the training program, but to the nutrition plan as well. It does not matter if the athlete is novice or elite, youth or masters, female or male, or competing in sprint or endurance events, a well formulated nutrition analysis and plan will contribute significantly to the athlete's success. To see if this works for you, I would suggest that you get tested and get specific information based on your diet.

Meanwhile, try some of these suggestions. This is the best seasonal opportunity for these changes. Here are some tips to keep you focused during this time of year

- Continue to be aware of you eating choices.
- Get an evaluation of your nutritional needs. This is a good time to see where you training is going. Are you cross training now? Are you running a slower endurance jog? How is your nutrition? Did your nutrition goals disappear at the end of your marathon or training season?
- Know your base metabolic efficiency by having this tested. This is the best time of year to evaluate how your body runs to see if you are a fat or carb burner.
- If your goal is to decrease weight, this is the best time to start those goals. Getting started while other are over celebrating will make you feel better during the holidays and give you a jump start on the new year. The best time to start is late November or early December. People that start early are most successful!
- Once you have a plan and know your metabolic efficiency, set your season goals.
- Find a system to be accountable for your goals.

Does that mean that there will be no fun during the holidays? Certainly, there is still room for a lot of celebration. Celebration does not mean putting your health goals on hold! Put into action now your early goals to tweak your muscle mass and body fat prior to the start of the season. When you are at those holiday gatherings, think of your future 2012 goals and get started early!

Seasonal opportunities abound!!!

Fuel Your Body for Life!
Sally Berry
Bodyfuel, Inc.
www.ebodyfuel.com





A MAN OF MANY HATS

By Jerry Morrison

Our subject, Gene Wee, began his young days as a casual runner. He ran here, there and everywhere. It was natural that he gravitate to running track in high school, where he lettered. As a freshman at Kansas University, he was on Coach Bob Timmons team. That did not last long. Timmons had a huge turnout of track runners, and Wee was released. Not to worry, he turned to bike racing. He became a district representative for bike racing. His group took a state championship. He became so involved that he burned out, and started looking for new challenges.

Orienting. Now that was interesting. It involved cartography and course mapping. He developed a national newsletter on the sport. While pursuing this activity he melded into running and racing. He ran in many races and the Grand Prix circuit. His goal was to qualify for a marathon. He did two and set his sights on Boston. He did enter the Olathe Marathon, running and walking it.

Wee developed an injury in all this activity. While inactive, he pursued another interest; and one of those happened to be photography. Gene took pictures at races when could not run. This led to journalism, and he became a journalist. Soon, he developed a web page for his group. Gene does this today in his career. "It is time-consuming," he says, "but fun and artistic."

Despite this busyness, Wee did conquer Boston, and the KU Marathon as well, including the Hood to Coast event in Oregon. However, photography was becoming a consuming interest. He would go all over town taking 'artistic' photos. He likes to do background shots showing runners at large, not keying on the speedy leaders. Backgrounds are an important part of pictures, according to Wee.

Gene Wee, 63, is married to noted runner, Dee Boek. They have one son, Damon, who is studying for his masters in mechanical engineering at KU. Gene and Damon also had some interest in fencing at one time.

His training consists of running three or four times weekly and filling in with calisthenics. He believes in rest and recovery to avoid injury. He belongs to the Red Dog Group at Lawrence, KS. They have a varied regime of morning runs, stretching, jumping jacks and the like. "This routine has made me a better runner," he says.

Our hat is off to Gene Wee, indeed a man of many hats, many talents, and constantly performs them all beautifully!

Master Pieces would like to especially extend our thankfulness and gratitude to Gene for his photographic contributions within every issue. We sure appreciate all you do for our running and walking community Gene!

Panic Attacks May Explain Triathletes' Deaths

It often sets in during the swimming portion,
writes competitor

(Newser) – At least nine people died this summer during triathlons, and one competitor has a theory about what's going on: panic attacks, specifically during the swimming portion of the race. As in earlier years, almost all the deaths (eight, in this case) occurred in the water, writes David Brown in the Washington Post. What could prompt an experienced athlete to drown? The swimming portion produces anxiety thanks to everything from "the excitement of the moment," to a wetsuit's constriction of the chest, to "the chaos of swimming into and over other people," writes Brown, who has felt the panic himself. Trouble is, an autopsy can't tell you whether such an attack occurred, and US triathlon officials seem not to have investigated how often they happen. Fortunately, races have begun helping participants cope with anxiety, but it's time for "the whole sport" to do "a better job" addressing the issue, he writes.

Article provided by Rich Ayers

Member Bonus for New Members

We have received a number of comments at our expo booths that many runners do not know about MARA and Master Pieces.

The board would like to enlist members to help spread the word.

