

Master Pieces



**Magazine of Mid-America
Running Association
May-June 2015
www.mararunning.org**

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May - June 2015

Magazine of Mid-America Running Association

www.mararunning.org

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

*Cover Photo: Jen Byrne (Denver, CO)
1st Female Solo Winner - Brew to Brew
46.5 Miles in 6:57:32*

*Photo by:
Gene Wee
www.runlawrence.org*



SELF INTEGRITY SPORT INTEGRITY

By: Renee Kidwell



A few weeks ago I came upon a news article regarding a marathon winner disqualified for Boston. The initial female winner of the GO! St. Louis Marathon held on April 12, 2015 was found a fake. The story immediately grabbed my attention as I had to read the entire article. It was determined the following Wednesday, that she apparently slipped onto the course after the last checkpoint in an attempt to fool race officials. She had not registered any times on the entire route. This same individual was a complete fake in the previous year's marathon as well. By cheating she tried to qualify for Boston with a 3:13.04 time. We have all heard of the cheating, lying and outright fakes found in almost every sport. I still can't understand why anyone would dishonor themselves and their sport so boldly, yet it happens far too often. As a marathoner, it made me angry and very sad for the young lady who really won, yet never enjoyed and experienced the special moment of doing so that particular day in St. Louis. I believe we all need to continue to teach and model for our children, grand-children, nieces, nephews, what it truly means to have Self Integrity and Integrity of our Sport, ensuring it is always a must have component within our lives and the special sports we all enjoy.

Wishing you, healthy, happy miles filled with love, joy and integrity as you run.

New MARA Members and Sustaining Memberships are listed on page 2

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Karen's Column

By Karen Raymer
President of MARA

May / June 2015

It is now officially springtime to me, I just got home from working packet pick-up for the Trolley Run. This is the 27th year for the event. I have been involved for 25 of those 27 years, and the race director for 20 years. It is the largest 4 miles run in the U.S. The run/walk is one of the best organized events in which I have been associated. The proceeds from the event go to the operation of the Children's Center for the Visually Impaired. This is a school that takes from infants to school age children with various degrees of visual impairment. The goal of the school is to get these children ready to function in a sighted world. It is amazing to see how these teachers can help these children adapt to the "outside" world.

The run/walk is the main source of income for the Center. That being said, there is also a committee "Friends of the CCVI" that work tirelessly all year round getting corporate sponsors to have teams for the event. This is the main reason the event does so well economically.

Each year after the event, the media reports how much money was raised from the event. I usually get a number of calls afterwards from people, who want to put on an event, thinking that their "cause" will make this much money. Once I explain to them, that the run does not just make that much money, the race entries only barely cover the race expenses, it is the sponsors that "support" the event and the Center.

This event is one of my favorite races that I am involved with. I have worked with some of the same people from CCVI for many years. These employees of CCVI are just hard working people, it makes my job as race director such a pleasure.

I best end this for now, as I need to be at packet pick-up early again tomorrow.

Wishing you happy and healthy
running and/or walking.

Karen



Sustaining MARA Members

<i>Anna & John Allen</i>	<i>Leawood, KS</i>
<i>Lexa Alley</i>	<i>Merriam, 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>Susan Clayton</i>	<i>Loch Lloyd, MO</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>Ben Holmes</i>	<i>Lawrence, KS</i>
<i>Home Team Inspection</i>	<i>Leawood, KS</i>
<i>Terry & Keith Mann</i>	<i>Fairway, KS</i>
<i>Kent & Carolyn Mitchell</i>	<i>Lenexa, KS</i>
<i>Marie Modglin,</i>	<i>Westwood, KS</i>
<i>Ann Nelson</i>	<i>Fairway, 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>Gretchen & Stevan Ryan</i>	<i>Olathe, KS</i>
<i>Garth & Nancy Smith</i>	<i>Overland Park, KS</i>
<i>Richard Stainbrook & Family</i>	<i>Pomona, KS</i>
<i>Kermit Trout</i>	<i>Overland Park, KS</i>
<i>Sandra & John Weston</i>	<i>Kansas City, MO</i>
<i>Tim Wigger</i>	<i>Shawnee, KS</i>
<i>Eugene & Marsha Wren</i>	<i>Shawnee Mission, KS</i>

THANK YOU!!



The Shamrock Shuffle

celebrated its 26th year with 10K and 5K races. The run is part of the St. Patrick's Day Parade and is dedicated to benefiting local children's charities in Lawrence and Douglas County. This year's beneficiaries were Centro Hispano, Toys for Tot and Just Food.



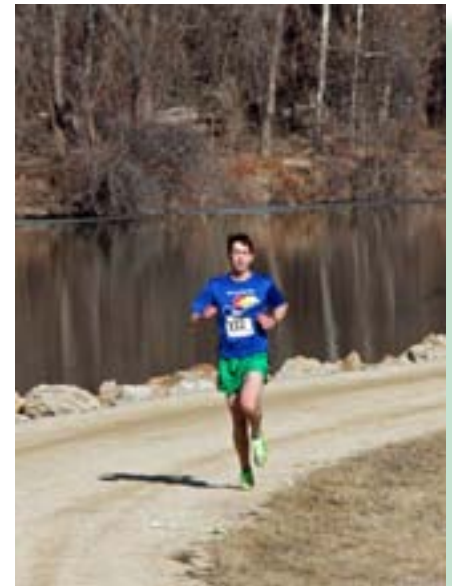
Not Irish - No Worries



Ben Wellwood, male winner in the 10K.



Lucy Daldorph, female winner, 10K.



Strong Stride/Great Pride



Billy Skorupski uses the stack of bottled water to stretch.



Laura Ziegler & Jennifer DaSilva approaching the finish



*10K winners: Ben Wellwood (34:18) and Lucy Daldorph (46:39).
10K winners: Bryce Tappan (17:34) and Carrie Mugridge (22:30).*

Photos By: Gene Wee runlawrence.org

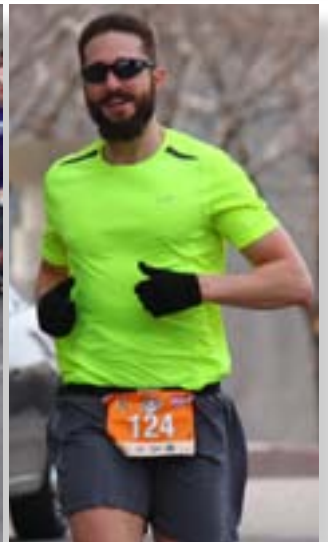


Kansas City's BIG 12 Run
Saturday, March 14, 2015

They came to celebrate college basketball and wear their team's colors for this fun running event. New in 2015, Kansas City's Big 12 Run added a 12K distance! This was an exciting kick off for March basketball by participating in the Big 12 Run. Set in the heart of downtown Kansas City, strollers were welcome for the 5K family-friendly event. Everyone that crossed the finish line for either distance received a finisher's medal.



