

Master Pieces

Magazine of Mid-America Running Association

February / March 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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FEBRUARY / MARCH
2012

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

Cover Photo: A Past "Chili Run" Memory
Wyandotte Cnty Lake Park
Photo by: Dick Ross - www.seekcrun.com



FULL SPEED IN TO 2012



Full speed in to 2012 we go! Well, as for me, and some of you I imagine, it hasn't been quite full speed just yet. Like so many millions of people heading towards the first day of a new year, I mentally drafted my list of goals. A few of those were: to be more focused and consistent in my training, especially adding a few strength workouts each week. Also, to change up and challenge the daily run hopefully increasing my pace from the slow gear it's been stuck in lately. Then there's also the hope of putting more miles on my bike this year than last. Waiting on Spring for that one! I didn't take off like I planned at the 2012 start line, however, I am moving forward with optimism and enthusiasm each new day.

What a terrific year it is going to be too!

Every four years the Summer Olympic Games take center stage and I am certainly one that can't get enough trying to watch all the events. (OK, at least all the running and cycling events for sure). It was the Olympic Games, so many years ago that lit my own internal flame and spawned the passion of running that is now a part of my life. I will never forget that memorable day, the 5th of August, 1984. I was glued to the television watching every step that Joan Benoit took in the first Women's Olympic Marathon held in Los Angeles, CA. It was captivating and inspiring to me, a new runner and marathoner. Nearly 28 years later, I've slowed the pace a bit, but am just as grateful and excited about running as ever. Make it a great day today.

Wishing you passionate, fun, and healthy running!

New MARA Members and Sustaining Memberships are listed on page 6



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

**Wyandotte County Lake
Shelter House #1**



- 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.





**Grand Prix Director
Sandi Weston &
Greg Schulze
2nd(M50-54)**



Start of the 2011 MARA Chili Run



**MARA Volunteer of the
Year Sarah Wanderes with
MARA President Karen Raymer**



**Sandi Weston &
Wally Brawner
2nd (M70-74)**



**Cliff Hunter-
2nd (M80-84)**



**Ken Vega
and boys**



**Dee Boeck & Jerry Morrison
Dee & Gene Wee (not pictured)
were this year's Arnie Richards
award winners**



1st Place Grand Prix female age group winners



**Sandi presents Mary Haley award for
3rd (F60-64)**



1st Place Grand Prix male age group winners



**Susie Turner, 2nd(F65-69)
& Gene Wren 1st (M70-74)**



**Jane Tompkins-Lundgren
3rd (F50-54) & Kathleen
Johnson 1st (F50-54)**

Photos by: Seekcrun



In with 2012, out with my 2011 Running Calendars throughout our home...filled with motivation, I decided to begin this new year devoting Running Shorts to my running inspiration found in my Running Calendars for the past 12 months.

MONTHS OF MOTIVATION FROM 2011...

*Running Thoughts – “If you want to be the best runner you can be, start now. Don’t spend the rest of your life wondering if you can do it.” Pricilla Welch, British marathoner

*New Year, New You – No matter what your goal is, here’s how to get started. Take a test. Knowing your fitness is the best way to set doable training goals for the New Year. To find yours: 1. Go to a track, run 3 X 1600 meters at a hard but now all-out pace. Jog for 1 to 2 minutes between intervals for recovery. The goal is to run each segments at an even pace. 2. If the lap times are similar, take your average pace for 3 x 1600 and add 15 seconds. That time is a good estimate of your 5-K pace.

*Take note. Research has shown that people who keep daily food diaries lose twice as much weight as those who don’t.

*Running Thoughts – “If you run, you are a runner. It doesn’t matter how fast or how far. If doesn’t matter if today is your first day or if you’ve been running for twenty years. There is no test to pass, no license to earn, no membership card to get. You just run.” John Bingham

*African Proverb – “Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed. It knows it must run faster than the slowest gazelle, or it will starve. It doesn’t matter whether you’re a loin or gazelle – when the sun comes up, you’d better be running.”

*Talk to yourself. Athletes who use instructional and motivational self-talk before and during an event perform better than those who don’t. Try it: Review your race strategy: tell yourself how you plan to achieve your goal. Repeat a mantra (e.g., “Start out slow” or “I am tough”) as you run.

*Running Thoughts – “The will to win means nothing without the will to prepare.” Juma Ikangaa, marathoner

*Make core workouts count. Many runners think ab exercises like crunches, will work for them: they won’t. Crunches don’t strengthen the deep core muscles that provide stability. Instead, try exercise such as the side plank to strengthen these muscles for more efficient running.

*Eat berries for recovery. When you’re loading on those ab exercises, also stock up on red and purple fruits. Cherries, blueberries, and strawberries contain anthocyanins – antioxidant compounds that may act similarly to anti-inflammatories.



*Running Thoughts – “Listen to your body. Do not be a blind and deaf tenant.” Dr. George Sheehan, runner

*Mileage matters. To prevent injury, your longest run of the week should never be more than half of your weekly total. Also, make sure you increase mileage no more than 10 percent weekly. Push too hard too fast, and you might get hurt.

*Listen to your body. It may be fine to run with a tiny blister. But not all aches and pains should be ignored. Some can develop into serious injuries. Write down in a log how you feel after a run. This will help you spot chronic issues that need medical attention.

*Running Thoughts – “A lot of people run a race to see who’s the fastest. I run to see who has the most guts.” Steve Prefontaine

*Burn more calories. 150-pound runner doing a 4-mile training run at a 09-minute pace burns about 480 calories. But you can torch more calories by swapping that 4-miler with a high-intensity workout such as intervals. Intervals, in which you alternate fast- and slower-paced running of a certain distance, burn up to 30 percent more calories.

*Keep Motivation High. Create a list of reasons you want to lose weight, and keep adding to that list: “I want to be a good role model for my kids,” for example. When you don’t feel like running, read it to yourself. It’ll help you remember the lasting benefits of slimming down.

*Running Thoughts – “The body does not want you do this. As you run, it tells you to stop but the mind must be strong. You always go too far for your body. You must handle the pain with strategy...it is not age it is not diet. It is the will to succeed.”

*Strength train. A study published in the Journal of Strength and Conditioning Research shows that runners who add 3 days of resistance training to their weekly program have greater upper- and lower-body strength than those who only run. Plus, strength training can reduce fatigue and strain in your shoulders, neck, and back.

*Treat yourself. Frozen popsicles are a good way to hydrate and refuel after a run. Here’s how to make your own pops that are rich in calcium, protein, and probiotics: Blend together 1 cup of plain or flavored kefir (sold at most health-food stores), 1 cup of mixed fruit, and 1 tablespoon of honey. Pour into popsicle molds. Enjoy!

*Running Thoughts – “Running is a big question mark. It asks you, “Are you going to be a wimp or are you going to be strong?” Peter Maher, Olympian

*Make every mile count. Giving each run a purpose will help you keep up your routine. Designate one day for an easy-paced run, another day for a long run, and a third day for speed play (a.k.a. “fartlek”). On this run, set out at your usual pace, and pick up the tempo when your feel ready. You might sprint to a landmark ahead, such as a tree. Then jog to recover. Pick up the pace again when you’re ready.

*Breath Deep. Researchers in Italy found that people who underwent focused deep-breathing exercises before and during physical exertion had higher levels of blood oxygen and were able to perform far better on exercise tests.



*Running Thoughts – “Divide the race into thirds. Run the first part with your head, the middle with your personality, and the last part with your heart.” Mike Fanelli, coach

*Warm up smart. Begin your warm-up 30 to 40 minutes before the race starts. Walk for 5 minutes, and then pick up the pace a bit for the next 5 minutes. Finally, walk to the starting line.

*Pasta control. Forget the pound of pasta the night before a race. Instead, eat medium portions of carbohydrates for several days prior to the race. Carbs top off your glycogen supply (your muscles’ biggest energy source). Overdoing it may lead to frequent porta-potty stops.

*Running Thoughts – “My feeling is that any day I am too busy to run is a day that I am too busy.” John Bryant

*Get enough Z’s. Don’t neglect sleep. “Athletes pay so much attention to exercise and nutrition but forget the third piece of the pie: For peak performance, you need to sleep,” says James Mass, Ph.D., a psychology professor at Cornell University. For a good night’s rest, make sure to stick to a routine; go to bed and wake up at the same time each day; keep your bedroom dark, quiet, and cool; don’t use electronic devices 30 minutes before shut-eye.

*Morning Glory – Breakfast cereal can make a fabulous pre-run or post-run meal because it provides lots of easily digested carbs to use as fuel or to help rebuild glycogen stores. But there’s a caveat: Eat the wrong cereal and you may fall short on protein and fiber. And because many cereals are highly fortified, you may also run the risk of taking in too much of certain nutrients. Here’s a guide to help get the most from your bowl... - At every meal, try to take in about 20 grams of protein. Even when eaten with milk, most cereals fall short of this goal. So look for cereals with added protein (usually soy), top off your bowl with extra milk, or round out the meal with protein-rich foods such as yogurt, peanut butter, or eggs. - Cereals often contain little fiber; look for brands that contain at least five grams of fiber per serving. You can also top some cereal with fiber-rich fruits (fresh or dried), or mix a fiber-rich cereal with your favorite brand. - Most cereals are followed with anywhere from 25 to 100 percent of the Daily Value for most vitamins and minerals. Eating one bowl may be equal to taking one multivitamin. So consider skipping your daily multi or other vitamin/mineral supplements if fortified cereal is a big part of your daily menu.

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

*Think plants first. Load up on fruits, vegetables, nuts, and beans. In general, they contain far fewer calories per ounce than other foods, along with nutrients that runners need. Iron, for example – which helps runners sustain energy and fight fatigue – is found in spinach, green peas, broccoli, kidney beans, and chickpeas – all of which also provide more protein per calorie than animal products.



*Rest smart. It’s good to take a weekly recovery day. But a day off running isn’t an excuse to devour a bag of chips. Instead, stock up on nutrients you may not be getting enough of during a typical week.

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

*Treadmill (n.): A torture device perfected in the 20th century, designed to destroy one’s mind through sensory deprivation and monotony.

*Get enough vitamin D. In the dark winter months, make sure you are getting your fair share of vitamin D. Our bodies make the vitamin when we absorb UVB rays, but chances are you aren’t getting outside much this month. A vitamin D deficiency can make you feel tired and sluggish. Take a supplement, or eat foods that are good sources of D, such as salmon or mushrooms. Aim for at least 200 IU of vitamin D a day.

*Shoe Blues – Running in wet or damp shoes will increase your chances of getting hot spots or blisters. After you run, remove the sock liner, loosen the laces, and open up the shoes as much as possible to ventilate them. In most climates, it’ll take two days for them to dry fully, so the best bet is to get a second pair of running shoes and rotate between them. (A different model will also help prevent overuse injuries.) For shoe recovery after a winter run, put your shoes in front of a fan instead of near a heating vent because many midsole foams are quite sensitive to heat. To hasten drying, stuff newspaper into your shoes and repeat until they’re dry.

