

MASTER PIECES



**Magazine of Mid-America
Running Association
March-April 2021**

Master Pieces

Magazine of Mid-America Running Association

www.mararunning.org

MARCH-APRIL 2021

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By: Michael Chaffee

Note: Please send all articles, photos, & inquiries to



Renee Kidwell
Editor



WELCOME SPRING!!!

No doubt,as most of you, I am so very excited that Spring finally arrives on the 20th of March! It has definately been a long cold tough winter. This past Saturday , with great delight, I had the opportunity to sctually swing on my swing that hangs down below my deck in the back yard . Yes, some of us girls have never given up the fun & relaxation of old fashion swings. A great way to cool down & stretch out after a nice long run. So, whether running, walking, biking, swimming, Whatever your passion, whatever your pleasure get out there and enjoy a Wonderful, beautiful

Spring Season!

Have fun & Stay Safe!

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



Karen's Column

By Karen Raymer
President of MARA
March/April 2021

An interesting question has been proposed to me recently, about the possibilities of Transgenders in competitive running events. I reached out to a couple of entities, both local and national, with no definite answers or guidelines. The only information that I have been able to attain, appears to be relating to scholastic sports participants.

Most people seem to feel that is an unfair advantage to females, to be competing with males who identify themselves as females, however that is not a definite ruling.

There are several states that are working on legislation to address this issue as to rulings, Missouri included.

In the past, we had situations with hand crank wheelchair athletes as opposed to just manual (standard) wheelchair athletes.

The Wheelchair Sports Federation finally convinced the RRCA, that the hand crank chairs were more like bicycles and had a definite advantage, therefore should compete in cycling events not road races.

The entities that I have researched, seem to concur that most transgender biological males, has a definite advantage over cisgender (biological) females.

I realize this will be a very controversial subject, but I am curious as to how this will affect our local events. Where do the event coordinators and race directors go for guidance to address this issue?

I am very curious as to how this will affect the future of road racing.
Will this affect the number of female participants in sports in general?

Wishing you happy and healthy running and/or walking.

Karen

MARA Sustaining Members

Anna & John Allen - Leawood, KS

Lexa Alley- Merriam, KS

Diane Bahr-Leavenworth, KS

Dave Boone-Overland Park, KS

Mary Boyce & Mary Desch - Wichita, KS

John Cookinham - Kansas City, MO

Joe Duncan - Lee's Summit, MO

Carl Van Sant & Leslie Eden - KC, MO

Bill Glauz - Leawood, KS

Ralph R. Hall, MD- Overland Park, KS

Rick Hogan - Leawood, KS

Renee Kidwell - Zirconia, NC

Howard Nies - Overland Park, KS

Carl Owczarzak - Lenexa, KS

Karen & Keith Raymer - Raymore, MO

Gretchen & Stevan Ryan - Olathe, KS

Catherine Saxon Family - Lawrence, KS

Kermit Trout - Overland, Park, KS

LeRoy Unruh - Overland Park, KS

Sandie Weston - Kansas City, MO

Eugene & Marsha Wren - Shawnee Mission, KS



MINIMALIST RUNNING

By: Dr. Greg Hartman

What is Minimalist running (MR)?

Unfortunately, the underlying concepts got lost in the hype associated with the fad/cult of barefoot running. I want to reconsider those concepts. For many MR got started with McDougall's book BORN TO RUN. Actually, McDougall references a lot of credible research that had been increasing for years before his book. That research has continued to progress and is now practical for anyone that runs.

The MR concepts are too complicated for me to explain in detail. If you have time, reread the science in BORN TO RUN. Then follow up on the references that McDougall makes if you want to go deeper. There are fascinating & entertaining books, videos, clinics, etc on MR. I want to give my oversimplified take on it. As McDougall says, it is running naturally; the way we were born to. Unfortunately, most of us are a long ways from our youthful form if we ran as youths. We've run in cushioned, "supportive" shoes so long that the arches of our feet are weak, our Achilles tendons are stiff and contracted, etc. We don't use our feet and ankles to run lightly, smoothly, and efficiently.

Is it too late? Frankly, for most of us the answer is yes. Too late to get back our youthful form. But not too late to work in that direction. Not too late to strengthen our feet and ankles. How do we start? First we need to understand that the less the shoe the better. With a minimal shoe, we have to lessen the impact with our feet & ankles.

So, go for it. Buy a pair of zero rise racing flats and start using them a limited amount. Start with something like 20 minutes 2 times a week. Gradually increase that. Aim to be doing all your running in racing flats in 3 months. Be careful. If you need to go back to using your old shoes more, do it. It helps to run on softer surfaces. There are exercises to strengthen your feet and ankles. The best is heel raises:

Stand with your toes on the edge of a 6+ inch step.

Lower yourself as far as you can.

Then go up on your toes as high as you can. Repeat the exercise 10-20 times if you can.

Try to work up to 40 daily.

Allow your stride to shorten as you land on your whole foot instead of your heel. Increase your turnover. Like Caballo Blanco said:

RUN EASY, LIGHT, AND SMOOTH. Your gait will become more efficient. You will be less prone to injury, and you will be faster.
That is MINIMALIST RUNNING.

