



Joplin RoadRunners' Newsletter March-April 2024 Edition

First Word from your President

Fellow RoadRunners,

Laken Riley's sad story has made us all realize that there are more challenges on the road than hills and creeks. Safety is a critical element if you want to enjoy running. At the Joplin RoadRunners' Board, last month, we reflected on the true mission of us RoadRunners, and reviewed what the reason was for our existence as a club: our mission statement. Here is what we came up with.

*We strive to promote a healthy lifestyle through physical activity for all ages and abilities, **in a safe environment**, by walking and running, thereby benefitting our members, our local community as well as our supported charitable organizations.*



The statement, together with a number of updates of our bylaws, will be submitted to our full assembly of runners at our Christmas meeting later this year. Part of it reflects our constant awareness of providing our member-runners with a safe environment to run in. We believe safety is better protected when running in a group than as individuals. We therefore encourage you to find our weekly and weekend group runs around town. We often provide several alternatives. Join your fellow runners. It is safer and more fun. Plus, by making a time/place commitment, we are holding ourselves and each other accountable to a healthy lifestyle.

And while we're talking about healthy lifestyle, this edition chronicles just some of the many activities we participated in during the past two months. A record number of you send in stories, making this bi-monthly magazine most enjoyable to put together and, hopefully, to read. Thanks to all who contributed. If you didn't, not to worry, I'll be knocking on your inbox again in two months' time.

In this issue you'll find our JRR-organized races, Board updates (some exciting new equipment is coming), technical articles, upcoming races, a few memories, financials, and another book review. Hope you enjoy reading it as much as we enjoyed writing and editing this issue.

Henri

Board Meetings – January 1/31, March 7

✓ **Big News - Equipment update**

Board approved acquisition of electronic clock and start/finish inflatable arch. These acquisitions have been made possible by recent and pledged donations from McKay Roofing (for the clock) and by Blue Buffalo as well as your race registrations. Both will be put to good use for the first time at the Neosho Dogwood 5K on April 20.



✓ **Frosty-4 Trail run**

Because of the extremely low temperature, participation was somewhat subdued. Even so, JRR was able to set aside \$500 all of which the Board decided to donate to Neosho Hope Kitchen.



✓ **Jack Is Back**

Board voted on a \$750 charitable donation to Vita Nova, as a result of the JIB proceeds. \$500 was earmarked for the Joplin Trails Coalition, with the balance going towards maintenance as well as acquisition of additional equipment.

✓ **Run w/t Wind**

Lori was appointed Volunteer Coordinator. CHS and Brian Crigger would provide start and finish access plus bus ride to starting line. Carthage United Way promised additional volunteers. Henri would direct the race, recertify the course and time the race. Titi to design shirts and awards. From the small revenue, \$250 will be donated to United Way, balance goes towards equipment acquisition.



✓ **Freeman Fitness Fair (Jan 10); Neosho We Care Fair (Apr 15)**

JRR has been invited to have a stand at both fairs. Several Board members will attend and represent our club, trying to attract new members and touting our community involvement.

✓ **By-Laws review**

Your Board is reviewing all bylaws in the course of this year in order to propose these revisions to you for a vote at our December annual Christmas meeting. So far, we have reviewed our mission statement.

✓ **Joplin Trails Coalition**

Talks are underway for JRR and JTC to co-organize a race on the Ruby Jack, in September. Details to be worked out between both organization with intention to create permanent financing source for Ruby Jack porta-potty and for additional trail maintenance.



✓ **2024 JRR Shirt catalog**

Shirt selection was presented and approved for distribution among members. This year, members will have a choice between a large variety of shirts, allowing new and existing members to pick something that is both useful and attractive.

✓ **Charity Races – JRR Business Model**

In line with the new mission statement, Board approved the JRR business model for all future charity races JRR will either organize or be involved in. The business model is available upon request.

Next Board meetings are Apr 4, May 2, Jun 6.

Next club meeting is May 9 at a place yet to be decided.

January Social Run – at Hackett Hot Wings

February Social Run – at Chaos

... and chaos it was ...!



SOCIAL RUN

Thursday
Social Run
2/29



Join us this Thursday @5:30pm for
our monthly social run.
We will meet in FRONT of Chaos
Brewing at 2nd & Main in Joplin.
After our run we will meet back
up at Chaos at 6:30pm.
All paces are welcome!!

Social Run
Thursday
1/25 at
Hackett
Hot Wings



Join us this Thursday @6:00pm for a
run and / or at 6:45pm for a great
time of socializing. Bring your non-
running support person.

Be sure to bring lights and wear
reflective gear if you have it!
Meet in parking lot behind Hackett to
run.

PIC-COLLAGE



Annual JRR Lasagna Dinner – Jan 11, 2024

Our traditional lasagna dinner was well attended as usual. Crowning event of the evening was the lifetime membership awards handed out to Delynne Kuhn for her and her husband's long-standing involvement with the RoadRunners, and to Dave McCoy, now at 92 the oldest RoadRunners still running !!

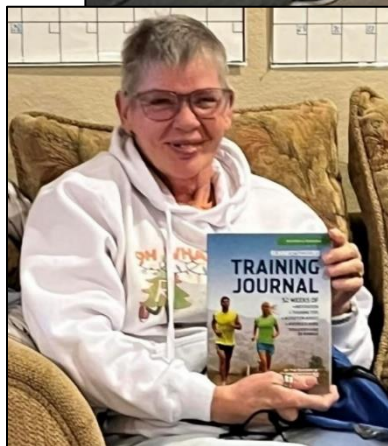
Congratulate these two "royals" whenever you meet them, on or off the road.

In other news of the evening, several members won free race entries in the drawing among new 2024 members. Anne Jiles won this month's prize (running journal) for her participation in the Jan-Feb Newsletter.



Everyone else won ... calories and more calories after several servings of lasagna.

But no fear:
JRR calories don't count.



Due to the season of life that I am currently in with my own children, I don't get to make it to many of the JRR's meetings or group runs. One of my favorite events to attend is the annual lasagna dinner hosted by Henri and Titi. This year it was extra special!! It was such an honor to get to see my grandmother, DeLynn Kuhn awarded a lifetime membership from the JRR board for her commitment to the club (31 years) and the running community.

(Amanda Schmidt)

JRR Races: Frosty4 Trail Run



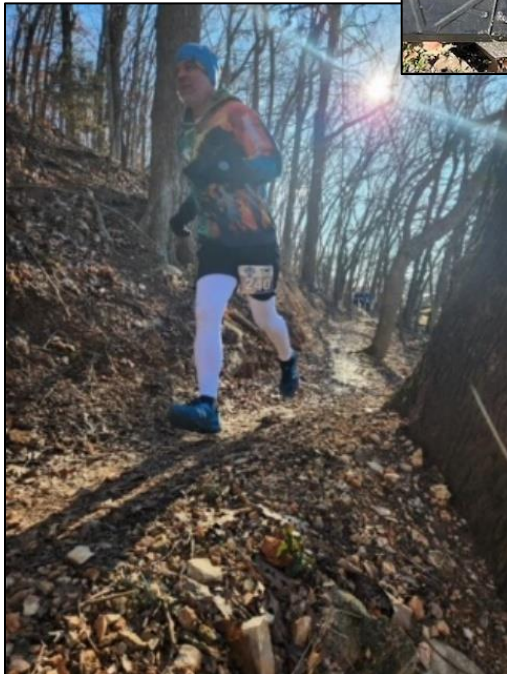
At the Frosty-4, the weather is always the most prominent (and non-paying) participant. This year was no exception. Only for the brave! Our faces tell it all ...