Photos By: Michael Chaffee



TOP - 5K Winners

1	Mason Frank	5230	Bloomington MN	15:13.5
2	Chris Robertson	5623	Ames IA 22	15:25.2
3	Neville Miller	5505	Kansas City MO	16:05.7
4	Daniel Sevcik	5676	Cedar Falls IA	16:12.3
5	William Graham	5257	Ames IA 19	16:17.4

TOP - 12K Winners

1	Justin Garrard	195	Liberty MO	38:18.8
2	David Sevcik	469	Cedar Falls IA	38:39.5
3	Josh Baden	17	Lawrence KS	39:22.3
4	Derek Tate	513	Kansas City MO	39:52.4
5	Daniel Ducharme	147	St. Louis Park MN	41:17.5



Photos By: Michael Chaffee

Standings Thru Rock the Parkway

M (20-24)	Aaron Pope	10	F(20-24)	Ramsey McCarter	10
	Nathan Vogel	10		Rachael Norfleet	10
	Tim Phelps	10		Ali Webb	10
	Stephen Saylor			Lindsey McDonald	10
M(25-29)	Kory Cool	10	F(25-29)	Bekah Phelps Roper	10
	T Bear Runner	10		Kathryn Brake	10
	Kevin Willis	10		Sarah Rapp	10
	M Salukombo	10		Kim Reed	10
M(30-34)	Lee Dixon	12	F(30-34)	Jaclyn Long	10
	Brett Reinehart	10		Nicole Schile	10
	TC Wigger	10		Sarah Riney	10
	Joe Moore	10			
M(35-39)	Jeremy Garrett	10	F(35-39)	Bobbie Luttjohann	10
	Shannon Springer	10		Maeluen Gruman	10
	John Tripp	10		Jamie Collins	10
	Matt Johnson	10		Brooke Waters	10
	Rikki Hacker	10			
M(40-44)	Aaron Meek	10	F(40-44)	Michelle Andrew	20
	Bob Hornung	10		Rachel Hoger	12
	Greg Stein	10		Julie Stein	10
	Ed Turrentine	10			
M(45-49)	Ken Moran	18	F(45-49)	Rachelle Bartel	10
	Joe Heikes	10		Candy Anerson	10
	David Marshall	10		Anna Marie Suarez	10
	Carlos Vasquez	10		Johnette Shepek	10
M(50-54)	Rodney Pixler	20	F(50-54)	Kelly Cortney	16
	Alan Haverkamp	10		Cheryl Parrett	10
	Mark Westfall	10		Dianne Schaefer	10
				Deb Torneden	10
M(55-59)	Jimmy Stanziola	18	F(55-59)	Virginia Harmer	10
	Keith Long	10		Diane Lambert	10
	Terry Seiter	10		Debra Thompson	10
	Kelly Donley	10		Gail Tolbert	10

M(60-64)	Don Fitzgerald	30	F(60-64)	Sandra Weston	16
	Jeffrey Elmer	12		Norma Weiser	10
	David Ebelke	10		Sharon Costello	10
				Nancy Mueller	10
				Pam Perica	10
M(65-69)	Tim Wigger	20	F(65-69)	Donna Romans	28
	Jeff Behrens	18		Dee Boeck	10
	Bruce Gilbert	18		Karen Way Turner	10
	Greg Hartman	12			
	Tom Snook	12			
M(70-74)	Rick Hogan	20	F(70-74)	Mary Haley	36
	Garth Smith	16		Susie Turner	10
	Eugene Wren	10		Jeanne Hendrickson	10
	Ralph Johnson	10			
M(75-79)	Carl Vasant	20	F(75-79)	Ann Nelson	30
	Herb Brown	20		Carolyn Mitchell	28
	Donald Hughes	8		Mary Murphy	8
M 80+	Lou Joline	38			
	Alan Poisner	10			
	Kent Mitchell	8			



2015 Grand Prix Schedule

(dates subject to change)

January 17	Topeka to Auburn Half
January 25	Groundhog 10K
February 7	Sweetheart Shuffle 5K
April 11	Rock the Parkway Half
April 26	Trolley Run 4 miler
May 25	Amy Thompson 8K
June 6	Hospital Hill Half
July 4	Lenexa Freedom 10K
July 11	Eudora Horse Thief 5K
September 7	Leawood Labor Day 5K
September 13	Plaza 10K
September 19	Helen Gold 5K
October 17	KC Half Marathon
November 1	Cliffhanger 8K

2015

MARA Grand Prix Scoring System & Rules

Mid-America Running Association

- 1) Anyone running a MARA Grand Prix race at any point in the season and placing in the top five in their age group is a part of the circuit. Standings are updated and published online in Masterpieces magazine and on the MARA website (www.mararunning.org.) as the season progresses.
- 2) Active MARA membership must be in place by Dec. 1, 2015 to receive final recognition and awards at the Chili Run – no exceptions. (Membership is available online at the website.)
- 3) Points are based on performance in 5-year age groups from 20-24 thru 80+.
- 4) Scoring is five deep in each age group in all races as follows:
 - a. 10 points for 1st place
 - b. 8 points for 2nd place
 - c. 6 points for 3rd place
 - d. 4 points for 4th place
 - e. 2 points for 5th place
- 5) Best ten race scores will count, with 100 points the maximum score possible encouraging quality over quantity of races.
- 6) Circuit races range from 5K to Half Marathon. Road races are on USATF- certified courses.
- 7) Chip time will be used to determine place finish and award grand prix points.
- 8) In any race with more than one distance (such as both a 5K and 10K there will be only one designated MARA Grand Prix race.
- 9) When moving from one age group to another during the year, points can be scored in both age groups and will be added together and counted in the age group where the most points have been scored.
- 10) In the case of a tie, the winner will be determined by 1) head-to-head competition or 2) the 11th best race. If a tie still exists, the tie will remain.
- 11) Points must be scored in at least 3 MARA Grand Prix races to be eligible for Prizes.
- 12) Prizes will be awarded to the top five point- finishers at the MARA Chili Run the second Saturday in December. Everyone is invited to participate in the circuit and attend the Chili Run Festivities.
- 13) Thanks to MARA, Our Sponsors and Grand Prix Circuit Races who have contributed over \$27,000 in prizes over the last four seasons.

Turkey Creek Festival 5K Run / Walk Youth Sprint



May 16, 2015 • 8:00am • Merriam, KS

Register now at www.sportkc.com

May 16, 2015 • 8AM • Merriam, KS



INDIVIDUAL ENTRY

\$25.00 Thru May 1st
 \$30.00 After May 1st
 \$35.00 After May 13th

TEAMS OF 4

\$80.00 Thru May 1st
 \$90.00 After May 1st
 \$100.00 After May 13th

YOUTH SPRINT

\$5.00 Thru May 1st
 \$7.00 After May 1st
 \$12.00 After May 13th

CHIP TIMING & RESULTS • INDIVIDUAL FINISHER MEDALS

AWARDS FOR OVERALL MALE & FEMALE 1ST, 2nd and 3rd PLACE FINISHERS IN EACH AGE GROUP. ALL PARTICIPANTS RECEIVE A FINISHERS MEDAL. THE FIRST 300 RUNNERS RECEIVE A DRAW STRING BAG.

