



Joplin RoadRunners' Newsletter January-February 2024 Edition

First Word from your President

Fellow RoadRunners,

An extra edition is waiting for you, this time. Because of all the races and race preparation, combined with the changes in the professional life of your Pres, there was no November-December edition of our Newsletter. Life on the run stops for no one, so all of you were ready to spill all your stories into this edition, making it an extra long and fun read.

Our Fiscal year 2023 ended with lots of activities to be proud of and, for the first time in a very long time, some money in the bank that gives us plenty of choices for next year.

I often tell our Board members that we are only limited by the number of helping hands we have in our club. Helping hands is what makes races possible. Without volunteers like you, nothing happens, regardless of what is in our bank account. Looking back on our recent races, and on the ones still around the corner, we can be proud of ourselves willing to sign up in such numbers, be it as JRR members, as runners in one of our races, or as volunteers for these races.

Thanks to all, and here's to a successful and (promised) very busy 2024 with lots of new things in store for our club. Don't miss out. Haven't paid your (tiny) membership fee yet? Don't delay; member benefits start at the beginning of the year.

Come and join us at our annual lasagna dinner, on 1/11. This is where new members introduce themselves to existing (or "old") members, and vice versa. It is our meet-and-greet for the year. Also, pick up or order your club shirts, and join us for a few raffles with valuable prizes.

And if you are not scared of a little cold breeze, join us on Saturday 1/13 for the third edition of our January trail run to benefit Neosho Hope Kitchen. In the previous years, we were able to provide a contribution adding up to about 600 meals. That makes a big difference in this little town. Be sure to be part of it.

And, have you noticed, Joplin RoadRunners is moving and shaking baby! Come and be part of this movement!



Henri

Board Meetings – October, November, December

✓ **Electronic timing system update**

Equipment works perfectly and showed what it could do in our Pumpkin Run and Jack is Back race. In the Pumpkin Run, the system had to cope with two events on two different days, plus virtual runs. In Jack is Back, it had to deal with three races of which two were ran simultaneously. A challenge for any system. We are delighted with the performance, so far, and are looking forward to purchasing a second system in the near future, as well as some additional equipment.



✓ **Pumpkin Run**

Was an unimaginable success. With 230 runners participating in both weekends combined, we were able to clear \$1500 for our charity: more than double of last year's contribution.



✓ **Jack Is Back**



USATF-certifications were submitted and approved in time for the race. 72 runners showed up for this inaugural race. Board couldn't be happier with the outcome. A list of improvements for next year's race was compiled and approved. As soon as final revenues and expenses are known, Board will decide on charity donation amount to Vita Nova.

✓ **By-Laws review**

The board will be reviewing the by-laws over the next several months to revise and update some of the laws. All changes will be presented to all JRR members at our December JRR 2024 meeting for a vote.

✓ **Lasagna dinner**

January meeting will be on 1/11 at the home of Henri and Titi. They will serve their traditional lasagna. Bring a side dish and you drink. Last year, we started a new tradition by making this first meeting of the year an introductory meeting for all new members.



✓ **Newsletters**

Because of the priority given to the inaugural Jack-Is-Back race event, no Newsletter was issued for Nov-Dec 2023. Keep all your stories for the Jan-Feb issue!

✓ **Freeman Fitness Fair**

JRR has been invited to have a stand at the Freeman Fitness Fair on 1/25. Several Board members will attend.

✓ **Joplin Trail Coalition**

Board decided to donate \$500 to JTC for their cooperation during the year, such as cooperating with the permanent port-a-pottie placement, access to the trail for Pumpkin Run and Jack-Is-Back, and the most recent project to place km-posts along the trail.



Next Board meetings are Jan 4, Feb 1, Mar 7

Club meetings are Jan 10 (our annual lasagna dinner) and Mar 14

October Club Meeting at the Y – Introducing Jack is Back and Vita Nova

At our October meeting at the Joplin Y, members were introduced to our next annual distance race: Jack Is Back.

Named after the Ruby Jack trail, where the race will be

held, and also named after a return to distance running on the trail after many years, Joplin RoadRunners worked together with the Board at Vita Nova, Joplin, to initiate this event.

We decided on a 5K, 15K and 30K, with all distances USATF certified. Vita Nova agreed to purchase specially engraved bricks for the winners at the event. JRR would Race direct.

At the meeting, David Russell, member of the Vita Nova Board and former member of the JRR Board, introduced the charity to us. Vita Nova provides small, newly built clusters of homes for the homeless. Visit their site at <https://www.vitanovainc.org/>



October Social – Hoka product intro at The Run Around.

On October 26th the Joplin RoadRunners met up for a monthly social run at The Run Around for their Hoka demo event.

We were able to try 3 different models of Hoka shoes (Clifton, Bondi and Arahi) and take them for a spin outside.

It was fun and gave us a chance to try and also purchase a new pair of kicks. Refreshments were provided by the Joplin Greenhouse. Thanks to The Run Around for sponsoring this event for local runners!



December (ok, it was still November) Christmas/Annual Meeting

Grace Lanes was a busy place on November 28. To move our annual meeting out of the busy December holiday season, (and because your Pres and his spouse were going on their second honeymoon), we decided to organize it for the end of November instead.

Raffles, prizes, running stories, and of course voting in two new Board members. The assembly voted unanimously to add Anne Jiles and Paul Wright to the Board. We thanked Heather and Aaron Orland for their contribution over the past year; having to travel more frequently, they had decided to pass on their JRR duties to others.

Lori Thompson moves into Secretary position.



Your 2024 Joplin RoadRunners Board



President Henri Coéme

Two years on the Board, then two years as President, Henri is completing his second 2-year term, this year. Aside from leading Board meetings, Henri acts as Race Director for all JRR's races, composes the bi-monthly JRR Newsletter, updates the JRR website, E-mail marketing and Merchandising, General communication and Networking as well as 501c3 fiscal and regulatory compliance reporting.



Vice-President Sheree Wilson

After two years on the Board, Sheree is in her second year as Vice-President. Substituting for the President when absent, Sheree also handles all Facebook and Messenger marketing and communication as well as Group run organization and Strava group competition.



Treasurer Casey Grissom

Casey was elected in a new 2-year term as Treasurer. She handles accounts payable to various vendors, accounts receivable from members, RunSignUp and donors, balance sheets, income statements per race, Charity donation accounts and RRCA relations.



Secretary Lori Thompson

Previously a Board Member, Lori will take over from Aaron Orland, responsible for Board agenda and Board meeting reports. Lori is also one of our two race Volunteer Coordinators.



Board Member Debbie Smith

Debbie is specifically in charge of our Calendar of Events, Club meeting venues & selection of featured speakers.



Board Member Anne Jiles

Anne was elected for a first time in December as one of the new General Board members for a 2-year term.



Board Member Paul Wright

Paul was newly elected, last December, as one of the General Board members for a 2-year term. Paul will also act as a backup timekeeper at our



Board Member Brian Spencer

Brian started his second year as a newly elected Board member. Brian is one of our two race Volunteer Coordinators.

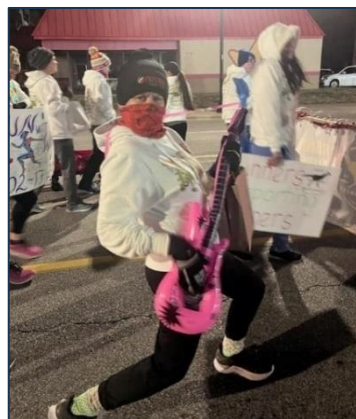


Christmas Parade

For the first time, JRR participated in the Joplin Christmas Parade, an idea proposed and organized by Lori (who says she loves telling other people what to do).

Titi designed and printed hoodies for the occasion under the motto "Running around the Christmas Tree". Here is Lori's story.

Ohhhhhhhh What Fun it is to Runnnnnnn.....



As a club we've been trying to get our name out there to be more visible in the community so people can know and learn about our organization. What better way to do that then enter the Joplin Christmas Parade!