We encourage you to talk to your running friends about MARA, the website and Master Pieces.

If your friends, join MARA have them write your name on the Membership application or send an email to:

MARA.Running@gmail.com. Your membership will be extended for one quarter.

Thanks for your help.





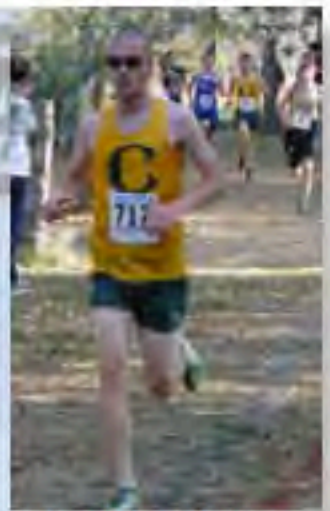
Douglass girls team on hill

The University of Kansas hosts its home cross country meets at historic Rim Rock Farm, northwest of Lawrence. Before being donated to KU in 2004, the property was owned by former head track and field and cross country coach Bob Timmons and has been the home of the Jayhawks since the 1974 season.

Any runner or spectator will say that the course is quite challenging and unusual. In addition to having two covered bridges as part of the course, Rim Rock Farm also features specific hills, turns and other landmarks that are named after former Jayhawk greats. Dispersed throughout the course are silhouette statues of seven legendary Jayhawk distance runners including Herb Sempet, Allen Frame, John Lawson and Olympians Billy Mills, Wes Santee, Glenn Cunningham and Jim Ryun.

Rim Rock Farm, home of the 2007 USATF National Junior Olympic Cross Country Championships, was the vision of Coach Timmons, who, during his 23-year tenure, won two cross country conference championships. "There is something for everyone at Rim Rock Farm," Timmons said. "Parents are afforded the opportunity to walk around throughout the course and find all the wonderful places to observe. Spectators can catch the runners three or four times throughout the event and explore the different elevations. And the runners can navigate a course that will challenge them with its obstacles and amaze them with its beauty.

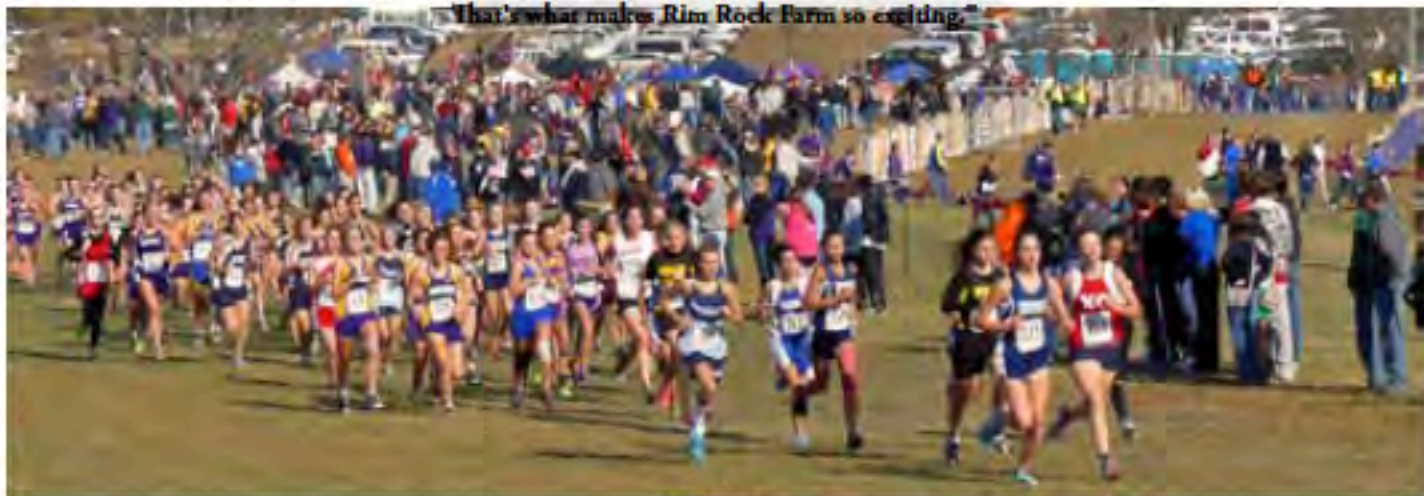
That's what makes Rim Rock Farm so exciting."