Joplin Roadrunners host a Frosty Trail Run

Mariah Monsour Jan 13, 2024 Updated Jan 15, 2024



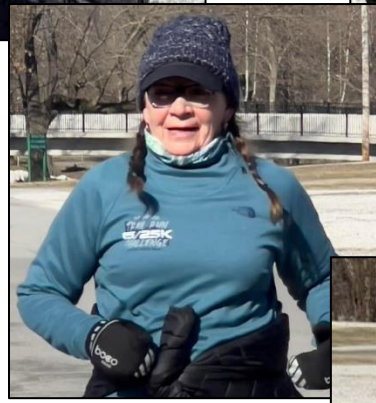
[Click for link to KOAM news report](#)



Some previous and finish line pics. Of this wonderful ☀️☀️ but 🥶🥶 race day!!! Great job runners, volunteers, and SUB24 ☕☕ best coffee ever!! FROSTY 4 in a very frosty day 🥶🥶 (Titi Jaramillo)



Putting on our best cold faces



Even the awards were cool



Frosty-4 trail Run – Results

1. Overall Results

| Place | Bib | Name | Gender | Gender Place | Age | Age Place | City | State | Chip Time | Pace |
|-------|-----|---------------------|--------|--------------|-----|--------------------|------------------|-------|------------|-------|
| 1 | 278 | Les Shaeffer | M | 1: M | 45 | 1: M Top Finishers | Neosho | MO | 30:50.63 | 7:43 |
| 2 | 276 | Steve Kohler | M | 2: M | 41 | 1: M40-49 | Wyandotte | OK | 31:34.19 | 7:54 |
| 3 | 240 | Larry Johnson | M | 3: M | 55 | 1: M50-59 | Joplin | MO | 36:03.83 | 9:01 |
| 4 | 271 | Bradley Ratliff | M | 4: M | 26 | 1: M20-29 | Joplin | MO | 36:13.50 | 9:03 |
| 5 | 258 | Jeremy Gripka | M | 5: M | 43 | 2: M40-49 | Mount Vernon | MO | 36:16.46 | 9:04 |
| 6 | 52 | Lelania Littlefield | F | 1: F | 49 | 1: F Top Finishers | Pineville | MO | 36:25.67 | 9:06 |
| 7 | 228 | Angie Robbins | F | 2: F | 48 | 1: F40-49 | Washburn | MO | 37:17.03 | 9:19 |
| 8 | 198 | Ron Sparlin | M | 6: M | 63 | 1: M60-99 | Joplin | MO | 37:38.30 | 9:25 |
| 9 | 274 | Dustin Miller | M | 7: M | 53 | 2: M50-59 | Siloam Springs | AR | 37:41.42 | 9:25 |
| 10 | 96 | Paul Wright | M | 8: M | 48 | 3: M40-49 | Carthage | MO | 38:02.06 | 9:31 |
| 11 | 244 | Shelly Neeper | F | 3: F | 43 | 2: F40-49 | CarthageCarthage | MO | 40:56.42 | 10:14 |
| 12 | 233 | Josh Campbell | M | 9: M | 41 | 4: M40-49 | Granby | MO | 41:27.32 | 10:22 |
| 13 | 275 | Jeannie Burleson | F | 4: F | 39 | 1: F30-39 | Wyandotte | OK | 43:36.11 | 10:54 |
| 14 | 257 | Shannon Schellack | F | 5: F | 53 | 1: F50-59 | Joplin | MO | 44:16.52 | 11:04 |
| 15 | 267 | Paul Ceselski | M | 10: M | 62 | 2: M60-99 | Fort Gibson | OK | 47:09.94 | 11:47 |
| 16 | 270 | Holly Mitchell | F | 6: F | 54 | 2: F50-59 | Joplin | MO | 49:04.25 | 12:16 |
| 17 | 123 | Stacey Phillips | F | 7: F | 58 | 3: F50-59 | Joplin | MO | 49:26.86 | 12:22 |
| 18 | 259 | Leta Shockley | F | 8: F | 56 | 4: F50-59 | Washburn | MO | 49:28.64 | 12:22 |
| 19 | 132 | Angelique McLallen | F | 9: F | 41 | 3: F40-49 | Joplin | MO | 50:43.69 | 12:41 |
| 20 | 98 | Macie Rogers | F | 10: F | 18 | 1: F01-19 | Lebanon | MO | 51:19.02 | 12:50 |
| 21 | 254 | Sharon Smith | F | 11: F | 45 | 4: F40-49 | Carthage | MO | 52:11.77 | 13:03 |
| 22 | 277 | Nick Robertson | M | 11: M | 36 | 1: M30-39 | Joplin | MO | 52:35.90 | 13:09 |
| 23 | 97 | Marc Fisher | M | 12: M | 53 | 3: M50-59 | Lebanon | MO | 55:40.20 | 13:55 |
| 24 | 7 | Lori Thompson | F | 12: F | 50 | 5: F50-59 | Joplin | MO | 58:10.88 | 14:33 |
| 25 | 114 | Nancy Ohmart | F | 13: F | 62 | 1: F60-99 | Joplin | MO | 1:00:10.39 | 15:03 |
| 26 | 9 | Sheree Wilson | F | 14: F | 67 | 2: F60-99 | Webb City | MO | 1:00:42.49 | 15:11 |
| 27 | 268 | Rebecca Verhaar | F | 15: F | 29 | 1: F20-29 | Joplin | MO | 1:04:00.88 | 16:00 |
| 28 | 265 | Jason Shumny | M | 13: M | 53 | 4: M50-59 | Joplin | MO | 1:07:23.68 | 16:51 |
| 29 | 255 | Michelle Hafle | F | 16: F | 54 | 6: F50-59 | Wyandotte | OK | 1:12:37.75 | 18:09 |
| 30 | 256 | Aurora Hafle | F | 17: F | 15 | 2: F01-19 | Wyandotte | OK | 1:12:37.81 | 18:09 |

2. Age Graded Results

| Place | Bib | Name | Gender | Gender Place | Age | Age Place | City | State | Chip Time | Pace | Age Grade |
|-------|-----|---------------------|--------|--------------|-----|--------------------|------------------|-------|------------|-------|-----------|
| 1 | 278 | Les Shaeffer | M | 1: M | 45 | 1: M Top Finishers | Neosho | MO | 30:50.63 | 7:43 | 59.01 |
| 2 | 52 | Lelania Littlefield | F | 1: F | 49 | 1: F Top Finishers | Pineville | MO | 36:25.67 | 9:06 | 58 |
| 3 | 198 | Ron Sparlin | M | 2: M | 63 | 1: M60-99 | Joplin | MO | 37:38.30 | 9:25 | 56.28 |
| 4 | 228 | Angie Robbins | F | 2: F | 48 | 1: F40-49 | Washburn | MO | 37:17.03 | 9:19 | 56.06 |
| 5 | 276 | Steve Kohler | M | 3: M | 41 | 1: M40-49 | Wyandotte | OK | 31:34.19 | 7:54 | 55.9 |
| 6 | 240 | Larry Johnson | M | 4: M | 55 | 1: M50-59 | Joplin | MO | 36:03.83 | 9:01 | 54.75 |
| 7 | 274 | Dustin Miller | M | 5: M | 53 | 2: M50-59 | Siloam Springs | AR | 37:41.42 | 9:25 | 51.51 |
| 8 | 257 | Shannon Schellack | F | 3: F | 53 | 1: F50-59 | Joplin | MO | 44:16.52 | 11:04 | 49.89 |
| 9 | 258 | Jeremy Gripka | M | 6: M | 43 | 2: M40-49 | Mount Vernon | MO | 36:16.46 | 9:04 | 49.4 |
| 10 | 96 | Paul Wright | M | 7: M | 48 | 3: M40-49 | Carthage | MO | 38:02.06 | 9:31 | 49 |
| 11 | 244 | Shelly Neeper | F | 4: F | 43 | 2: F40-49 | CarthageCarthage | MO | 40:56.42 | 10:14 | 48.82 |
| 12 | 123 | Stacey Phillips | F | 5: F | 58 | 2: F50-59 | Joplin | MO | 49:26.86 | 12:22 | 47.37 |
| 13 | 259 | Leta Shockley | F | 6: F | 56 | 3: F50-59 | Washburn | MO | 49:28.64 | 12:22 | 46.22 |
| 14 | 271 | Bradley Ratliff | M | 8: M | 26 | 1: M20-29 | Joplin | MO | 36:13.50 | 9:03 | 46.15 |
| 15 | 270 | Holly Mitchell | F | 7: F | 54 | 4: F50-59 | Joplin | MO | 49:04.25 | 12:16 | 45.53 |
| 16 | 275 | Jeannie Burleson | F | 8: F | 39 | 1: F30-39 | Wyandotte | OK | 43:36.11 | 10:54 | 44.71 |
| 17 | 267 | Paul Ceselski | M | 9: M | 62 | 2: M60-99 | Fort Gibson | OK | 47:09.94 | 11:47 | 44.5 |
| 18 | 9 | Sheree Wilson | F | 9: F | 67 | 1: F60-99 | Webb City | MO | 1:00:42.49 | 15:11 | 43.29 |
| 19 | 233 | Josh Campbell | M | 10: M | 41 | 4: M40-49 | Granby | MO | 41:27.32 | 10:22 | 42.57 |
| 20 | 114 | Nancy Ohmart | F | 10: F | 62 | 2: F60-99 | Joplin | MO | 1:00:10.39 | 15:03 | 40.9 |
| 21 | 254 | Sharon Smith | F | 11: F | 45 | 3: F40-49 | Carthage | MO | 52:11.77 | 13:03 | 38.91 |
| 22 | 132 | Angelique McLallen | F | 12: F | 41 | 4: F40-49 | Joplin | MO | 50:43.69 | 12:41 | 38.86 |
| 23 | 98 | Macie Rogers | F | 13: F | 18 | 1: F01-19 | Lebanon | MO | 51:19.02 | 12:50 | 37.17 |
| 24 | 7 | Lori Thompson | F | 14: F | 50 | 5: F50-59 | Joplin | MO | 58:10.88 | 14:33 | 36.71 |
| 25 | 97 | Marc Fisher | M | 11: M | 53 | 3: M50-59 | Lebanon | MO | 55:40.20 | 13:55 | 34.87 |
| 26 | 277 | Nick Robertson | M | 12: M | 36 | 1: M30-39 | Joplin | MO | 52:35.90 | 13:09 | 32.36 |
| 27 | 255 | Michelle Hafle | F | 15: F | 54 | 6: F50-59 | Wyandotte | OK | 1:12:37.75 | 18:09 | 30.76 |
| 28 | 268 | Rebecca Verhaar | F | 16: F | 29 | 1: F20-29 | Joplin | MO | 1:04:00.88 | 16:00 | 29.68 |
| 29 | 265 | Jason Shumny | M | 13: M | 53 | 4: M50-59 | Joplin | MO | 1:07:23.68 | 16:51 | 28.8 |
| 30 | 256 | Aurora Hafle | F | 17: F | 15 | 2: F01-19 | Wyandotte | OK | 1:12:37.81 | 18:09 | 27.48 |