REGISTER NOW AT
WWW.SPORTKC.ORG

Race held at the Irene B. French Community Center
 5701 Merriam Dr., Merriam, KS

For information call
 913.322.5550

Turkey Creek Festival 5K Run / Walk Youth Sprint



May 16, 2015 • 8:00am • Merriam, KS

Register now at www.sportkc.com



Brew to Brew 2015 offered a variety of challenges for the runners this year. From rain, thunder and lightning at the start to a few extra miles with route changes, runner's kept the pace through the 46.5 mile journey from the Blvd Brewery in KC, MO to the Levee Park in Lawrence, KS. The route soon unfolded beautiful blue skies for a bit along with spectacular countryside vistas, hills, puddles and open roads to traverse before finding that welcoming finish line at the Levee Park.



Photos By: Gene Wee www.runlawrence.org





Race Director Lou Joline

21st Annual Brew to Brew 46.5-mile relay and solo run, from Boulevard Brewery in Kansas City, Missouri to the Levee Park in Lawrence, Kansas. Presented by the Kansas City Track Club.



Solo 1st Male
Pete Kostelnick
Time: 05:29:52



Solo 1st Female
Jen Byrne
Time: 06:57:32



Photos By: Rick & Kristi Mayo, Mile 90 Photography



Training for Triathlons at an Older Age

By ELIZABETH OLSON

LAST year, at 66, Jenny F. Scott was not an obvious triathlete. A retired special education teacher, she had suffered a stress fracture running decades ago and took up serious bicycling only when she was 64 years old. But Ms. Scott, of West Columbia, S.C., and a friend decided to “bite the bullet last year, with no expectation other than we wanted to live through it,” she said of the swim-bike-run training needed to participate in the triathlon held locally each July.

“I didn’t win any prizes,” she said of last year’s race, adding, “I’m not about speed, just about finishing.” She signed up for training again this year, and like growing numbers of people in their 50s and 60s — and some older — she has found a new challenge in triathlons and other sports that test discipline and endurance. Some opt to train for competitive swimming, or the senior tennis or golf circuits.

“There’s a dramatic shift taking place because more older people are adopting the attitude that I can — not that I’m unable because I’m older,” said Colin Milner, an expert on aging, who urges physical activity to stave off disabilities that often trouble seniors.

Ms. Wilson, 61, recalls her first triathlon 11 years ago: “I was by far the oldest, but they were very supportive.”

“Too many people spend much of their last decade of life with restricted daily movements like not being able to get up from a chair or walk short distances,” said Mr. Milner, the founder and chief executive of the International Council on Active Aging, an association that promotes wellness for aging adults.

For those who are not accustomed to intense physical activity, experts in aging urge getting professional advice during the training process. Middle-age and older people should build endurance with activities like walking, jogging, swimming, biking and even raking leaves to increase heart rate and breathing efficiency.

The Centers for Disease Control and Prevention’s recommendation for 2.5 hours of weekly exercise and some strength training, he said, has helped make older people more aware of the need for exercise and helped to encourage taking up competitive sports. Such rising interest is driving participation in contests like the annual National Senior Games, informally known as the Senior Olympics.

An estimated 12,000 such athletes are expected to take part in the games this July — up from about 2,500 when they were started in 1987. The sports, which are as diverse as horseshoes and the tennis-like game called pickle ball, will be held in the Minneapolis area, according to the National Senior Games Association, the nonprofit operating body. Senior athletes first compete at the state level to qualify.

Contestants will also battle in the National Senior Games’ triathlon, which is one of more than 4,000 local and regional race events held annually around the country. In the last decade, the interest has driven up the number of older adults joining USA Triathlon, the sport’s governing body, by about 230 percent, to 27,069 members from 8,278 in 2005.

To compete, basic fitness and minimum equipment work just fine. But more intense competitors need to have the wherewithal to travel to different cities for qualifying races or to take part in distant bicycle or running meets, and to afford specialized gear. While such equipment is typically less expensive than taking an overseas trip, certain gear can still be costly, especially because the triathlon requires being outfitted for three sports.

...continued on page 13



TRIATHLON

Continued from page 12

Aside from the essentials like a swimsuit, bicycle, helmet and running shoes, triathlon competitors also may want cycling gloves, biking shorts and shoes and triathlon shorts and tops. The triathlon bicycle, however, often dwarfs the other items in expense. According to a 2009 USA Triathlon survey, its members spent an average of \$2,274 for a bicycle. In addition, members annually pay \$564 in race fees, and they spend \$524 on bike equipment and \$370 on training, running and athletic footwear, according to survey data.

In pricey sports like golf, lessons and clinics can climb into the five figures, especially for those who try to qualify for the elite seniors circuit. But there is no reason multisport pursuits like triathlons cannot be much cheaper, especially if athletes stick close to home for their training and racing, said Kris Swarthout, who coaches USA Triathlon's Team USA. The team will participate in the world championships, where competition is in five-year age divisions, in Chicago in September.

"The older competitors have less of an eye for the new gizmos and fancy equipment that younger people tend to buy," he said. "The older generation wants to put a lot of earnest effort into a training regimen and doesn't care if a bike is 15 years old."

Ms. Scott did not have fancy equipment last year when she joined the triathlon training offered by Still Hopes Episcopal Retirement Community in West Columbia. The community's fitness center trains interested residents and those in the surrounding area who are 55 and older.

The program, which had eight participants when it began four years ago, has grown to 20 this year, said Denise Heimlich, the center's wellness director. They are coached three times a week, for \$22.50 a session, by Stefanie Cain, a USA Triathlon certified coach who is the center's fitness program coordinator.

Most participants are in their 60s, with the oldest 68 years old, said Ms. Cain, who trains them for the shortest distance, a sprint triathlon, which includes a half-mile (750 meters) swim, 12-mile (20 kilometers) bike ride and 3.1-mile (5 kilometers) run. (The standard race includes a 0.9 mile swim, a 25-mile bike ride and a 6.2-mile run, and there are also longer distances.)

Some senior athletes like Catherine S. Wilson, of McLean, Va., a community college career counselor, take up triathlon training on their own.

"When you're going to be 50, you realize you'd better get on it," said Ms. Wilson, 61, who had been a biker, swimmer and runner before she decided to investigate triathlons. After an online search, she found the local DC Triathlon Club, a \$50-a-year membership group (with a \$150 training fee), to guide her through the training and preparatory races.

"I was by far the oldest, but they were very supportive," said Ms. Wilson, who completed her first triathlon 11 years ago. After her initial training, she joined various local bike clubs and went to triathlon training camps in Florida and Pennsylvania.

Two years ago, she wanted to improve her skills, so she hired a USA Triathlon certified coach, Julie Billingsley, 56, of Chevy Chase, Md. Ms. Billingsley, who is also a triathlete, created an individual plan and practice schedule to fine-tune Ms. Wilson's training.

"You get a lot of little aches and pains, and Julie is there to tell you to stop or to back off or to go to the doctor," said Ms. Wilson, who squeezes in three hours of swimming, three hours of running and five hours of biking into a week when she is training.

Ms. Billingsley, who advises by email, phone and in person for \$200 a month, recommended that Ms. Wilson join a U.S. Masters Swimming class to improve her skills.