David Thor 5A champ

KS XC STATE CHAMPIONSHIP

OCTOBER 29, 2011



Girls 3A start



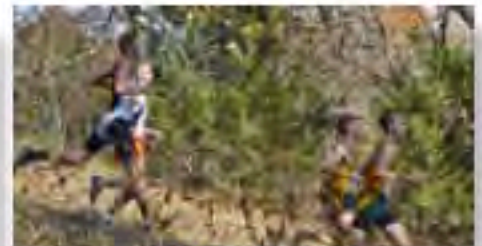
Sprint finish 5A Boys



Kain Anderson at 2 miles



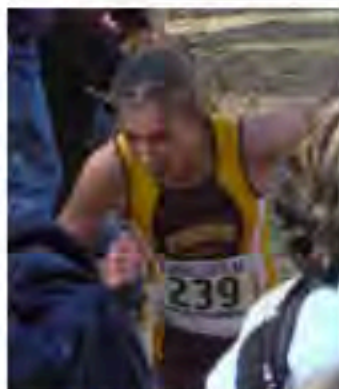
Sarah Peterson



2nd Mile downhill



Alli Cash SMW 6A champ



Emily Sechrist 3A Girls Champ



Kings Bridge 3A girls



Running spectators

Photos by: runlawrence.com

Presented by the Kansas City Track Club

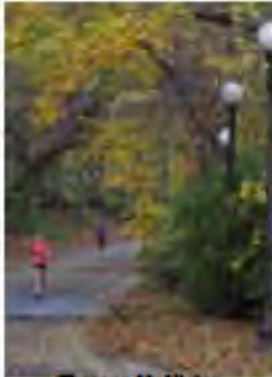
Cliff Hanger 5K & 8K

November 6, 2011



26th Annual

Did you know that Cliff Drive in the Historic Northeast is one of America's designated "Scenic Byways" and was featured in the KC Star as one of 25 Reasons to Love Kansas City?



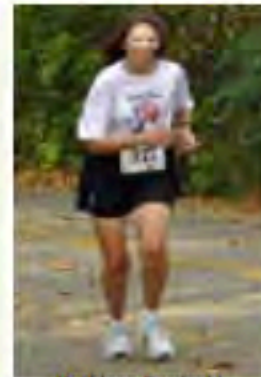
Theresa McAlister (Fairway KS)



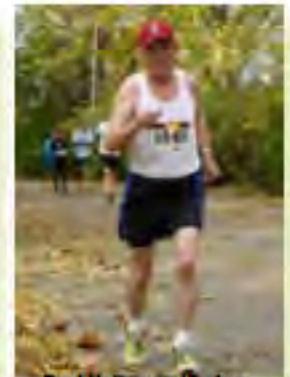
Ed Burnham (Village Of Loch Lloyd, MO) ran the 5K in 39:35.4.



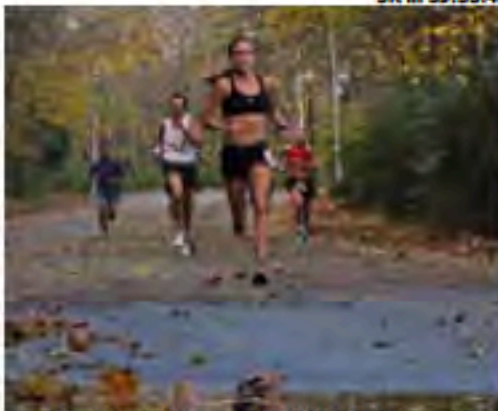
Mom, Girls & Stroller



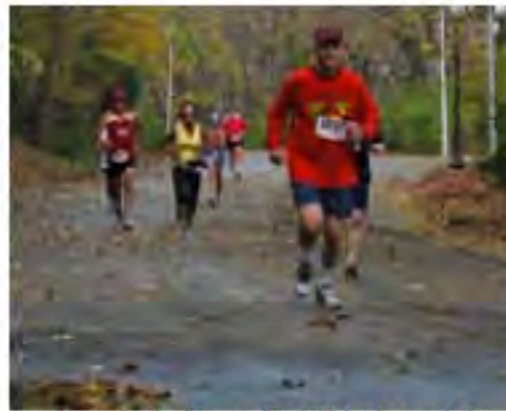
Kathleen Purduski (Kansas City KS) in the 5K



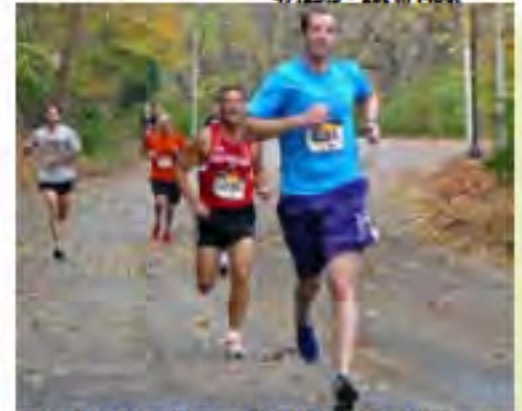
Paul Heitzman (Eudora, KS) ran the 8K in 47:23.3 - 1st in M80.