So we donned our Christmas hats, Christmas sweatshirts, grabbed a bag of candy and hit Main street. It was perfect weather for a Christmas Parade, not too cold and definitely not to warm!

We had a lot of fun rockin' around our Christmas tree with our air'd up guitars, passing out candy to kids and Roadrunner fliers to anyone who would take them! The sprint races with the Christmas tree was the best!

A big shout out to Henri and Titi for designing and printing our sweatshirts, Titi for the flyer design!! Lauren Thompson for the poster designs.

and printing our sweatshirts, Titi for the flyer design!! Lauren Thompson

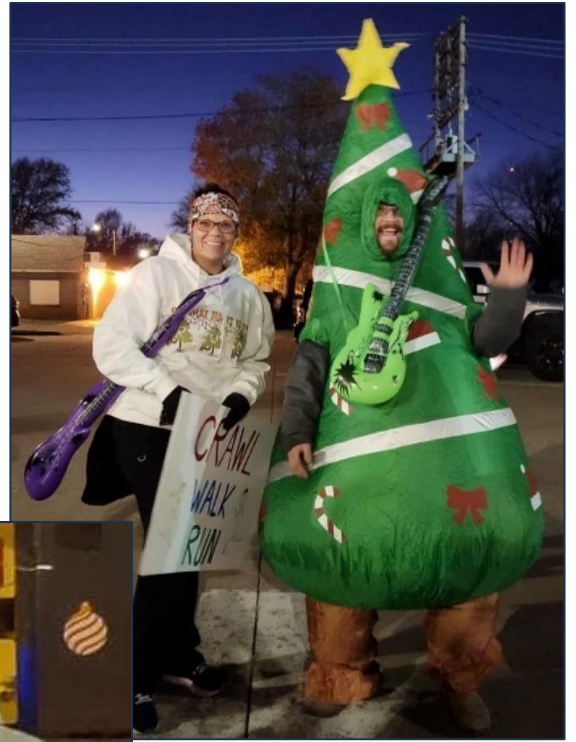


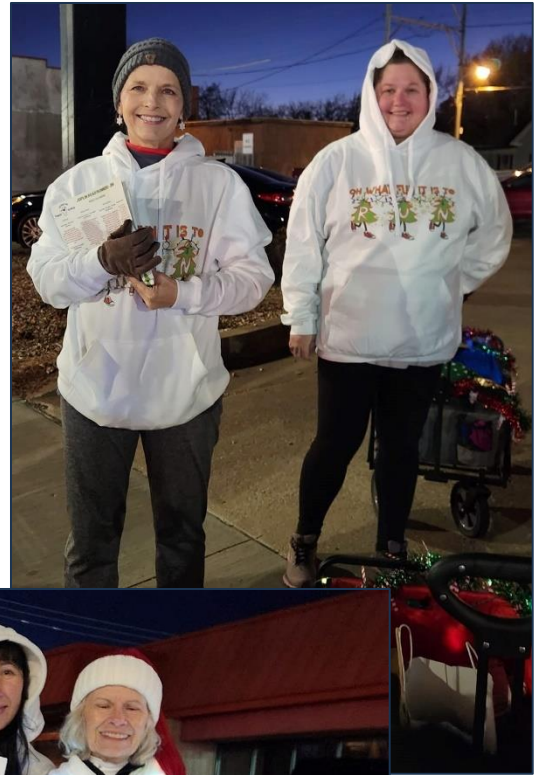
Thank you to the 17 Roadrunners that came out to show Joplin what we are all about! Angel Peterson and her friend Nick who wore the Christmas tree costume, he was the best mascot ever!

Anne Jiles, Becky Mitchell, Casey Grissom, Darla Pool, Debbie Smith, Lori Thompson, Aaron and Heather Orland, Jim Burns, Lelania Littlefield, Maria Bradshaw, Michelle Horn, Paul Wright, Suzie Crossno and Judy Lewis!

Can't wait until we do it all over again, next year!!







RUN THROUGH THE LIGHTS

Run Through the Lights is a favorite every year
(by Sheree Wilson)

It has quickly become a family tradition. It is the one time each year you can get a unique view of the Christmas lights on foot. You can choose to go through the lights and right back to the church for cookies and hot chocolate or take the longer route.

On the longer route you can journey to the historic Carthage square and stop off at Sparkle in the Park on the way. This is also a sight to behold as every tree is completely covered with lights. You may even want to take a carriage ride. Thanks to Chanti and Brady Beckham for all of their work organizing this special event each year.



JRR Races: 40th Annual Pumpkin Run

Sponsored by Blue Buffalo who provided a major contribution to our new electronic timing system, the 40th Edition of the JRR Annual Pumpkin Run was held on two consecutive weekends, this to provide an opportunity for both shifts at Blue Buffalo and General Mills to attend the event.

It was an overwhelming success! No less than 230 runners and walkers participated and really put our new timing system (and its operator) to the test.

All results can be found here:

<https://runsignup.com/Race/Results/118876#resultSetId-416072;perpage:100>



Congrats to all Pumpkin award winners

- on 10/15:
Austin Bunn and Lakyn Evans: 2M
Dan Wilson and Lakyn Evans: 8K

- on 10/22:
Toby Dogwiler and Laney Daniel: 2M
Toby Dogwiler and Heather Orland: 8K

Great job to the 23 Age Group winners on 10/15 and to the 16 Age Group winners on 10/22
Also to the 10 Age-Graded Performance winners on 10/15!

- And how about a hand to our new 2 Mile MO Age Record holders:
Colton Gaddis (age 10) in 12:36
Toby Dogwiler (age 49) in 10:50
Henri Coeme (age 70) in 13:17
Dave McCoy (age 92) in 31:22

- And our new 8K MO Age Record holders:
Ellen Kohn (age 73) in 46:33
Henri Coeme (age 70) in 34:26

Best of all, we were able to more than double our charitable contribution to the Early Learning Center's Cerebral Palsy scholarship; a check we proudly presented, together with Blue Buffalo, the event's main sponsor, on the occasion of our annual Christmas meeting (see below in this Newsletter).







Jack is Back – Dec 16: 5K/15K/30K

This first edition of a new annual distance event race was organized to benefit Vita Nova, Joplin. Distances were set at 5, 15 and 30K, with the 15 and 30K run simultaneously. All races were USATF-certified, making it possible to run a good number of records. As it turned, we sure did.

After sending in the record results, Mike Lundgren, the MO-record keeper, wrote to us *"I can't believe all the women that you got in that 30K!! I don't know how you did it, but they should be awfully happy seeing their name in the records. Thanks again and looking forward to hearing more from you."*

Results can be found here:

[https://runsignup.com/Race/Results/151368#resultSetId-431008;perpage:100.](https://runsignup.com/Race/Results/151368#resultSetId-431008;perpage:100)

Congrats to our race winners

- 5K Male: Conner Valentine in 17:27
- 5K Female: Lelania Littlefield in 23:35
- 15K Male: Jaryd Gregory in 50:55
- 15K Female: Abigail Burton in 1:20:39
- 30K Male: Evan Matlock in 2:05:25
- 30K Female: Sara Ibbetson in 2:16:34

Also congrats to all 11 new MO record holders, scoring a combined total of 12 records.

In the 15K Male:

- Jaryd Gregory (in 15K race) and
- Henri Coeme (in first loop of 30K)



In the 30K Male:
Evan Matlock,
Henri Coeme,
Rylan Davis

In the 30K Female: no less than 7 records !!!

- Sara Ibbetson,
- Judy Lewis,
- Anne Jiles,
- Reina Probert,
- Debbie Smith,
- Sheree Wilson and
- Leigh Kelley



Age/gender Graded Performance awards

were calculated at the end of the 5K and at the end of the 30K (for the combining results of both 15K and 30K races). Winning an overall prize did not exclude you from this AGP-prize.

AGP calculations follow the World Masters Association Age-Grading tables listed at www.runnersworld.com and at www.howardgrubb.co.uk.