"A structured workout for the swim makes it a little easier to do the bike and run training on one's own," Ms. Billingsley said.

Such swimming is a three-day-a-week commitment, often at 5:30 a.m., but the camaraderie is well worth it, said Ms. Wilson, who won sixth place in the 60- to 65-year-old age bracket in a triathlon held last year in Edmonton, Alberta.

"A lot of the older generation are able to be very competitive because of their work ethic," said Mr. Swarthout, of USA Triathlon. "They just don't quit."





**Dr. Robert Sindorf,
DC, MS, ART
Elite Chiro Care
Chiropractic-Rehab-Sports
Therapy**

Treating Plantar Fasciitis

If you are having pain in the bottom of your foot please do not jump to conclusions that you have plantar fasciitis. The foot has 6 layers of muscles on the bottom of the foot, multiple nerves, bones, joints, and connective tissue. It is possible that you may have injured a structure in your foot that is not your plantar fascia.

The plantar fascia is a thick fibrous connective tissue that connects from the toes to the heel bone. If this tissue gets overused or overstrained it can become very painful. If you have an injury in this tissue, you can end up having scar tissue develop which slows your recovery so get this taken care of as quickly as possible.

One of the hallmark symptoms that you have plantar fasciitis is if your first step of the day is very painful. Then it should become more tolerable as you walk around. It is also not uncommon to have this pain become more intense later in the day as the fascia has become more inflamed and more tender.

If you have this make sure you get it checked out quickly. Invest in a good shoe and possibly an orthotic if you need it. Another great tool to use is the Strasberg sock. I see patients all the time who have this pain and they are able to continue running while we are treating them.

One muscle that becomes weak and often is a complicating factor for plantar fasciitis is the flexor digitorum longus. Here is an exercise to help strengthen this muscle. Even if you do not have plantar fasciitis this exercise is a great pre-habilitation exercise to keep you healthy and active.

Flexor Digitorum Strengthening

**Exercise is for strengthening
the bottom of the foot.**

Setup:

While seated place your heel on the band and wrap it around the bottom of your foot and toes.

While pulling tension on the band upwards raise your toes off the ground.

Maintain upward tension while curling the toes and mid foot towards the heel.

Perform 30-50 reps a day.

Notes:

Maintain heel contact on the ground so the band does not release.

Make sure you have a broad band to cover up all the toes.

If you enjoyed this training tip follow me on Facebook <http://www.facebook.com/drsindorf> or <http://www.facebook.com/elitechirocare> and stay up to date with all of my training tips.

Dr. Robert Sindorf, DC, MS, ART



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Photo by Shane Epping

September 7th
Columbia, MO

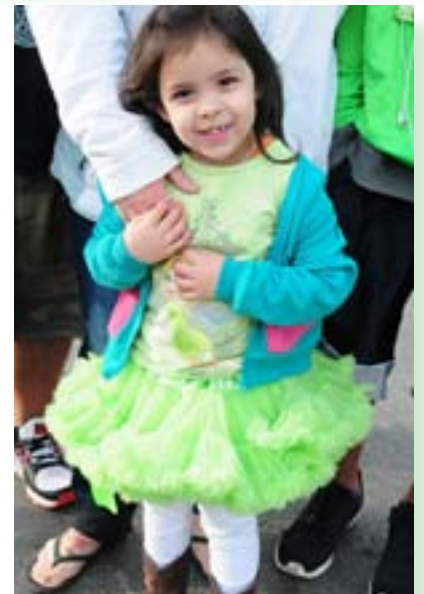
**COLUMBIA
TRACK CLUB**

56th ANNUAL



**KC Track Club's ANNUAL WESTPORT
ST. PATRICK'S DAY 4 MILE RUN 3/15/15**

**Tons of fun, music , smiles & celebrations were had at
this year's 35th Annual Westport St. Patrick's Day Run!**



Photos Provided by:
seekcrun.zenfolio.com

**Gold M 80-84
USATF National Masters Indoors
3000 meter walk – 19:58**



***More Awards for Local Racewalker
Long and Short Distances***
By Alan Poisner

The USATF in conjunction with the National Masters News sponsors the yearly Phidippides Award to those runners and walkers who have accumulated sufficient mileage in races during a calendar year. There are Gold, Silver and Bronze awards based on age and the distances of the various races. The point structure can be found in most editions of the National Masters News. The points range from 1 (1 mile to 4K) to 6 (distances longer than a marathon). The tables were recently revised to include the shortest and the longest distances. These races (on the road and not the track) have to be certified and USATF membership is required.

Alan Poisner has been entering many local races in recent years in the 75-79 division and racing them exclusively with racewalking technique although they were open to runners. These were mainly to keep in shape to prepare for the important national races for racewalkers, like the National Senior Games and the USATF Masters competitions.

He achieved his first Gold Phidippides Award for the 2010 calendar year and continued to earn other top awards every year through 2014. A new award was initiated at the end of last year: the 5-Year Phidippides Award for those runners and walkers who have received Annual Awards for a total of five years, although they do not have to be consecutive. So Alan was in the first class to receive this 5-year award.

Although Alan had done a number of half-marathons in the earlier part of this 5-year period, his longest race in 2014 was 10K. However, he did do three 10K's in three successive weeks in September as part of the 30K challenge that was sponsored by the KC Running Company: the Broadway Bridge, the Plaza 10K and the Dot to Dot 10K. Other 10K's included the Hospital Hill, the Freedom Run, the Father's Day at Village Shalom and the Double Road Race at Corporate Woods that had a 5K race about 30 min after he finished the 10K.

Because a number of these races were also part of the MARA Grand Prix challenge, he also won the 2nd place award out of 4 in the 75-79 division for 2014.

The points that Alan earned for the Phidippides Award did not include any for the 10 miles that he walked in the Brew to Brew Relay or the 11 miles that he walked in the Patriots Day Run on 9/11.

The shortest distances that Alan has done in the past 12 months were the 1500-meters and 3000-meter racewalks in state and national events. These were exclusively for walkers and had judges to ensure compliance with the rules. In national and state games, Alan's finishing times were sufficient to earn All-American Awards from National Masters News which requires an age-graded value of 80% or more. At the Kansas Senior Games September, his 1500-meter time (9:31) was equivalent to an 86.9% age-graded value and earned him an All-American Award for the 5th year in a row.

More recently, he entered the USATF National Masters 3000-meter walk in Winston-Salem, North Carolina on March 22 and took top honors in the 80-84 division. That was not too difficult because he was the only one in that division. This race was held on a 200-meter track that has also been used for the USATF National Indoor Championships. There were two heats for men: 65-90 and 45-64. In the first heat for the older men, Alan did finish before all three in the 75-79 division and 8 of those in younger divisions. Alan's time of 19:58 was not only good enough for another All-American Award (84.4%) but also was a new American record in his age division for the indoor 3000-meter walk (previous record 20:02).

More national races are on the horizon for this coming year. The National Senior Games will be held in the Minneapolis metro area in July and Alan is aiming to break the all-time record in the 1500-meter walk in the 80-84 division. He only needs to walk at the same pace as he did in the 3000-meter race in Winston-Salem. He also has his sights on the 5K race where he now holds the record in the 75-79 division. The other national races he plans to enter this year include the USATF National Masters Outdoor Championships in July in Jacksonville, FL, and the State Games of America in August in Lincoln, NE.