Topeka-to-Auburn Half Marathon 01-17-2021

The Topeka to Auburn half-Marathon is the only event of its kind in the area during the middle of the winter season. The participant numbers have steadily grown throughout the years and the majority of those who have run the race keep coming back year after year.

About 90 intrepid runners showed up on a chilly morning to run the COVID-19 induced new course, which did not eliminate the race's famous difficult hills.



Pre-race Pose



Warming Up



**Will he be this Happy
After the Race?**

Update/photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



5771 The frigid race time approaches.



Few are willing to face the stern race director.



Relatively socially distanced start



On their way!!



If it's January at Topeka-to-Auburn, Then, this must be Rick Hogan.



Leader of the Aid station -- Not Running ,Because of her Pregnancy

Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



Runners from Washburn Rural help at Aid Station



Ad Astra Per Aspera



**This Runner Traveled
The Farthest
to get Here "nothin' to it"**

Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



"Nothin' To It"



**Teddy and his Master were
Course monitors at mile 13**



**The final group of the field - The Ladies,
Running and Walking at mile 4**



**The Rescue Vehicle, its inhabitants worrying
that an Old Photographer
might need their services**

Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



**leader closing on a Walker
Who had Turned Back**

Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



Pace Bike



Joe Moore, of Manhattan, seen here at mile 12, put up a fine winning time of 1:09:54.8

Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



Pumping hard to stay ahead of the leader.



The community helps put on a great race!



Young Helpers Keep Their Elders Running

Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



Race Director



Did he carry the dog
for 13.1 miles?



Run, Well Done!



Update & Photos by: Michael Chaffee

Topeka-to-Auburn Half Marathon



**The Race Director
Directing Runners**



**Running
Support Buddies!**

Update & Photos by: Michael Chaffee



Red Bridge Sunrise



Update & Photos by: Michael Chaffee

Battle of the Bean 5K -- Red Bridge Shopping Center --Kansas City, MO --1-23-21



Patriotic Mask



How can Team Cocoa lose?



