

MASTER PIECES



**Magazine of Mid-America
Running Association
September-October 2021**

Master Pieces

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

September-October 2021

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Cover Photo:

By: **Michel Chaffee**
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In The Martin City
Taco Mile

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



Renee Kidwell
Editor



Welcome Autumn !!!!!

Many of us have a favorite month or that special time of the year we always look forward to it's arrival. Mine is the Fall & Autumn Season. As a runner, I find the weather, usually perfect & the scenery, once those leaves turn their spectacular colors, almost too good to ever have to stop & return home from my run. After the very hot summer many had to endure, I sincerely hope your Autumn miles spent running, wqlking, biking or just strolling along with friends are refreshing, invigorating, safe & filled with nature's awesome beauty to enjoy!

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Karen's Column

By Karen Raymer
President of MARA
Sept- Oct. 2021

It's almost reveal time! September 6, will be the 50th Anniversary of when I first started to run. I mentioned in a previous article that I have collected change for this entire time. It will be very interesting to see just how much, I actually have collected in 50 years. My "run coin jar" is not very large, so I don't think there will be a "fortune" in there!

Several years ago, my friend Cindy Quirarte, sent me an article that she had found in her Phoenix Newspaper. It was about a man who had never missed a day of running for 38 years. He too had collected money while on his runs. Cindy knew about my "run coin jar" and thought I would enjoy reading his article. This man's wife, at times would be very frustrated with him, he would run on holidays, birthdays, anniversaries, he even ran on the days that his wife was giving birth to their three children! He never missed a day!

His wife had a change of heart, when he cashed in his findings and was able to take them on a nice cruise. This guy evidently ran in a much more affluent area than where I run! I don't think Keith is going to be packing his Hawaiian shirts!

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



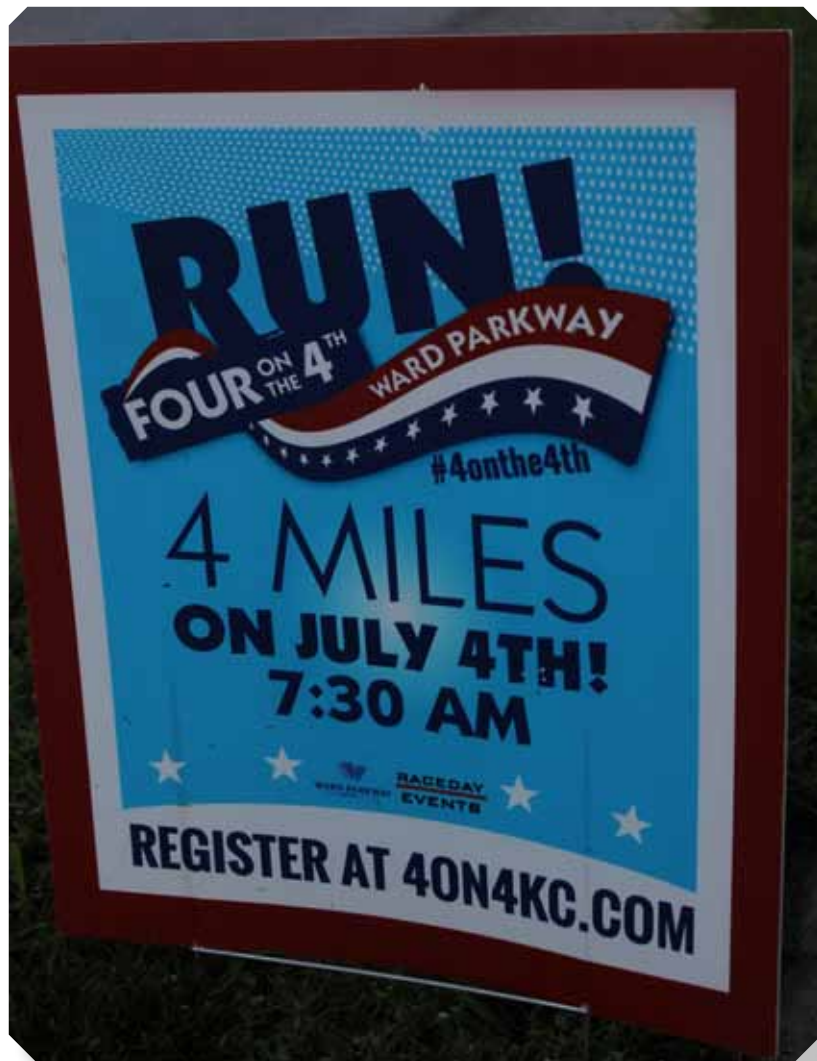
Eugene & Marsha Wren - Shawnee Mission, KS