5K AGP Winners were

Liz Kyger (F/64) – 80.52%

Conner Valentine (M/17) – 74.21%

Lelania Littlefield (F/49) – 69.11%

15K/30K AGP awards winners were

Henri Coeme (M/70) – 82.37%

Jaryd Gregory (M/34) – 80.06%

Sara Ibbetson (F/43) – 72.10%

Tom McKay (M/60) – 70.85%

Evan Matlock (M20) – 67.37%

Colton Smithhisler (M/14) – 65.44%

Ivan Lobato (M/62) – 63.99%

Darin Cooley (M/53) – 62.65%

Rylan Davis (M/15) – 62.38%

Abigail Burton (F/14) – 61.72%



Race Reports by Club Members

My MO Record and Red Lantern

(by Leigh Kelley)

Back in October I began to see Jack Is Back advertised. Ok, I admit the shirt excited me more than the race did. Well, that was until I was playing around on the computer and saw that, for a 30K in my age division, there was no MO record.

BOOM!

You didn't have to ask me twice to sign up!

Like many, I struggle with emotions during the holiday time. So, my focus began on getting miles in for the Jack Is Back. It wasn't always easy with work and family. I had EIGHT weeks to prepare, and my longest walk/run had only been 6 miles. Even a previous coach advised it wasn't a great idea to up my miles like that.

Yes, I am a tad stubborn PLUS very competitive. As I trained, I'm not going to lie, the long miles hurt. I had several great training times and some not so great.

As many of you know I have foot drop. At times, my left leg, so to speak, "*doesn't play well*" with my right leg. Many a night I had severe leg cramps after my long run/walks. I never let this stop my goal of getting a Missouri State Record for the Jack is Back.

Race day, I was so fortunate to have Sheree and Debbie pacing. It was going into about mile 5 to 6 that Debbie decided Sheree and I were just too slow for her. Man, she left us in the gravel so to speak.

Then, there was just Sherri and I. Between the two of us we continued steadily.

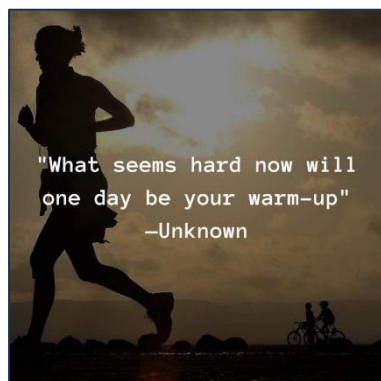
In the end, I was DFL (as in "*Dead FU#\$\$% Last*"...).

You know that didn't bother me either. Years ago, another Race Director gave out Red Lanterns for the last person. Mentally that did something to people. I ended Jack is Back proudly! My overall pace was around 13.35-ish, I believe, and



I FINISHED IT – I GOT A STATE RECORD.

Also, for age 63-and-handicapped, I finished a 18.74 mile race!!





Feeling Welcome *(by Angel McLallen)*

I would like to say how grateful I am to have a whole community of runners to support me in this journey.

It truly has made a positive impact on my life. I have met some remarkable people along the way. This year, I got the pleasure of bringing some of my family and friends along with me.



My Year in Review *(by Heather Orland)*

Year-end review of my running for 2023 had me thinking back to all the races and training runs I had done. Some very fun and easy and others, well I just knew the tears would be worth it.

Running gives me freedom and personal time to work through ideas in my head, to quiet all the noise of the world and just to give myself time.

2023 had me running with the wind, running from the Yeti, and running with family and friends that I will never trade anything for. My trail running slowly came to an end (not too many of those since I wanted to stay on road and injury free). I was focused that my 50th year around the sun would also be the year I ran my 50k.



March 2023 I was able to run the North Myrtle Beach half marathon with my dad. He was told he needed to lose weight due to some medical issues and with that I “jokingly” talked him into training for the half. He did just that and in March I was able to toe the line with him and watch him cross that line after a few years of no running from him.

In May, I had my friend come from Maryland to run the Joplin Half with me. After I had been back to run the Frederick Half earlier in May with her. It’s always a great time to toe the line with people who love and support you and have seen you at your darkest times but know that running and laughing during our training runs helps the darkness turn into light.



The 50k was a goal of mine since 2019 but after two hip injuries back-to-back in 2019 and 2020, I knew I was going to have to be smart about the training and truly listen to my body. I did just that and in August 2023 with the support of some JRRs and my daughter coming in from Washington, I was able to call myself an ultra-runner.



As great as the 50k felt, I will say the first run that was a shock to me was the CJ Bluegrass festival 5k. Yep, only a 5k but I ran it with my hubby!!



He had started running again while in China and came home to surprise me with this new hobby of his. It's been over 30 years that he ran and swore he would never run again.....but there he was~ finishing right behind me and taking first in his age group. The last half marathon that was not on my radar but one I am glad I did was the Salina Half in Salina, KS during the first weekend in November. I was always told it was a flat course but nope.... mile 7.5 in there it was ... the hill of all hills. Let me just say running the 20th street bridge three times seems better than running that hill in the race. It was a great time and one that I may be able to be talked into doing again.



There were many other runs throughout the year and many early mornings training runs to prepare for races. Having others with me at the same races, train together and hold each other accountable has been a true blessing for me especially after moving from MD to Carl Junction. What's next you ask? Well, 2024 will not be a slow running year either. I have many races on the radar and some travels planned to meet up with friends and run in different states. The biggest goal will be my 4th marathon which will take me back to Washington, DC to run the Marine Corps Marathon in 2024. It will be my 3rd time running this one and the one I love to run the most.



So many events!

(by Becky Mitchell)



The **Big Red Shoe** run was 5 miles this year on a beautiful day, Oct. 7th! I came in 2nd in 70-74 AG! In March 2024, the race will move downtown!

One week later, I ran the **JRR Pumpkin Run 8K** Oct. 15th! I finished last place in 60+ but ran it in 58:58 thanks to pacing with Sheree Wilson and Nancy Ohmart ahead of me all the way!

One week later, I got to run the **Garmin Kansas City Half Marathon** Oct. 21st and placed 3rd in AG. I got passed, about mile 11, by an 80-year-old runner who did not take any walk breaks as long as she was in my view and beat my time by 2 minutes!

This is such a fun route starting in front of the Nelson Art Gallery and

running past the Liberty Memorial, Union Station, down to 6th Street and back to the Plaza. This was my 4th KC Half and I beat my time by 8 minutes (2:50) from the last time in 2021 (2:58) on the same route! Hooray! My lumpy pocket is full of dates that I carried on the run.

Oh, and then the **Joplin Turkey Trot** running again with my sweet son from Chicago! But this time his son Henry, age 5, would run the Kids' Run. I was going to run with the two of them in it, but it didn't take long to figure out I was never going to keep up with them.



So I stopped and thought I would wait and take pictures as they came back around. And I thought it would be better to be at the finish line. By the time I was getting sort of close, here they came bustling down to the finish and I missed it with the camera but got to witness it anyway! David said their time was 9:32 for the one mile! So proud!

Just Very Grateful

(by Lelania Littlefield)

I was trying to decide what race to write about and all I could think about was how much this group has changed my life.

On January 1, 2023, I decided to meet up with a group I had found on Facebook the Joplin Roadrunners at Mores Park in Neosho for a trail run. That day, I met Sheree, Henri, Miles, Suzie, Anne, Judy, and Tonka. They were all so friendly and welcoming. I left that day and immediately signed up for Joplin Roadrunners and Frosty Trail 5k.

I had always been pretty active, just never a consistent runner. Since then, I have continued to run and ran 14 races in 2023.

Over the years of raising my kids, I was very involved with everything with school, sports, and my community, so I have so much respect for everyone who volunteers to keep this group going. Henri and Titi sacrifice a lot of their free time organizing races, t-shirt design and printing, learning the new timing equipment, emails, and numerous other things. I enjoy seeing all their running adventures they go on.



Sheree is pretty amazing keeping up with all the social media, pictures she takes, organizing, and showing up to all the group runs. Not to mention all the awesome running trips she goes on with fellow runners and volunteering a ton of her time. She has been so nice to me and helped motivate me all year.