*Running Thoughts – “You also need to look back, not just at the people who are running behind you but especially at those who don’t run and never will...those who run but don’t race... those who started training for a race but didn’t carry through... those who got to the starting line but didn’t get to the finish line...those who once raced better than you but no longer run at all. You’re still here. Take pride in wherever you finish. Look at all the people you’ve outlasted.” Joe Henderson

*The Rules. The 10 percent rule – Increase weekly training mileage by no more than 10 percent per week. The 2 hour rule – Wait for about two hours after a meal before running. The 2 day rule. If something hurts for two straight days while running, take two days off.

*Running Thoughts – “When I hit the trails every morning, the first words in my head are, ‘Thank you, thank you, thank you.’ I’m just so appreciative to have the ability to run.”



STAY HEALTHY AND KEEP RUNNING!!

Karen's Column

By Karen Raymer
President of MARA

February 2012



After living in the Kansas City area for 51 years, and running for almost 41 years (we moved to the Kansas City area when I was 10 – you do the math!) I cannot remember a milder winter. Of course, as I write this, the meteorologists are predicting some snow this evening. However, the weather lately has been good conditioning for the ½ marathon that I am doing in Phoenix this week-end (January 15th).

That being said, there is a 20% chance of rain on Sunday. My “track” record for bringing rain to Phoenix is pretty “steady”. The Phoenix area can be in the middle of a draught, and when I go for a visit, it rains! The friends that I usually stay with, Cindy and David Quirarte, tell me that their neighbors have offered to pay for my trip, when they have not had rain for a long time! Perhaps, I should take them up on that offer.

Although, I do hope my record gets broken this week-end, as running in the rain is never fun, especially, when my friend, Sandi Weston, is running the full marathon. Sandi has joined the 50/50 club, doing a marathon in every state. When she completes the one in Phoenix, she will have completed 15 states. I admire her determination and drive to complete her goal, but I have no desire to do another full marathon. I travel along with her and opt for the ½ marathons.

Sandi is also the new MARA Grand Prix coordinator, along with Dina Myers. If you want to become part of the Grand Prix participants, you can go to the MARA website: www.mararunning.org for information. If you are entering the races already, that are on the Grand Prix schedule, you might as well accrue points and you could place in your age division and win some very nice awards at the end of the year. The awards for Grand Prix winners are presented at the MARA annual Chili Run, held the 2nd Saturday in December.

I hope that we continue on this pattern of a very mild winter and then spring will be soon!

Wishing you happy and healthy
running and/or walking.

Karen

Welcome New MARA Members:

<i>Burnett Law Offices</i>	<i>Kansas City, MO</i>
<i>David Childs</i>	<i>Independence, MO</i>
<i>Janet Dye</i>	<i>Kansas City, KS</i>
<i>Roger Harber</i>	<i>Shawnee, KS</i>
<i>Ashley Shores</i>	<i>Olathe, KS</i>
<i>Gayle Van Dume</i>	<i>Overland Park, KS</i>
<i>Kenneth Vega</i>	<i>Kansas City, MO</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>Dee Boeck & Gene Wee</i>	<i>Lawrence, 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>Donna LaLonde</i>	<i>Topeka, KS</i>
<i>Ann Lento</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 & Stan Nelson</i>	<i>Westwood Hills, KS</i>
<i>Russ & Rosalie Niemi</i>	<i>Wake Forest, NC</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>Gretchen & 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>

MARA GRAND PRIX Final 2011 Standings

<u>Male 20-24</u>			<u>Female 20-24</u>		
Mike Hake	66		Holland Davis	48	
<u>Male 25-29</u>			<u>Female 25-29</u>		
Ken Vega	56				
Brett Rinchart	54				
TC Wigger	44				
<u>Male 30-34</u>			<u>Female 30-34</u>		
Adam Moos	76		Katie Messer	54	
<u>Male 35-39</u>			<u>Female 35-39</u>		
David Bryant	93		Michelle Andrews	82	
Mike Diederich	46		Heidi Englert	28	
<u>Male 40-44</u>			<u>Female 40-44</u>		
Steve Christensen	67		Machelle Collins	44	
Ken Moran	32				
<u>Male 45-49</u>			<u>Female 45-49</u>		
Kevin Miller	30		Cindy Cameron	99	
<u>Male 50-54</u>			<u>Female 50-54</u>		
Chris Nichols	92		Kathleen Johnson	100	
Greg Schultz	66		Karen Hyde	80	
			Jane Tompkins-Lundgren	78	
			Julie Steilen	30	
<u>Male 55-59</u>			<u>Female 55-59</u>		
Jimmy Stanziola	94		Anna Allen	94	
Gayle VanDurme	65		Sandi Weston	35	
Don Fitzgerald	52*				
Roger Hahn	52				
Yael Abouhalkah	45				
<u>Male 60-64</u>			<u>Female 60-64</u>		
Tim Wigger	100		Dee Boeck	100	
Bruce Gilbert	85		Donna Romans	56	
Jeff Behrens	71		Nancy Mueller	28	
Greg Hartman	45		Chrsinte Brummer	21	
Don Turner	25				
<u>Male 65-69</u>			<u>Female 65-69</u>		
Garth Smith	68		Susan Robinette	99	
Phil Kelsey	38		Suzie Turner	89	
Rick Hogan	30		Mary Haley	65	
Gary Mielke	21		Celeste Leonardi	20	
<u>Male 70-74</u>			<u>Female 70-74</u>		
Eugene Wren	100		Janice Young Miller	38	
Wally Brawner	85				
Don Roth	58				
Frank Weinhold	52				
<u>Male 75-79</u>			<u>Female 75-79</u>		
Lou Joline	86		Ann Nelson	80	
Deloyne Huffman	60		Fritzi Hazelrigg	32	
Alan Poisner	37				
<u>Male 80-84</u>			<u>Female 80-84</u>		
Paul Heitzman	80		Mary Otte	48	
Cliff Hunter	34				
<u>Male 85+</u>			<u>Female 85+</u>		
Ed Burnham	90				

(* equals winner per tie in points)

2012 MARA GRAND PRIX Schedule

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

Distances

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

MARA



GRAND PRIX
Mid-America

Running Association



**2012 MARA
Grand Prix Directors:
Dina Meyers
Sandi Weston**

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

For changes or additions, send email to Jay at jkraupp@everestkc.net.

MARA GP indicates a MARA Grand Prix event.

As of January 10, 2012. For subsequent updates, and races after June 30, go to www.mararunning.org

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More websites
FEBRUARY 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
2/5/2012	Sun	9:00 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
2/5/2012	Sun	12:30 PM	Super Bowl Run 4 miles	Linwood Park, Wichita, KS	http://runwichita.org/race_calendar.php	Mark markhc@swbell.net 316-617-4840
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 in person. Enter 1 week in advance to get a shirt. 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, Shelter #2, Kansas City, KS	http://www.psychowco.com/g7.html	Ben Holmes, 816.810.0440, badbendr@yahoo.com
2/11/2012	Sat	9:00 A.M	Love2Run 4 Mile Run/Walk	Columbia, MO	www.love2runmu.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.love2runku.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.love2runku.com	Troy Fitzgerald Troy@kcrunningcompany.com
2/18/2012	Sat	7:00 AM	Bonk Hard Chill 12 Hour Winter Adventure Race	Ha Ha Tonka State Park. Near Camdenton, MO	www.BONKHARDRACING.COM	
2/26/2012	Sun	TBD	Fancy Creek Trail Race 5 miles	Fancy Creek State Park, Randolph, KS	http://www.manhattanrunningco.com/	Ed note: race is listed at the MRC website but I do not have details, so keep an eye on the MRC website for an update.
MARCH 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
3/3/2012	Sat	8:30 AM	13th Annual Truffle Shuffle 5K	Johnson County Community College Overland Park, KS	http://www.janaepinker.org/fundraiser.htm	Rusty Collins, RunwRus@aol.com
3/3/2012	Sat	8:30 AM	Mrs Robinson's Romp 5K, 10K, Trail Run	Wyandotte County Lake Park, Shelter #14, Kansas City, KS	http://www.psychowco.com/g99.html	Rocky and Hilly Trails
3/3/2012	Sat	10:00 AM	Adventuremax - Trail Run - 10K and HalfMarathon	Innsbrook, MO	http://ultramaxtri.com/adventuremax/	
3/4/2012	Sun	8:00 AM	Little Rock Marathon, HalfMarathon, and 10K (all sold out already)	Little Rock, AR	www.littlerockmarathon.com	Marathon sold out 12-17-2011. Half M sold out 1-1-2012. 10K sold out.
3/4/2012	Sun	9:00 AM	Pi-Day River Rotation Half, 13.5 mile Trail Run	Riverfront Park, trail head parking lot just off 8th & Oak in north Lawrence, KS	http://www.lawrencetrailhawks.com/races/2012/mar/04/pi-day-river-rotation-half-second-annual/	Caroline Wroczyński 785-2861 linericare@gmail.com
3/4/2012	Sun	10:00 AM	Adventuremax - 2 person Team Trailthon	Innsbrook, MO	http://ultramaxtri.com/adventuremax/	
3/10/2012	Sat	9:00 AM	Clinton Soccer 10K, 5K, & 1 Mi Walk	1106 S. 2nd Street, Clinton, MO	www.clintonmissourisoccer.com	
3/10/2012	Sat	10:00 AM	34th Annual Westport St. Patrick's Day Run 4 Miles	Corner of Westport Rd. & Pennsylvania Ave., Kansas City, MO	http://kctrack.org/st-pats-4-miler/	www.kctrack.org and kctrunner@gmail.com See the Advertisement in this issue of Master Pieces
3/17/2012	Sat	7:30 AM	Shamrox 15K and 5K	Springfield, MO	http://ultramaxtri.com/myshamrox/	
3/17/2012	Sat	8:00 A.M	Dash for Diabetes 5K	Liiberty Memorial Park, Kansas City, MO	http://www.dashfordiabetes.com/	Chelsea Luebbert at cluebbert@kcumb.edu and Jenni Weeks at jweeks@kcumb.edu
3/17/2012	Sat	10:00 AM	St. Pat's Day Road Races 2 mi. Fun Run/Walk 10 K	Aggieville, 11th & Moro, Manhattan, KS	http://universityextras.com/letsqorun.com/?page_id=10	
3/24/2012	Sat	8:00 A.M	Diva Dash Women's 5K Run/Walk	Park Place, 117th and Nall, Leawood, KS	www.divadashkc.com	Brad Ziegler brad@kcrunningcompany.com
3/25/2012	Sun	10:00 AM	10th Annual God's Country Off-Road Duathlon	Lawrence River Trails, Lawrence, KS	http://www.fattireduathlon.com/go/	Chris Locke 816-200-1273
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-csl-2011	Doug Cowan (816) 912-4484 cowand@cslcares.org
3/31/2012	Sat	8:00 AM	1st Ability 5K	Swope Park Bandstand, Kansas City, MO		Shannon, SMaloney@eitas.org, BJ@BJtheDJ.com 816-509-7943
3/31/2012	Sat	9:00 AM	Dam Run 12K and 5K	Clinton Lake, Adult Softball Complex, Lawrence, KS		Duane Peterson, 785.832.7940, dpeterson@ci.lawrence.ks.us
3/31/2012	Sat	9:00 AM	Eagle Egg 5K Run/Walk	Summit Christian Academy, 1500 SW Jefferson, Lee's Summit, MO	http://www.active.com/running/lees-summit-mo/eagle-egg-5k-run-walk-2012?int=29-6	
3/31/2012	Sat	9:00 AM	10th Annual April Fools Run 5K/8K	Cameron Regional YMCA, 402 E. Evergreen, Cameron, MO	http://www.cameronymca.org/newsite/special_events/special_events.htm	Walkers welcome, per the website.
3/31/2012	Sat	vrs	Heartland Open / Masters Indoor Track & Field Meet	JCCC Field House, Overland Park, KS	www.heartlandathleticservices.com	
3/31/2012	Sat	8 AM and vrs	Commando Run - 3.5 mil Obstacle course	106th and Ridgeview, just off K-10, Olathe, KS	http://commandorun.com/	
3/31/2012	Sat	9 AM and vrs	Ruckus - 4 mile or 2 mile Obstacle course	Valley Speedway, Grain Valley, MO	www.RunRuckus.com	info@ruckussports.com