**Four on the Fourth -- Ward Parkway Shopping Center --
07-04 2021**



headed to the start



Photos & Updates by Michael Chaffee

Four on the Fourth -- Ward Parkway Shopping Center -- 7-4-21



**Yael Abouhalkah
following
the signs**



4th of July glasses,



**Bruce Gilbert picking
up his age-group award**



Tutus, & Socks

Photos & Updates by Michael Chaffee

**Four on the Fourth -- Ward Parkway Shopping Center --
7-42021**



Avoiding the spray



Banking on Running



Kara Kowalik



Uncle Sam on TheRun

Photos & Updates by Michael Chaffee

Four on the Fourth -- Ward Parkway Shopping Center -- 7-4-21



Happy Spectator



Running & Reading



Second & Third Place



**Mom and Son Focused
On the finish**

Photos & Updates by Michael Chaffee

Four on the Fourth -- Ward Parkway Shopping Center -- 7-4-21



Almost as tall as the cell Phone



**the always smiling Race
Announcer**



... And many more races to come

Photos & Updates by Michael Chaffee

Four on the Fourth -- Ward Parkway Shopping Center -- 7-4-21



Lynn Wren keeps on Runnin' and Runnin'

Photos & Updates by Michael Chaffee

Four on the Fourth -- Ward Parkway Shopping Center -- 7-4-21



Dad Having Fun: Does all the Work

Photos & Updates by Michael Chaffee

Four on the Fourth -- Ward Parkway Shopping Center -- 7-4-21



The Agony of Mike Lundgren & Pals

Photos & Updates by Michael Chaffee

Martin City Taco Mile

Presented by KC Running Company in Martin City, the Taco Mile requires participants to eat a taco before running each of four quarter miles. Running in waves of 15-20, each wave was called to the starting line carrying a taco. When the starter said go, competitors could begin eating their taco but could not begin running until the taco was finished. The runners seemed to enjoy themselves and the tacos provided by Dos Oros of Martin City.



"That's why you eat a taco."



Two competitors and Three groups



The ecstasy of Taco running

Martin City Taco Mile



A spoonful of Bud Light helps the Taco go Down



Wave two leader heads out again



Being "had" in Wave three



It's All Taco Fun!



Taco Joy



leaders of wave Three

Photos & Updates by Michael Chaffee

Martin City Taco Mile



Wave three start



Wave two Speedsters



**Mr. Taco
Carries on**

Photos & Updates by Michael Chaffee

Martin City Taco Mile



Southern Girls Eat tacos, Too



**The Sombrero Team
awaits their Time**

Photos & Updates by Michael Chaffee

July 24, the River Rat 4 Mile

RunLawrence had been doing a series of small races on the levee and on July 24, the River Rat 4 Mile was held not as a time trial (with separate starts) but as a mass start event as COVID-19 restrictions had eased up from last fall. Lawrence's John Huchingson set a new M80-84 age group record with a time of 39:05. Eight other runners made the state honor roll in their age categories.



Don Whittemore (Lawrence) comes to the finish line on the levee.

Update & Photos Provided by: Gene Wee

July 24, the River Rat 4 Mile



Among this group, Dee Boeck, Kristin Wiens, Molly Wood and Jackie Wilson made the Kansas state honor roll.



Larry Rink (Overland Park)
Made the Honor roll with
a 31:26!

Update & Photos Provided by: Gene Wee



Waitin' for theRunners



Nobody's doggin' it in the 5K



... and Many more races to come...



Photos & Updates by Michael Chaffee



Snoozin' through 5K



long-time SMNW cross country/track coach, Van Rose, fist bumps with one of his innumerable fans



**The always smiling
Race Announcer**



Photos & Updates by Michael Chaffee

Defend Lawrence! Run on August 21, 2021 hosted by Ad Astra Running Store. Is an Annual Fun Run to defend Lawrence in commemoration of Quantrill's Raid in 1863. The run starts at 5:05 am - the time when the raid invaded Lawrence.



Matt O'Reilly at the corner of 7th and Mass.



DefendLawrenceStart:

DefendLawrenceStart: The run starts in front of the Ad Astra store on Massachusetts Street at 5:05 am.

Update & Photos Provided by: Gene Wee

*Defend Lawrence! Run
on August 21*



Lori Lange and Jackie Wilson at the Last Corner

Update & Photos Provided by: Gene Wee

*Defend Lawrence! Run
on August 21*



J. Jenkins, co-owner of Ad Astra explains the defense plans to the crowd.



Every year a guy shows up with a flag in his kilt.