3. Age Group Results

Frosty4 Trail Run Female 1 - 19 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|--------------|--------|--------------|-----|-----------|-------|------------|-------|
| 1 | 98 | Macie Rogers | F | 10: F | 18 | Lebanon | MO | 51:19.02 | 12:50 |
| 2 | 256 | Aurora Hafle | F | 17: F | 15 | Wyandotte | OK | 1:12:37.81 | 18:09 |

Frosty4 Trail Run Female 20 - 29 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-----------------|--------|--------------|-----|--------|-------|------------|-------|
| 1 | 268 | Rebecca Verhaar | F | 15: F | 29 | Joplin | MO | 1:04:00.88 | 16:00 |

Frosty4 Trail Run Female 30 - 39 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|------------------|--------|--------------|-----|-----------|-------|-----------|-------|
| 1 | 275 | Jeannie Burleson | F | 4: F | 39 | Wyandotte | OK | 43:36.11 | 10:54 |

Frosty4 Trail Run Female 40 - 49 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|--------------------|--------|--------------|-----|------------------|-------|-----------|-------|
| 1 | 228 | Angie Robbins | F | 2: F | 48 | Washburn | MO | 37:17.03 | 9:19 |
| 2 | 244 | Shelly Neeper | F | 3: F | 43 | CarthageCarthage | MO | 40:56.42 | 10:14 |
| 3 | 132 | Angelique McLallen | F | 9: F | 41 | Joplin | MO | 50:43.69 | 12:41 |
| 4 | 254 | Sharon Smith | F | 11: F | 45 | Carthage | MO | 52:11.77 | 13:03 |

Frosty4 Trail Run Female 50 - 59 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-------------------|--------|--------------|-----|-----------|-------|------------|-------|
| 1 | 257 | Shannon Schellack | F | 5: F | 53 | Joplin | MO | 44:16.52 | 11:04 |
| 2 | 270 | Holly Mitchell | F | 6: F | 54 | Joplin | MO | 49:04.25 | 12:16 |
| 3 | 123 | Stacey Phillips | F | 7: F | 58 | Joplin | MO | 49:26.86 | 12:22 |
| 4 | 259 | Leta Shockley | F | 8: F | 56 | Washburn | MO | 49:28.64 | 12:22 |
| 5 | 7 | Lori Thompson | F | 12: F | 50 | Joplin | MO | 58:10.88 | 14:33 |
| 6 | 255 | Michelle Hafle | F | 16: F | 54 | Wyandotte | OK | 1:12:37.75 | 18:09 |

Frosty4 Trail Run Female 60 - 99 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|---------------|--------|--------------|-----|-----------|-------|------------|-------|
| 1 | 114 | Nancy Ohmart | F | 13: F | 62 | Joplin | MO | 1:00:10.39 | 15:03 |
| 2 | 9 | Sheree Wilson | F | 14: F | 67 | Webb City | MO | 1:00:42.49 | 15:11 |

Frosty4 Trail Run Male 20 - 29 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-----------------|--------|--------------|-----|--------|-------|-----------|------|
| 1 | 271 | Bradley Ratliff | M | 4: M | 26 | Joplin | MO | 36:13.50 | 9:03 |

Frosty4 Trail Run Male 30 - 39 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|----------------|--------|--------------|-----|--------|-------|-----------|-------|
| 1 | 277 | Nick Robertson | M | 11: M | 36 | Joplin | MO | 52:35.90 | 13:09 |

Frosty4 Trail Run Male 40 - 49 Results

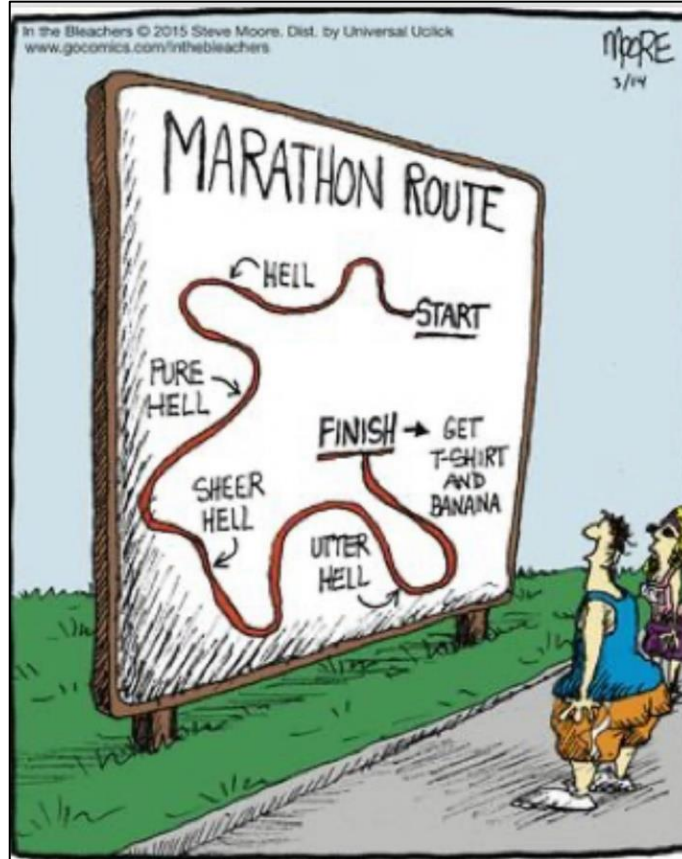
| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|---------------|--------|--------------|-----|--------------|-------|-----------|-------|
| 1 | 276 | Steve Kohler | M | 2: M | 41 | Wyandotte | OK | 31:34.19 | 7:54 |
| 2 | 258 | Jeremy Gripka | M | 5: M | 43 | Mount Vernon | MO | 36:16.46 | 9:04 |
| 3 | 96 | Paul Wright | M | 8: M | 48 | Carthage | MO | 38:02.06 | 9:31 |
| 4 | 233 | Josh Campbell | M | 9: M | 41 | Granby | MO | 41:27.32 | 10:22 |

Frosty4 Trail Run Male 50 - 59 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|---------------|--------|--------------|-----|----------------|-------|------------|-------|
| 1 | 240 | Larry Johnson | M | 3: M | 55 | Joplin | MO | 36:03.83 | 9:01 |
| 2 | 274 | Dustin Miller | M | 7: M | 53 | Siloam Springs | AR | 37:41.42 | 9:25 |
| 3 | 97 | Marc Fisher | M | 12: M | 53 | Lebanon | MO | 55:40.20 | 13:55 |
| 4 | 265 | Jason Shummy | M | 13: M | 53 | Joplin | MO | 1:07:23.68 | 16:51 |

Frosty4 Trail Run Male 60 - 99 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|---------------|--------|--------------|-----|-------------|-------|-----------|-------|
| 1 | 198 | Ron Sparlin | M | 6: M | 63 | Joplin | MO | 37:38.30 | 9:25 |
| 2 | 267 | Paul Ceselski | M | 10: M | 62 | Fort Gibson | OK | 47:09.94 | 11:47 |