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More websites
APRIL 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
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/events/run-for-mercy.html	Gene Willis, genew@oceansofmercy.com , 913.485.7447
4/7/2012	Sat	9:00 AM	Havin' A Crappie Day 5K Run & 1 mi. fun run	Stockton State Park Marina, 18610 E. 2000th Road, Dadeville, MO	http://www.stocktonstateparkmarina.com/11.html	Benefitting additional trails within the park. Joy Weis: crappieda5k@hotmail.com < crappieda5k@hotmail.com > 417-664-3355
4/7/2012	Sat	TBA	Starfish Stride 5K Walk/Run	TBD	Royal Family KIDS Camp	More info to follow
4/7/2012	Sat	8:00 AM	Easter Egg 5K and Lil' Bunny Fun Run	Gezer Park 133rd and Mission Road, Leawood, KS	www.easteregg5K.com	Steve Blew Steve@kcrunningcompany.com
4/7/2012	Sat	8:30 AM	Run for Life 10 mile solo, 10 mi relay, 2 mi fun run, MARA GP (10 Mile)	Lee Arena (runner's expo and packet pickup). Moore Bowl (race start & finish). Washburn University, 1700 SW College, Topeka, KS	www.runforlife.us	Dave Provorse, Washburn Running Club, 785.670.1565, 785-249-8875, dave.provorse@washburn.edu
4/7/2012	Sat	8:30 AM	Maxtrax Duathlon	Derby Ridge Elementary School - Columbia, MO	http://ultramaxtri.com/maxtrax/	
4/14/2012	Sat	7:30 AM	Rock the Parkway Half Marathon, 5K MARA GP (Half Mar.)	Ward Parkway, KC, MO	www.rocktheparkway.com	KC Running Company, troy@rocktheparkway.com
4/14/2012	Sat	7:00 AM	Eisenhower Marathon, Half marathon, 10K and 5K	Eisenhower Presidential Center, Abilene, KS	http://www.eisenhowermarathon.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	
4/14/2012	Sat	9:00 AM	Lee's Summit Symphony 5K	Unity Village, Lee's Summit, MO	Enter2Run.com - Lee's Summit Symphony	
4/14/2012 and 4-15-2012	Sat & Sun	Vrs	Go! St. Louis Marathon, 1/2 Marathon, Marathon Relay	Downtown St. Louis, MO	http://www.gostlouis.org/marathon-weekend/about.html	There are events on both days. See website
4/16/2012	Mon		BAA Boston Marathon	Hopkinton, MA	www.baa.org	
4-18 to 4-21-2012	Wed thru Sat		85th Annual Kansas Relays	Memorial Stadium, Lawrence, KS	http://www.kuathletics.com/sports/c-relay/	To my knowledge, there is no event you and I can run in, but we can sure watch. I will add details here, as they become known. Jay
4/21/2012	Sat	7:00 AM	Oz Marathon, Half Marathon, and 5K	Olathe, KS	www.olathe.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/kcsc/RunningtheRailsforaReason5k2012/Register.aspx	Sarah Dorsett 913-731-2162,
4/21/2012	Sat	8:00 AM	Head for the Cure 5K Run/Walk	Fiat Branch Park, Columbia, MO	http://www.headforthecure.org/columbia-mo/hftc-columbia	
4/21/2012	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)
4/21/2012	Sat	9:00 AM	Myasthenia Gravis Walk, Run, & Roll 5K & 1 mi	Heritage Park, 16050 Pflumm, Olathe, KS	www.enter2run.com	http://www.facebook.com/pages/Myasthenia-Gravis-Walk-Run-Roll-for-Awareness/291400680872447
4/21/2012	Sat	9:00 AM	Sophie's Run at Lake Waukomis 5K Run/Walk, 1 mi walk	Lake Waukomis I-20 & 72nd St., Lake Waukomis, MO	www.sophiesrunatlakewaukomis.com	
4/21/2012	Sat	9:30 AM	Royal TRACS 5K & Royal Kids Fun Run (1 mi.)	Northeast Community Center, 680 Knox Lane, Manhattan, KS	www.royaltracs5K.com	info@royaltracs5k.com. Glenda at 785-776-9260. Out-and-back course along the Big Blue River. This is a Mixed Trail
4/21/2012	Sat	TBA	5K Run/Walk for MDA	Brittany Hill Middle School, 2701 NW 1st St., Blue Springs, MO	5k 4 MDA Blue Springs, Missouri 64015 Saturday, April 21, 2012	
4/21/2012	Sat	TBA	Pancreatic Cancer Action Network Purple Stride 5K Run/Walk	Southcreek Office Complex, 7200 W. 132nd Street, Overland Park, KS	http://www.pancan.org/purplestride/	Lindsey McDonald lmcdonald@pancanvolunteer.org
4/21/2012	Sat	TBA	Emma Creek Women's Classic 5K Walk/Jog/Run	Hesston High School, Hesston, KS	www.hrce.org	Hesston Recreation, 620.327.7128
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
4/22/2012	Sun	8:00 AM	Gambler Half Marathon & 5K	Council Bluffs, IA	http://www.thegamblerhalf.com/	
4/27/2012	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-fun-run-2012	http://www.kssso.org/
4/28/2012	Sat	9:30 AM	Helen Davis Run with the Huskies 5K, and, 1 mile Family Walk	Phil Welch Stadium, St Joseph, MO	http://register.macsrts.com/search/event.aspx?event=26e88450-4a01-4d74-a9f7-0e71ebbbef89.aspx	http://www.facebook.com/pages/2nd-Annual-Helen-Davis-Run-with-the-Huskies5K-RunFamily-Walk/186223431392817

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More websites
4/29/2012	Sun	7:45 AM	The 24th Annual 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 See the Advertisement in this issue of Master Pieces.
4/29/2012	Sun	8:00 AM	35 th annual Johnson's Wichita Half Marathon	Central Riverside Park, Wichita, KS	www.wichitahalfmarathon.com	
4/29/2012	Sun	6:30AM	Oklahoma City Memorial Marathon	Oklahoma City, OK	http://www.okcmarathon.com/	
MAY 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
5/5/2012	Sat	7:00 AM	Smithville 8-hour Adventure Race	Smithville Lake, Smithville, MO	www.BONKHARDRACING.COM	
5/5/2012	Sat	7:45 AM	Corinth Dragon Dash 5K Run / 1 mi. walk	Corinth Elementary School, 8301 Mission Rd., Prairie Village, KS	www.corinthdragons.com	For more information please call Corinth Elementary at (913) 993-2900
5/5/2012	Sat	8:00 AM	Kansas Heart & Sole Classic 5K/10K MARA GP (10K)	Johnson County Courthouse Square, Santa Fe & Cherry, Olathe, KS	www.olatherunningclub.com	Gwen Boone, 913.856.4653
5/5/2012	Sat	tba	Shoreline Shuffle 5K Trail Run	Shelter 4, Campground 1, Clinton Lake State Park 798 N 1415 Rd., Lawrence, KS	Shoreline Shuffle	
5/5/2012	Sat	vrs heats	Warrior Dash 5K trail run Obstacle Course	Platte Ridge State Park, 17130 371 HWY, Platte City, MO	www.warriordash.com	
5/6/2012	Sun	7:00 AM	Lincoln Marathon (35th Annual)	Lincoln, NE	http://www.lincolnrun.org/marathon.htm	Registration opens in December 2011
5/6/2012	Sun	7:00 AM	Trizou Triathlon, and, Duzou Duathlon	University of Missouri Recreation Center - Columbia, MO	http://ultramaxtri.com/trizou/	
5/6/2012	Sun	8:00 AM	Kelly Lynn Lutz Memorial 5K Run	Heritage Park, 16050 Pflumm, Olathe, KS	http://klscholarshipfund.com/	Leighann McDonald, 913.219.6440
5/6/2012	Sun	8:00 AM	Woodstock People and Pet Festival 5K Run & 1 mi Walk	Zona Rosa, Kansas City, MO	www.pcnews.org	news@pcnews.org
5/6/2012	Sun	8:00 AM	LAKC Run for Justice 5K & 1-Mile Fun Run	Kauffman Foundation, Rockhill Rd. & Brush Creek, Kansas City, MO	www.lakc.net	register at www.sportkc.org Cory Unrein, 816-474-6444, info@lakc.net
5/11/2012	Fri	6:00 PM	Dine and Dash 5K Family Fun/Run Walk	Krug Park, St. Joseph, MO	www.enter2run.com	Wendy Eidmann, 816.232.5113, wendyeidmann@yahoo.com
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
5/12/2012	Sat	8:00 AM	Rock On Lake Perry 50K, 1/2-Marathon, 5K, Trail Runs	Branded B Ranch, Lake Perry, Meriden, KS	http://lakeperrytrailruns.com	Rocky & hilly trails
5/12/2012	Sat	8:00 AM	Truman Run 5K Run/Walk MARA GP	Sunshine Center 607 W. Lexington, Independence, MO	www.trumanrun.org	Scott Beck, 816.645.8480, kocfs6794@comcast.net
5/13/2012	Sun	7:30 AM	BikeSource Duathlon/Triathlon presented by Bikesource & Johnson County Parks & Recreation	Heritage Park, 16050 Pflumm Road, Olathe, KS	http://jcpd.com/special_events/hp_duathlon.cfm	Chad Tower at (913) 236-1231 or info@jcpd.com
5/13/2012	Sun	AM	KC Express Mother's Day 5K Run/Walk for Women. MARA GP	Corporate Woods, College & Antioch, Overland Park, KS	www.mothersdayrun.com	June Moore, racedirectormd5k@kcexpress.org
5/19/2012	Sat	8:00 AM	Maguire Gilner Angel Day 5K Run & Tot Trot	Lone Elm Park, 21151 W. 167th St., Olathe, KS	http://www.AngelDayRunWalk.com	Erika Laney, Race Director Phone: 913-912-3855
5/20/2012	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk and Dot to Dot Kid Trot	Corporate Woods - Overland Park, KS	http://www.sportkc.org/	Kelly Klover - kcklover@everestkc.net
5/20/12	Sun	8:00 AM	Five Trails ½ Marathon	Richard Warren Middle School, 10th Ave & Gatewood, Leavenworth, KS	http://www.fivetrailshalfmarathon.com	USATF Certification #KS09090BG (asphalt & concrete surfaces w/ finish on school track). The TAPS Run and Remember Team is a charitable partner. Carol Bazemore, Race Director 913-240-8727
5/26/2012	Sat	7:45 AM	Gogirlrun HalfMarathon and 5K	Columbia, MO	http://ultramaxtri.com/gogirlrun/	HalfMarathon is a Women's race. 5K is both genders.
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/Seatch/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
5-26 to 5-27/202	Sat-Sun	10:00 AM	24 Hours For 24 Heroes Run & Walk	Lake Quivira, KS	http://www.stridesofpride.org/	Remembering 24 of Kansas City's Fallen Soldiers, 10am (Sat. May 26) until 10am (Sun. May 28), Greg Vaughn, 816-668-6527, run@stridesofpride.org
5/28/2012	Mon	8:00 AM	25th Annual Amy Thompson Run for Brain Injury Classic 8K Run/Walk, 2 Mi Fun Run/Walk, 2 Mi High School Challenge,	Loose Park, 5100 Wornall, Kansas City, MO	www.amythompsonrun.org	
JUNE 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
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 , See the Advertisement in This issue of Master Pieces.
6/7/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	St. Teresa's Academy, Kansas City, MO	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/10/2012	Sun	7:00 AM	Ironman 70.3 Kansas 1.2 mile swim + 56 mile bike + 13.1 mile run	Lawrence, KS	www.ironmankansas.com	
6/14/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Van Horn High School, Kansas City, MO	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/16/2012	Sat	7:00 AM	Lucky 13.1 Half Marathon & 5K	RayPec High School, Peculiar, MO	www.RayPecCC.com	Jamin Swift, RohoCC@yahoo.com ,