Recently, I saw Lori organize a great group for the Joplin Christmas parade, bringing people together to make great poster boards and keeping everything organized. I had a wonderful time; everyone was fun and high energy. Even after being there almost a year, I met new people that night. I'm not sure his name, but the husband that volunteered to be the Christmas tree, he was great! Lori also organizes group runs and volunteers her time.



The last race of year with Joplin Roadrunners was Jack is Back in Cartage and once again I get to the race where Henri, Titi, Sheree, Lori, Casey and many more people come together to make the race happen.

I'm such a people watcher. I'm always taking everything in around me. This is why I wanted to point out what I have observed the last year being a new member of the group. I'm sure my husband is tired of hearing me talk

about running, exercising, and all the amazing people in the Joplin Roadrunners group. I can honestly say that this past year is the first time I have done something just for myself. I show up at races alone most of the time, and I always make a new friend, mostly because I talk a lot. But what I love the most is seeing familiar faces from the Joplin Roadrunners.

The Frosty 4 trail run will be the first race that I will be returning to for the second time since I started running. No matter how it goes, I'm so excited to be still running. I remember when I ran the Frosty Trail 5k, it was so hard since I had not been running. Everything hurt, and it was hard to breathe. I will always run this race because it was the first one after I decided to commit to running.

This year started off perfectly. I got to run the Chilly 5k with my son. My grandson got to run his first race in the fun run. I loved having my husband and grandson at the finish line cheering me on.

I may have never come across or become friends with all of you if I had not taken the step to join the Joplin Roadrunners. I plan to make this a lifestyle to run, exercise and be happy. I just want everyone in the group to know how much I appreciate you and all you do! I'm looking forward to what is to come in 2024!



I Just have Fun Running

(by Bridget Sparlin)



I don't have any outstanding race story to share, other than I had fun running in the Turkey Trot this year on Thanksgiving, and was really happy with my time. I do enjoy meeting for the Saturday group runs. There is always a variety of people that have different paces, it is so easy to find someone to run with because of that.

The best thing about the running community are the people you meet

along the way. I love hearing their stories about their individual journeys that they are all on.

There is an early morning option for runners or walkers during the week. The Joplin High School track is open from 5am-6am on Tuesdays and Thursdays. Everyone is welcome.



This is not affiliated with the Joplin Roadrunners, just a few people who enjoy getting out there early in the morning, and really appreciate a safe place to do that.

Check out the Facebook page at TMT - Tues/Thurs MORNING JHS Track. Hope to see you out running or walking!

Happy 2024!



Thanks!

(by Nancy Ohmart)

Saturday, October, 15, 2023 was a fun-filled day thanks to the strategic planning of the Joplin Roadrunners and the sponsorship of Blue Buffalo. Wonderful implementation of “one of the oldest local races” was truly experienced by all the runners for BOTH weekends; thanks Henri and the JRR “Gang” who humbly donated many, many hours so the runners could enjoy the beautiful Ruby Jack Trail.

Thanks so much to the witty Anne Jiles who always entertains us and to Sheree Wilson who always encourages us; the run was so enjoyable because of the JRR friends. I even placed in the 2 mile run-yay!!!!



On Thanksgiving morning, 20 plus runners were able to enjoy a cool morning run before our family gatherings of “Thankfulness and Thanksgiving.” Sincere thanks to Sheree Wilson, Christina Wilson, Michelle Horn, and others for their organization and implementation of our own “Turkey Day 5-K Run!” What a beautiful hour of conversation, exercise, and then delicious food.



Also, thank you, sincerely, to Michelle for her creative “Turkey Medals;” how original! This is what JRR is all

about; encouraging others and presenting a vast variety of running/walking opportunities; thanks so much!!

The Power of Words

(by Liz Kyger)



Though we've heard that often, that there is power in words, for me it completely changed the trajectory of my life.

I went to college to play basketball. Practice was from 2:00 to 4:00 everyday. At the end of one of the basketball practices, the cross country coach offhandedly asked me if I wanted to go run with their team that day. It happened to be a day that it was raining but the sun was shining. We did six miles in a glorious shower of golden raindrops. It was a hilly course and most of the runners were ahead of me. I watched the sun gleaming off their backs.

On the last big hill before the college, one of the members of the boys team circled back and put his hand on my back and literally pushed me up the hill. Even though I played three sports in high school and was on a collegiate basketball team, I didn't understand the true meaning of being a team until that moment. I was hooked. I would go to practice for basketball for 2 hours then I would go to cross country practice for 2 hours. I became an NAIA All-American. I had discovered the love of my life. I had found what I was searching for. It was a purpose, it was a lifestyle, it

was the thing that saved me through some horrible times. The words of that coach were life-altering.

I think about that sometimes and how maybe we all can find a way to encourage each other just in the simplest of words.

Forever thankful for Coach Robert Osborne of College of the Ozarks.

Swapping Bibs with my Friend Nick

(by Suzie Crossno)



It was New Year's morning and man was it chilly! I have never had the desire to run a road race in the freezing cold. This year was different because my friend Nick Escobar had come north from Paraguay to visit and wanted to run a race with me while he was here. I gave him the option of the Chilly 5k or the Frosty 4. He chose BOTH!! So, I decided I would wrap up and brave the cold.

Since it was a point-to-point race, I asked my friend Dee Trotter, who was volunteering, to follow us to the YMCA and we hopped into her car to go to the Cornell Complex. Once there, we settled in and talked to a few folks. When I introduced Nick to Henri and Titi, it was so cool because Titi made him feel right at home by talking with him in Spanish. Nick had a really happy expression and I'm sure he felt very special at that moment!

Before the race started, I let Nick know that he could run his own race and he didn't have to stick with me. We got started and he took off and I never saw him again until I crossed the finish line. He wanted to go check the stats and when we found my name, I had run that race in 26:26, which is way faster than I have ever run before! I was like "That can't be right, the timer must be wrong!". Then we looked for Nick's time and found it; 32:30. WHAT????

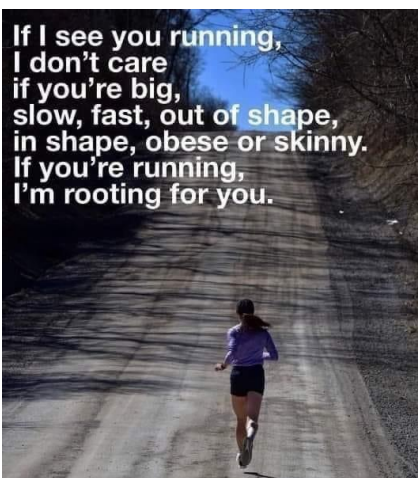
Nick was way in front of me the whole way!! Then it dawned on me that I must have gotten the bibs mixed up when I picked them up on Sunday. When we looked closer at the bib numbers, that is exactly what happened!

We found Ruth and got her to tell the statistician about the mix up. Once corrected, Nick placed 2nd in his age group with a PR (he was very excited) and I still came in 1st in my age group, beating the lady in the yellow



jacket by 6 seconds (I called her that throughout the race while watching her closely, because I was sure she would be in my age group). She and I leap-frogged each other several times during the race and I overtook her on the downhill at the end, determined not to let her pass me again!

It turned out to be quite a wonderful day and the cold wasn't even that bad. I even had to take my gloves off and throw them at Dee as I passed by 22nd and Joplin Ave where she was directing race traffic and cheering us on.



You never know ...

(by Anne Jiles)



After running the 5k at Bass Pro in 2022, I decided that I wanted to try the Half in 2023. So, three days after my 65th birthday I did just that. The weather that day was perfect for running, cool but not cold. The support from the neighborhood aid stations was awesome and the different themes were fun. My goal was to finish with a PR, but that was not to be. I missed that by a little over a minute. After the race, I was a little disappointed, but it was fun, and the goodies were tasty.

I was in my car ready to leave, when I thought that just for fun I would check where I placed, expecting to be somewhere in the middle. Imagine my surprise to see that I had placed first in my age group. No way, I thought. But it was true. Goes to show that you never know what can happen at a race.