The Man Behind the Patriotic Mask



Staying Warm



Update & Photos by: Michael Chaffee

Battle of the Bean 5K -- Red Bridge Shopping Center --Kansas City, MO --1-23-21



**Going Bananas
Before the race**



**I'm 75 years old, and I'm
working on a
330 day running streak!"**



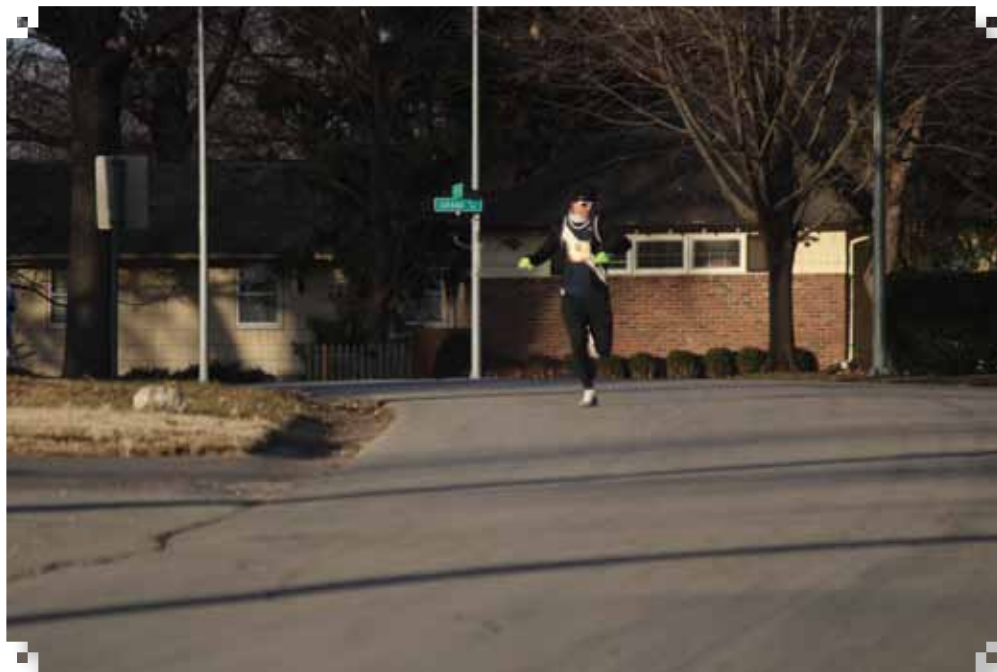
First Wave of 25 sets off

Update & Photos by: Michael Chaffee

Battle of the Bean 5K -- Red Bridge Shopping Center --Kansas City, MO --1-23-21

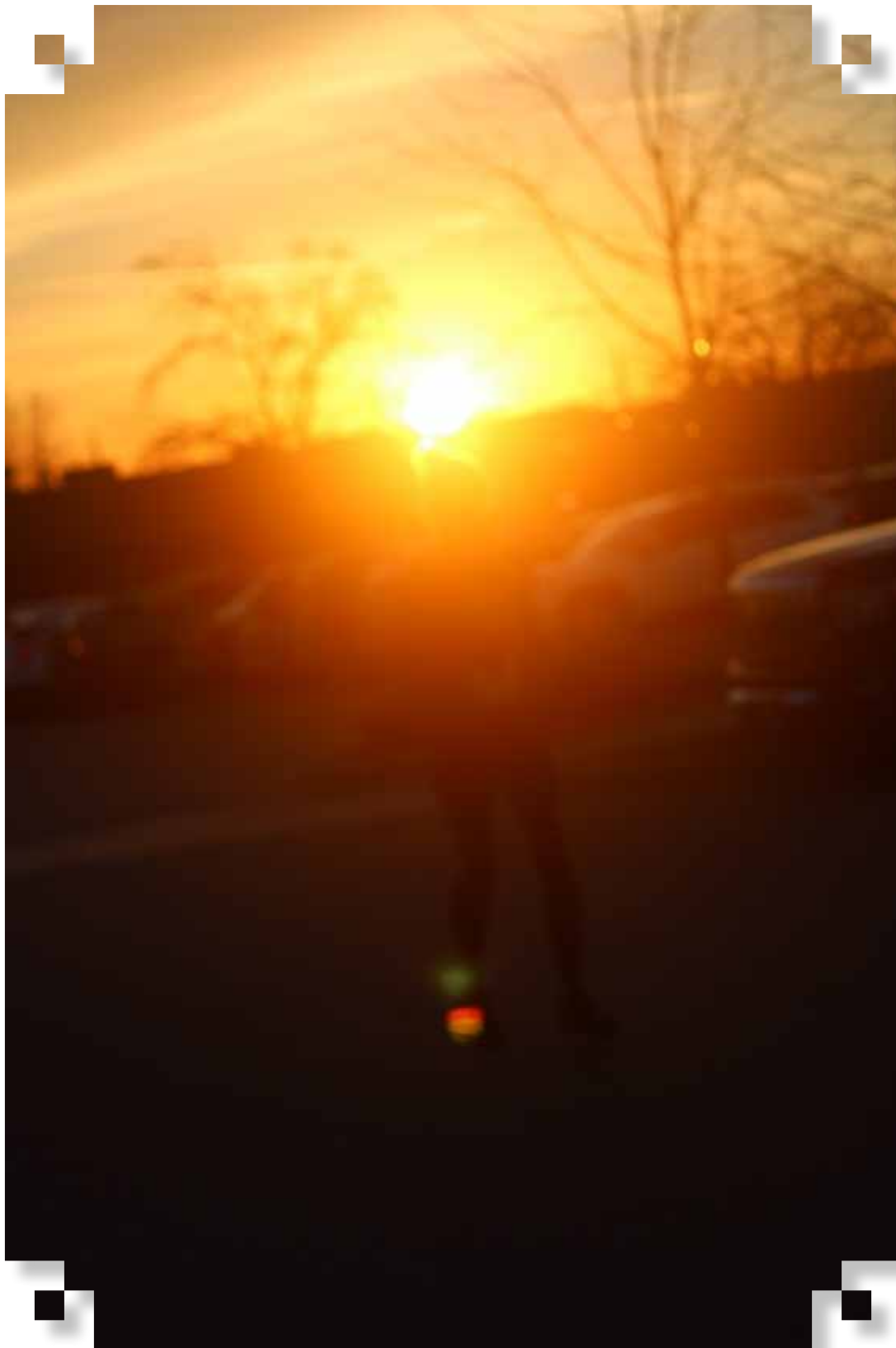


**Family Relay Team --
Who wants to anchor?**



I'm late, I'm late, for a very important date ...

Update & Photos by: Michael Chaffee



Sunshine Warmup

Update & Photos by: Michael Chaffee

Sweetheart 5K-10K Run -- 2-13-21 -- Overland Park, KS



**Minus two Degrees,
Minus eighteen Degrees wind chill !!**



Go Army!



Sorting out the Shirts



Jayhawk Ready

Update & Photos by: Michael Chaffee

Sweetheart 5K-10K Run -- 2-13-21 -- Overland Park, KS



**Already frozen Blue and
Hasn't reached the Start**



The Warmup Jump!

Update & Photos by: Michael Chaffee

Sweetheart 5K-10K Run -- 2-13-21 -- Overland Park, KS



The First Group of Sweethearts



When Pigtails fly !

Update & Photos by: Michael Chaffee

Sweetheart 5K-10K Run -- 2-13-21 -- Overland Park, KS



Course Monitor



**Jack Fisher
5K Winner**

Update & Photos by: Michael Chaffee

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

SPRING VEGETABLES

Welcome Spring! Spring officially begins on Saturday, March 20th. Soon we will see signs of spring all around. This is a great time to make use of the fresh, vibrant fruits and vegetables that become available. Spring typically is a time or season of growth or development. In the Italian language, “Primavera” (pree-muh-Vehr-uh) means spring style. With foods, it generally refers to fresh vegetables. After a seemingly long, cold winter (though some may still be dealing with winter weather), it is certainly nice to contemplate warm, sunny days and the fresh foods that spring brings. From the markets and out of the gardens come the first sweet offerings of spring veggies and fruits. While for many, spring is a certainly a good time to ramp up our training programs and to spring clean, it can also be a great time to freshen up our diet and energize our bodies with some great fresh produce. Some of the fruits and veggies that are in season in the spring include: apricots, artichokes, asparagus, carrots (though we enjoy them year round), kale, kiwi, peas (garden & sugar snap), radishes, rhubarb, strawberries and spinach.