Amy Schmitz (Kansas City MO), Don Fitzgerald (Lenexa KS), Cindy Cameron (Westwood KS)



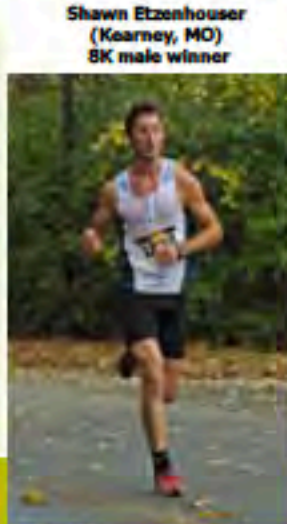
Joe McCarthy (Kansas City MO) leads a pack of runners with 300 meters to go.



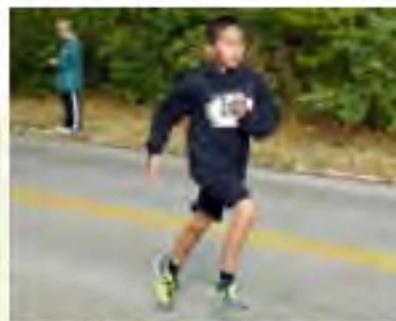
Mark Hopkins (Kansas City MO) and Rod Williams (Warrensburg MO)



Jacqueline McClurg (Topeka, KS) 8K female winner



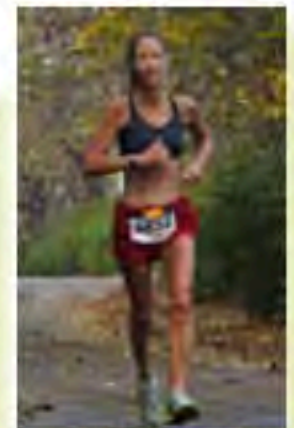
Shawn Etzenhouser (Kearney, MO) 8K male winner



Jesse Kuykendall ran the 5K in 24:49.4.



Wally Brawner (Tonganoxie, KS) 1st M70 - 8K



Karen Hyde (Lawrence KS) 8K - 1st F50 (37:06.2)

Photos by: runlawrence.com

Presented by the Kansas City Track Club

Cliff Hanger 5K & 8K

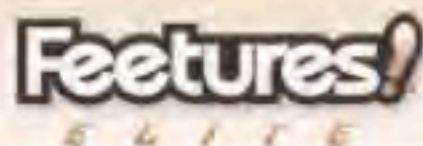
2012 MARA GRAND PRIX Schedule



Distances

- 1-21 Topeka to Auburn Half -Marathon
- 1-29 Groundhog 10K
- 4-07 Run for Life 10 Miler
- 4-14 Rock the Parkway Half -Marathon
- 4-29 Trolley 4 Miler
- 5-05 Heart and Sole 10K
- 5-12 Truman Run 5K
- 5-13 Mother's Day 5K
- TBD Heartland Track & Field 3K
- 7-07 Eudora Horsethief 5K
- 8-04 Course of Dreams CC5K
- 8-11 Farmstead 5K
- 9-03 Labor Day 5K
- 9-16 Plaza 10K
- 9-24 UltraMax Cerner 15K
- 10-13 Jared Coones 5K
- 10-20 Kansas City Marathon
- 10-27 Halloween Hustle 10K
- 11-04 Cliffhanger 8K

Track 3K	=	1
5K	=	6
CC5K	=	1
4 Miler	=	1
8K	=	1
10K	=	4
15K	=	1
1/2 Marathon	=	2
Marathon	=	1



2011 MARA
Grand Prix Directors:
Dina Meyers
Sandi Weston



***Makau of Kenya
crosses the finish
line to win the
38th Berlin
Marathon***

Kenyan runner Patrick Makau shattered the world record for the men's marathon September 25, 2011 in Berlin, chopping 21 seconds from the previous best time, via reports from Reuters. With temperatures around 72 degrees, Makau ran the race in 2:03:38. "This is the greatest day of my running life," said the 26-year-old, whose previous best was 2:04:48. "When I woke up today my body didn't feel very good," but around the 15-mile mark, "I felt I could break the world record."

The Berlin course has long been a fast one for marathoners, as the men's record has been broken five times on it over the years. The women's marathon was also won by a Kenyan, Florence Kiplagat, who ran it in 2:19:44, in her first completed marathon.