WinterRock

(by Miles "the beast" Coeme)



My master took me to WinterRock. Except, what he didn't tell me is that, for the first time in 10 years, I wouldn't be running with him! Bloody cats! My only contribution to the race would be to help him warm up (and go pee at my favorite spot). Other than that, I would be sitting and waiting the nearly three hours it took for him to finish. Booring... Anyhow, being sidelined gave me the time to write *my* story. Yes, MY story about WinterRock. Or FlatRock (same course in summer and winter).

Here goes.

Flat/WinterRock is not for the faint of heart, be you dog or human. One lady came and asked my master what tip he would give her since she wanted to run the race next year. Master said, go *walk* the first mile before you register. Right on. The first few miles of that course are no running matter. Master said he learned to dance the quickstep while running those miles. For beasts like me, I just meander smoothly in between those obstacles. For humans, it is quite a different matter. They are constantly hopping up and down like a broken garage door.

After about a mile, we come at a point someone called the "devil's claw": a 20ft drop off a cliff. To make it even harder, to climb down, you have to squeeze through the



narrow split in between rock walls while hanging on for dear life. Not me. I leap down and continue my trot. On the return back up that same cliff, it's a bit easier for master and harder for me. Lately, he had to give me a little push while I hang on to the top of the cliff with my front paws. Such a thrill!

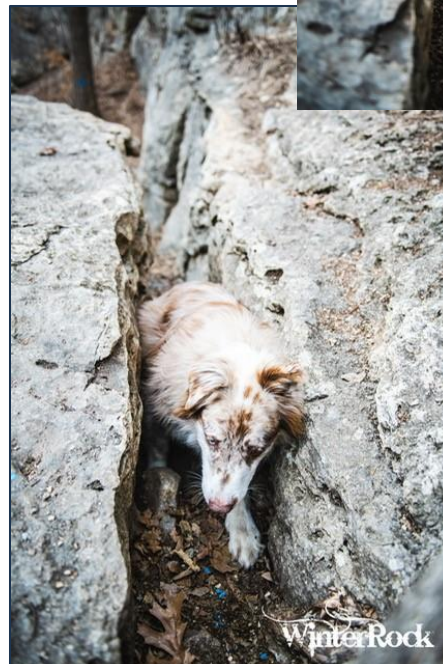
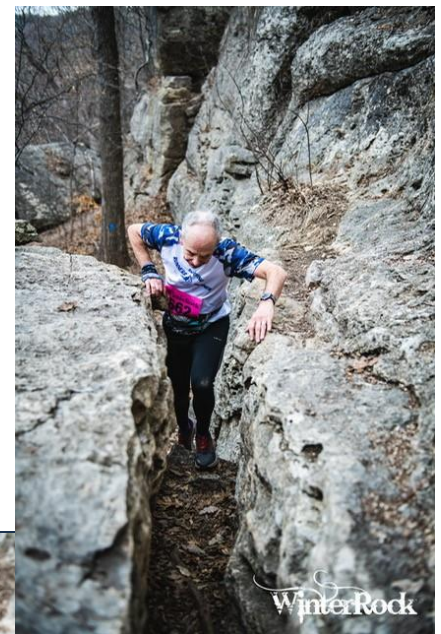
Master would say, "don't look up or you're going down". He's right, I saw him fall just once in all those years. It wasn't pretty. But he licked off the blood of his elbow and continued. My man!

I would tell him "don't look down or you're getting lost". The trail is marked with blue paint on trees every now and then. So, if you miss a mark, you're off the cliff, or out in the brush. He's a master in getting lost. I know when that happens because ... I have an Aussie memory, you know. When he goes off the trail, I patiently wait on the trail until he realizes his mistake and back-tracks. I then take over the lead again, so it is not as embarrassing for him.

Most fun I have is when we run in the snow in winter. I am never short of water, you see. I scoop up the snow with my snout and then lick it on the run. No time wasted on water stops for me.

Two years ago, I got side-tracked. I was running a little behind him (and without a leash of course; we dropped the leash on this trail a long time ago; far too dangerous). I stopped for ... well ... to do my dog's business, then ran to catch back up but I forgot I was running behind, not ahead. So, I turned back thinking I was running towards him. I realized my mistake much later, turned around and ran the other direction. Realizing I was not following him, he had stopped and turned around and was now running towards me. It was a long run, that year. He didn't appreciate it much but said very little about it; until the following year.

The next year, he let me start with him, but halfway tied me to a tree with some water and told me to wait. That was agony for a runner like me. I barked at every runner passing by asking them to untie me so I could catch up. Nobody did. Bugger! An hour or so later, master returned, untied me and we ran the final three miles together. At least he let me keep my dignity and we ran across the finish line together.



Me squeezing up through Devil's Claw

That was the last time we ran WinterRock together. Now, as I said earlier, I am just the warm-up partner. Getting to be an old dog sucks. I still dream of my long runs, when nothing could stop me (except maybe a squirrel). Now I still get excited at every race, but I also know all the shortcuts on every trail we run, and I happily take those. We still arrive together though, you know, just to keep my dignity.



Saved by ... my water bladder

(by *Lynsay Nichole*)



I joined an elevation challenge on Strava in September. I was tired of running the hill at the Wildcat Trail here in town, so I headed down to Bella Vista to do the 'Uphill Both Ways' loop. I was in kind of a "meh" sort of mood and everything was irritating me, including the size of the water pack I had just purchased.

I didn't realize the size of the water bladder was about 3 times bigger than my old one, or how heavy it would be on that trail! It was so hot but there was no way I could have gone through that much water in the time it took to finish that trail.

About 45 minutes from the end of the loop I crashed. Literally. My foot caught on something, and I flew to the ground. I laid there, dazed...

hoping to be able to get out of there. Knowing full well I hadn't told anyone what I was doing. I moved my body, trying to detect a break. As far as I could tell I had maybe a wrist sprain, but there was a lot of blood on my knees and hands.



I was so grateful for my new oversized water pack. I was able to rinse off my wounds and finish the trail at about the same pace. I finished a stronger and smarter runner that day.



My Sob Stories and Victories

(by Les Shaeffer)



When 2023 began, I had a lot of goals, hopes and dreams. I began by volunteering at a local race with my dog, Arya, whom I take everywhere with me. Upon the completion of the race, I drove to Northwest Arkansas to run with a friend. We knocked out an 11 mile run, then followed up with football and food (perfect combination). My goals for 2023 were to complete another Ironman (under 12 hours), go sub 20 min on a 5k again, complete a 100 mile run, and qualify for the Boston Marathon. I had plenty of negative things taking place in my life at the time with the split of my longtime wife. So, during this time, I chose to focus on my fitness. Things were going very well for my running. I ran 5 races in 5 weekends, consistently placing and two top 5 overall finishes.

After the Bentonville Half Marathon, in which I was a volunteer pacer, I began to have issues in my hamstring. It wouldn't go away no matter what treatment I tried. I rested, stretched, iced, rolled, went to chiropractor, physical therapy, massage therapy and had dry needling done. It progressed and continued to get worse. In the middle of all these issues, I met someone new. Jo was a blessing for me during all these struggles. Right before, during and when I returned from a trip to Mexico, I was having a searing pain down my left leg. I went to the emergency room and was prescribed some steroids and muscle relaxers, which didn't really help.

The week after I returned from Mexico, I began a new job with the State of Missouri. I went to work for one day but was in a tremendous amount of pain. Jo was able to get me in with a doctor to get a steroid injection. The injection didn't really help. The very next day, as I was leaving to go to work at my new job, I couldn't bend my leg to get into my truck. I was in so much pain it brought me to tears. It was so bad, my oldest son had to come lift me out of my truck. I went to the emergency room that evening and discovered I had a herniated disc pinching my sciatic nerve. I went to a pain doctor the following Monday for a back injection. It didn't work. I was stuck on my back for a week and tried another back injection, which again failed to help me in any way. I couldn't stand up at all without sweating, hyperventilating and crying.