Dig in with these yummy spring recipes (page 24) to get you started.



Vegetable Primavera (from Better Homes & Gardens)

**3 Tablespoons chicken broth
1 Tablespoon Dijon-style mustard
1 Tablespoon olive oil
2 teaspoons white wine vinegar
1-1/2 cups sliced yellow squash
1 cup packaged peeled baby carrots
1 cup chopped red sweet bell pepper
3 cups broccoli flowerets
2 Tablespoons snipped parsley**

In a small bowl, combine 1 T. of the chicken broth, the mustard, olive oil and vinegar & set aside. In a large skillet sprayed with nonstick coating, cook and stir squash, carrots, and red pepper about 5 minutes or until nearly tender. Add broccoli and remaining chicken broth to skillet. Cook, covered or until broccoli is crisp-tender. Stir in mustard mixture and heat through. Serve sprinkled with parsley.

Makes six 3/4-cup servings.

Oven Roasted Asparagus

Toss fresh asparagus spears with olive oil and arrange in a single layer on a baking sheet.

Sprinkle with parmesan cheese, garlic salt or powder and pepper.

Bake at 425 degrees for 12-15 minutes or until tender. Sprinkle with lemon juice, serve.

Fresh Broccoli Salad

**2 heads of broccoli, cut into flowerets
6 strips of bacon or turkey bacon, cooked crisp and chopped (don't add until ready to serve)
1 cup Craisins or raisins
1 cup chopped onion
1 cup sunflower seeds (don't add until ready to serve)**

Dressing:

**1/2 cup mayo
3/4 cup plain Greek yogurt
1/3 cup sugar
1 Tablespoon white vinegar
Salt & pepper to taste**

Mix all dressing ingredients together and toss with broccoli, onion and Craisins (or raisins).

Add chopped bacon and sunflower seeds and serve.

Mid-America Running Association

Schedule of Kansas City Local and Regional Races

This race schedule is a service of Mid-America Running Association. Support MARA and join today!

Send additions, changes, & corrections to Stevan.Ryan@Outlook.com

New race submissions should include the information shown below.

This schedule includes Running Races in KC Metro or a short drive from KC, and, select other events.

To search for races - <http://www.runningintheusa.com/Race/Default.aspx>

Some races have limited field sizes, and may fill up (sell out) early, so if you want to run a particular race, register for it quickly.

Races that have dates highlighted with yellow are tentative.

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
March 2021					
Mar 5	Fri	7:00 AM	Dust Bowl Series Marathon - Day 1	Dalhart, TX	Dust Bowl Series Marathon
Mar 6	Sat	6:00 AM	Dust Bowl Series Marathon - Day 2	Clayton, NM	Dust Bowl Series Marathon
Mar 6	Sun	7:00 AM	Little Rock Marathon and Half Marathon	Little Rock, AR	Little Rock Marathon
Mar 6	Sat	8:00 AM	Whobilation 5K	Tri-County of the Ozarks Osage Beach, MO	Whobilation 5K
Mar 6	Sat	8:00 AM	Cookie Run 5K	Bluhawk Shopping Center Overland Park, KS	Cookie Run 5K
Mar 6	Sat	8:00 AM	Alfadog 40 Mile + 25K	Pretty Prairie, KS	Alfadog 40 Mile + 25K
Mar 6	Sat	9:00 AM	Shamrock Shuffle 5K	523 Sarah Lane Haysville, KS	Shamrock Shuffle
Mar 6	Sat	10:00 AM	Polar Bear Strut - Rolla	Lions Club Park Rolla, MO	Polar Bear Strut - Rolla
Mar 6	Sat	12:00 PM	Hutchinson Plunge	Hutchinson Mall Hutchinson, KS	Hutchinson Plunge
Mar 6	Sat	1:00 PM	Polar Plunge Springfield	Ski Shack Cable Park Springfield, MO	Polar Plunge Springfield
Mar 6	Sat	5:00 PM	Camp Barnabas Campfire 5K	635 E. Trafficway St. Springfield, MO	Camp Barnabas Campfire 5K
Mar 7	Sun	7:00 AM	Dust Bowl Series Marathon - Day 3	Guymon, OK	Dust Bowl Series Marathon
Mar 7	Sun	7:00 AM	Dust Bowl Series Marathon - Day 3	Guymon, OK	Dust Bowl Series Marathon
Mar 7	Sun	9:00 AM	Storybook Run 5K Run/Walk & Kids Run	Bluhawk Shopping Center Overland Park, KS	Storybook Run
Mar 8	Mon	7:00 AM	Dust Bowl Series Marathon - Day 3	Ulysses, KS	Dust Bowl Series Marathon
Mar 9	Tue	7:00 AM	Dust Bowl Series Marathon - Day 5	Lamar, CO	Dust Bowl Series Marathon
Mar 13	Sat	7:00 AM	Shamrock Shake-Up Indoor Triathlon	Gladstone Community Center Gladstone, MO	Shamrock Shake-Up
Mar 13	Sat	8:00 AM	Leprechaun - 5K, 10K, Half Marathon	TBD Kansas City, MO	Leprechaun - 5K, 10K, Half Marathon
Mar 13	Sat	8:00 AM	Wichita St. Patrick's Day Run - 5K	Cowtown Wichita, KS	Wichita St. Patrick's Day Run
Mar 13	Sat	8:00 AM	16th Annual Running of the Squirrels	Marionville Elementary School Marionville, MO, KS	Running of the Squirrels
Mar 13	Sat	8:00 AM	5K for Freedom	100 Rothwell Park Rd. Moberly, MO	5K for Freedom