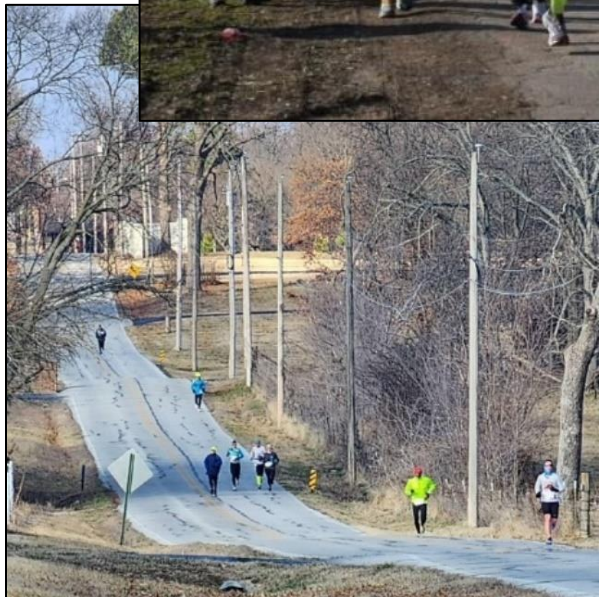
40th Run w/t Wind 25K – Feb 17, 2024



*A BIG thank you to Henri and to Titi Jaramillo for putting on Run w/t Wind 25k race. It takes a lot of hard work and time to get it all organized, so we appreciate you both. Also, thank you to all the volunteers, you all did an excellent job. I'm sure y you all were cold standing out there. At least we were running so we stayed warm ☺️. Love my hoodie too!
(Kathy Ritchhart)*



Starting in Carthage, for the first time in 5 years



It's a loooong way to Sarcoxie





Nothing happens without the help of our brave volunteers (and some hot soup and fireball)



Overall winners, Relay Team winners and new MO Record holders



New records for five ladies and a dude (Liz Kyger not in picture)



Run w/t Wind 25K – Results

Joplin RoadRunners - Run With The Wind 25K - Solo Run Overall Results

| Place | Bib | Name | Gender | Gender Place | Age | Age Place | City | State | Chip Time | Pace |
|-------|-----|---------------------|--------|--------------|-----|-------------|---------------|-------|------------|-------|
| 1 | 206 | Katie Blankenship | F | 1: F | 33 | 1: F Winner | Webb City | MO | 1:45:37.06 | 6:48 |
| 2 | 293 | Sally Heil | F | 2: F | 26 | 1: F20-29 | Ozark | MO | 1:46:00.40 | 6:49 |
| 3 | 279 | Sara Ibbetson | F | 3: F | 43 | 1: F40-49 | Ozark | MO | 1:48:01.90 | 6:57 |
| 4 | 15 | Henri Coeme | M | 1: M | 71 | 1: M Winner | Neosho | MO | 1:53:18.82 | 7:18 |
| 5 | 243 | David O'Bryan | M | 2: M | 60 | 1: M60-69 | Saint Paul | KS | 2:03:08.41 | 7:56 |
| 6 | 287 | Tom Blazi | M | 3: M | 62 | 2: M60-69 | Washburn | MO | 2:03:42.19 | 7:58 |
| 7 | 285 | Anthony Howard | M | 4: M | 54 | 1: M50-59 | Joplin | MO | 2:04:47.14 | 8:02 |
| 8 | 294 | Christopher Guthary | M | 5: M | 33 | 1: M30-39 | Springdale | AR | 2:06:16.84 | 8:08 |
| 9 | 242 | Abigail Burton | F | 4: F | 14 | 1: F01-19 | Carthage | MO | 2:19:15.04 | 8:58 |
| 10 | 99 | Paul Wright | M | 6: M | 48 | 1: M40-49 | Carthage | MO | 2:27:27.55 | 9:30 |
| 11 | 269 | Abby Zeb | F | 5: F | 38 | 1: F30-39 | Joplin | MO | 2:27:57.31 | 9:31 |
| 12 | 286 | Liz Kyger | F | 6: F | 64 | 1: F60-69 | Oldfield | MO | 2:28:34.39 | 9:34 |
| 13 | 282 | Diane Quesenberry | F | 7: F | 64 | 2: F60-69 | Brookline | MO | 2:30:19.84 | 9:41 |
| 14 | 281 | Tom Quesenberry | M | 7: M | 66 | 3: M60-69 | Brookline | MO | 2:30:53.71 | 9:43 |
| 15 | 2 | Kathy Ritchhart | F | 8: F | 64 | 3: F60-69 | Carthage | MO | 2:35:01.06 | 9:59 |
| 16 | 226 | Shawn Burton | M | 8: M | 43 | 2: M40-49 | Carthage | MO | 2:41:23.50 | 10:23 |
| 17 | 292 | Dina Hensley | F | 9: F | 51 | 1: F50-59 | Joplin | MO | 2:44:16.24 | 10:34 |
| 18 | 284 | Steve Kuster | M | 9: M | 60 | 4: M60-69 | Saint Louis | MO | 2:52:29.05 | 11:06 |
| 19 | 289 | Heather Orland | F | 10: F | 50 | 2: F50-59 | Carl Junction | MO | 3:05:56.77 | 11:58 |
| 20 | 288 | Anne Jiles | F | 11: F | 65 | 4: F60-69 | Webb City | MO | 3:10:45.67 | 12:17 |
| 21 | 283 | Paul Ceselski | M | 10: M | 62 | 5: M60-69 | Fort Gibson | OK | 3:23:05.00 | 13:04 |
| 22 | 200 | Sarah Alsbaugh | F | 12: F | 34 | 2: F30-39 | Miami | OK | 3:27:53.00 | 13:23 |
| - | 3 | Russ Ritchhart | M | 11: M | 73 | 1: M70-100 | Carthage | MO | | |
| DNS | 116 | Brad Hodson | M | 12: M | 54 | 2: M50-59 | Carl Junction | MO | | |

Joplin RoadRunners - Run With The Wind 25K - Relay Team Results

| Place | Team Name & Members | Chip Time | Pace |
|-------|--|------------|-------|
| 1 | Carthage High School Track Club Devin Smith Eddy Fuentes Wyatt Hettinger | 1:39:16.93 | 6:23 |
| 2 | The Odd Trio Cliff Miller Landon Callahan Lynsay Lea | 2:40:15.74 | 10:19 |
| 3 | 2 Dudes and a Blonde Chick Brian Spencer Debbie Smith Shawn Currin | 3:07:57.64 | 12:06 |
| 4 | GO K-STATE Amanda Emmerson Hunter Schaaf Lynette Emmerson | 3:15:22.36 | 12:35 |
| 5 | Rum Runners Angelique McLallen Casey Grissom Nick Robertson | 3:46:06.00 | 14:33 |