2014 was a significant year for Alan not just because of his walking success, but also because, after losing his wife of 50 years in 2013, he found a new mate and was married in October. 2015 has started out as another banner year and Alan plans to continue his quest for speed in long and short races. This is his 20th year as president of the Heartland Racewalkers, one of the premier racewalking clubs in the U.S. Promoting racewalking for healthful living as well as competition, remains a continuing passion. Information about the local club, the Heartland Racewalkers, can be found at www.heartlandracewalkers.com



Nutrition and Running By Sally Berry MA RD CSSD CLT

Board Certified Sports Nutrition
Food Sensitivities - Certified LEAP
Lifestyle Changes & Integrative Eating

Spring Cleaning for Runners

Ahh... Spring and summer weather has sprung! Today, I plan to go out and tend to a well neglected yard. Before I do, I would like to share with you some key points on how to ramp up this season to make it your strongest running season yet, injury free and bursting with the same energy as the blooms on my backyard trees.

Runner's bloat and digestive issues may be related to food. Athletes also have symptoms such as fatigue, brain fog, joint pains, headache, sinus and throat symptoms. Did you know that these can also be related to food? As a solution, many have tried to follow one of the latest detox, cleansing, or healthy eating plans. Plenty abound! After a few days or weeks on a detox plan, an athlete may find their energy plummeting just when the peak racing season is beginning.

My thoughts regarding cleansing - In reality, we should be eating clean about 80% of the time. It is a good idea to "refresh" our diet after the winter, when we are ramping up our training programs. Athletes need to remove all those built up toxins from sugared food, lack of sleep, poor environmental exposures (constant indoor air) and stressors. But often runners may be limiting essential nutrients for their fueling needs. Most common detox deficiencies are calories, iron, zinc, fiber, essential fatty acids, and calcium. I have my own version of a "refresh". Here are steps to general suggestions on how to reset your eating for spring training.

Step 1: Clean out. Take your refrigerator, freezer, cabinets, and "spring clean" by removing any product that hasn't been eaten in the last 3 months. Yep, 3 months. For me, that meant some tomato sauces that had been sitting around for over a year, old spices (no longer active), and eggs from winter (yuck). Rancid oils? Out... Flours that are sprouting moths? Out. Pre-packaged snack foods which have an unlimited shelf life? Out.

You get the picture? Old food is a source of rancid fats, mold, altered nutrition.

Safety of the food source if unknown— it goes.

Step 2: The Cleanse. Your cleanse might be 5-7 days of a clean eating plan. My suggestion is not following a cleanse unless you get a clean bill of health from your health provider. Basically, the first 3 days comprises predominately fresh vegetables, some fruit. These can be chopped, steamed or pulverized in a smoothie. Next, add oils and fats from organic extra virgin olive oil, avocado or whole kernel coconut oil. Then adding more protein and carb sources by day 3. Seeds, legumes by day 5. There you have it. I have more details, but that's the basic idea. Just really starting over with clean eating.

Step 3: Next? The Planning. This is the where the rubber hits the road! You won't be on a cleansing diet for the rest of your life. Weekly planning makes the difference between success and failure. Take time to write out what you will eat this week based on your work and training schedule. Make eating and cooking simple - please don't try to cook daily. Planning also means more preparation on days off, such as prepping extra meats, beans or vegetables, soups for quick meals during work days. Or having fresh vegetable already available and ready to use. Believe me, after raising a family and years of cooking, cooking is the last thing on my mind! Most of my meals take 10-15 minutes to make. If you have a large family. EVERYONE family member can be involved in the community of planning, cooking and healthy living. The community around eating can help us all to a better lifestyle and health.

Step 4: Re-Stock the basics. Oils, legumes, nuts, seeds, dried spices. Only stock what you will use in the next month! Volume buying only saves money if it's fresh, used up... and not encouraging over-eating. Purchase from know sources, organic local best when possible. Read labels, call companies to know how the food is grown, where is grown, chemicals used, etc. This sounds picky, but it can make a difference in your performance, food symptoms and future health. If you have any questions, please email me. Ask your grocer, your distributor, your nutritionist, be informed!

Continued on page 19

Step 5: Start buying good sources. This is the fun part. Local farm markets are now open. Try fresh from the local scene and support your local CSA's. Carb sources are STILL needed for the endurance trained runner. But please don't overstock on high sugared processed options. Leave those for longer runs (greater than 1.5 hours in most cases). For day to day eating, your recovery eating after your workout time is the best time to refuel your carbs. Best sources are beans, peas, lentils, starchy fresh vegetables. Most endurance athletes still need well over 100 grams of carb daily. Eat well-sourced local or organic whole real food carbohydrate as required. Add spice - herbs and spices are filled with the anti-inflammatory antioxidants needed to restore every athlete's post-workout highly inflamed body. Phytonutrients and nutrients found in local fresh vegetables are more highly available than any supplement on the market. Although, there are times when supplements are needed, this is not for another discussion. Some anti-inflammatory foods are turmeric, oregano, ginger, garlic and onion. Perfect for any athlete. The cruciferous vegetables (broccoli, cauliflower, kale, onion, cabbage) are great for liver detoxification and the spices and citrus help remove the toxins into a water soluble form that can be flushed from your body. Choose what you have available locally.

Recipe idea

Below is a Dandelion Salad recipe. I have a client who actually made a dandelion salad sourced from dandelions nearby where she lives. The recipe below could easily be used in the early phase of a cleansing program. This "Salad" could also be steamed/blanched and served warm. The roasted garlic and roasted cauliflower and beans are staples in my home prepped ahead of time and available to toss into any meals. But you may prefer to steam before using.

Cruciferous Detox Salad

1 Bunch Kale leaves, washed, dried and torn into bite-sized pieces
1-2 Tbs Olive oil
1/4 tsp Himalayan sea salt
1 carrot, large shredded
1 -5 baby broccoli stalks

1/2 cup roasted cauliflower flowers
1/4 cup black beans, cooked
2-3 roasted garlic cloves
1/4 tsp cumin
1/4 tsp turmeric
1/2 lemon

De-stem kale and tear or cut into bite sized pieces. Drizzle with olive oil and salt. Massage slightly. Lightly steam & Blanch the broccoli, carrots. Add remaining vegetables and herbs. Drizzle with lemon juice and toss. Add beans. Serve immediately and enjoy!

After the Reset Cleanse: Many Cleanse plans will cut out major common problem areas and food sensitivities such as sugar, alcohol, grains, etc. Are you left with NO direction after the 5-10 days cleanse? Can you continue on this for life? And, do you need to? Add in nutrients for your training plus healthy carbohydrate as your intensity increases. Nutrients critical for runners - High iron sources (legumes, greens, dried fruits) and lean meats/fish (if applies to your preferences). Do you have to avoid every summer wedding? No alcohol for life? This is where you need to get your individual preferences, be realistic and balanced, especially if you are a runner or have other intensive training protocols. The balance is needed. I suggest you can clean out, but then evaluate your balance. If you are still not 100% and symptom free, you may need to look at other nutritional causes or sensitivities. In summary:

Source your food from sustainable local or good sources 80-90% of the time.