Date	Day	Start	Name & Distance	Race Location	Website / Registration	Race Contact, Notes, More websites
6/16/2012	Sat	8:00 AM	Hope Challenge 5K	Frank A. Theis 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 Timed-Cash Prizes-Fun Family Events following the race.
6/16/2012	Sat	8:00 AM	Summer Intro 2.8-mile Trail Run	Wyandotte County Lake Park, KS (Shelter 14)	http://www.psychowycoco.com/d55.html	Rocky & hilly trails
6/16/2012	Sat	8:00 AM	32nd Annual Topeka Tinman Triathlon	Lake Shawnee, Topeka, KS	http://ultramaxtri.com/tinmantri/	
6/16/2012	Sat	6:00 PM	Hope For Healing Lyme Disease 5K Race & 1 mile walk	Lawrence Rotary Arboretum, 5100 W. 27th (South of intersection of Wakarusa Dr. & K-10) Lawrence, KS	http://kansasllymefighters.webs.com/	Peninah Blumhagen BSN, MA, 785 248 3504 KansasLymeFighters@yahoo.com
6/17/12	Sun	7:30 AM	25th Annual Village Shalom Father's Day 5K & 10K Run/Walk	Village Shalom, 5500 West 123rd St., Overland Park, KS	www.fathersdayrun.org	
6/21/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Park University, Parkville, MO	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
6/22/2012	Fri	8:30 PM	Rock the Night Away Trail Run 5K, 10K, Half	Branded B Ranch, Lake Perry, Meriden, KS	http://lakeperrytrailruns.com	Rocky & hilly trails, night run
6/22/2012 and 6/23/2012	Fri and Sat	vrs	Max-O-Mania Multisport Stage Race (3 races in 2 days)	Innsbrook, MO	http://ultramaxtri.com/maxomania/	
6/23/2012	Sat	7:30 AM	Quartermax Triathlon	Innsbrook, MO	http://ultramaxtri.com/quartermax/	
6/23/2012	Sat		4th Annual Heartland All Comers Outdoor Meet	Johnson County Community College, Overland Park, KS	www.heartlandathleticservice.com	
6/28/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Liberty Jr. High School, Liberty, MO	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
JULY 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
7/4/2012	Wed	7:00 AM	34th Annual Lenexa Freedom Run 5K/10K	Old Town Lenexa, Sante Fe & Plumm, Lenexa, KS	http://www.lenexa.com/parks/festivals_freedom.html	
7/5/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Serie	Park University, Parkville, MO	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
7/7/2012	Sat	TBD	Eudora Horsethief Run, 5K Run, 1 Mi Fun Run MARA GP	W 9 th St & Main St, Eudora, KS	http://eudoracrosscountry.com/	Paul Boone, 785.542.4960, horsethiefrun@gmail.com
7/8/2012	Sun	7:00 AM	Shawnee Mission Triathlon Presented by Johnson County Park & Recreation District	Shawnee Mission Park, Shawnee, KS	http://icprd.com/special_events/smp_triathlon.cfm	Chad Tower at (913) 236-1231 or info@icprd.com
7/8/2012	Sun	7:30 AM	All-Star Game 5K and 1mi Fun Run	Downtown, Kansas City, MO	www.AllStarGame.com/5k	
7/8/2012	Sun	9:00 AM	Psychodelic 5K Trail Run (Fire Edition)	Wyandotte County Lake Park, KS (Shelter 2)	http://www.psychowycoco.com/d69.html	Rocky & hilly trails
7/12/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	Johnson County Community College, Overland Park, KS	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
7/13/2012	Fri	7:00 PM	Sunflower State Games Governor's Cup 5/10K Run, 5K Walk	Hummer Sports Park, 6 th & MacVicar, Topeka, KS	http://www.sunflowergames.com/	Brad Rhoden 785-224-5193
7/14/2012	Sat	8am, 9am	Psycho Psummer Run Toto Run, 10-Mile, 20-Mile & 50-kilometer trail run	Shelter 2, Wyandotte County Lake Park, KC, KS	http://www.psychowycoco.com/d75.html	
7/19/2012	Thu	6:30 PM	4th Annual Heartland Thur Night Track (TNT) Series	St. Teresa's Academy, Kansas City, MO	www.heartlandathleticservice.com	All-Comers track and field meet for ages 5 to 75+. (Most participants are school age). Gilbert Castillo, gscast@kc.rr.com
7/21/2012	Sun	7:30 AM	15th Annual Amelia Earhart 8K / 2K Fun Run	Atchison Family YMCA, Atchison, KS	Register after Jan31 at http://www.kansascityymca.org/	Lisa Howard, 913.367.4948, LisaHoward@KansasCityYMCA.org
7/28/2012	Sat	7:30 AM	WIN for KC Women's Triathlon	Smithville Lake, Smithville, MO	http://www.winforktri.org/	Reg opens in Feb 3, 2012 and website notes say that 2011 filled in ten days.
AUGUST 2012 This race schedule is a service of Mid-America Running Association. Support MARA and join today!						
8/3/2012	Fri	8:00 PM	Psych Night 5K & 10K Trail Run	Wyandotte County Lake Park, KS (Shelter 2)	http://www.psychowycoco.com/d50.html	Rocky & hilly trails, night runs
8/3/2012	Fri		Olympic 10,000 -Women	London, UK	www.london2012.com	
8/4/2012	Sat	TBA	Course of Dreams 5K open cross country run MARA GP	Shawnee Mission Park, Shawnee, KS		Troy Fitzgerald troy@kcrunningcompany.com
8/4/2012	Sat		Olympic 10,000 -Men	London, UK	www.london2012.com	
8/5/2012	Sun	11 AM London time	Olympic Marathon - Women	London, UK	www.london2012.com	
8/10/2012	Fri		Olympic 5,000 - Women	London, UK	www.london2012.com	
8/11/2012	Sat	7:00 AM	Overland Park Farmstead Stampede 5K Run / Walk MARA GP	Deanna Rose Children's Farmstead, 135th & Switzer, Overland Park, KS	http://www.opkansas.org/Events/Farmstead-Stampede	913-940-7270.
8/11/2012	Sat		Olympic 5,000 - Men	London, UK	www.london2012.com	
8/12/2012	Sun	11 AM London time	Olympic Marathon -Men	London, UK	www.london2012.com	
8/25/2012	Sat	9:00 AM	Heartland Open/Masters Outdoor Track & Field Meet, MARA GP (3000 meters)	JCCC Track Overland Park, KS	http://www.heartlandathleticservices.com/schedule.html	Editors note: 3000 Meters is PRE registration only. Please review the event website in advance of this event.
8/25/2012	Sat	9:00 AM	Mud and Muck 5K	Unity Village, 1901 NW Blue Pkwy, Lee's Summit, MO	http://www.psychowycoco.com/mudandmuck/	Dirt road & Mud Pit



Dr. Ralph Hall's blog

**Emeritus Professor of Medicine
University of Missouri at Kansas City
Fellow American College of Physicians
Fellow American College of
Sports Medicine**

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LOSING WEIGHT:

People all over the world are getting fat. Even people in India and China. The World Health Organization estimates 500 million adults are obese. Obesity is a problem because its threat to health and well-being. It increases the risk of heart attacks and strokes, certain types of cancer, type 2 diabetes, asthma, osteoarthritis, and other diseases.

There is a plethora of information regarding the mental state necessary to quit smoking or lose weight. I have chosen not to cover that topic despite its importance. I am assuming that the majority of you are interested in the actual mechanics of weight reduction and how losing weight affects both your metabolism and how best to avoid losing muscle while losing fat mass.

Losing weight is difficult for many reasons. It is easy to eat 1000 to 1500 calories at one meal. It is difficult to do with out 500 calories that you actually need in one day. A diet of 3000 calories in one day will take 3 or 4 days of doing without 500 calories a day to just make up for the one bad day.

One has to do without 3500 calories to lose one pound of body weight. When we lose one pound on the scale we have not lost one pound of fat.

We have lost a combination of fat and water and glycogen (glycogen is the form carbohydrate or glucose (sugar) that is stored in muscle, liver and other tissues so that it can be easily used for energy. It is changed to glucose when it is released from muscle for energy) Both fat and glycogen are stored combined with water. Cells contain about 2 grams of water for every gram of glycogen. Fat cells are about 85% fat and 15% water. After days on a weight loss diet, we will be depleted of glycogen. When we stop the diet and resume eating a "normal" diet we will repleat the glycogen along with 2 times as much water by weight and our body weight will rise rapidly over a 2 to 3 day period. It can be discouraging step on the scale and see that you have lost 10 pounds rather than the 15 pounds you thought you had lost. Many of the commercial diet plans count on your not understanding the temporary water loss that occurs with weight reduction.

As we start to diet, some of the early weight loss will be glycogen and water and some fat. As our glycogen stores are depleted we will lose more fat. On diet alone most of the weight loss will eventually be from fat but about 15 %, or slightly more will be from lean body mass, ie. muscle.

Combining weight loss with exercise -both endurance and resistance exercise, results in less loss of lean body mass. After 60 years of age we are losing muscle and bone mass regardless of what we do. We can slow this process dramatically with exercise. Resistance exercise appears to be a bit more effective in preventing muscle and bone loss than endurance exercise. However, both are important.

The scale indicates that I have lost 6 pounds in the last three weeks. That means that my fat loss is probably around 4 pounds. This is just a bit more than one pound per week.