30th Annual
TOPEKA TO AUBURN
HALF MARATHON
Saturday, January 21, 2012
11:00 AM
Start: Topeka, KS • Finish: Auburn, KS

Participants receive:

- Free post-race pancake feed
- Hooded sweatshirt
- Free action photos

Hosted by:
 For information and to register:
www.sunflowerstriders.org/topeka-to-auburn

First MARA Grand Prix
Event of 2012



***Trail Nerds completing their
night half marathon at Rock
the Night Away Lake Perry***

Photo provided by
SeeKCrun.com

Fourth Annual Friends of SeeKCrun BBQ

Each year, SeeKCrun has attempted to recognize/reward the KC running community with a little get together at Shawnee Mission Lake Park.

The purpose is to show the leaders, volunteers, athletes a little something extra about their counterparts in this wonderful group that gives so freely to the charities of our city.



I have held the attendance to about what we can afford although some of you do give me checks to help defray the cost...Hard to turn down but just not necessary (Thanks, Tim)....

People ask me where I get the energy and motivation to serve almost 90 events each year at such a low cost and great quality...this is the fountain....Thank you, everyone....

Dick Ross www.SeeKCrun.com



Dick Ross Hosts the 4th Annual Volunteer Picnic

Photos: SeeKCrun.com



The Strolling Strings from Shawnee Mission North.



The volunteers with their medallions pose for the photographer.



BJ Taylor, right, and his family.



Left: SeeKCrun.com photographer Frank Mance and his wife Debbie enjoy Jack Stack barbecue. RRCA speaker Janice Woolery is at the far right.



Marcia and Steve Riley from Lawrence

Shawnee Mission Park was again the setting for the 4th Annual Volunteer Picnic hosted by Dick Ross of SeeKCrun.com. The entertainment was again presented by the Strolling Strings from Shawnee Mission North High School. Each attendee received a volunteer medallion, a calendar and enjoyed delicious barbecue from Jack Stack. The special guest was Janice Woolery, the RRCA Kansas state representative, who presented a running update to the group. Thank you Dick for your dedication to the running community.



Jane Tompkins and Mike Lundgren

Page Worth Saving

Thank you, Kansas City runners, for so much encouragement

Free  Photos Calendar

Free 5X7 Photos www.SeeKCrun.com at these events

Date and Time	Event Name	Registration/Information Web Sites For complete and daily updated registration links, go to www.SeeKCrun.com
Jan 1-10AM	Kansas City Track Club Annual New Years run	Over 120 runners and walkers gathered at the Athletic Club of Overland Park to welcome the New Year with a run on the nearby trails.
Jan 15 – 9AM	Trail Nerd 5K Ice Version	Wyandotte County Lake Park, KS (Shelter 2) Well, our race lived up to its icy logo...11 degrees at the start, with a snowy, squishy trail. We also offered up a lot of: Family Fun. Hills. Spills. Dogs. Donuts. Hot Starbucks Coffee. Mugs. Music. Marines! Dick Ross. And shoe-screwing mayhem.
Jan 21- 11AM	Topeka to Auburn Half	Chelsea Drive, east of the KTKA-TV 49 building and west of Fairlawn Plaza Shopping Center, Topeka KS
Jan 28- Noon	Special Olympics Polar Plunge, Lee's Summit, Mo	The freezing temperatures might not sound attractive, but a huge event full of music, crazy costumes and loads of laughter can get anyone in the mood for a cool dip. To let you in on a little secret, you are only in the water for a few minutes, but you have a lifetime to brag about your bravery...
Feb- 11 8AM & 9AM	"Psycho WYCo" Run Toto Run 50 K, 10 Mile, & 20 Mile	On race day, we had over 500 participants registered for the 2010 event, with 23 states represented! Over 140 were registered in the 50K, alone. Wyandotte County Lake, KCKs
March 3-8:30 AM	Truffle Shuffle 5K	Johnson County Community College Field house
March 17 – 8:00AM	Drumm Run 5K	Unity Village Campus
March 25- 11AM	God's Country Duathlon Event	Lawrence River Levee Trails

Google these events for more details

Like a falling tree in the forest, if there are no photos of a running event, did it really happen? Dick Ross www.SeeKCrun.com

For complete and daily updated registration links, go to www.SeeKCrun.com

Kansas City Roads and Bridges

By Dave Schieffer



Missouri Bicycle and Pedestrian Federation 2012 Legislative Platform

In previous articles I have shared successes we as bicyclists, runners, walkers, etc. have enjoyed as a result of initiatives the Missouri Bicycle and Pedestrian Federation (MoBikeFed) led here in Missouri. Recently, MoBikeFed announced their Legislative Platform for 2012. It was created through a collaborative process of their legislative committee and board, surveys and feedback from bicyclists and pedestrians from across Missouri, and discussions with partner organizations from across Missouri.