Joplin RoadRunners - Run With The Wind 25K - Age Group Results

Joplin RoadRunners - Run With The Wind 25K - Solo Run Top Finisher Male Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-------------|--------|--------------|-----|--------|-------|------------|------|
| 1 | 15 | Henri Coeme | M | 1: M | 71 | Neosho | MO | 1:53:18.82 | 7:18 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Top Finisher Female Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-------------------|--------|--------------|-----|-----------|-------|------------|------|
| 1 | 206 | Katie Blankenship | F | 1: F | 33 | Webb City | MO | 1:45:37.06 | 6:48 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Female 1 - 19 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|----------------|--------|--------------|-----|----------|-------|------------|------|
| 1 | 242 | Abigail Burton | F | 4: F | 14 | Carthage | MO | 2:19:15.04 | 8:58 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Female 20 - 29 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|------------|--------|--------------|-----|-------|-------|------------|------|
| 1 | 293 | Sally Heil | F | 2: F | 26 | Ozark | MO | 1:46:00.40 | 6:49 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Female 30 - 39 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|----------------|--------|--------------|-----|--------|-------|------------|-------|
| 1 | 269 | Abby Zeb | F | 5: F | 38 | Joplin | MO | 2:27:57.31 | 9:31 |
| 2 | 200 | Sarah Alsbaugh | F | 12: F | 34 | Miami | OK | 3:27:53.00 | 13:23 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Female 40 - 49 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|---------------|--------|--------------|-----|-------|-------|------------|------|
| 1 | 279 | Sara Ibbetson | F | 3: F | 43 | Ozark | MO | 1:48:01.90 | 6:57 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Female 50 - 59 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|----------------|--------|--------------|-----|---------------|-------|------------|-------|
| 1 | 292 | Dina Hensley | F | 9: F | 51 | Joplin | MO | 2:44:16.24 | 10:34 |
| 2 | 289 | Heather Orland | F | 10: F | 50 | Carl Junction | MO | 3:05:56.77 | 11:58 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Female 60 - 69 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-------------------|--------|--------------|-----|-----------|-------|------------|-------|
| 1 | 286 | Liz Kyger | F | 6: F | 64 | Oldfield | MO | 2:28:34.39 | 9:34 |
| 2 | 282 | Diane Quesenberry | F | 7: F | 64 | Brookline | MO | 2:30:19.84 | 9:41 |
| 3 | 2 | Kathy Ritchhart | F | 8: F | 64 | Carthage | MO | 2:35:01.06 | 9:59 |
| 4 | 288 | Anne Jiles | F | 11: F | 65 | Webb City | MO | 3:10:45.67 | 12:17 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Male 30 - 39 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|---------------------|--------|--------------|-----|------------|-------|------------|------|
| 1 | 294 | Christopher Guthary | M | 5: M | 33 | Springdale | AR | 2:06:16.84 | 8:08 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Male 40 - 49 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|--------------|--------|--------------|-----|----------|-------|------------|-------|
| 1 | 99 | Paul Wright | M | 6: M | 48 | Carthage | MO | 2:27:27.55 | 9:30 |
| 2 | 226 | Shawn Burton | M | 8: M | 43 | Carthage | MO | 2:41:23.50 | 10:23 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Male 50 - 59 Results

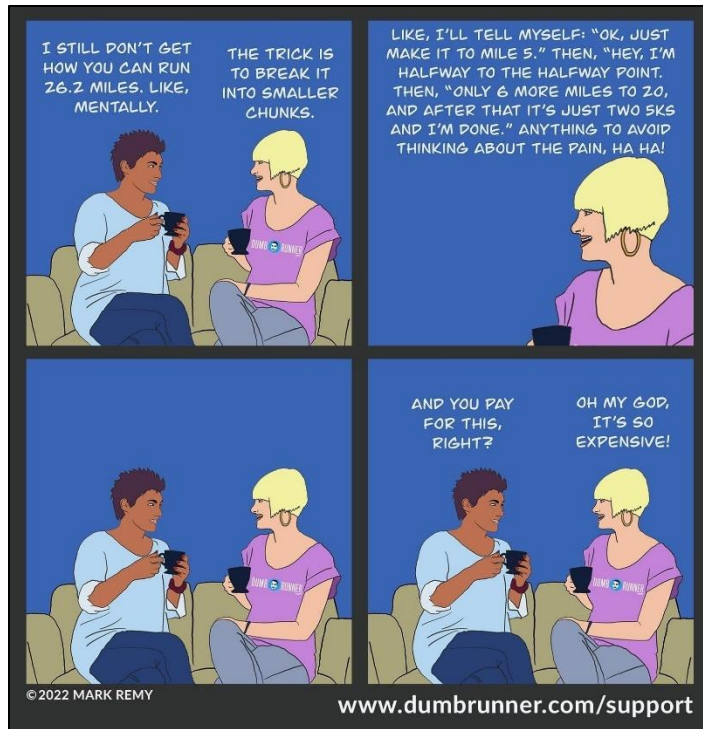
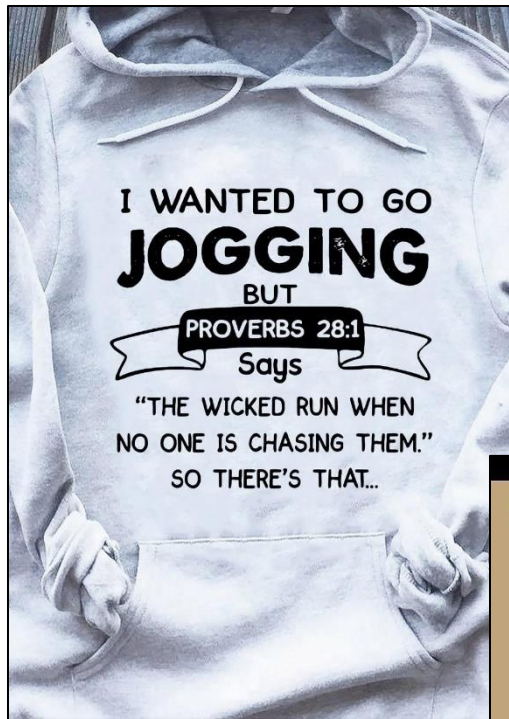
| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|----------------|--------|--------------|-----|--------|-------|------------|------|
| 1 | 285 | Anthony Howard | M | 4: M | 54 | Joplin | MO | 2:04:47.14 | 8:02 |

Joplin RoadRunners - Run With The Wind 25K - Solo Run Male 60 - 69 Results

| Place | Bib | Name | Gender | Gender Place | Age | City | State | Chip Time | Pace |
|-------|-----|-----------------|--------|--------------|-----|-------------|-------|------------|-------|
| 1 | 243 | David O'Bryan | M | 2: M | 60 | Saint Paul | KS | 2:03:08.41 | 7:56 |
| 2 | 287 | Tom Blazi | M | 3: M | 62 | Washburn | MO | 2:03:42.19 | 7:58 |
| 3 | 281 | Tom Quesenberry | M | 7: M | 66 | Brookline | MO | 2:30:53.71 | 9:43 |
| 4 | 284 | Steve Kuster | M | 9: M | 60 | Saint Louis | MO | 2:52:29.05 | 11:06 |
| 5 | 283 | Paul Ceselski | M | 10: M | 62 | Fort Gibson | OK | 3:23:05.00 | 13:04 |

Joplin RoadRunners - Run With The Wind 25K - Age Graded Results

| Place | Bib | Name | Gender | Place | Age | Age Place | City | State | Chip Time | Pace | Joplin RoadRunners - Run With The Wind 25K - Solo Run Entire Race | |
|-------|-----|---------------------|--------|-------|-----|-------------|---------------|-------|------------|-------|---|-------|
| | | | | | | | | | | | Age | Grade |
| 1 | 15 | Henri Coeme | M | 1: M | 71 | 1: M Winner | Neosho | MO | 1:53:18.82 | 7:18 | 1:22:32.94 | 84.19 |
| 2 | 279 | Sara Ibbetson | F | 1: F | 43 | 1: F Winner | Ozark | MO | 1:48:01.90 | 6:57 | 1:42:37.16 | 75.36 |
| 3 | 206 | Katie Blankenship | F | 2: F | 33 | 1: F30-39 | Webb City | MO | 1:45:37.06 | 6:48 | 1:45:16.78 | 73.46 |
| 4 | 293 | Sally Heil | F | 3: F | 26 | 1: F20-29 | Ozark | MO | 1:46:00.40 | 6:49 | 1:46:00.40 | 72.95 |
| 5 | 286 | Liz Kyger | F | 4: F | 64 | 1: F60-69 | Oldfield | MO | 2:28:34.39 | 9:34 | 1:49:24.55 | 70.68 |
| 6 | 287 | Tom Blazi | M | 2: M | 62 | 1: M60-69 | Washburn | MO | 2:03:42.19 | 7:58 | 1:38:49.59 | 70.33 |
| 7 | 282 | Diane Quesenberry | F | 5: F | 64 | 2: F60-69 | Brookline | MO | 2:30:19.84 | 9:41 | 1:50:42.21 | 69.86 |
| 8 | 243 | David O'Bryan | M | 3: M | 60 | 2: M60-69 | Saint Paul | KS | 2:03:08.41 | 7:56 | 1:40:17.12 | 69.3 |
| 9 | 2 | Kathy Ritchhart | F | 6: F | 64 | 3: F60-69 | Carthage | MO | 2:35:01.06 | 9:59 | 1:54:09.30 | 67.74 |
| 10 | 285 | Anthony Howard | M | 4: M | 54 | 1: M50-59 | Joplin | MO | 2:04:47.14 | 8:02 | 1:47:27.17 | 64.68 |
| 11 | 242 | Abigail Burton | F | 7: F | 14 | 1: F01-19 | Carthage | MO | 2:19:15.04 | 8:58 | 2:04:34.42 | 62.08 |
| 12 | 281 | Tom Quesenberry | M | 5: M | 66 | 3: M60-69 | Brookline | MO | 2:30:53.71 | 9:43 | 1:55:51.44 | 59.99 |
| 13 | 288 | Anne Jiles | F | 8: F | 65 | 4: F60-69 | Webb City | MO | 3:10:45.67 | 12:17 | 2:18:28.41 | 55.85 |
| 14 | 294 | Christopher Guthary | M | 6: M | 33 | 1: M30-39 | Springdale | AR | 2:06:16.84 | 8:08 | 2:06:07.75 | 55.1 |
| 15 | 292 | Dina Hensley | F | 9: F | 51 | 1: F50-59 | Joplin | MO | 2:44:16.24 | 10:34 | 2:23:31.39 | 53.88 |
| 16 | 269 | Abby Zeb | F | 10: F | 38 | 2: F30-39 | Joplin | MO | 2:27:57.31 | 9:31 | 2:25:03.31 | 53.31 |
| 17 | 99 | Paul Wright | M | 7: M | 48 | 1: M40-49 | Carthage | MO | 2:27:27.55 | 9:30 | 2:13:51.80 | 51.92 |
| 18 | 284 | Steve Kuster | M | 8: M | 60 | 4: M60-69 | Saint Louis | MO | 2:52:29.05 | 11:06 | 2:20:28.26 | 49.48 |
| 19 | 289 | Heather Orland | F | 11: F | 50 | 2: F50-59 | Carl Junction | MO | 3:05:56.77 | 11:58 | 2:44:25.93 | 47.03 |
| 20 | 226 | Shawn Burton | M | 9: M | 43 | 2: M40-49 | Carthage | MO | 2:41:23.50 | 10:23 | 2:32:47.37 | 45.49 |
| 21 | 283 | Paul Ceselski | M | 10: M | 62 | 5: M60-69 | Fort Gibson | OK | 3:23:05.00 | 13:04 | 2:42:14.59 | 42.84 |
| 22 | 200 | Sarah Alsbaugh | F | 12: F | 34 | 3: F30-39 | Miami | OK | 3:27:53.00 | 13:23 | 3:26:46.89 | 37.4 |
| - | 3 | Russ Ritchhart | M | 11: M | 73 | 1: M70-100 | Carthage | MO | | | | |
| DNS | 116 | Brad Hodson | M | 12: M | 54 | 3: M50-59 | Carl Junction | MO | | | | |
| DNS | 291 | John Everett | M | 13: M | 63 | 6: M60-69 | Strafford | MO | | | | |
| DNS | 199 | John Motazedi | M | 14: M | 57 | 2: M50-59 | Joplin | MO | | | | |