Use appropriate supplementation and sport products when needed (typically on longer bouts of training over 1.5 hours, in heat or other environmentally challenged environments).

And last....Get a baseline health check for your nutrition. This would include your body composition, and nutrient deficiencies, food sensitivities. A general cleanse is a "one plan fits all" approach. Eventually you will need to know if your "healthy" food choice is making yourself sick. Get tested!

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www.ebodyfuel.com



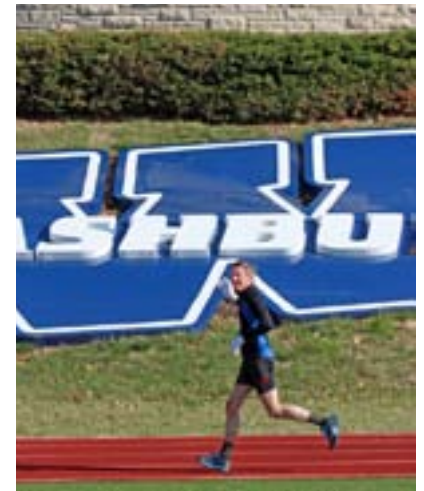


Dave Halferty did the work as the race director pulling everything together in a short time.

Topeka Run for Life 10 Mile April 4, 2015

The Run for Life is sponsored by Donate Life Team Kansas and its mission is to promote organ, eye and tissue donation in April as part of National Donate Life Month, while also providing a top-quality running event in honor and memory of donors across our community and country.

State records have been kept from this annual 10 mile race since 1996. Not held in 2014, it was announced late for 2015, so attendance was small. Three times made the state honor roll including Dee Boeck (Lawrence) setting a new F65-69 record (1:26:26). Tony Estes (Topeka), the director for this race for many years, made the honor roll with a 1:06:28 (M55-59). Leigh Meyers (Lawrence) made the roll with a 1:5:51 in M50-54.



Kurt Schueller (Lawrence KS) rounding the last turn to the finish



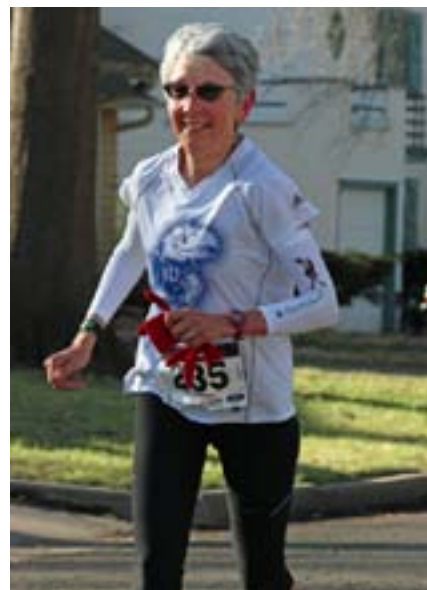
Jaclyn Long first female winner with a time of 1:11:24



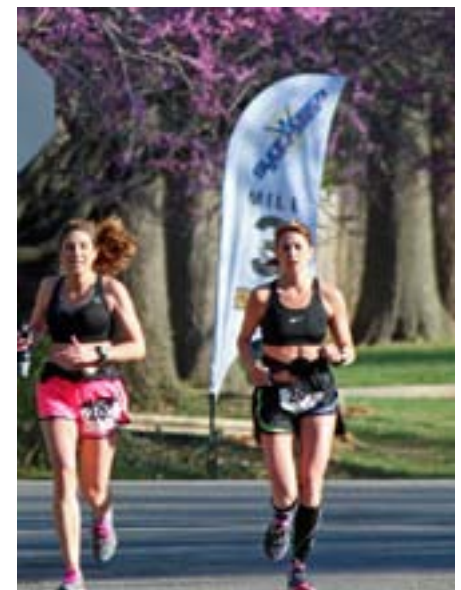
Scott McVey first to arrive at the finish in 1:01:58.



Tony Estes (Topeka KS) ran the 10 mile in 1:06:28, good for 1st in M55-59



Dee Boeck set a new state best in the F65-69 for 10 miles with a time of 1:26:26.



Rachel Peck (203) & Lezlee Jones (200), both from Topeka at the 3 mile mark.

Photos By: Gene Wee www.runlawrence.org

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 MARA.Calendar@gmail.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.

MARA GP indicates a MARA Grand Prix event with GP distance for multiple races.

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.

Updated: 23 April 2015

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
May 2015					
May 1	Fri	8:00 AM	GCA Rhonda's Run 2015	Chieftain Park Tonganoxie, KS	www.active.com/tonganoxie-ks/running/distance-running-races/gca-ronda-s-run-2015
May 2	Sat	7:00 AM	Race4 Domestic Violence Prevention 5K	Wyandotte County Park 901 N 126th St,	events.r20.constantcontact.com/register/eventReg?oeidk=a07ea6kiskus68327d19&oseq=&cc=&ch=
May 2	Sat	7:00 AM	Truman Heritage Festival 5K	Grandview, MO	trumanheritagefestival5k.itsyourrace.com/event.aspx?id=5190
May 2	Sat	8:00 AM	Heart and Sole Classic 5K & 10K Run	Johnson County Square Olathe, KS	www.olatherunningclub.com/heart-and-sole-5k10k
May 2	Sat	8:00 AM	Maguire Gilner Angel Day 5K	Lone Elm Park Olathe, KS	www.angeldayrunwalk.com/Race_Info.htm
May 2	Sat	8:00 AM	Shoreline Shuffle 5K	Clinton State Park Lawrence, KS	www.lawrencetrailhawks.com/races/2015/may/02/shoreline-shuffle-5k-seventh-annual
May 2	Sat	8:00 AM	Independence Park Trot 5K Run/Walk	Independence Square Independence, MO	www.ci.independence.mo.us/ParkTrot
May 2	Sat	8:00 AM	Blue Devil 5K & Kids Trot	KCK Community College Kansas City, KS	www.kckcc.edu/wfc
May 2	Sat	8:30 AM	PurpleStride 5K	Frank A Theis Park Kansas City, MO	www.kintera.org/faf/home/ccp.asp?ievent=1125897&ccp=660091
May 2	Sat	8:30 AM	iBelieveKC Duathlon	Liberthy Community Center Liberty, MO	www.ibelievekc.com
May 2	Sat	9:00 AM	Cinco de Mayo 5-Qué	Guadalupe Center Kansas City, MO	www.cincomemayo5que.com
May 3	Sun	7:00 AM	Lincoln Marathon Full & Half Marathon	University of Nebraska Lincoln, NE	www.lincolnmарathon.org/
May 3	Sun	8:00 AM	Buffalo Bell Stampede Half Marathon, 10Km 5K	Warren Middle School Leavenworth, KS	www.leavenworthhistory.org/Bufalo_Bell/index.html
May 3	Sun	8:00 AM	Run for LITTLE Hearts 5K/10K	Unity Village Unity Village, MO	runforlittlehearts.com/event-details
May 3	Sun	8:00 AM	Outpacing Melanoma 5K Run/Walk & Dot to Dot Kid Trot	Corporate Woods Overland Park, KS	outpacingmelanoma.org
May 3	Sun	8:00 AM	Run for Ronald 5K Run/Walk	Lake Shawnee Topeka, KS	www.sunflowerstriders.org/events/2015/5th-annual-run-for-ronald-5k-walk-and-run