For three weeks straight, I was stuck on my back in bed or recliner. Jo was there for me, every day taking care of me, my home, my boys and my dogs while still doing her own job. She took me to see all my doctors, and fast tracked my surgery with a back surgeon she knew through work. From June 15th until July 5th, I was miserable daily. On July 5th, Jo took me to my surgery and when I woke up, I could walk again pain free. I was given the instructions to walk as much as I could. I walked daily, but felt a massive weakness in my body as I was trying to recover from back surgery and depleted muscles. I progressed daily but still had many bad days. I had many races planned for the fall, all of which I was going to have to miss.



I was finally cleared to run again but had searing pain in my calf as the nerve was trying to heal. I learned that nerves heal at a rate of 1mm per day. In the middle of October, at the Pumpkin Run, I was able to run my first race post surgery. I was able to finish both the 2 mile and the 8k, however I was very upset with my time and pace. I haven't been one to give myself much grace. I was supposed to pace the Bass Pro half marathon, at 1:45 (8:00 pace) in early Nov, and run the Dogwood Canyon 25k/15k challenge. I knew I couldn't be a pacer, no

matter how much I tried to convince myself I could be. So I signed up for the 5k instead. When packet pickup arrived, I made the decision to go for the half marathon anyway. (I am hard headed like that).

I ran the Bass Pro half marathon on Nov 5, four months after back surgery in 1:50, only 5 min slower than I was supposed to pace. In the process I hurt my hip, discovering how weak my glute muscles had become due to my back.

Even with a hurt hip, I nursed and pushed myself through 25 miles at Dogwood Canyon a week later. Working daily, with lots of setbacks, I have pushed myself to climb back to where I was a year ago. And while I am not there yet, I am seeing improvement daily. It just adds to the saying "hard work pays off". The doctor told me my sciatic nerve will never be the same, and the healing process will take up to 18 months. Everyday I wake up to aches and pains somewhere as I work to strengthen my body. But I am determined to not let it stop me achieving my goals. It may take longer than before, but I truly believe they're still attainable. And through all the most miserable times of last year, all the sadness and successes I had, Jo was a constant support beacon for me.

And I am happy to say, 3 weeks after my back surgery as she was helping me recover, we eloped in Eureka Springs.

Maggie

(by Lori Thompson)



Ever since I started running, I envied those people who ran with their dogs. I wondered what it would be like to have a dog running beside me. I've always had small dogs, so that was not an option for me.

However, when we had to put our sweet yorkies down last March, it only took my husband and me a week to decide we were ready for another one. We went to the Humane Society and found my sweet Mags (Maggie).

It was very apparent during our first mile trial run that she was built for it. She absolutely loves it! We started out with slow low miles, but within a month she was running 8 miles with me and we've never stopped! She is up to 11 miles on long-run Saturday!

She is my motivation, my pacer and my protector! She has helped me increase my overall speed. I hope to one day do a half marathon with her!

Until then we'll be happy with the weekly runs and the occasional 5K's.



Limits

(By Henri Coeme)



We all have ran those races that took us to the limits of our capabilities. Or at least, so we thought.

Once in a great while, one gets to discover that those limits are mostly in the mind and that, when confronted, our capabilities are much greater than we ever assumed. When that happens, it is a fortunate new awareness. Once experienced, the body loses its grip on the mind when telling it to stop. We know better now.

This awareness came to me only just recently and on an unexpected day in an even more unexpected event. I had prepared to race-direct Jack-is-Back, and was ready to also run it. A combination my wife Titi tried to talk me out of it, but as usual, to no avail.

I had created the running even so that one could run the 30K in two out-and-back loops, thereby giving even 30K participants a 15K split time. Since the turn-around 7.5K point was a certified distance, participants could run a records simultaneously in both the 15 and the 30K. In my mind at least, runners could strategize by running the first 15K as fast as possible to break their 15K age-record, then continue another 15K and set the 30K record as well. I must have over-thought this strategy because no one ran that crazy routine ... except myself.

To achieve this, I had to convince myself that I was running only a 15K, promising myself that, once completed, I could take it easy on the next 15K, even walk if I must. Since there was no age record for my age anyway, catching the 30K record would be as easy as finishing the race.

But nothing turns out quite the way we predict, especially not while racing.

The first part of the race was textbook, running the 15K at a 7 min/mile pace and arriving at the 15K finish line, completely spent, in 1:05:25 taking down the previous 15K record with a full 10 minutes. Mission #1 was accomplished. Now, as I was ready to let it all hang, I took a few seconds at the finish line, realizing I was way ahead of the entire 30K field, then turned around and set off for my second 15K as I had promised myself: slow, very slow and easy.

But never underestimate the power of competition. No sooner I crossed path with the other 30K competitors who were still running towards the finish line, adrenaline took the best of me, and I picked it up a notch. Soon, I was running at an 8min/mile pace and was astonished I was able to keep that pace till the end, the full remaining 15K.

Had I been told this was going to happen ... it simply wouldn't have happened at all. And here is the mystery part of the story. Had I been telling myself from the start I had a full 30K to run, but to run the 15K hard, then easy on the next 15K, I would not have been able to achieve what I did. Instead, I would have underperformed at the first 15K and probably arrived much later after 30K as well.

In fairness, I probably would have set a better time at the 30K had I paced myself evenly from the beginning, but that was not my strategy.



In the process, I learned that when our body screams that it is tired and wants us to stop and take a break, it is sometimes playing a trick on us. Give it a few seconds of rest and see what happens next.

Run for the Ranch

(by Debbie Smith)



On December 30th, I participated in a 6-hour endurance race: Run for the Ranch in Springfield. I am still not sure what made me want to run for 6 hours! One of my running buddies (Anne) wants to run her first Marathon, so it was decided this would be great Endurance training!

Anne, Sheree, and I decided to just go for it! It was a 3.27 mile loop. I really like loop courses! I was feeling nervous about the long day ahead of me wondering if I was up for the challenge. I had a running injury the entire Summer! I didn't start running again until November!



I actually had fun and my endurance did not fail me. You had to finish your last loop by the cutoff time or it would not count. I didn't have time to finish the 8th loop so my official miles was 22.89, but I still had 35 minutes before the 4:00 cutoff time. I ran the last 2.11 miles to give me 25 total for the day! I was surprised when I received the Overall Grand Masters Award! What?!! For all of my doubts I had for this race, I realized even when you doubt yourself do it anyway! You never know, it might turn out to be one of your favorite races!

Joplin RoadRunners – Help us keep your New Year's resolution.

In case you missed it, we were in the news around New Year, preparing for the Chilly 5K and offering advice to KOAM viewers on how we play outside when it's cold 😊

<https://www.youtube.com/watch?v=L4r4r0oWaeE>



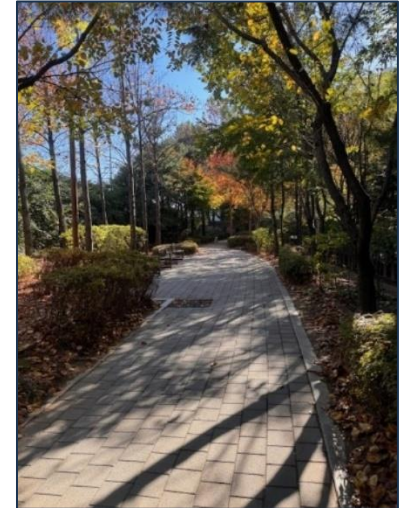
Running while Overseas

(by Henri Coeme)

While travelling for my company or when on vacation, I always make it a point to run, no matter where I am. Sometimes that gets me into trouble. Like that one time I told my colleague to drop me by some spot in town that showed a lot of green on my Google map; I would run around the green area and then run back to the hotel. He dropped me and left, a bit in a hurry.

When I turned around to head for the “green”, I noticed it was a cemetery. But since nothing stops this roadrunner, I ran past the cemetery gate and started warming up along the graveyard paths. Until I saw a notice that read that “at 5pm all gates will automatically close”. It wasn’t until then that I saw the graveyard was completely walled off and all entries had secure gates. Looked at my watch which said 4:55pm. I ran out of there as if I had seen a ghost.