Race Reports by Club Members

Preparing for Cowtown

(by Jaryd Gregory)



I had a fantastic experience at Jack is Back 15K. Although I really wanted to run the 30K, my long run for the week wasn't quite that long so my coach (Brian Cole) helped me work the 15k into my training plan.

I'm currently training for my first marathon (Cowtown Marathon) in Fort Worth, TX. Brian decided it would be beneficial to use the 15k as an opportunity to spend a lot of time at Marathon Pace. At first, I was intimidated, but as I pressed into the pace things started going really well.

The atmosphere was really awesome. Having volunteers at the road crossings really helped to give me a boost of energy every time I saw them. Around mile 5, I found myself 5 seconds faster than I was supposed to be going. I took a deep breath and settled back down into the prescribed pace. Passing runners on the way back was also such a great energy boost.

All of the positivity at the event was really refreshing, and meeting a lot of new people was really great! I'm really looking forward to participating in more of the local races and meeting more of the great people in the local running community!

Fighting the Alamo 13.1 to the finish

(by Sheree Wilson)

The Alamo half marathon is held near the Alamo in San Antonio. My daughter in law has run it a few times and I have always wanted to run it.

This year I decided to take a 4-day weekend and make it happen. I would get to see my family and run a race.

This race did not disappoint. After a somewhat rough start, forgotten ear buds for some, wrong fuel for me (recovery fuel instead of endurance fuel) lots of road construction so you have to go the long way around, parking a mile from the start and running to make it on time, uncertain if you are going the correct direction. We made it to the start in time for a quick trip to the potty.

The race starts with the National Anthem and the actual firing of a cannon!

We wound through the downtown area, through a beautiful neighborhood, by missions and around the river and the River Walk. It was forecast to be 80F on race day but we were blessed with temps in the 60's and humidity in the 90's.



I ran with my daughter in law, her sister and her momma. It was her mom's first half marathon and also her birthday. The whole family was at the finish line cheering us in. It was a fantastic experience!!!

FIGHT TO THE FINISH is the motto of the race.

My Cabin Fever

(by Nancy Ohmart)



The Cabin Fever 10K Race is an exhilarating event that took place on February 10th, drawing participants from all over to challenge themselves in a test of endurance in chilly weather and in a beautiful outdoor setting. I was truly delighted to win a free registration into this race, however, sickness kept me from training much for a 20K therefore, I ran the 10K.



In the context of the Cabin Fever 10K Race, the timing of the event in mid-February presented unique challenges. Participants could contend with potential weather-related obstacles such as snow, ice, or cold temperatures although I was glad we did not have the snow and ice on this day. The hot chocolate at the end of the very cold race was surely welcome!



The day of the Cabin Fever 10K Race was filled with excitement and anticipation as I gathered with other runners; most who were exceptional runners as part of the "Ozark Mountain Ridge Runners" or the "Joplin Roadrunners". The atmosphere was charged with extreme energy as runners engaged in last-minute warm-ups,



exchanged words of encouragement, and prepared mentally (some who were trying to set new Missouri State records).

The course itself presented a mix of flat stretches and gradual inclines so we were never bored. One aspect of the day which was wonderful was the support of volunteers along the route which added a sense of camaraderie



and motivation, spurring us onward as we conquered each kilometer.

This race seriously served to inspire and motivate me, as I was recovering from sickness, and I am so glad for many friends who were present to run with in this "Cabin Fever," I don't think any of us truly had "Cabin Fever," as we are outside as much as possible!

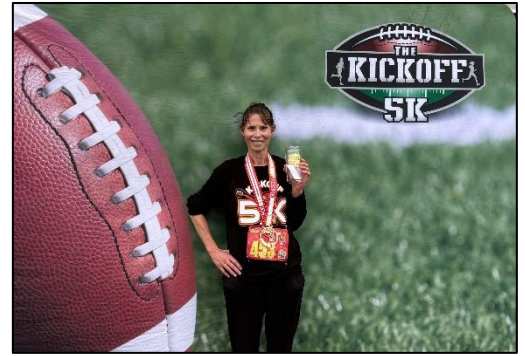


Thanks to Sheree, Anne, Becky, Titi, Henri, Jason, Judy, and Paul for making this experience truly an amazing experience! See photos for the fun we had!

Chiefs!

(by Leta Natalini)

I ran a race in Leawood called Run It Back. I got a Chiefs medal and shirt. It was a great course to run on; a few hills but other than that, I enjoyed the race other than being very cold!



Struggling but coming back!

(by Lelania Littlefield)



My last race was Erick's Run in Carthage, so it has been a while, and at that time I was injured and shouldn't have run. I have been struggling with sciatica nerve problems for years now down my left side, which has caused more problems in my thigh and knee. Usually, it lets up and then comes back, but lately, it wouldn't stop.

It has been months of pain and trying chiropractic treatment. Nothing seemed to be helping, and then after my last race, my fourth toe on my left foot started hurting really bad. So, unfortunately, I knew I had to slow down and let my body heal. I decided no races in February so I could take some time to figure it out.

I reached out to ask for advice to see if anyone had dealt with same problems I was having. My brother is also a runner and gave me some advice on my toe, and suggested going to an orthopedic surgeon for my sciatica so I could go to physical therapy and get help. I also got advice from Sheree and Suzie. Suzie sent me videos of stretches, and it is actually helping my sciatica nerve pain. I'm so grateful to get some relief from the pain and all the great advice.

I just completed 5k a day in February, and I was okay with walking some of those days instead of running all the time. My biggest downfall is wanting to do too much. I really do love running and exercising, so backing off some has been really hard on me. I told myself when I started running again that I was doing it for my health and to be happy, not to get injured.

I also recently did the JMR preview for the half marathon with Anne and Debbi. I was so grateful for them to let me tag along. I ended run/walking 14 miles that day but being in the afternoon, it was exhausting. I have been trying to decide if I even wanted to run the half, so this gave me the opportunity to see what it was like and if I'm being honest, I'm not sure I want to run the half in Joplin. I definitely want to run a half marathon, but I'm not sure if this is the one for me. I will definitely run, but it may be the 10k or 5k instead, but I still have not decided.