My first steps at dieting were to look at what I actually have been eating each day. Much of what I eat is due to habit. I quickly gave up a piece of toast and honey before I work out in the early morning. In the past few years I have dramatically decreased the amount of exercise that I do. This is probably the main factor in my weight gain. I also have been having 2 to 3 handfuls of mixed nuts per day. I will reduce the nuts to one handful. They are too nutritious to give up entirely. We walk our dogs at least two times a day (we are fortunate to have several hundred acres of unoccupied mountain land to walk in- and it is hilly.) I usually have a glass of milk and a cookie after each walk. I will reduce this to 1/2 glass of milk after each walk. Because of milk's protein sparing effect, I do not want to give it up. I will give up two glasses of wine a week. I will drink red wine because of its beneficial nutritional effect, but will give up white wine which is less beneficial. I will discuss the nutrition rational more in a later blog.

One more potentially discouraging fact. When I started this diet, I needed around 2000 calories a day to maintain my weight. However, when we diet our metabolic rate falls and we need fewer calories to maintain our daily activities. so that after a period of time -just a few days, we need less than 2000 calories to maintain our weight. So, if I started on a 1500 calorie diet and was doing without 500 calories a day, I would lose one pound in 7 days. But now my caloric need has fallen, and I probably need around 1800 Or 1900 calories a day to maintain my weight. So I have to decrease my caloric intake more. However I can avoid some of the drop in metabolic rate or energy needs by exercising. More intense exercise raises the metabolic rate more than less intense exercise.

We have just touched the surface of what is going on with weight loss-How do I calculate what my daily needs really are?. How much will exercise help to keep my metabolic rate from falling? What are the best foods and do I need vitamins etc--and send your questions!

I will keep you posted and send you more.

TASTE:

"Conspicuously absent from the list of obesity genes are the genes involved in taste." (Tepper and Keller. Sensing Fat, The Scientist, Nov -Dec, 2011.) Since our genetic environment has not changed in the last 30 years during the development of widespread obesity, changes in the food environment have been identified as culprit.

Taste, as defined by Tepper and Keller, (a composite of taste, smell and texture of food), is one of the top three factors guiding food choices, along with cost/convenience and nutritional content. There are genetic differences in our taste buds both in location and amount. Individuals can be divided into three groups, nontasters, moderate tasters, and supertasters. Supertasters perceive thiourea compounds as bitter. They are likely to reject cruciferous vegetables, such as broccoli, brussels sprouts, and kale. Among caucasians, 30% are non tasters, 40-50 % are medium tasters and 30 % are supertasters. These percentages vary across the globe in different populations. Supertasters have more taste buds in the front part of their tongue. There is also evidence that they have more nerve endings that carry information about irritation and texture. This seems to explain why they are more responsive to sweets, the burn of chili peppers and the texture of fats.

In some of Tepper's and Keller's work there has been found to be an association between non tasters and a greater BMI.

The story gets more interesting and complicated since cells, genetically identical to taste bud cells, have been found elsewhere in the body. In the intestine they sense glucose (sugar) and secrete a substance called glucagon-like peptide. (GLP-1). GLP-1 stimulates the release of insulin from the pancreas. GLP-1 has now been produced commercially and is available to treat type 2 diabetes. Interestingly, it causes weight loss.

More on weight loss in future issues.

INCREASING YOUR LEVEL OF HDL (GOOD) CHOLESTEROL:

A new drug that raises good cholesterol has undergone limited, phase 2 testing. 382 patients were treated for 12 weeks either with the new drug (N=40 patients), placebo(N=39), a statin plus the new drug (N=239).

The mean HDL of all the subjects was 55mg/dl. The new drug alone (evacetripib), increased HDL-C by 30-66 mg/dl. It also decreased bad cholesterol (LDL-C) by 20 to 51 mg/dl. The combination of the new drug and the statin resulted in a greater reduction of bad cholesterol but did not increase HDL-C more than the new drug alone. These are dramatic changes.

Although this was a small study, no adverse effects were seen. A previous drug of similar chemical structure that was tested by the Pfizer company was associated with an increase in blood pressure that was thought to be caused by an increase in the adrenal hormones such as aldosterone. In contrast to the Pfizer drug, no increase in aldosterone was noted in this study.

The drug resulted in dramatic changes in HDL metabolism. It is difficult for me to believe that these changes were not associated with changes in other metabolic systems. The effect on cardiovascular outcomes requires further investigation. Journal of the American Medical Assoc. Nov 16, 2011.

INCREASING OLDER WOMENS RISK OF CARDIOVASCULAR DISEASE:

The American Medical Association News site reported that researchers had analyzed data from 40,000 women aged 55-66 years. Several vitamins and supplements were associated with an increased risk of mortality, including multivitamins, folic acid, iron, and copper. Calcium supplements were linked to a reduced risk.

Comment: It seems likely that those experiencing increased mortality were already taking in adequate amounts of folic acid and iron etc and that those were the subjects with increased mortality. Also subjects with cancers and low blood counts may have been taking iron and the iron was not the reason for mortality. I object to multivitamins for most people because of the so-called vitamin E content, and the increase in folic acid, that is a supplement in many foods.

PARTING THOUGHT; A VISIT TO A QUALIFIED DIETICIAN HAS MUCH TO RECOMMEND. IT IS MUCH SAFER, AND IN THE LONG RUN LESS COSTLY AND MORE PRODUCTIVE THAN TAKING SEVERAL COSTLY DAILY SUPPLEMENTS THAT YOU MAY NOT NEED AND THAT MAY BE HARMFUL.



The Journeyman Runner

by Jerry Morrison

Our subject, Jeff Behrens, is a journeyman runner because he has run close to sixty events per year for the past several years. He is no record breaker, but he has consistently stayed with the pack in that time.

Behrens, from Gladstone, MO, started cross country in high school as a junior. He also did track. He was worried about his weight and picked up a magazine on weight training. Part of the program was to run or walk ten miles out and ten miles back. He decided to try it, and soon he was into running full-time.

His first race was the Hospital Hill 8K. A good finish prompted him to run many other events. Soon, he was into marathon training and competing.

He ran the Rib Run twice, with times of 3:36 and 3:28. Next, were Boston, and the start of a unique family tradition. He ran his first Boston in 2000. The whole family came to see him. They had driven the whole way from Kansas City, the van loaded with family. He ran a 3:33 at Boston in 2001, almost 17 minutes faster than the previous year. He ran another Boston in 2003 with wife, mom and brother cheering him on. He continued marathon running with two stints at the Kansas City Marathon in 2007 and 2008, the last being a PR of 3:21.19. To round out the ten marathons he has run was the Twin Cities Marathon in 2002.

In between marathons Behrens has numerous other events including Hospital Hill, Brew to Brew, Groundhog, Heartland and many others.

He has also run the Katy Trail from Clinton to Sedalia for 38 miles. He is particularly attuned to the MARA Grand Prix. He has won in his age group four years in a row. Jeff feels that is one of his top accomplishments.

Behrens is now 63 years of age. He is married to wife Joy, and they have two grown daughters and nine grandkids. This family is running oriented. His mother, 84, goes to all the races with him. There is a family tradition where the whole family participates in the Gladstone Scarecrow 5K every fall. Grandson Sam, 8, and grand daughter Anna, 13, both placed third in their age groups. Joey, 11, was a close fourth. They also all go to the Wilderness Run as a fun place to visit.

Jeff Behrens can't say enough about the benefits of running as it pertains to family and friends. The friends made and the good times. And it has brought his family closer together. He still has time for reading, and tending a large garden with Joy.

Jeff Behrens, a true journeyman runner.



The Globe Trotting Marathoner

by Jerry Morrison

Our subject is indeed a globe trotter. She has been in many parts of the globe running marathons and bicycling. Meet Ann Nelson, runner and cyclist.

Nelson is from South Dakota, where she grew up. At that time there was no 'Title Nine' which gives girls opportunities to participate in sports. She loved to read as a child and was a bookworm. So, after moving to Kansas City and turning 50, she began her career. Inspired by her three sons, all marathoners, she went out, bought a pair of running shoes and started training. Since that time she has run at least one marathon with each of her boys. For a number of years, she and her husband, Stan, ran races together. One year, the two ran hand-in-hand up Broadway in the Hospital Hill Half Marathon. That's about as romantic as it gets while racing!

Some of Nelson's marathons took her to Athens, Paris and Berlin. She remembers being in Berlin as a student in Germany in 1958 when the city was still divided and East Berlin had not yet been rebuilt after WWII. To run through the Brandenburg Gate in the 2000 Berlin Marathon was a thrill that brought tears to her eyes.

Nelson went on to run Honolulu, New York, and Boston. She credits the excellent Runner's Edge program for helping her qualify for Boston at age 70. Another running program she participates in is "The Runegades", a fun, laid-back group of women runners whose motto is "No Maps, No Coaches, Where's Breakfast?"

In 1995 she and Stan bicycled across the U.S. dipping their wheels in the Pacific at Puget Sound and, 3,724 miles later, in the Atlantic near Bar Harbor, ME. In 1999 they cycled End to End in Great Britain, from Land's End in the southwest to John o'Groats at the tip of Scotland (1,100 miles). A year later found them on the 500 mile Camino across northern Spain.

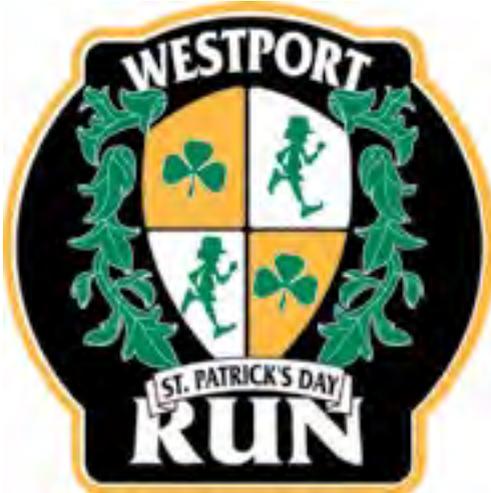
In 2007 Nelson received the WIN for KC Senior Sportswoman Award. She is still running and finished the Mt. Desert Island marathon this past October. It was a tough marathon for her and a dear friend made sure she crossed the finish line.

Nelson still likes to read and is in two book clubs. Running and cycling have enriched her life and she is appreciative of the Kansas City running community and all the wonderful times with friends and family. At age 76, these are fine memories.

**KC TRACK CLUB
34TH ANNUAL**

Westport St. Patrick's Day

4-MILE RUN/WALK



Don't Miss Out On One Of The Fastest Growing Races in Kansas City!



Green Event T-Shirts Guaranteed To All Pre-Registered Runners!

What Shade Of Green Are You?
Bust Out Your Best St. Pats Outfit For Your Chance to Win Most Creative Costume!

SATURDAY / 10AM

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**REGISTER AT SPORTKC.ORG
FOR INFO, CALL 816.474.GOKC**



2011 Patriots Run



Seekcrun.com volunteers time and pictures to thousands of runners each year at local events. For Lara Farley Fiscus - this photo was particularly special!

..".My husband is in Afghanistan. Being able to send him the pictures of me and our youngest boy and his Dad running will make him so happy."
Lara Farley Fiscus.

Lara Farley Fiscus Ross - "our whole family is SO grateful for this picture! We look forward to my husband joining us on runs next year! Thank you again!"