Highlights of the platform include:

Safe Streets: When unsafe drivers injure or kill bicyclists or pedestrians, current law allows prosecutors to bring charges for trivial traffic infractions or serious (but difficult to prove) felony charges. We propose an intermediate step that will get unsafe drivers off the road, be easier to prosecute, and have more severe and appropriate penalties than minor traffic infractions. The bill may include these elements:

Provisions based on existing "move over for emergency vehicles" legislation (would require motorists to move over or slow down when encountering a bicyclist or pedestrian).

Provisions based on existing "construction work zone" legislation, which include increased fines/penalties/driver license points for striking a bicyclist or pedestrian.

Anti-Bicyclist and Pedestrian Harassment: Bicyclist and pedestrian harassment bill, possibly based on those in SC, CO, and/or Columbia, MO: "unlawful to harass, taunt, or maliciously throw an object at or in the direction of any person riding a bicycle". SC has penalties of \$200 up to prison time. Bicyclist harassment by motorists is a major impediment to bicycling. Many bicyclists are intimidated. Pedestrian harassment is also a problem. Laws limiting harassment of hunters could be used as a model.

Complete Streets: Build on the success of the 2011 Complete Streets Resolution by working for the adoption of statewide, regional, and local Complete Streets policies. Complete Streets policies encourage cities, counties, planning organizations, and MoDOT to incorporate planning for pedestrians, bicyclists, old and young users, people with disabilities, transit users, and motor vehicle drivers into the design and construction of all transportation projects.



Safe Passing: Fix technical issues with safe passing of bicycles provision. Include safe passing of pedestrian provision. Expand protection to include passing bicyclists when they are operating on the shoulder. Consider increasing penalties and including 4-foot minimum passing distance.

Greenway/Trails Districts: Enabling legislation for multi-county greenway districts (parks/trails/greenways/bikeways). This legislation will allow one or several counties to create a greenway district that could raise funds to build greenways and trails in the district. This exists in the St. Louis region as Great Rivers Greenway District; the Kansas City region is proposing a similar district and other areas of the state are interested as well. The multi-county districts require state enabling legislation and then a vote by the citizens of each county.

Anti-Texting: Expand the current ban on texting while driving from young drivers to all drivers.

MoBikeFed is asking organizations and businesses from across Missouri to endorse the 2012 legislative platform, or those elements that organizations or businesses can, under their mission endorse, by a written statement. Those endorsements will help generate support for moving these issues forward in the 2012 Missouri General Assembly.

In addition, they are also interested in your ideas and feedback. What issues or proposals should they include in this and future legislative platforms?

Check out www.mobikefed.org for more information on how your organization can endorse this platform and how you can provide feedback.

Happy Trails!

A handwritten signature in black ink that reads "Dave". The signature is stylized and cursive.

Dave Schieffer represents MARA on the Missouri Bicycle and Pedestrian Federation (www.mobikefed.org).

If you have any comments or suggestions for Dave, please send an email to schiefferus@yahoo.com.



Lou's Cartoons

In Living Color

By Lou Joline

RUNNING WITH GRANDDAD, by Henry
STANDING IN FOR SANTA



Quick Henry, put on some clothes.
Santa is stuck in Mexico without a
government issued photo ID.
Eleven million runners and bikers
will have nothing this year!



Good thing we kept those tops
here didn't we, Granddad?

We can email you over the border,
Santa, but we cannot manage the
snow and the reindeer. How can
you possibly get ready?

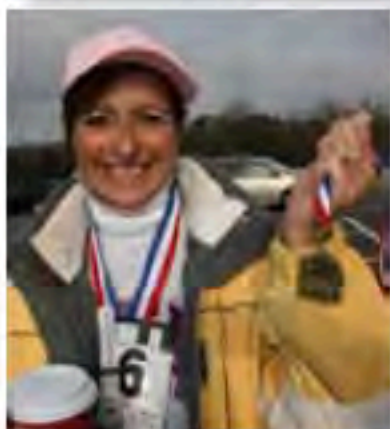
I'll need the help of Super Hero
like you too. Let's head for the
warehouse and match up the
requests with what we have.



We have two million orders for five
toed shoes, but on the work order
the "5" looks like a "6". We will
have to chop off that extra toe.





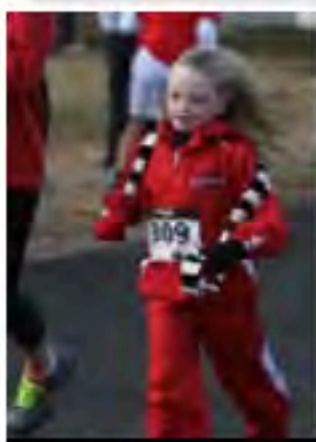


Young Life is making a difference in the lives of kids around the world because we are supported by adults who care about kids in their community. For every talented Young Life staff person there is a team of dedicated leaders who works directly with kids. In each community, the local "committee," comprised of parents, Young Life alumni and civic leaders, provides a foundation of financial, administrative and moral support for the local Young Life team.