Mar 13		8:00 AM	Dublin's Pass Shamrox 15K & 5K	317 Park Central E. Springfield, MO	ShamRox Springfield
Mar 13	Sat	9:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 13	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 13	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 13	Sat	10:00 AM	Kansas City's Big 12 Run - Virtual 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 13	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport & Pennsylvania Kansas City, MO	Westport St. Pat's Run
Mar 13	Sat	11:00 AM	Norty's Shamrock 5K Fun Run	Grand Ave. & 11th Street St. Joseph, MO	Norty's Shamrock 5K Fun Run
Mar 13		8:00 AM	Dublin's Pass Shamrox 15K & 5K	317 Park Central E. Springfield, MO	ShamRox Springfield
Mar 13	Sat	9:00 AM	Mater Dei Irish Fest 5K	Topeka, KS	Mater Dei Irish Fest 5K
Mar 13	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 13	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races
Mar 13	Sat	10:00 AM	Kansas City's Big 12 Run - Virtual 5K & 12K	Sprint Center Kansas City, KS	Big 12 Run
Mar 13	Sat	10:00 AM	Westport St. Patrick's Day Run 4 Miles	Westport & Pennsylvania Kansas City, MO	Westport St. Pat's Run
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Mar 13	Sat	9:00 AM	Luck of the Irish 5K	Downtown Jefferson City, MO	Luck of the Irish 5K
Mar 13	Sat	10:00 AM	St. Patrick's Day Road Races 10K, 2 Mile Run & 2 Mile Walk	Aggieville Manhattan, KS	St. Patrick's Day Road Races

Mar 27	Sat	8:00 AM	Easter Escapade 5K	TBD Lee's Summit, MO	Easter Escapade 5K
Mar 27	Sat	9:00 AM	Donum Fidei 5K	Lawrence, KS	Donum Fidei 5K
Mar 27	Sat	9:00 AM	Run From Quarantine 5K & 1M	Ozark, MO	Run From Quarantine 5K & 1M
Mar 27	Sat	9:00 AM	VSO 22 A Day 5K	Strong Hall Springfield, MO	VSO 22 A Day 5K
Mar 27	Sat	10:00 AM	St. Joseph Outlaw Adventure Run	St. Joseph, MO	St. Joseph Outlaw Adventure Run
Mar 28	Sat	8:30 AM	Strollin' for the Colon 5K Run/Walk	Cedar Crest Topeka, KS	Strollin' for the Colon
Mar 28	Sat	9:00 AM	Roaring Flame 5K	Wichita Wind Surge Stadium Wichita, KS	Roaring Flame 5K

April 2021

Apr 1	Thu	8:00 AM	Jadon's Hope Bug Run 5K/10K Virtual	1500 W. Elm Terrace Olathe, KS	Jadon's Hope Bug Run
Apr 3	Sat	6:00 AM	BroncBuster Last Man Standing	Sac River Mountain Bike Trail Springfield, MO	BroncBuster Last Man Standing
Apr 3	Sat	7:00 AM	Rockin K Trail Runs 50 Mile Trail Run & Trail Marathon	Kanopolis State Park Ellsworth, KS	Rockin K Trail Runs
Apr 3	Sat	8:00 AM	Easter Egg 5K & Lil' Bunny Fun Run	Southcreek Office Park Overland Park, KS	Easter Egg 5K & Lil' Bunny Fun Run
Apr 3	Sat	8:00 AM	Fancy Creek Trail Races 5M & 10M	Fancy Creek State Park Randolph, KS	Fancy Creek Trail Races
Apr 3	Sat	8:30 AM	Easter Sun Run	Sedgwick County Park Wichita, KS	Easter Sun Run
Apr 3	Sat	9:00 AM	Happy Camper Scamper	Downtown - Riverwalk St. Joseph, MO	Happy Camper Scamper
Apr 3	Sat	9:00 AM	Callaway County 4-H 5K	Community Building New Bloomfield, MO	Callaway County 4-H 5K
Apr 3	Sat	9:00 AM	Westward Ho 5K & 1K Fun Run	FUMC West Campus Lawrence, KS	Westward Ho 5K
Apr 3	Sat	9:00 AM	Funny Bunny 5K-9 & Autism Egg Hunt	Waterfall Park Independence, MO	Funny Bunny 5K-9
Apr 3	Sat	9:00 AM	Glade Top Trail Run 4.25 & 10.25 Trail Run	Mark Twain National Forest Ava, MO	Glade Top Trail Run
Apr 4	Sun	8:00 AM	Easter Escapade Virtual Race	Bodies Race Company Greenwood, MO	Easter Escapade Virtual Race
Apr 5-9	Fri	4:00 PM	KC Corporate Challenge - Walk	Truman Sports Complex Kansas City, MO	KC Corporate Challenge - Walk
Apr 10	Sat	6:00 AM	Ozark Foothills Trail Races 100M/50M/50K/25K	Greensfelder County Park Wildwood, MO	Ozark Foothills Trail Races
Apr 10	Sat	8:00 AM	El Dorado Half Marathon	El Dorado, KS	El Dorado Half Marathon
Apr 10	Sat	8:00 AM	Beer & Bagel Run - Arkansas	10 Carter Circle Bella Vista, AR	Beer & Bagel Run - Arkansas
Apr 10	Sat	8:00 AM	Outrun Childhood Obesity	Charles Peebles Complex Garden City, KS	Outrun Childhood Obesity