“Good run?” asked my colleague later that evening. I told him I almost spent the night at a cemetery. He looked at my beer and said “You’re not getting another one”.



Mostly runs around US town are less eventful. The challenge always is to find my way back to the hotel before I get lost. But since the arrival of running apps, even that is easy.

Map of the run/walk/bike path along Seoul's Han river

Last September, my job assignment changed and I am now in charge of all company's overseas'

accounts. So now, I make it a point to run in all overseas' cities I visit.

In November, I was on assignment in Seoul, S. Korea. The town of nearly 10 million people is so large it takes several days to run the length of it. Believe me, I tried. What surprised me was the long bike/walk/running paths interspersed with little parks and playgrounds, all along the 100-some mile riverfront, on both sides of the river! I spent 10 days in the city and ran along the river almost every day, but I



never reached the end of any of those long-distance running paths. What a luxury for a runner like me. All paths were clean and void of any trash or graffiti. Koreans take great pride in the beauty of their town, which made me feel right at home, even though I dislike big cities.



With our 14th wedding anniversary coming up, Titi and I had decided we were going to celebrate by visiting her family in Colombia, and seeing some of the countryside. I would spend the first two weeks in December running around the countries' biggest cities: Medellin and Bogota. Medellin is quite a challenge since it is built on the side of a mountain. Running a loop means you start or end going steep uphill, with nothing flat in between. This “City of Eternal Spring” where the

weather is a balmy 70-85F all year round, lays at an altitude of about 5000 feet. Nothing to sneeze at. Breathing becomes just a little more laborious, adding to the challenge of the hills.



Next came Bogota, which lies at about 9000 feet. Here, breathing feels like breathing through a paper bag.

But all those runs came later in my trip; too late to prepare me for the main running event on the third day of our vacation. Titi had registered me for the national half marathon of La Ceja, a small town about an hour outside (uphill) from Medellin. We rented a car and drove to a local hotel for the night. Together with a few local running friends as well as with Alberto, our

brother-in-law, who had recently taken up jogging, we toed the line the next morning.



With just over 1000 participants, I thought I would place well and took off at my normal half marathon pace.



There is this meme that says: *Mile 1 – Maybe we went out too fast.* Perfect for this occasion. Even before the end of the first mile, I thought I had an engine malfunction. The air intake felt obstructed. Here I thought since I was not too far from the ocean, all would be well. It was well, as soon as I slowed down. I ended up 306th in 1h44mins and gasping for air all the way.

After the race, I visited with a few other foreigner-runners, even had a jolly conversation with the winner, Kenyan Paul Kipkemoi, who ran the race in a sweet 1h05min. He trains on the Kilimanjaro, no doubt.



In parting he gave me a big American hug, how kind. Hugging this Kenyan was like wrapping my arms around a corn stalk; there was little there to hug onto. He smiled when he saw my reaction.



Frosting on the cake was seeing Titi and Alberto finish their 5K. Alberto is now a Joplin RoadRunner, our most distant member no less.

Joplin Trail Coalition - Update

(by Bob Herbst)



We had a public meeting on December 9th. The concerns raised were the visibility of the road at certain crossings. One jogger almost was hit because they ran into the road because they could not see incoming traffic. A naturalist offered to help us get rid of invasive species like grape vines, honeysuckle and trumpet vines. Connecting the two trails was also mentioned.

About 30% of the funding for Phase 1 of the Frisco trail extension to the Ruby Jack has been raised, a grant will be submitted in February for more funds. There are 3 phases. Phase 1 goes from Stadium Drive to the first road on east side.

The train track through the area north of the WC high school is essentially gone, so the trail will need to be built from scratch, the area is marshy so it will be expensive. Part of the extension will utilize existing sidewalks between Broadway and the WC high school.

Video of the meeting is available on the JTC Facebook page.



Strangely, life gets harder when you try to make it easy. Exercising might be hard, but never moving makes life harder. Uncomfortable conversations are hard, but avoiding every conflict is harder. Mastering your craft is hard, but having no skills is harder. Easy has a cost

@jamesclear / Twitter

@jayskerry

!!! Start the year on the right “footing” and make good on your NewYear’s resolutions !!!



FROSTY FOUR TRAIL RUN

SATURDAY JANUARY 13, 10AM

MORSE PARK – HIGHGROUNDS BIKE TRAILHEAD

BASEBALL PARKING LOT, NEOSHO, MO

NET PROCEEDS GO TO HOPE KITCHEN NEOSHO

ENTRY FEE: \$25 UNTIL 1/11/2024

\$5 OFF FOR JOPLIN ROADRUNNER 2024 MEMBERS

\$30 ON RACE DAY (NO DISCOUNTS)



Medals for all participants. Awards for top male and female, age group winners and top in Age-Graded Performance (AGP) ranking, creating a level-playing field for all participants, regardless of gender or age (for details, see

<https://www.runraceresults.com/AgeGrade.htm>).

Award ceremony upon arrival of final participant.

Shirts optional while registering online. Race day delivery guaranteed if ordered by Jan 2.

Water, snacks, donuts and hot cocoa and lattes available at the finish line from our favorite vendor, Sub24!!!
Warm bathrooms!

Start of the race at 10am from the baseball parking lot. Open to all ages, but younger runners may need adult company.

Trail running is different from road running. Count on running slower and be aware of your footing. Trail paths are visible and easy to follow, but have occasional rocks, debris, leaves, hills and maybe snow. Trails are unique in every season, with gorgeous surroundings, a different challenge than road running and a great achievement when completed.

The Neosho RoughRider and HomeStead trails are unique in the area and a treasure for walker, biker and runner alike.

Advance registration at RunSignup (scan code above)

(<https://runsignup.com/Race/MO/Neosho/JoplinRoadrunnersFrostyTrail5K>)

or in-person on race day.

Race direction by Joplin RoadRunners.

Check our Facebook event page for latest information and questions: facebook.com/joplinroadrunners



40TH ANNUAL RUN WITH THE WIND – 25K

ONLY POINT-TO-POINT RACE IN THE AREA
USATF-CERTIFIED COURSE – QUALIFIES FOR MO STATE RECORD

CARTHAGE HIGH SCHOOL ↔ SARCOXIE HIGH SCHOOL

(START/FINISH DEPENDS ON WIND DIRECTION AND WILL BE DECIDED THE EVENING PRIOR TO RACE
– POSTED ON OUR FACEBOOK EVENT PAGE)



Scan Me

RACE SUPPORTS

ERICK GROVE'S MEMORIAL SCHOLARSHIP
OF CARTHAGE HIGH SCHOOL

RACE TIME: SATURDAY FEBRUARY 17, 9:00 AM
REGISTRATION: ON RACE DAY AND AT RUNSIGNUP

<https://runsignup.com/Race/MO/CarthageorSarcoxie/JoplinRoadrunnersRunWithTheWind>
– see QR Code for direct link

REGISTRATION FEE:

SOLO RUN: \$40 (TILL JAN 28); \$45 (TILL FEB 15), \$50 (RACE DAY) OR

RELAY TEAMS: TEAMS OF 3 RUNNERS EACH
\$30/PERSON (TILL JAN 28), \$35/PERSON (TILL FEB 15), \$50/PERSON (RACE DAY)
\$10 TO JRR 2024 MEMBERS WITH DISCOUNT CODE; NO DISCOUNTS ON RACE DAY

Participation awards for all finishers. Shirt or hoodie optional and guaranteed if signed up by Feb 10.
Awards to top relay team, top male and female, 10-yr age group winners and to top 10 in Age-Graded
Performance (AGP) ranking.

Relay legs are 8m/2m/5m so that runners of all ages, young and old, can participate by running the distance of
their choice and capability. Point-to-point race, so make transport arrangements.

Race direction by Joplin RoadRunners and Carthage High School.