SNAPSHOTS OF FITNESS, FUN AND FAMILIES ENJOYING A 5K YOUNG LIFE DAY!



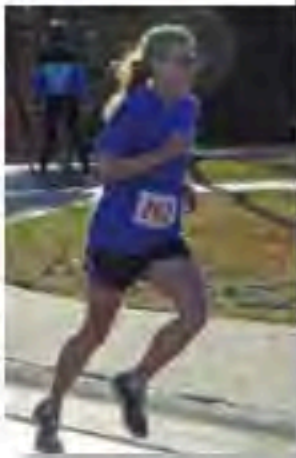
Photos by: Dick Ross
www.SeeKCrunch.com



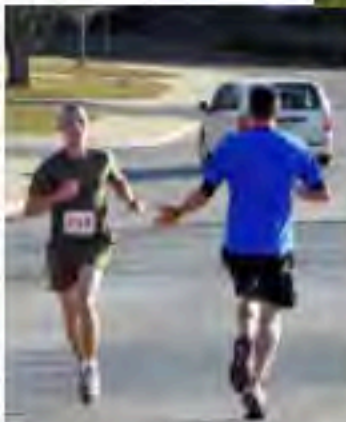
3rd Annual
Lawrence Veterans' Day

— 5k Run —

To Benefit KU War Memorials



Photos provided by: runLawrence - Gene Wee



***When Running in Misery...
it's best to run with friends!***

By Sarah McGinty

Sandi: Hey Sarah...how about we plan a trip to San Antonio to run the RNR half in November

Sarah: Whoo Hoo. Let's do it! How awesome will it be to run in warm weather in the middle of November!

Usually November in the Midwest can be a bit dreary, so needless to say, the thought of running a half marathon in south Texas seemed like an awesome idea! My first out of state running trip, I was excited! Let the planning begin, hotel was booked, airline tickets bought, the 5 of us (Sandi Weston, Karen Raymer, Mary Haley, Nic Sanders-my hubby and I) were ready to go to Texas. I was on my way to expanding my metal collection and maybe run in a few states other than Missouri and Kansas! It seemed like a good idea at the time.

Fast forward to November 2011 Kansas City Style. Most of my training runs had been in the wee early morning hours with an average temp of 35-40 degrees, perfect for me! Oh how I love to run in cooler weather. Training for KC Half went well, actually improved my time by a substantial amount, I thought Ok I am ready for Texas after all it's a flat course how hard can it be?

Sunday, November 13th, race conditions that morning, 98% humidity, 75 degrees at start time, overcast...YUCK!!! By the time I finished the half marathon, temperatures were exceeding 85 degrees with full sun, very little shade on course! Talk about one heck of a hot day!

I think it was worse than Hospital Hill this year! Sandi Weston and Mary Haley did a fantastic job finishing the Full Marathon, while Karen, Nic and I finished the Half.

I have to thank San Antonio for their hospitality, they did a great job hosting over an estimated 25,000 runners this past weekend. The River Walk is beautiful and well worth the trip! I have read many stories about runners who reflect during their races, well here are a few things I learned while reflecting or rather just trying to survive the 2011 San Antonio Rock Roll Half Marathon.

Running with 20,000+ is not easy, it was very crowded throughout the entire course; I bet we ran an extra mile with all the bobbing and weaving we had to do throughout the entire course of the Half Marathon. Just as "please" and "thank you" are hard to come by these days, so is running courtesy (sorry... but coming to a dead stop in the middle of a race course to take a picture of yourself to post on face book, is really annoying...this happened more than once).

It is so inspiring to see your friends overcome tough obstacles like the heat to persevere and finish a marathon...Sandi, Mary, and Kyra you truly are my inspiration. We are so spoiled here in Kansas City! I have to say we have the best running community and we put on some top notch running/walking events. KC should be proud! Running with friends will always guarantee a good finish! Who doesn't like a hometown crowd cheering for you at the finish!

Sarah: Texas is in the books, state #2 of 50. So who is ready for Little Rock???? Mary, Sandi, Karen...how about a road trip??

Sandi: Sounds like a good idea to me!

MOTIVATION FOR YOUR MILES

The following is an excerpt from a web page presented by Running in the USA

How well do some of these ring true with you??????

YOU MIGHT BE A RUNNER IF.....

Starting with a 5:30 am run is a great way to start your day.

You find greater joy in spending your money on running apparel, shoes & gear than on a pair of designer jeans or monogrammed purses.