Apr 10	Sat	9:00 AM	Fence Stile Vineyards Wine Run/Walk 5K	31010 W. 124th St. Excelsior Springs, MO	Fence Stile Vineyards Wine Run/Walk
Apr 10	Sat	9:00 AM	Jylee's Kicking Cancer 5K	611 Park St. Gallatin, MO	Jylee's Kicking Cancer 5K
Apr 10	Sat	9:00 AM	Little Box of Sunshine 5K	Jefferson City, MO	Little Box of Sunshine 5K
Apr 10	Sat	9:00 AM	School to School Memorial 5K	Tonganoxie, KS	School to School Memorial 5K
Apr 10	Sat	9:00 AM	Clean Water 5K	919 N. Seneca Wichita, KS	Clean Water 5K
Apr 10	Sun	9:00 AM	GEAK5 2021	2101 Constant Ave. Lawrence, KS	GEAK5 2021
Apr 10	Sat	9:00 AM	Miles4Marilyn 5K & 1M	Tonganoxie High School Tonganoxie, KS	Miles4Marilyn 5K & 1M
Apr 10	Sat	10:00 AM	Manhattan Polar Plunge	Bill Snyder Family Stadium Manhattan, KS	Manhattan Polar Plunge
Apr 10	Sat	12:00 PM	Lawrence Polar Plunge	HERE Apartments Lawrence, KS	Lawrence Polar Plunge
Apr 10	Sat	4:00 PM	GEM 5K	500 W. Grand Ave. Haysville, KS	GEM 5K
Apr 10	Sat	8:00 PM	Finley River Night Light 5K	Ozark, MO	Finley River Night Light 5K
Apr 11-24	Sat	9:00 AM	KXCV-KRNW Run for Radio Fundraiser	Maryville, MO	KXCV-KRNW Run
Apr 11	Sun	6:00 AM	Brew to Brew	HyVee Arena Kansas City, MO	Brew to Brew
Apr 11	Sun	6:20 AM	GO! St. Louis Marathon 5K	Downtown St. Louis, MO	GO! St. Louis Marathon 5K
Apr 11	Sat	9:00 AM	JayDoc 5K Dental Night Run/Walk	Shawnee Mission Park Lenexa, KS	JayDoc 5K Dental Night Run/Walk
Apr 17	Sat	6:00 AM	Garmin Marathon - In the Land of Oz Full, Half and 5K	Garmin World Headquarters Olathe, KS	Garmin Munchkin Marathon
Apr 17	Sat	7:00 AM	Flint Hills 50 Miler & Marathon	Green Valley Community Center Manhattan, KS	Flint Hill 50 Miler & Marathon
Apr 17	Sat	7:30 AM	Clinton Historic Half Marathon	Clinton, MO	Clinton Half Marathon
Apr 17	Sat	8:00 AM	Free State Trail Run 100K, 40M, 26.2 & 1/2 Marathon	Clinton Lake State Park Lawrence, KS	Free State Trail Run
Apr 17	Sat	8:00 AM	Pee Wee's Run	Bruce R. Watkins Center Kansas City, MO	Pee Wee's Run
Apr 17	Sat	9:00 AM	Accept Zero Suicide Awareness 5K	Arrowhead Stadium Kansas City, MO	Accept Zero 5K
Apr 17	Sat	9:00 AM	Wilderness Trail Trek 5K	Lawson, MO	Wilderness Trail Trek 5K
Apr 17	Sat	9:00 AM	Run/Walk for the Paws 5K	St. Joseph, MO	Run for Paws 5K
Apr 17	Sat	9:00 AM	Triangle 5K Run/Walk	901 Marion Dr. Kansas City, MO	Triangle Run
Apr 17	Sat	9:00 AM	Beer & Bagel Run - Iowa	Jester Park Granger, IA	Beer & Bagel Run - Iowa