May 9	Sat	7:30 AM	Running with the Cows Half Marathon & 5K	Queen of the Holy Rosary School Bucyrus, KS	runningwiththecows.com/
May 9	Sat	8:00 AM	Rock on Lake Perry 50K, Half Marathon, 5K	Branded B Ranch Meriden, KS	www.psychowyco.com/lakeperrytrailruns/id3.html
May 9	Sat	9:00 AM	Hillcrest Hawaii 5K	Town Square in Zona Rosa Kansas City, MO	www.enter2run.com/search/event.aspx?id=31877
May 9	Sat	9:00 AM	Granny 5K Fun Run	Edgewood Manor Raytown, MO	www.active.com/raytown-mo/running/races/granny-5k-fun-run-2015
May 10	Sun	7:30 AM	HP3 Duathlon 5K & 10K	Heritage Park Olathe, KS	www.jcprd.com/special_events/hp_duathlon.cfm
May 10	Sun	8:00 AM	Mothers' Day 5K	Corporate Woods Overland Park, KS	mothersdayrun.com/about-kansas-city-express
May 16	Sat	7:30 AM	KC Northland Race for Hope Half Marathon, 5K Run/Walk	Gold's Gym 8260 N. Ditzler Ave. Kansas City, MO	www.raceforhopekc.com
May 16	Sat	7:30 AM	Scout Strong Challenge Half Marathon & 5K	Sporting Park Kansas City, KS	www.scoutstrongchallenge.com
May 16	Sat	8:00 AM	Turkey Creek Festival 5K	Irene B French Community Center Merriam, KS	www.merriam.org/index.aspx?NID=421
May 16	Sat	8:00 AM	Run for Rachel 5K/10K & 1 Mile Walk	Grain Valley South Middle School Grain Valley, MO	http://www.runforrachel.org/information.html
May 16	Sat	8:00 AM	Grub Run	Northland Abundant Life Center Kansas City, MO	grubrun@yahoo.com
May 16	Sat	8:00 AM	OPEAKFIT	Catherine's Landing Hot Springs, AR	www.higherpeaks.org/
May 16	Sat	9:00 AM	ISD: Run for Your Life Family 5k Run and Walk	Independence, MO	harrisonlara97@gmail.com
May 16	Sat	9:00 AM	Panther Scamper 5K	Oakhill Day School 7019 North Cherry Street	www.oakhilldayschool.org
May 16	Sat	9:00 AM	Alcove Spring Trail Fun Run/Walk/ Bike On the Oregon Trail	Near Marysville & Blue Rapids Marshall County, MO	pamtrains@bluevalley.net
May 16	Sat	5:00 PM	Ferguson Twilight Run One-Mile Fun Run, 5K and 10K	Plaza at 501 Ferguson, MO	www.fergtwilightrun.com
May 17	Sun	7:30 AM	Kansas City Triathlon	Longview Lake Kansas City, MO	www.kansascitytriathlon.com/
May 17	Sun	8:00 AM	MGA Triple Crown Showdown - 5K	Towne Center Leawood, KS	www.mga5k.com/
May 17	Sun	8:00 AM	Triumph Over Tragedy 5K	Garmin Headquarters Olathe, KS	www.kllscholarshipfund.org
May 17	Sun	8:00 AM	Girls on the Run 5K	Corporate Woods Overland Park, KS	www.gotrkc.org/race/224-2015-spring-5k

May 23	Sat	7:00 AM	Bill Snyder High Half Marathon & 5K	Bill Snyder Stadium Manhattan, KS	www.billsnyderhighwayhalf.com/registration/
May 25	Mon	8:00 AM	Amy Thompson Run - 8K & 5K	Loose Park Pavilion Kansas City, MO	www.amythompsonrun.org/index.php
May 25	Mon	8:00 AM	Home Run 5K	Lawrence, KS	www.lawrencefamilypromise.org/upcoming-events
May 25	Mon	9:00 AM	Chief 5K Run/Walk Finish on the 50	Arrowhead Stadium Kansas City, MO	www.kcchiefs.com/community/Chiefs5K.html
May 30	Sat	7:00 AM	Superhero Diabetes Dash 5K & Kids 1 Mile	Prairie Life Olathe, KS	www.roadracerunner.com/re_136269/PrairieLifeFitnessSuperheroDiabetesDash5kand1milefunrun.html
May 30	Sat	8:00 AM	Tour of Kansas City 5K	Kansas City Museum Kansas City, MO	www.tourofkc.com/tour-kc-5k
May 30	Sat	8:00 AM	Tortoise and Hare Walk/Run/Roll for Hunger 5K	Elms Hotel and Spa Excelsior Springs, MO	www.goodsamaritancenter.com/events.html
May 30	Sat	8:00 AM	Miles Against Melanoma 5K	Lake Remembrance Blue Springs, MO	www.mamkc.com/
May 30	Sat	8:00 AM	The Color Run	Arrowhead Stadium Kansas City, MO	www.thecolorrun.com/kansas-city
May 30	Sat	8:00 AM	Journey for Jo 5K	Lake Shawnee Shelter House #1 Topeka, KS	www.journeyforjo.com/race-information
May 30	Sat	8:00 AM	Racing for Rhett 5k Run/Walk	Harrisonville, MO	www.enter2run.com/Search/event.aspx?id=30424
May 30	Sat	8:00 AM	Rock, Rhythm and Run 5K	901 SW Ryan Rd Grain Valley, MO	www.enter2run.com/Search/event.aspx?id=31056
May 30	Sat	8:00 PM	Blacklight Run	Cricket Amphitheater Bonner Springs, KS	www.blacklightrun.com/kansas-city-2015
June 2015					
Jun 5-6	Fri Sat	7:00 PM 7:00 AM	Hospital Hill Run Half Marathon, 10K & 5K(Fri) MARA GP (Half)	Crown Center Kansas City, MO	www.hospitalhillrun.com/events/umkc-school-of-medicine-5k
Jun 6	Sat	7:00 AM	River Run - 10K & 2M	Downtown Wichita, KS	www.wichitariverfest.com/riverrun.php?page=khfr_race_series
Jun 6	Sat	7:30 AM	Crazy Cow 5K Run/Walk	Bashor City Park Bashor, KS	www.basehordairydays.com/registration-page/
Jun 7	Sun	7:30 AM	Legend Triathlon- Free State	Bloomngton Beach Clinton Lake State Park	www.legendendurance.com/legend-free-state.html
Jun 12	Fri	9:00 PM	Night Flight 5K Run	Harris Park 601 SW Jefferson St. Lee's Summit, MO	www.cityofls.net/Parks/Special-Events-Activities/vw/3/ItemID/3705/d/20150612.aspx
Jun 13	Sat	6:30 AM	Maryville Marathon Full, Half, 10K & 5K	Donaldson Westside Park Maryville, MO	www.chambercountryclassic.com/index.html
Jun 13	Sat	7:30 AM	Heroes for Hospice 5K Run/Walk	REI/Fresh Market Prairie Fire Overland Park, KS	www.heroesforhospice.com
Jun 13	Sat	8:00 AM	Off the Beaten Path - 5K/10K	Concorse Park & Cliff Drive Kansas City, MO	www.offthebeatenpathrun.com/