As the running season approaches in Kansas City there are a lot of races that are on the schedule. And, a lot of these races need volunteers at the Finish Line, Starting Line, Course Monitors, Packet Pick-Up and Registration. "Run one, volunteer one". You will get to meet a lot of nice people while you are doing it. When the race is over and you get in your car and go home, you will feel better knowing that you made a difference. Ever wonder what happens to a race that you liked before and you don't see it again? Many times it is because they didn't have enough volunteers and the Sponsors or Race Director didn't want to do it again.

Volunteers can make the KC running scene better.

Sincerely,
Dave Harris
MARA Member



ROBERTA'S RECIPE RESOURCE for RUNNERS

By: Roberta Washburn, MBA, RD, LD

During the previous fun, holiday months, visions of sugar plums may have danced in our heads. In the first quarter of the year, though, the reality of eating right, especially for our training, usually comes back to the forefront. While my contention has always been that eating right is an ongoing month-to-month and year-to-year commitment, sometimes we need a boost to refocus. People often ask me where to begin in order to eat better. One easy way to start is to really make an effort to eat a minimum of 5 servings of fruits and vegetables a day. These wonderful gifts from nature are naturally low in fat, high in fiber and complex carbohydrates, comparatively low in calories and brimming with healthful, natural vitamins and minerals. When filling up on yummy fruits and vegetables, we almost automatically will eat less of the empty and often, high calorie snack foods and sweets that seem to be everywhere.

Years ago, a dietitian friend of mine shared the following recipe that helps make vegetables super appealing. Enjoy!

Food Friends Marinated Vegetables on Fresh Spinach

A colorful vegetable salad with an interesting variety of shapes

- 
- 2 zucchini squash, sliced lengthwise
 - 2 yellow squash, sliced lengthwise
 - 1 bunch asparagus tips, blanched
 - 1/2 cup sliced black olives, optional
 - 1 large carrot, julienned
 - 2 tablespoons balsamic vinegar
 - 1/4 cup olive oil
 - 3 tablespoons water
 - 1 tsp black pepper, freshly ground
 - 1/2 teaspoon salt
 - 1/2 pint cherry or grape tomatoes, sliced crosswise
 - fresh spinach leaves, grated Parmesan cheese

Slice squash lengthwise then crosswise to make half circles. Combine squash with asparagus, olives and carrots in a large mixing bowl. In a small bowl, whisk together olive oil, vinegar and spices. Other herbs and spices can be added to taste. 1/2 package of dry Italian salad dressing mix is a good flavor enhancer. Pour marinade over vegetables and marinate for 2 hours or overnight. Before serving, gently toss in halved cherry tomatoes.

Serve over a bed of fresh, cleaned and stemmed spinach leaves. Garnish with fresh grated Parmesan cheese. To add protein, add 2 to 3 ounces of cooked lean chicken, ham or beef per serving. Makes 10 servings.

Roberta Washburn is a Registered and Licensed Dietitian living and working in San Antonio, TX. She can proudly say she has lived in and enjoyed the active lifestyle in the Kansas City area in the past. Roberta is an avid cyclist and runner.

U.S. Olympic Marathon Trials

January 14, 2012, Houston, Texas



On this day, every running fan is on a first name basis with the competitors, and all anticipated the mix of elation for the top three going to the Olympics, and heartbreak for the fourth place finishers. A lady next to us said it best as the last of the qualifiers went by, "I think I'm going to cry." We were before the 2-10-18-26 mile mark, and our friend Alex Riggs was just after the 5-13-21 mile mark. We hope to post more pictures later on the MARA website. -Jay and Kathleen Raupp



1) Amy Hastings from Leavenworth leads Desi, Deana, Kara, and Shalane. 2) Ryan, Meb, and Abdi at 18 miles. Ritz is only ten steps behind them and at that moment threw his gloves off. He was charging hard on the last lap but missed the team by eight seconds. 3) The Olympic Team at 21 miles, Desi, Shalane and Kara. 4) Shalane was flying with 700 yards to go!





**The Paul Childs Memorial Award
By Mary Titterington Edwards**

Twenty six years ago, at the Baptist Medical Center Triathlon, a tragedy occurred. Those of us in attendance will never forget the overpowering sadness we felt when we learned of the death of the leader of the race. Paul Childs was a young, good looking, athletic, 21 year old medical student at KU. His future was bright, he was out having fun and probably never saw the vehicle that hit him at the corner of 150 highway and Ward Road.

How could this have happened? The course was monitored, the race sanctioned, plenty of volunteers and police were around and yet, in the blink of an eye, tragedy. Maybe if Paul had been just a little slower that day. Maybe the police man would have noticed a group of bikers with one out ahead of the others....

Sadly, we all know how these things usually go. Someone dies and everyone, thought to be or could be responsible, is laden with a big fat law suit. Let's see, first was the police officer who did not stop the vehicle at that intersection, Lee's Summit Police should be blamed as well. How about the sponsor, Baptist Medical Center? Or Mid America Running Association who put on the race? And yes, why not go deep, the City of Lee's Summit, The US Triathlon Association who sanctioned the race. Indeed, blame far and wide!

Paul's parents, Donna and Richard Childs, had a different idea about how to set things right. They decided to open themselves up, counsel those involved who were hurting, and (with the help of Julie Worthington, who was then the race director and an employee of Baptist Medical Center) establish an annual award to be given to "....the athlete who displays outstanding attitude, courage, enthusiasm and faith, and makes significant contributions to community and athletic events." For the past quarter of a century (longer than Paul was alive) this award has been presented.

Things change. The Baptist Triathlon is no more. Twenty-five is a significant number; a good number to end on. With the blessing of Paul's parents and brother, Mac, it was decided to gather the 25 recipients of the award, along with Paul's family and let the Childs know how much getting this award meant.

Each recipient was introduced and then given the opportunity to say what was on his mind or in his heart. It became evident that everyone there had been moved by the choice the Childs made and have become a better person themselves because of it.

This last time, the award was given to the Childs family. On the plaque all 25 recipient's names were inscribed and then overlaid with the phrase we have come to associate with Paul; "I have fought the good fight, I have finished the race, I have kept the faith."

Recipients of the Paul Childs Memorial Award

- | | |
|----------------------------------|---------------------------------------|
| 1987 Rich Ayers | 2000 Sherri Wattenbarger |
| 1988 Garry Gribble | 2001 Pat Twenter |
| 1989 Jim Kartsonis | 2002 Dwayne Fritchie |
| 1990 Gordon Docking | 2003 Paul Cowing |
| 1991 Mary Edwards | 2004 Pat Titterington |
| 1992 Lana Minnigerode | 2005 Don & Kristine Herron |
| 1993 Karlle Speicher-Clay | 2006 Jan Schmidt |
| 1994 Debra Callaway | 2007 Jim Donovan |
| 1995 Gail Goede | 2008 Joe & Carol Adams |
| 1996 Bill Glauz | 2009 Eladio Valdez |
| 1997 Julie Worthington | 2010 Jene' Popper Hong |
| 1998 Larry Velasquez | 2011 Adam Lane |
| 1999 Peggy Donovan | |



Sherrie Wattenbarger & Julie Worthington



Mary Edwards & Julie Worthington



Debra Callaway & Peggy Donovan sharing memories with friends



Friends and Family Gather at the Edwards home to celebrate the Annual Paul Childs Memorial Award



Nutrition and Running

By Sally Berry

MA RD CSSD ISSN

Good bye New Year Resolutions Hello Healthy 2012!

The first week in January, I drove to the gym for my usual practice and saw an incredible mass of cars in the parking lots! By the time this magazine goes to print, the cars and people will be gone and back to their normal routine. Runners are very good at setting training goals. So, why not make some good nutrition goals? I believe in goals and fresh beginnings. However, the best advise that I can give you is don't start another diet. You heard me ... stop right now and rethink what you really need to do. Okay, so this is the season for renewal and change and to start fresh... but try not to make yet another promise that will be broken. Instead, improve what you put in your body. Winter Solstice is over- From this point on, the sun will be shining for periods longer each day... even it's behind snow clouds!!

Here are some steps to wellness to do instead:

Commit to eating healthy 365 day a year without restriction..or at least 350 days! You can either throw out everything unhealthy in your cabinets and start fresh or continue to have the unhealthy temptations around... your choice.

Make an exercise goal to achieve sometime this year.. a race, a tennis competition, a triathlon. Whatever it is, map it out and mark the dates! For starters, map out you week of workouts.

Then, write down what you eat and drink... everything. This makes what you eat real.

Commit to knowing where your food comes from. Is it safe? Do you know the farmer? Is the product raised in a sustainable manner? These practices not only help our environment, but also provide you with a higher quality nutrient dense food.

Plan ahead and have a strategy for non-routine days. What about working late? Pack snacks to prevent excessive hunger, then overeating later on. Snow days? Have a large pot of vegetable soup... and still get outside! Parties & barbecues? Bring a healthy option to share. Travel?

You find a strategy to this and others BEFORE the event. Recover the losses from your running or other training by providing a snack or meal after your workout, the best time to refuel. Hydrate with fluid during your recovery.

Sometimes hunger is thirst.

Keep more water at your side this year.

Break out the food rut by trying new new food weekly. Try quinoa, couscous instead of bread or rice. Try hemp or chia seed instead of sunflower seeds. Different spices, cumin, turmeric, ginger, garlic, thyme. Different legumes, nuts, greens, fruits or vegetables. Keep the change the norm.

Have someone keep you accountable... Or use an App ... Or use our new tracking system at Bodyfuel, Inc. Any way that you stay on board more than 2 weeks.

Here are some key nutrients and foods to preview to gain endurance performance in 2012:

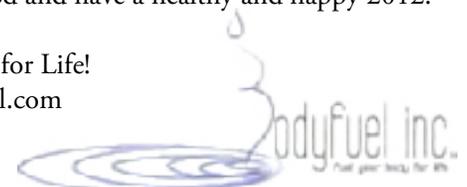
Choline - current research suggests that the essential mineral choline decreases in endurance athletes after prolonged, intense exercise. The loss of choline is thought to reduce the amount of mechanical stress the the cell can withstand and endurance performance. Choline has a key part of the neurotransmitter acetylcholine. You can find choline in egg yolk, fatty fish, tomatoes, legumes and other assorted vegetables and foods. Research is still limited, so stay tuned!

Super starch -The super starches, such as non GMO hydrolyzed corn starch, have made the headlines for both decreasing insulin levels and with helping athletes with prolonged training. There are a few product available (my favorite being UCAN). I expect that you will see more research and news about these product this year

Overeating and the brain- no brainer here... our mind plays a critical role in what we eat from how we perceive marketing messages to giving us message that we are satisfied and stop eating. Exercise plays a role in our satiety and improved cognition. So does focusing on eating and not watching TV or other tasks at the same time.

So enjoy your food and have a healthy and happy 2012!

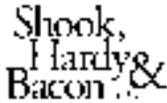
Fuel Your Body for Life!
www.ebodyfuel.com



April 29, 2012
Runners begin at 7:45am
Walkers begin at 8:25am

Not a runner? Help support CCVI but skip the run with our Couch Potato registration. You still get the shirt!