Having friends in JRR who share the same passion for running is nice. It is hard for me to stay motivated some days, running alone all the time, especially if I run long runs. I am now trying to decide what races to sign up for and get back to running more this month. I know my sciatica nerve pain will come and go, but maybe if I listen to my body and rest and do my stretches every day, I can continue to run and exercise without so much pain.



Erick's Run - the JRR invasion

Cold Trails

(by Stacey Phillips)

Trail running is my favorite!!!



My last trail run was the Frosty 5K in Neosho MO, put on by our very own Joplin Road Runners crew. Nothing better than running a trail race in your hometown.

The weather that morning was a tad bit chilly, like a balmy 14 degrees. I almost backed out, but the sun was shining, and I had to go. I am so glad that I did.

I actually kept warm enough with a thin base layer under my running jacket and tights and handwarmers in my gloves. I loved that they had firepits, hot coffee, and donuts after the race to warm us up. The best thing was seeing so many of my running buddies brave the temps with me. We are a hardcore bunch!!

My next race is Hobbs 10K Trail Race in April. Hope to see you out there on the trail!!!



My Izzy

(by Liz Kyger)

I've learned it's not just how much you love a dog but how much that dog loves you.

At the end of February my sweet little Izzy passed away peacefully on a sunny Sunday morning. Faithful friend is just not enough to describe her, though it's a beginning.

And what's this got to do with running? It's got everything to do with it. We run for a variety of reasons social, mental and emotional that all really compliments the great benefits of the physical. Such is the same with a love of a dog. When a dog loves you, it benefits you in all those same ways.

My Izzy lived joyously. Wherever she was at, she was a shining diplomat for true, unadulterated happiness. Izzy traveled Coast to Coast, 28 states, some multiple times. Always ready for adventure and to meet new and old friends at races or visit family. She attended 11 national running championships, some of them National Senior games, some of them USATF Masters Nationals and the World Senior Games in Utah.

Here is just one perfect example of her diplomacy. In 2012 we went to the outdoor Masters USATF track championships and was staying in the very exclusive and fancy convention hotel in Chicago that was hosting. It had a no dog policy unless you were willing to pay an extra \$50 a night. Daily, Izzy would charm the hotel staff. Anytime she entered or exited the hotel, the clerks at the desk would run out and Izzy would flip over to give them the honor of rubbing her belly. This was multiple times a day!

I was ready but dreading the big bill at the end of my stay. Shockingly there was no charge for Izzy. She had managed to win over the accounts manager with her happy sweet ways. She was my courier of acceptance and grace.

Although my hurt is very much raw and recent from her passing, I know that my life was better because for 15 and 1/2 years, I had the love of a very special dog.



And Patagonia makes 3!

(by Lindsay Meadows)



Patagonia International Marathon, Southern Chile, Sept. 2023. When we travel, I often look for a race that coincides with where we will be. My ultimate goal is to run a Half Marathon on all 7 continents. When I learned we would be in Argentina, I immediately started looking for a race and found the Patagonia International Marathon in Southern Chile, in the Torres Del Paine National Park: a beautiful, iconic park with the race in early

September, the tail end of winter in the southern hemisphere.

The start of the race was in the 40's, sunny and breezy. Perfect running weather, although I had heard reports that all four seasons can easily be experienced in one race. Thankfully, that was not our experience. Nathan signed up for the 10K and I signed up for the 21K (although I ran the parking lot at the end





to get to 13.1). It was a hilly, tough course, but absolutely stunning scenery. We ran among snowy, majestic mountains, striking, glacial lakes, onlooking guanacos (they are like llamas), wild flamingos and probably pumas.

There were maybe 200 of us running the Half, staying on the gravel roads of the national park the whole race. The first 10K was uphill, the next 5K was downhill and the last 6K was a mix of up and down. After being on a boat photographing wildlife for over a week, my legs weren't quite prepared for the brutal hills, but I finished it!

I run these races to meet people, enjoy the scenery,

take pictures, fully enjoy the experience and the culture and not worry about my time, and that is what I did.

I can now mark off Continent #3!



Sidelined?

(by Josh Doak)

The fall semester is very busy with coaching middle school cross country and sponsoring an after-school running club for my students. During the fall, it's challenging for me to dedicate time to myself for doing any running races or other endeavors that are not directly related to these two activities. With the running club coming to an end in mid-December and a friend of mine asking if I would be interested in running the Garmin Marathon in April, I felt it would be great to have a race to focus on that would break me out of my comfort zone and challenge me to see if I could still run a marathon since it had been nearly seven years since I had completed my last one.



Training officially started in December after my wife completed the St. Jude's Marathon earlier that month (her third marathon in a year and a half). My personal goal for the race is simply to be able to run the duration of the race without having to stop and take breaks. I felt running three times a week with a couple days of cross training would be sufficient for achieving this goal and balancing family and work.

Training for the first two and a half months went very well. I was sticking to my training plan and was able to complete all Saturday long runs, even my 11 mile run on January 20 when it was -10° wind chill outside (yes, I did run outside). The only hiccup till early March was a bout with a stomach bug that wouldn't allow me to run more than a few miles from a toilet.

March 2, I had a 16 mile run on my training plan. I'd successfully completed a 15 mile training run a couple weeks ago, so doing 16 was well within my wheelhouse. I was able to enjoy a run from my house to the YMCA to watch my son play basketball for a quarter before reversing my run to return home for the full 16 miles. I felt good on the run and returned home with no issues initially, but this was short lived once I showered and the endorphins of the run wore off. My left ankle had some swelling, pain and tenderness around the main

joint that made walking uncomfortable. I had encountered various running injuries during my 20+ years of running, but rarely an injury that caused me to huddle to this degree.

A week later since the injury occurred and I'm in a state of limbo. The swelling is gone and the severity of pain is low enough to walk normally, but there's still tenderness and reality that I should continue to avoid hard impact exercises. Past mistakes of returning to running too quickly from injuries and not allowing myself to fully heal come to mind, but the reality that if I'm unable to exercise with enough intensity to maintain proper conditioning for a couple weeks, running a marathon next month wouldn't be prudent.

Time will tell what will happen. Don't you love running?

Beckham's Grand Canyon

(by Brady Beckham)

The Beckhams put a checkmark on our bucket list in February with a trip to the bottom of the Grand Canyon. It's a 9-mile hike to the bottom, descending 5,000 feet to Phantom Ranch where we stayed 3 nights. No internet, no cell signal, no light pollution, and a full moon so bright it cast a visible shadow and we didn't need headlamps to walk to the bathroom after moonrise.



We reserved a cabin at Phantom Ranch (think summer camp bunkhouse, built in the 1920s) and meals 11 months in advance. Our group was 10 strong of family and friends. Everything that comes in or out of Phantom Ranch is carried in (and out) by mules... or hikers (you pack it in, you pack it out). Mira and Indie (ages 12 and 11) carried packs also with about 20% of their body weight, as did my father, Duane (age 67, JRR President in the late 90s) though his pack was considerably lighter because he's smarter than the rest of us.

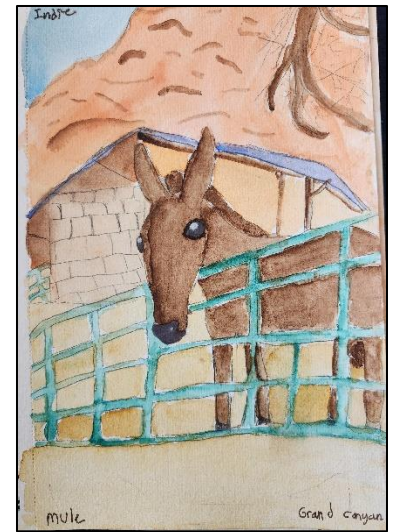


The hike down begins at 7,000 feet of elevation, it was 30F with ice on

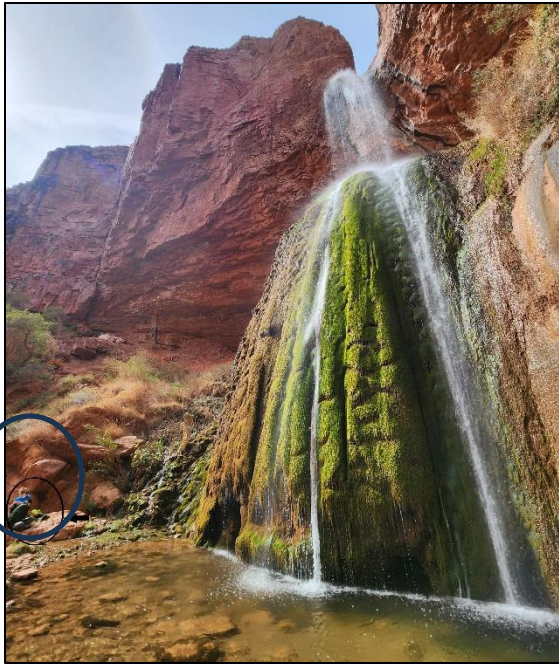
the north facing slopes. We quickly descended to the warmth of the desert, taking in monumental views at every turn. Going down feels ok while you're doing it, but you don't realize until the next day how much it shreds your quads and calves (constantly having the brakes on is hard...cousin Brett's Garmin tracked her progress, and recommended she take 45 hours of recovery after the descent). You can always spot the people that came down today at Phantom Ranch by their zombie walking and cursing on the 5 stairs to enter/exit the cantina. Dinner at the cantina is beef stew or veggie chili, and after the hike down it's the best you've ever tasted, guaranteed.