Jun 13	Sat	8:00 AM	L.I.N.K. 5K Run/Walk	Independence Academy Independence, MO	apps.isdschools.org/link5k/
Jun 13	Sat	8:00 AM	Miles for Meals- 5K	Heritage Park Marina Olathe, KS	www.jocogov.org/deptpage/treasury-and-financial-management/miles-meals-5k
Jun 13	Sat	8:00 AM	Watkins Mill Get Outdoors 5K	Watkins Mill State Park Lawson, MO Wyandotte County	http://watkinsmill5k.itsyourrace.com
Jun 13	Sat	9:00 AM	Summer Intro 2.8 Mile Trail Run	Lake Park Shelter #14	www.psychowyc.com/id55.html
Jun 13	Sat	9:00 AM	Cross Country Chaos 5K Mud Run Obstacle Course	Osage City, KS	www.crosscountrychaos.com
Jun 13	Sat	12:00 AM	5K For Relay Midnight Mission	Free State High School Lawrence, KS	www.jogrunrace.com/Race/View/211155/5k-for-relay-midnight-mission-lawrence-kansas-june-13-2015
Jun 14	Sun	8:00 AM	CASA Superhero 5K Run/Walk	Corporate Woods Overland Park, KS	www.casakc.org/superhero5k
Jun 14	Sun	8:00 AM	Dog N Jog / 2 Mile Run/1 Mile Run/ Walk	The Plaza Kansas City, MO	www.dognjog.org
Jun 19	Fri	8:30 PM	Rock the Night Away Trail Run Hal Marathon, 10K & 5K	Branded B Ranch Lake Perry, KS	www.psychowyc.com/lakeperrytrailruns/id14.html
Jun 20	Fri	12:00 AM	Midnight 5K Run	Leawood, KS	www.kssso.org/events
Jun 20	Sat	7:30 AM	Tinman Triathlon	Lake Shawnee Topeka, KS	www.gosilverback.com/tinman-triathlon.html
Jun 20	Sat	8:00 AM	Father's Day Run	Sporting Park Kansas City, KS	www.sportkc.org/sportkc.aspx?pgID=866&event_id=1169
Jun 20	Sat	8:00 AM	LMH 5K Summer Spray Run Walk	Eudora Parks & Rec. Building Eudora, KS	www.lmhendowment.org
Jun 20	Sat	9:00 AM	The Dirty Duo	Kansas Speedway Kansas City, KS	www.kcdirtyduo.com/race_info.asp
Jun 21	Sun	7:30 AM	Father's Day Run	Village Shalom Overland Park, KS	www.fathersdayrun.org/home
Jun 27	Sat	8:00 AM	Firecracker Flight 5K & 10K Run	Centerpointe Medical Center Independence, MO	www.bodieshealthandfitness.com
Jun 27	Sat	8:00 AM	EOYC 5K Flapjack Run	Holy Trinity Orthodox Church Olathe, KS	www.myeoyc.com/events/2015/6/27/2iz17ci7nffbs2rx10aa681yh8uiqy
Jun 27	Sat	8:30 AM	Power Walk 5K for Dress for Success	Theis Park Kansas City, MO	www.glowrun5K.com
Jun 27	Sat	9:00 PM	Glow Run 5K Run/Walk	Arrowhead Stadium Kansas City, MO	secure.getmeregistered.com/get_information.php?event_id=120526
Jun 28	Sun	7:30 AM	Double Road Race	Corporate Woods Overland Park, KS	www.doubleroadrace.com/overlandpark/

July 2015

Jul 4	Sat	7:00 AM	Stars and Stripes 5K Run/Walk	Summit Fair Shopping Center Lee's Summit, MO	www.starsandstripes5K.com
Jul 4	Sat	7:00 AM	Lenexa Freedom Run 5K & 10K MARA GP (10K)	Old Town Lenexa Lenexa, KS	www.lenexa.com/parks/festivals_freedom.html
Jul 4	Sat	7:30 AM	Ward Parkway Four on the 4th 4 miles	Ward Parkway Shopping Center Kansas City, MO Wyandotte County	wardparkwayfouronthefourth.com/
Jul 5	Sun	9:00 AM	Psychodelic 5K (Fire Edition)	Lake Park Shelter #2	www.psychowyc.com/id69.html
Jul 11	Sat	7:30 AM	Midnight Madness 5K, 10K & 15K Combo	Downtown Ames, IA	www.amesmidnightmadness.com/
Jul 11	Sat	8:00 AM	Cauldron Run - Sunflower State Games 5K & 10K	Heartland Park Topeka, KS	www.sunflowergames.com/index.php/2015-sports/5k-10k-cauldron-run
Jul 11	Sat	8:00 AM	"Psycho Psummer" Run Toto Run 50K, 20-Mile, 10-Mile Trail Run	Wyandotte County Lake Park Shelter #2	www.psychowyc.com/id75.html
Jul 12	Sun	7:00 AM	Open Options Shawnee Mission Triathlon & Duathlon	Shawnee Mission Park Shawnee, Kansas	www.jcprd.com/special_events/smp_triathlon.cfm
Jul 18	Sat	7:00 AM	Julia's Warriors Run For Hope 5K Run & 1 Mile Walk	Smithville High School 645 S. Commercial	www.juliaswarriorsrunforhope.com/
Jul 18	Sat	7:00 AM	Friendship Festival 5K	Oak & East Street Lathrop, MO	www.lathropfestival.com
Jul 18	Sat	7:00 AM	Legend Kitwana Off-Road Triathlon	Clinton State Park Lawrence, KS	www.legendendurance.com/legend-kitwana.html
Jul 18	Sat	7:30 AM	Amelia Earhart Fun Run 2K/8K	Atchison Family YMCA Atchison, KS	www.kansascityymca.org
Jul 18	Sat	7:30 AM	LMH 5K Summer Spray Run Walk	Tonganoxie Family Practice Tonganoxie, KS	www.lmhendowment.org
Jul 19	Sun	7:00 AM	Legend Kitwana Trail Run	Clinton State Park Lawrence, KS	www.legendendurance.com/legend-kitwana.html
Jul 25	Sat	7:30 AM	WIN for KC Triathlon Women's Triathlon	Sailboat Cove Park Smithville Lake Smithville, MO	www.winforkctri.org/
Jul 25	Sat	8:00 AM	Sunflower State Games 5K Cross Country	Iloff Commons Topeka, KS	sunflowergames.com/index.php/2015-sports/cross-country
Jul 26	Sun	8:00 AM	Don't Melt Away 5K	Waterfall Park Independence, MO	www.dontmeltaway5k.com



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