Presented by:



MARA and RRCA sanctioned ★ USATF certified ★ MARA Grand Prix series

REGISTER ONLINE @ www.trolleyrun.org

816.841.CCVI

2012 ENTRY FORM

Please print clearly

One entry per form • Photocopies acceptable • Signature required • No refunds • Bib numbers not transferable

1. SIGNATURE AND INFORMATION

RELEASE AND WAIVER: In consideration of your accepting this entry, I hereby for myself, my heirs, executors and administrators waive and release any and all right and claim for damages I may have against CCVI, Friends of CCVI, Mid-America Running Assoc., Sabates Eye Centers, End Result Company, the City of Kansas City, Missouri, the Kansas City Police Department, and all sponsors, race officials, workers, and volunteers, their representatives, successors or assigns from ANY AND ALL claims of liability, whether foreseen or unforeseen, for death, personal injury, or property damage arising out of, or in the course of my participation in this event. I further grant full permission to Mid-America Running Assoc., CCVI and/or agents authorized by them to use any photographs, videotapes, motion pictures, recordings, or any other record of this event for any reasonable purpose. I will not run or jog with a baby stroller. No animals except those assisting the blind.

ENTRY FORM MUST BE SIGNED TO BE VALID. X

Signature of runner (if over 18) or parent or legal guardian (if entrant is under 18) _____

LAST name _____ FIRST name _____

Street address _____

City _____ State _____ Zip _____

Day phone (_____) _____ Evening phone (_____) _____

E-mail _____

Check one: Male Female Date of birth ___/___/___ Age on race day _____

CCVI Family Team Name _____ Couch Potato. Sleep in on Race Day and still get a Trolley Run t-shirt

Form a Fun Team. Get your friends together to support CCVI.

Fun Team Name _____

2. ENTRY FEE INCLUDES RACE DAY T-SHIRT (check one)

Adult— Small Medium Large X-Large XX-Large (MUST add \$2.00 for XXL)
 Youth— XS Small Small Medium Large X-Large (Adult Small) XXL Large (Adult Medium)

3. RUNNER/WALKER WAVE CHOICES (check one)

WHEELCHAIR (No fee) RED BLUE GREEN YELLOW ORANGE WHITE

For fastest start waves, 2010 results will be used for verification.

No wave changes on race day!

EVENT FEES

_____ \$ 30.00 – Until April 3
 _____ \$ 35.00 – After April 3
 _____ \$ 40.00 – Race Day
 _____ I'd like to add a donation for the students of CCVI
 _____ TOTAL (Enter total in Section 6 below)

See www.trolleyrun.org for descriptions.

4. OFFICIAL TROLLEY RUN 2012 MERCHANDISE

_____ \$ 20.00 – Men's Tech Shirt (Black)
 S M L XL
 _____ \$ 20.00 – Women's Tech shirt (Black)
 XS S M L XL
 _____ \$ 10.00 – Additional Run T-Shirt
 S M L XL XXL (MUST add \$2.00 for XXL)
 _____ \$ 18.00 – Long Sleeve T-Shirt
 S M L XL XXL (MUST add \$2.00 for XXL)
 _____ \$ 5.00 – Official Commemorative Pin
 _____ \$ 5.00 – Limited Edition Commemorative Poster
 _____ TOTAL FOR MERCHANDISE (Enter total in Section 6 below)

5. KIDS' TROLLEY RUN (10 AND UNDER)

All receive special Kids' Run T-Shirt, runner's number, goodie bag, participation ribbon.

Child's LAST name _____ FIRST name _____

Street address _____

City _____ State _____ Zip _____

Phone (_____) _____ Age on race day _____

T-Shirt Size— Youth Size XS (2-4) S (6-8) M (10-12) L (14-16) XL (Adult Small) XXL (Adult Medium)

_____ \$ 10.00 – Regular Entry Fee
 _____ \$ 15.00 – VIP Entry Fee (Includes "I Ran for CCVI" patch plus special item)
 _____ TOTAL FOR KIDS' TROLLEY RUN (Enter total in Section 6 below)
 Parent or guardian signature REQUIRED in Section One (1) above

Make checks payable to: CCVI
MAIL OR BRING TO: CCVI - TROLLEY RUN
 3101 MAIN ST.
 KANSAS CITY, MO 64111
 Mail-in deadline: April 13, 2012 Walk-in deadline: April 18, 2012

6. ENTRY FORM - FINISH LINE

_____ Event Fees & CCVI Contribution total
 _____ + Merchandise total
 _____ + Kids' Trolley Run total
 _____ = GRAND TOTAL

Check one: MasterCard VISA AMEX Card # _____
 Exp. Date _____ SIC # _____ Name on card _____
 Signature _____ Statement will read CCVI

Reflections of Two Memorable MARA Members

By Russ Niemi

Since the last issue of Master Pieces, two former members of MARA passed away, Jim Hershberger and Rodney Thanksgiving. Each of these men have led storied lives that many of us “old-timers” remember and mostly appreciate. Hopefully reading this will bring a smile to those who knew and who did not know them.

Jim Hershberger:

Jim was a wealthy oil man who lost his fortune when he was penalized for troubles associated with his business in Wichita, Kansas. He was locally known as being a national class masters athlete and competed throughout the country. He was also known as being a supporter of numerous charities in his home town.



Jim was honored with the AAU Masters Athlete-of-the Year award in the 1970's and had his photo on a box of Wheaties which was a common tribute for outstanding athletes in all sports. He had a large cadre of famous friends in the sports arena. To celebrate his 50th birthday (1981), Jim initiated the Hershberger Games at various venues in Wichita, Kansas inviting friends from all over the country. They competed in various sports including football, track and field, wrestling and tennis near his Wichita home. The event held 10 different sporting challenges with Jim competing against the elite visitors from 8:00 a.m. to dark. Having attended the birthday event, I saw Jim at the end of the day bleeding from a broken nose (suffered in a wrestling match) and nursing dislocated fingers injured in a soccer match. After the competition, all the guests were invited into his mansion for an evening of food, drink and music. The MVP Challenge, as it was later named, continued for a few more years and Jim eventually won the overall trophy in the final year.

Jim was always looking for something unique to accomplish. One of his achievements was to play over 100 holes of golf in 12 hours. The challenge of the event was running from shot to shot until it was too dark to see. He completed 180 holes (equal to 10 rounds of golf) and covered 60 miles.

Jim was a Kansas University graduate and contributed an artificial track at KU's Memorial Stadium. The school welcomed the generosity and named the new surface The Hershberger Track. The name appeared above the south scoreboard until Jim's legal problems were publicized.

On one of my frequent business trips to Wichita, I was invited to stay at his home for the night. Before dinner he convinced me to go for a 10 mile run, not your ordinary 10 mile run. It went through creeks, cemeteries, on railroad tracks, on a golf course and only a short distance on pavement, probably one of the hardest runs I had ever done.

Jim was well-known for his charitable contributions in Wichita. For 13 years he sponsored the Jim Hershberger Thanksgiving Day Dinner which served up to 2400 people. He also supported other organizations in the city including Goodwill Industries and the Sedgwick County Mental Retardation Chapter.

Jim's “hard-or-nothing” running contributed to severe injuries that eventually caused him to give up on running and limited his other activities. The last time I saw Jim was after he was released from prison and lived in a townhome in Lawrence. He later left Lawrence and moved to Florida where he passed away in November 2011 at the age of 80.



Howard Nies and Will Chatham enjoy a glass of bubbly after the Lobster Crawl.



John at the Lobster Crawl in his Chimney Sweep uniform.

Rodney Thanksgiving:

Rodney Thanksgiving was also known as John Evely before he changed his name. Why did he change his name? He told me that he wanted to have a unique name that nobody else owned. However, he found out later that there was one other Rodney Thanksgiving living in the country.

Rodney was a runner in Canada. He was recruited for track by Emporia State University where he majored in English. He became a teacher and taught in several locations. Rodney started the Chelsea Chimney Sweep business in Kansas City in the late 1970s and was seen in his business attire of black clothes and an English chimney sweep top hat. He roamed the Kansas City area, on his way to clean fireplaces, in his yellow Cadillac with a ladder on top.

In an article written by Bill Glauz in Master Pieces in 1981, John (Rodney) was interviewed and talked about what all of us remember as the Lobster Crawl. The event began as a small unnamed race attracting 50-100 runners that was held at Unity Village in Lee's Summit. John changed the name the third year to The Lobster Crawl. Bill's article states the race was to provide a live lobster for every participant plus a personalized tee shirt. Only a few entries had been sent in two weeks before the race but the last minute entries swelled the final total to 1500 runners. Without a sponsor, it cost John up to \$20,000! A major problem occurred when the live lobsters never arrived having been sent to Biloxi, Mississippi instead. Also, the final 250 shirts did arrive but came without the participant's names.

I ran the race that day and the course was a real challenge. The first hill went up about a third of a mile on what seemed like a 90 degree incline. It was a fun event even without the lobsters!

John (Rodney) was a big promoter of the Wednesday Night Run. This event is still popular and continues each week. The WNR includes a run or walk of your choosing, food and camaraderie with good friends.

John left Kansas City in the early 1980s and lived in Washington DC and in Ohio before returning to Kansas City in 1999. He sold vitamins and other supplements targeted for runners. He had talked about writing articles for Master Pieces but his articles never arrived. It would have been a treat to read his stories and enjoy the humor that he surely would have transmitted to his writing.

John was 71 when he passed away in October of 2011.

John received the 2nd place award for the best aid station at the Macy's Marathon





Lou's Cartoons In Living Color

By Lou Joline



SHE WILL THINK OF YOU ON A RAINY DAY
WHEN HER WATERSHED HAT
KEEPS HER WATER BOTTLE FULL



*WHAT WILL
OTHERS THINK?
*AM I MAKING THE
RIGHT DECISION?

THE REFLECTIVE VALENTINE VEST
SHOULD I ASK HER OUT?
WHAT IF SHE TURNS ME DOWN?
PERHAPS I SHOULD WAIT?
WHAT'S MY BEST PLAN HERE?
DO I REALLY WANT TO GO OUT?



**FOR VALENTINES DAY
JEWELRY CAN BE A HIT!**



THE SMART HEMP SOX
DO YOU DISCARD THAT WOOL SOX
WHEN THE FIRST HOLE APPEARS?
A BETTER CHOICE IS THE HEMP SOX
IT HAS A SECOND LIFE.



**FORGET SHOE INSERTS, FOR VALENTINE'S DAY
SHE WILL LOVE THESE SHOE OUTSERTS**



CUSTOM TEMPORARY TATOOS
DISPLAY HIS OR HER NAME ON YOUR
BICEP, PECTORALS, CALF OR THIGHS.
SEND US THE NAMES, WE DO THE REST.