When people ask what happens if it rains during a race, you smartly tell them, "you get wet."

You decide to sleep in and skip your run, but then somehow get your run in before the day is over anyway.

Your day isn't complete until you've put your run in.

You're looking at this magazine instead of Facebook.

People often shake their heads when you tell them what you did over the weekend.

Your daily run is like therapy, or an anti-depressant.

Your spouse comments about how good a finished construction project looks, and all you notice is that the porta potty isn't there any longer.

The first thing you pack for a business trip is running gear.

Your 'To Do' list reads:

1) Go Run

2) Everything Else

You get upset about injuries because they keep you from running, not because you have actually damaged our body.

You know that a course was accurately measured just by looking at your race finishing time.

You are hungry for lunch before 9am, even though you had breakfast.

Waiting for someone who is walking on a treadmill makes you want to scream.

You are proud of and respect all runners of all abilities.

You see running as a life changing experience.

You know exactly how many miles are logged on your running shoes.

You feel an instant kinship to any other runner you pass by on the street.

You consider getting a PR almost as great as winning the race.

You run....for fun

Whether a 5K runner or a marathon runner, you understand "the runner's high".

You plan your life, schedules, appointments, around your running schedule.

You have a list of all the races you plan to run for the next 12 months.

The high you feel after a race outweighs the anxiety you feel before it.



RUN

Kansas City



Upcoming Events

Our Training Programs

Winter Session—Dec 4 thru Feb 5

New members \$99 Alumni \$79

Includes at Brooks Running Jacket

Spring Session—Feb 12 thru June 3

Summer Session—June 10 thru July 29

Fall Session—Aug 5 thru Nov 18



December 10, 2011

10:00 AM

Swope Park

Run the First 5K 2012



Midnight - New Year's Day

Kansas City, Missouri

\$500 Cash Grand Prize

Buffalo Run 8K & 5K



Feb 5, 2012

Parkville, MO

Run Kansas City

2012 Race Series

Visit our website for Race Schedule,
Scoring Details and Awards

Visit our website for more
Run Kansas City Events

www.runkansascity.com



**The 37th Annual
MARA Chili Run
and
Awards Ceremony
Saturday
December 10, 2011
10:00 a.m.**

**Wyandotte County Lake
Shelter House #1**

-
- 6.5 Mile Fun Run or Walk
 - Chili Lunch and Beverage
 - **NO Entry Fee for MARA members**
\$5.00 non-members
(Register on the day of the run)
 - Bring old shoes, trophies, awards
and cash donations to be distributed to local charities.
 - The Chili Run is designated as a fund raiser for the
Jack Boyer Fund.
 - Questions: Call 816-741-2314
-



Map to Wyandotte County Lake
91st and Leavenworth Road
Kansas City, Kansas

“Life is short ... running makes it seem longer.”

- Baron Hansen



***HomeTeam Owners,
Mike and Jo Faulconer,
are proud members
of MARA & K.C.'s great
running community!***

“Marathoning is like cutting yourself unexpectedly. You dip into the pain so gradually that the damage is done before you are aware of it. Unfortunately, when awareness comes, it is excruciating.”

John Farrington, Australian marathoner



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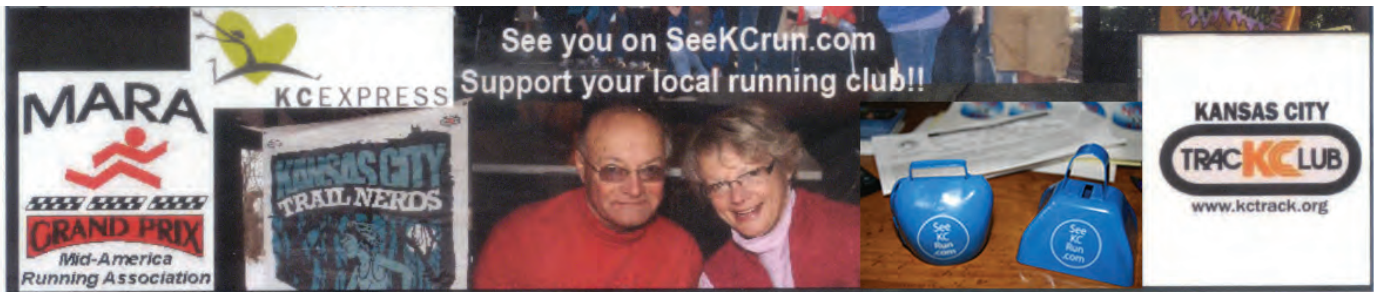
913-642-3515 • 816-810-3515

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 Lenexa, KS 66285-4668

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2012

JANUARY

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