Update & Photos Provided by: Gene Wee

Defend Lawrence! Run on August 21,2021



ChalkingSelfie: Rounding the last corner before the finish, this group stopped to look at the sidewalk graffiti and decided to have a group selfie.



Lori Lange and Jackie Wilson at the last corner



Matt O'Reilly at the corner of 7th and Mass.

Update & Photos Provided by: Gene Wee

The REXY Run 5K and 10K

The REXY Run 5K and 10K is hosted by BabyJay's Legacy Of Hope, a 501C based out of Lawrence that helps families with children who are fighting cancer. It helps offset the extra expenses families have that are not covered by health insurance. The run starts at Broken Arrow Park and swings through the Baker Wetlands.



The runners went by a mural just after the start. The mural was drawn by students and young adults with VanGo., Inc.



Jennifer Kongs was the Overall Winner in the 5K.



Local Runner Matt O'Reilly has created Special awards for many Lawrence races and the REXY Run had T Rex's wearing a cape.

5. Alivia - signs and balloons will set all along the race course.

Update & Photos Provided by: Gene Wee

Aug 21: The REXY Run.

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Local runner Matt O'Reilly has created special awards for many Lawrence races and the REXY Run had



Melissa Anderson from Spring Hill, KS



Shannon Oldfather was Enthusiastically paced by her dog.



Evie Deitrich, Holton KS

Update & Photos Provided by: Gene Wee

WNR – 40 YEARS RUNNING

The mid-90 degree temps and triple digit heat index did not discourage the brave runners and walkers who helped celebrate 40 years of the Wednesday Night Run (WNR) at the Overland Park home of Annie and Bob Cook. Joining the celebration was Mary Titterington Edwards, one of the three original “charter members” who unknowingly started the WNR in 1981 when they went out for a 10 mile run one Wednesday night followed by dinner. They decided to take turns with

Roberta's Recipe Resource For Runners

By: Roberta Washburn, MBA, RD, LD

FALL FOR APPLES

After dealing with so much heat over the summer, it is certainly nice to consider the upcoming autumn months with the promise of cooler temperatures for running and just enjoying the great outdoors. With fall, there always comes some very special and traditional foods. Apples have long been one of our favorites. The crisp sweet and sometimes tart crunch of an apple brings much joy and nutrition as it often easily earns its reputation as fall's favorite fruit. Plus, there are so many varieties of apples to choose from for baking, cooking or just good ole lunch box treats.

Besides, the crunch and flavor, apples deliver some impressive health benefits. These include: high in fiber, vitamin C, some potassium, and various antioxidants. They are also quite filling, considering their relatively low calorie count. While there are a carbohydrate food, their glycemic index is low due to their high fiber content and polyphenol counts.

As your mileage and outdoor activities may be picking up, here are some quick and simple ways to enjoy apples in different ways. For years, apple slices with peanut butter have been a regular go-to snack in our house, whether after school or work. For a change of pace, here is a slightly unique take on an old favorite. Here, the crunchy apple makes a great vehicle for practically anything you might want to put on top of it, from nut butters and dark chocolate to coconut and granola. Tasty combos abound with anyone's imagination.

Apple "Toast" Rounds

Wash and core an apple and then slice across the apple into rings. Loaded apple rings are a new fun and healthy snack that are very eye-appealing.

Some Apple "toast" toppings to try:

Chocolate Hummus (available in many grocery stores)

Peanut butter, coconut flakes & chocolate chips

Nut butter with melted chocolate or chocolate sauce, topped with chopped nuts and cacao nibs



WNR – 40 YEARS RUNNING

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Post Run Pot Luck
Supper on patio
Bob Cook Providing
Musical Entertainment



Annie Cook, Carol Gardner,
Kim Fritzie
2 - Mary Edwards, Deb Wood, Alaina
Rhodig, Anne Cook and Carol
Gardner gathered around the piano
singing the Beatles "Yesterday"



Morrie Carlson showing
off his
2015
World Series Ring

Photos provided by: By Michael Chaffee
Updates by: Bob Cook

**WNR – 40 YEARS
RUNNING**



**- Bob Cook, Mary Titterington
Edwards, Marcia Dowling with 40 year
WNR Cake**



Runners ready to work up a Sweat

**Photos provided by: By Michael
ChaffeeUpdates by: Bob Cook**

**WNR - 40 YEARS
RUNNING**



**Rich Ayers -
Long time Hospital Hill
Race Director**



**Maggie McCoy - K.C.
Running Club
WNR Scheduler**

**Photos provided by: By Michael Chaffee
Updates by: Bob Cook**