BREW TO BREW



- **Start: Boulevard Brewery** 2501 Southwest Blvd. KC MO ● 6 am to 10 am
- **Post Race Party: Liberty Hall** 644 Massachusetts St. Lawrence, KS ● 12 pm to 5 pm

THE COURSE follows relatively traffic free roads and paths near the KAW. **TEAMS** of 1 to 10 runners share 10 legs each. **AGE AND SEX GRADED.** At the end, \$12 buys a nice **DINNER WITH BEER** from the Free State Brewery and Boulevard. **START TIMES:** solos at 6:00, elite at 10, military teams at 9, six leg special teams at 9:30 ALL OTHERS REQUEST A TIME! **PACKET PICKUP CHOICE** – Garry Gribble's Running Sports, Ward Parkway Shopping Center, OR the GGRS store in Lawrence on Massachusetts. **PPU is SATURDAY MARCH 30, NOON TO 5:00.** **CHARITY DONATION:** All runners must donate a minimum of \$10 to the Cystic Fibrosis Foundation. Teams giving \$200 or more eligible for the Generous Division (1 min extra handicap for each \$10 given)

TEAM CAR MUST DISPLAY TEAM NUMBER
SHORT SLEEVE TEES \$7, LONG SLEEVE TECH SHIRTS \$10, HATS \$6

This Race Fills Up Fast, Don't be Left Out!

AWARDS: 1st scratch & 1st adjusted male & female solo plus clay medallions for solo & pairs.
1st scratch team, 1st adjusted ladies team, 1st adjusted generous team, Dead Last Team.
Mike Ott 1st adjusted team, 1st adjusted military team, Jack Boyer Spirit Award, 6 Leg adjusted team.
A Kansas City Track Club event to benefit the Cystic Fibrosis Foundation.

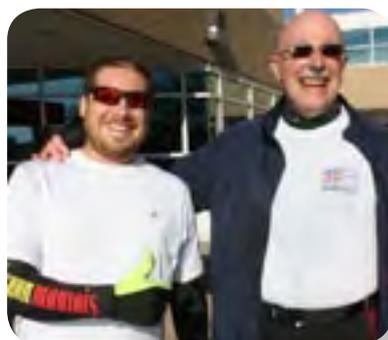
Volunteers Get Choice of Garment and Eat Free!

sign up on line at www.brewtobrew.com, questions - call 816-228-3842 or 816-679-8185



01-01-12
Kansas City Track Club
New Year's Day Free Run

**WHAT A SPECIAL WAY
TO START THE NEW YEAR!
FUN WAS HAD BY ALL !!!**



Photos by: Seekcrun

HEARTLAND 39.3 SERIES

ROCK THE PARKWAY • KANSAS HALF MARATHON • RUNNING WITH THE COWS



4.14.12

www.rocktheparkway.com



4.22.12

www.kansashalfmarathon.com



5.12.12

www.runningwiththecows.com

The Heartland 39.3 Series is a challenge for all of the half marathon fanatics who love to run half marathons and who want to take on the challenge of participating in three area half marathons in four weeks! The Heartland 39.3 series starts with **Rock the Parkway Half Marathon** in Kansas City, Missouri on April 14th, continues with the **Kansas Half Marathon** in Lawrence, Kansas on April 22nd, and wraps up with the **Running With the Cows Half Marathon** on May 12th in Bucyrus, Kansas. Three great races in three distinct environments, all within 50 miles of each other! You can sign up for the series or sign up for each race individually; it's the same price either way. As long as you continue to finish each race you will remain eligible for the series.

Participants in the series will be scored based on total time and \$3500 in prize money will be on the line. Prize money will be awarded to the top six male and female finishers. You can find more information on prize money through www.heartland393.com.

All finishers in the series will receive a special 39.3 finisher's medal after completion of the Running With the Cows Half Marathon as well as three tech shirts, and a custom finisher's medal from each event.

For more information or to register online go to:

www.heartland393.com



MOTIVATION FOR YOUR MILES

“In general, any form of exercise, if pursued continuously, will help to train us in perseverance.

Long-distance running is particularly good training in perseverance.”

- Mao Tse-Tung

“Training is principally an act of faith.”

- Franz Stamfl

“There is nothing more monotonous and sickening than running round and round a track.”

- Arthur Lydiard

“Running is a big question mark that’s there each and every day. It asks you, “ ‘Are you going to be a wimp or are you going to be strong today?’”

-Peter Maher

“Workouts are like brushing my teeth; I don’t think about them, I just do them.

The decision has already been made.”

-PattiSue Plumer

“The long run is what puts the tiger in the cat.”

- Bill Squires

“I don’t want to plead that it’s the life of a monk, but I can’t think of a sport - with the possible exception of swimming - where people train as hard.”

- Sebastian Coe

“There is a great advantage in training under unfavorable conditions. It is better to train under bad conditions, for the difference is then a tremendous relief in a race.”

- Emil Zatopek



“Running was never anything natural to me. It took a long time for me to be able to run well, and I still don’t look very good doing it. I had to do 30 and 35 mile runs in order to get my body attuned to running marathons, or I would just die off at 20 miles.

Tenacity was my only gift.”

- Kenny Moore

“If you put down a good solid foundation and build one room after another, pretty soon you have a house. You build in your speedwork, your pace and increase your ability to run races and think races out.

Then it’s possible to run the way we do.”

- Rod Dixon

“Everyone is an athlete. The only difference is that some of us are in training, and some are not.”

- Dr. George Sheehan

“Train, don’t strain.”

- Athletic proverb

“Training is a case of stress management. Stress and rest, stress and rest.”

- Brooks Johnson

“If you’ve made up your mind you can do something, you’re absolutely right.”

- Unknown

“One of life’s most painful moments comes when we must admit that we didn’t do our homework, that we are not prepared.”

- Merlin Olsen

“Choice, not chance, determines destiny.”

- Unknown

Orienteering

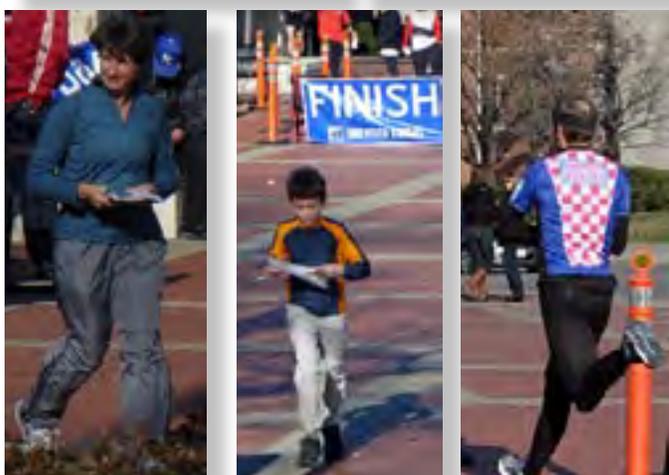
Orienteering is a race in wilderness navigation using a map and compass. It's easy to learn and a fun way to exercise your body and mind as you enjoy the outdoors. It's a sport for everyone and beginners are always welcome.

Kansas Orienteering Championships Dec 10, 2011 on the KU campus.



Sharon Crawford
(Rocky Mountain Orienteering Club)
- many times national champion

Crawford was the national champion in the women's elite races from 1977-82, 84-87 and 1989. No other woman had repeated as the top winner in U.S. orienteering. This year in Hungary, she was the winner in the World Masters event in the W65 division of over 200 competitors. Originally running for the New England Orienteering Club, she moved to Colorado about ten years ago and has come to the Kansas City area to compete in the December Possum Trot long race. The Kansas Champs, a sprint distance has always been held the day before.



Photos Provided by: Gene Wee (runlawrence.com)
& Bill Langton (St Louis)

Thank you, Kansas City runners, for so much encouragement

Page Worth Saving

Free Photos Calendar
Free
www.SeeKCrun.com at



5X7 labeled Photos From
these events

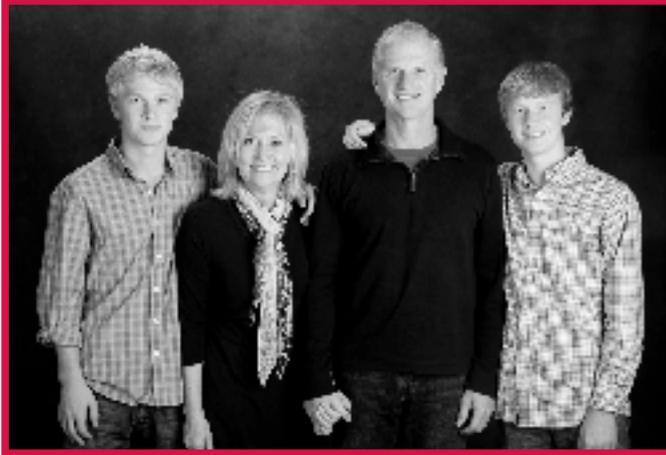
	Event Name	Registration/Information Web Sites For complete and daily updated registration links, go to www.SeeKCrun.com
Feb.11, Saturday, 8:00AM	Psycho WycoTrail Runs 50K, 10/20-Mile	Ben Holmes 816-810-0440 or www.psychowyco.com 7th Annual The courses are a loop course on rocky, rooty, and hilly bridle trails & single-track trails. Wyandotte County Lake Park, KCKS
March 3, Saturday 8:00 AM	12th Annual Truffle Shuffle at JCCC	www.janaepinker.org/fundraiser.htm _ Foundation supports charities and arts organizations, awards scholarships and provides for grants and community events.
March 3, Saturday 8:00 AM	Mrs. Robinson's Romp 10K trail Run,	www.psychowyco.com/id95.html Wyandotte County Lake...Annual "Cougar Run"
March 24, Saturday 8:00 AM	Drumm Farm Run 5K/10K	www.Drummrun.com Since 1929, Drumm Farm has been providing safe, stable, long-term homes for children whose parents are not able to care for them.
March 24, Saturday 8:00 AM	God's Country Duathlon Event	Lawrence River Trails www.fattireduathlon.com www.cowntowncycling.com-chrisdlocke@gmail.com 816.200.1273
March 31 Saturday 8:00 AM	1 st Ability 5K Run, Walk and Roll	Swope Park Bandstand, Kansas City, MO To bring disability awareness to the Kansas City area. Provides funding to the Michael Haseltine Scholarship Fund.
April 1, Sunday 6-10 AM	Boulevard Brewery	Brew to Brew ... a point-to-point relay (or solo) race consisting of 10 legs of about four miles each. www.brewtobrew.com/
April 7. Saturday 8AM	Run for Life 10 mile, 10 Mile Relay, and 2 Mile	Topeka Organ Donor Memorial Run for Life 16th Anniversary of this NE Kansas Premier 10-Mile Race http://www.runforlife.us/form.html
April 21 Saturday 7-8AM	Free State Trail Runs at Clinton Lake	www.psychowyco.com/id95.html Free State Trail Runs 100-Kilometer Solo, 40-Mile, Trail Marathon, 1/2-Marathon
April 28 th Saturday 8AM	Brent Bays Young Life 5K/10K	The Brent Bays Foundation (BBF) is an organization of volunteers whose purpose is to raise money for individuals in and around the Gardner, KS area who have been financially impacted by a battle with cancer. http://www.bbfcancer.org/blog/
April 28 th Saturday 8AM	Stride for Life 5K Walk/ Run	Downtown Kansas City Kansas... 100% of the proceeds benefits KU Medical Center Cardiovascular and Oncology units.
May 7 Saturday 8AM	Heart & Sole 5K/10K	www.olatherunningclub.com Olathe, Ks
May 12 Saturday 8AM	Truman Run 5K	www.Trumanrun.org 607 W. Lexington Ave., Independence, MO 64050

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

“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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