Check our Facebook event page for latest information and questions: [Facebook.com/joplinroadrunners](https://www.facebook.com/joplinroadrunners) or at
info@JoplinRoadRunners.com



CABIN FEVER RELIEVER

February 10, 2024 - 9:00am

The Cabin Fever Reliever features a USTAF certified course for 5k, 10k, and 20k races. Come out for a wintery run on rolling hills with a great view! As one of the only 20K events around, this is the perfect chance to test your endurance and compete for a state record!

20K Age Restriction: 14 or over on race day

Benefiting Logan-Rogersville High School Cross Country Team

[Register Here!](#)

<https://cabinfeverreliever.itsyourrace.com/event.aspx?id=16094>

Join OMRR at the 9th Annual Cabin Fever Reliever 5K, 10K & 20K. The 20K opens up the field to make and break state records in Missouri. The course is USTAF Certified in Rogersville, MO and includes great scenery and a couple of rolling hills. This is a perfect chance to test your endurance and compete for a state record and automatic PR for any first-time 20K-ers.

Award winners receive a Cabin Fever Reliever Award Certificate.

All races - Overall male and female, Masters (40+) male and female, Grand Masters (55+) male and female
5K and 10K • 1st, 2nd & 3rd age group awards; <14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+
20K • 1st, 2nd & 3rd age group awards; 14-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+

Awards are presented after official results are posted inside the high school.

There is NO ceremony. Please check the results before leaving. Awards will NOT be mailed.

Each participant gets Cabin Fever Reliever Pint Glass!

Following the race, come inside the high school for free food, drinks, and fun!



A Glimpse of the past

(by the previous JRR generation)

Just to remind ourselves that there were RoadRunners before us, and there will be more after you and I are done running. This page is from the January 1997

SARCOXIE TO CARTHAGE

- **WHO:** You! Yes you! If you are a runner and feel up to the challenge of a 15 miler in the middle of the winter. A great way to try out some of those Christmas running goodies.
- **WHAT:** The Sarcoxie to Carthage 15 Miler, that's what!
- **WHEN:** 2 February, 1997 (Sunday) at 2:00 p.m., register at 1:30 p.m. at the start, or send early entries to Rick Sill, 2211 Jackson, Joplin, MO 64804, payable to the *Joplin Roadrunners*.
- **WHERE:** Sarcoxie High School (ask anybody in town). The race will start from the school and follow a new route before turning west at Reeds. The rest of the course is flatter, safer and quieter before returning to the original course approximately a mile from the end. The finish will be at the Evangel Assembly of God Church on east Fairview Road.
- **ENTRY FEE:** \$12.00. Long sleeve shirts to all entrants. Awards to male and female overall winners and to the first 3 places in the following male and female categories: 19 and under, 20-29, 30-39, 40-49, 50-59, 60 and over.
- **TEAMS:** Don't feel like 15 miles? Get a team together. Three runners per team. Categories for male, female and coed with awards to each individual on winning teams. Only \$10.00 per person, same long sleeve shirt included.

SPONSORED BY:

Newton Sharp, D.D.S.
Joplin Roadrunners

RESTROOM FACILITIES BY: Mason's Lodge 293

(SEE ENTRY FORM ON BACK)

Treasurer's Report
(by Casey and Henri)

Joplin RoadRunners - Cash Flow 2023	
Jan 1/2023 bank balance	\$3,760.27
Inflows	
Incoming donations	\$11,655.60
Membership Fees	\$2,020.25
Race Revenue	\$14,646.19
Outflows	
Timing Equipment & other	\$7,667.00
Charity donations	\$2,500.00
General club expenses	\$2,363.20
Race Expenses	\$9,348.96
Bank fees & other	\$111.86
Dec 31/2023 bank balance	\$10,091.29



Group Runs

Group runs will continue on weekdays and weekends.

For your weekly update, please check our private Facebook pages

www.facebook.com/groups/joplinroadrunnersmemberslounge

We welcome everyone to join our runs, no matter your ability or pace: runners, joggers, walk/runners or just walkers, in-towners, out-of-towners, members and non-members.

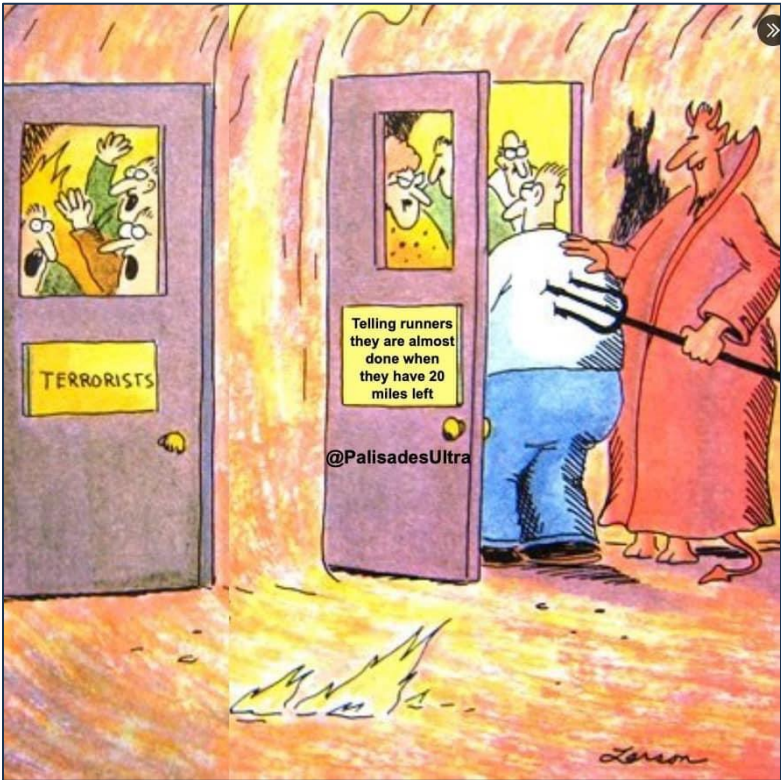
AND

We leave no one behind!





Running is the sport of obsession. Nothing else gets you that close to your dark side. Lifting is close. Fighting is closer. But spending an hour plus, on a long run alone, is something else. It's beyond physical. You only survive by listening to the voice- the pure, relentless, animalistic part of you. **It takes control for a while.** You push harder than you ever have. You become someone you've never been. And then, the rest of life feels easy. Vanilla. You do your work, you do your emails, but quietly crave getting back to them. To the voice. To the adrenaline and intensity that only comes from that cocktail of speed, pain, and pleasure. I'm not sure this is a good thing. But it is a thing...and once you're addicted, good luck getting out.



and remember ...

... post your upcoming runs on our new Facebook race calendar (if you don't know how, let Sheree know and she'll add you to the calendar)

And...

Thursday evening Jan 11 is our annual Lasagna Dinner at Henri and Titi's home. Run at 6pm from their front door down traffic-free country roads. Dinner is at 7pm.

Bring a side dish and you own drink. Check our Member's Lounge on Facebook for further details and event updates





info@joplinroadrunners.com
www.JoplinRoadRunners.com

Club Officers

President - Race Timing & Directing, Merchandising, Communication & Networking,
Website and Newsletter, USATF Course Certification and 401c3 compliance
Henri Coëme (417) 622 8912 hcoeme@hotmail.com

Vice-President - Weekly Group Run Organization & Social Media
Sheree Wilson wilson7907@sbcglobal.net

Treasurer – Treasury & Bank Deposits
Casey Grissom r3d4um.19@gmail.com

Secretary – Board Agenda, Club Meeting Reporting, Volunteer Coordinator
Lori Thompson ldolores1@yahoo.com

General Board Members

Debbie Smith – Calendar of Events, Venues & Featured Speakers, debbieann57@yahoo.com
Brian Spencer – Volunteer Coordinator spencercarco@yahoo.com
Anne Jiles ajiles58@outlook.com
Paul Wright paulnkc@yahoo.com

Appointed Board member

Titi Jaramillo (titijillo@gmail.com) – graphic design, shirts & awards creation

Club Maskot

Miles - the only Beast, all others are pretend only (miles@myhotdog.com)