Apr 17	Sat	9:00 AM	Spring Fling 5K	Commuter Parking Lot Jefferson City, MO	Spring Fling 5K
Apr 17	Sat	9:00 AM	38th Annual Neosho Dogwood Run	500 S. Neosho Blvd. Neosho, MO	Dogwood Run
Apr 17	Sat	9:00 AM	5KWU	Kansas Wesleyan University Salina, KS	5KWU
Apr 17	Sat	9:00 AM	Westward Ho 5K & 1K Fun Run	FUMC West Campus Lawrence, KS	Westward Ho 5K
Apr 17	Sat	9:00 AM	P.A.C.T 5K Walk and Run	Eldon, MO	P.A.C.T 5K Walk and Run
Apr 17	Sat	10:00 AM	Girls on the Run Heart of Missouri Spring 5K	Bear Tree Trail Columbia, MO	Girls on the Run Heart of Missouri
Apr 18	Sun	8:00 AM	Noah's Crown Town 5K	Corporate Woods Overland Park, KS	Noah's Crown Town 5K
Apr 23	Fri	6:00 PM	24 Hour Lions Roar	Gans Creek Recreation Area Columbia, MO	24 Hour Lions Roar
Apr 23	Fri	6:30 PM	Rock4Kids	Harrison Elementary School Springfield, MO	Rock4Kids
Apr 23-24	Fri	6:00 PM	The 24 Hour Lions Roar	Columbia, MO	The 24 Hour Lions Roar
Apr 24	Sat	6:00 AM	Frisco Railroad Run 50M, 50K, Marathon, Half Marathon, 8K	Willard Middle School Willard, MO	Frisco Railroad Run
Apr 24	Sat	6:15 AM	The Hogeye Marathon	Downtown Springdale, AR	The Hogeye Marathon
Apr 24	Sat	6:30 AM	Flatrock 101	Independence, KS	Flatrock 101
Apr 24	Sat	7:00 AM	Kevin Clark Memorial 5K Run/Walk & 12K Bike Race	Pomona Lake Marina Vassar, KS	Kevin Clark Memorial
Apr 24	Sat	7:04 AM	704 Blue Run 7.04 Mile, 5K & 1 Mile Kid's Run	College Church of the Nazarene Olathe, KS	704 Blue Run
Apr 24	Sat	7:30 AM	TopCity Half Marathon	301 SW 10th Ave. Topeka, KS	TopCity Half Marathon
Apr 24	Sun	8:00 AM	Drake Road Races Half Marathon, 10K, 5K	Drake Stadium Des Moines, IA	Drake Road Races
Apr 24	Sat	8:00 AM	Gorilla Dash	Pittsburg, KS	Gorilla Dash
Apr 24	Sat	8:00 AM	Freeman 5K	Joplin YMCA Joplin, MO	Freeman 5K
Apr 24	Sat	8:00 AM	T-Bird Trot 5K	Benton, KS	T-Bird Trot 5K
Apr 24	Sat	8:00 AM	Molly's Miles 5K/10K	Molly Bowden Memorial Park Columbia, MO	Molly's Miles 5K/10K
Apr 24	Sat	8:00 AM	Pink up the Pace 5K	Manhattan, KS	Pink up the Pace 5K
Apr 24	Sat	8:00 AM	Prairie Pride 5K & Fun Run	Prairie Elementary School Prairie Village, KS	Prairie Pride 5K & Fun Run
Apr 24	Sat	8:30 AM	James O'Rourke Memorial Triathlon	North Platte, NE	James O'Rourke Memorial Triathlon
Apr 24	Sat	8:30 AM	Making An Impact 5K	Pfister Park Coffeyville, KS	Making An Impact 5K

May 1	Sat	9:00 AM	Walk Kansas 5K For the Fight	Johnson Cancer Research Ctr Manhattan, KS	Walk Kansas 5K For the Fight
May 1	Sat	9:00 AM	P.E.O Race for the Stars	Brown's Park Abilene, KS	P.E.O Race for the Stars
May 1	Sat	9:00 AM	USD 309 Panther Prowl 5K	South Hutchinson Community Center South Hutchinson, KS	USD 309 Panther Prowl 5K
May 1	Sat	9:00 AM	The Color Run - Kansas City	Kansas City, MO	The Color Run
May 1	Sat	9:00 AM	See Spot Run 5K/9K	100 N. Youngman Ave. Baxter Springs, KS	Trail of Four Winds
May 1	Sat	9:00 AM	NAMI Walks	SAR-Ko-Par Trails Park Lenexa, KS	NAMI Walks
May 1	Sat	9:00 AM	Jumpstart Spark a Life 5K	Flat Branch Park Columbia, MO	Jumpstart Spark a Life 5K
May 1	Sat	9:00 AM	Sequoiata 5K & 1 Mile	Sequoiata Elementary Springfield, MO	Sequoiata 5K & 1 Mile
May 1	Sat	10:00 AM	Jump Spark a Life 5K	Flat Branch Park Columbia, MO	Jump Spark a Life 5K
May 1	Sat	10:00 AM	Trail of Four Winds 25K Trail Run	Lake of the Ozarks State Park Kaiser, MO	Trail of Four Winds
May 1	Sat	10:00 AM	CCES PATHS Color Run	Swope Park/Community Building Cottonwood Falls, KS	CCES PATHS Color Run
May 1	Sat	9:00 AM	See Spot Run 5K/9K	101 N. Youngman Ave. Baxter Springs, KS	Trail of Four Winds
May 2	Sun	7:00 AM	Lincoln National Guard Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	Lincoln Marathon
May 2	Sun	7:00 AM	TriZou Triathlon & Duathlon	Stankowski Field Columbia, MO	TriZou Triathlon
May 2	Sun	7:30 AM	Spring Prairie Fire Half Marathon Half, 5K, Relay, Fun Run	455 S. Wichita St. Wichita, KS	Prairie Fire Half Marathon
May 2	Sun	7:30 AM	Girls on the Run Spring 5K	Wichita Boathouse Wichita, KS	Girls on the Run Spring 5K
May 2	Sun	7:30 AM	Rockstar Run East KC Half Marathon, 10K, 5K	MCC-Blue River Independence, MO	Rockstar Run East KC
May 2	Sun	8:00 AM	Queen's 5K Romp	Candle Queen Candles Leavenworth, KS	Queen's 5K Romp
May 2	Sun	8:00 AM	LAKC Run for Justice 5K	Frank A Theis Park Kansas City, MO	LAKC Run for Justice 5K
May 2	Sun	8:00 AM	Skyline Shuffle 5K	Clinton State Park Lawrence, KS	Skyline Shuffle 5K
May 2	Sun	8:00 AM	Indoor Triathlon Series	Northwest YMCA Wichita, KS	Indoor Triathlon
May 2	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	Outpacing Melanoma
May 2	Sun	9:00 AM	Race for Dignity 5K Run/Walk	Theis Park Kansas City, MO	Race for Dignity
May 2	Sun	10:00 AM	Tom Strong 5K	Kansas Memorial Stadium Lot 94 Lawrence, KS	Tom Strong 5K
May 2	Sun	10:00 AM	Cinco de Mile	2995 NE Parkway St. Joseph, MO	Cinco de Mile

Apr 24	Sat	8:30 AM	Making An Impact 5K	Pfister Park Coffeyville, KS	Making An Impact 5K
Apr 24	Sat	9:00 AM	Neosho Sprint Triathlon	Freeman Family YMCA Neosho, MO	Neosho Sprint Triathlon
Apr 24	Sat	9:30 AM	30th Emma Creek 5K	Hesston, KS	Emma Creek 5K
Apr 24	Sat	10:00 AM	Run, Walk, or Crawl for Autism	Perfect Fit Therapy Clinic Dodge City, KS	Run, Walk, or Crawl for Autism
Apr 24	Sat	2:00 PM	Brews, Clues and Running Shoes	Downtown Wichita, KS	Brews, Clues and Running Shoes

Apr 25	Sun	7:30 AM	Trolley Run 4 Mile Run/Walk	75 th and Wornall Kansas City, MO	Trolley Run
Apr 25	Sun	8:00 AM	Warrior Princess Half-Marathon and 5K	TBA Springfield, MO	Warrior Princess Half-Marathon & 5K
Apr 29-30	Thu	1:00 PM	TACP Association 24 Hours Challenge Fort Riley	Manhattan City Park Manhattan, KS	TACP Association 24 Hours Challenge

May 2021

May 1	Sat	6:00 AM	Heartland 50	Cassoday, KS	Heartland 50m/50K
May 1	Sat	7:00 AM	Eisenhower Marathon Full, Half, 10K and 5K	Abilene, KS	Eisenhower Marathon
May 1	Sat	7:30 AM	Kansas City Corporate Challenge 5K	Meadowbrook Park Clubhouse Prairie Village, KS	Corporate Challenge 5K
May 1	Sat	8:00 AM	Community Access Center 5K	400 Mickey Mantle Way Independence, KS	Community Access Center 5K
May 1	Sat	8:00 AM	Tower 2 Tower 5K	WaterOne Lenexa, KS	Tower 2 Tower 5K
May 1	Sat	8:30 AM	Step up for KIDS 5K	Old Cowtown Museum Wichita, KS	Step up for KIDS 5K
May 1	Sat	8:00 AM	Empower Run	Midland Tech Harbison Columbia, MO	Empower Run
May 1	Sat	8:00 AM	Rural Route 13.1 Half Marathon & 10K	Esbon, KS	Rural Route 13.1
May 1	Sat	8:00 AM	Jeff Shikles Memorial 5K	Ann Hawkins Gentry School Columbia, MO	Jeff Shikles Memorial 5K
May 1	Sat	8:00 AM	Run So They Can Ride 5K	English Landing Park Parkville, MO	Run So They Can Ride
May 1	Sat	8:00 AM	Kansas Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	Heart and Sole Classic
May 1	Sat	8:00 AM	Maguire Gilner Angel Day 5K	15501 West Indian Creek Pkwy Olathe, KS	Maguire Gilner Angel Day 5K
May 1	Sat	8:00 AM	Do or Die Half Marathon & 5K	Katy Trail Boonville, MO	Do or Die Half Marathon & 5K
May 1	Sat	8:00 AM	Speedy Spoofoound 5K & Kids 1M Fun Run	Eugene Field Elementary School Maryville, MO	Speedy Spoofoound
May 1	Sat	8:00 AM	Women on the Move 5K	English Landing Park Parkville, MO	Women on the Move 5K

Happy
St. Patrick's Day