Day 2 (1st in the bottom) was about recovery. Light hiking, fishing (if you carried gear down), the sounds of Bright Angel Creek just outside the cabin. The bottom is 20F warmer than the top so we enjoyed the sun, 70 temps and a couple of hours on a sandy beach on the Colorado River. Also lots of reading, card games, and the girls brought water colors to document their journey.



Day 3 (last in the bottom) the 4 of us and day took the 13-mile trek to Ribbon Falls, with most of the (well established) trail paralleling Bright Angel creek



where it's cut sheer walls of the hardest, oldest rock (1.8B year old granite, schist, and gneiss). Accessing Ribbon Falls meant a very cold creek crossing, so we had our picnic lunch and relaxed at the falls for quite a while before hiking back to the Ranch for more stew and chili. (notice Chanti and Mira in bottom left for scale).

The hike out is intimidating, but slow and steady gets the job done. After breakfast we hoisted our full packs (~30 lbs) on and reminded ourselves "hiking down is optional; hiking out is mandatory." This mantra is posted throughout the park to remind everyone that there are only two ways out... on your legs that carried you down, or in a medical flight helicopter (that ticket runs about \$25k... or so I hear). And since we heard of 5 people requiring rescue during our 2 days in the bottom, we took this possibility seriously. Advice for hiking out (also good

for ultramarathoning IMO)

- Never take 1 step when you could take 2 (see "Born to Run" for more); short faster steps are the ticket
- take 30s to 60s rests frequently before your HR hits threshold
- Of course, stay caught up on hydration and electrolytes.

The hike out was about 6.5 hours for the family. We were justifiably tired, but in good spirits. The next day we were fine. Hiking out is harder while you're doing it, but the trip down really is harder the next day. We put ~33 miles of hiking in the training log in those 4 days, half with heavy packs. So maybe it doesn't really matter which is harder, maybe the point is just to remember you can do hard things.

Visiting the rim is an awe-inspiring experience everyone should have, but hiking down is a whole different world. It's like the difference between looking at the moon through a telescope and doing a lunar walk... there's simply no understanding one by way of the other. If you make the time for this trip... you will never forget it or regret it. The only problem is, you might want to go back again. :-)



Groundhog Run

(by Suzie Crossno)

It was a cold and dreary afternoon when Darla and I got to the Ameristar the day before the Groundhog Run.



When we walked in, WOW, the sky turned a beautiful shade of blue! We checked in and headed to our room.



When we got off the elevator and turned the corner to go down the hallway, we thought we had happened upon a murder

scene!! The carpet looked like it had blood splatters all up and down the hallway, so we started referring to it as the "Murder Hotel"!



Since we weren't murdered in our sleep, we got up the next morning and hopped the shuttle to take us underground. When we got there, we were met by PuxMahome #15 for a photo op, then onward and into the cave to prep for the race.

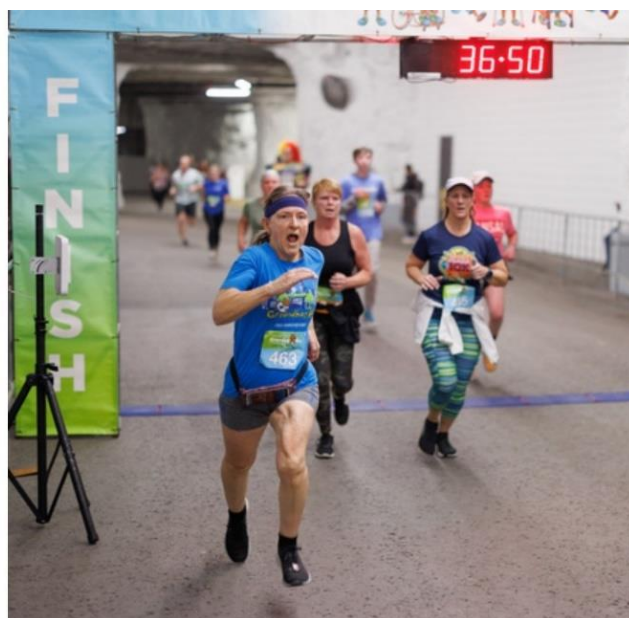


There was a sea of runners at the starting line for the 5k. It was a first for Darla to start a race in waves. The National Anthem majestically echoed through the cave, then the horn sounded for the first wave to take off.

Several minutes later we were

walking up to the start line for our waves to go.

It was great to run in 68 degrees with no wind on a completely flat course, especially on a very cold day in January!



We both went through the finish line giving it all we had left in our tanks and passed a couple of racers at the end. It was a fun and rewarding experience!

I'll be Back ... soon!

(by Sharon Hoke)



I haven't done a lot of running lately. I mostly ride my mountain bike (in Arkansas) every chance I get. I have a group of friends that go down there often to ride but we do hike and run a few trails. I have been walking a lot and am wanting to get my running game back on track. So I'm working on it. I really don't have anything exciting to share as far as running goes, for now.

However, I am planning on running a 10K in June in Colorado at Garden of the Gods. Now that will be exciting!!! Maybe a future story?



My Run with the Wind

(by Miles "the beast" Coeme)



I don't know what people find so special about running with the wind. Wind doesn't bother me. It's just there. I don't know why, and I don't care.

Now, racing is another matter and gets my canine juices flowing! Just see what happens to me when you start playing your National Anthem and talking through that bullhorn.

But friends, my mind is young, but my bones don't follow any more as they used to.

My Run w/t Wind story is about ups and downs, just like the course. Ten years ago, my master desperately tried to convince the organizers to let me run, but "no dogs allowed". It wasn't until 2018 that I was going to get my first shot at this race. Unfortunately, an ice storm made the roads too slippery. Because my paws were sliding off the road, the organizers decided to cancel the race! bummer!

The following year, the roads were fine but the water in the ditches was frozen. Unable to enjoy my frequent water stops, I had to jump in and out of the crew car to drink, then be dropped off onto the road a few miles further. It was touch-and-go till the finish line, but I did get my medal!

Then came 2020 and I felt just great. This was going to be my year. But nothing happened. A strange bug kept all the humans locked up for months. Finally, in 2021 all the stars aligned. My master also organized the race, so I was free as a bird to run as fast as my legs would let me. But my 10-year-old legs weren't what they used to be. I ran till the first water stop at the Stockyards and had to DNF. What a disappointment.

Now, I just watch from the car window and dream of better days. But you know, between you and I, roads are overrated. Just give me a trail, with cool creeks, wildlife and always something interesting just around the corner and over the hill. And those trail, I can still run them, because there my master is slow and ... I know all the short-cuts.

May the Wind be at Your Back

(by Lynn Cline)



I'm relatively new to the Joplin Road Runners but have been part of the Ozark Mountain Ridge Runners running community up the road in Springfield since the late 1970's. I began logging training and racing miles in the flatlands of Illinois over 50 years ago. Since then, I've traveled a few miles short of 97,000 (67K running and about 30K walking). I had to quit running in 2004 and have been race walking (and sometimes just walking) since. I've run Boston a number of times, the Pike's Peak run, the National Senior Games, the Huntsman World games, and several other runs

around the country, but there's no place like the Ozarks in which to run, whether it's Joplin on the west or West Plains or Gainesville on the east.

Three weeks ago, I had the pleasure of watching Run with the Wind play out on a clear, but cold and, of course, windy Saturday morning. Given the prevailing wind, the run was from Carthage to Sarcoxie, and I had the pleasure of driving the course to provide water and support to one of the contestants, Liz Kyger, with whom I've trained and run for over forty years. She and I ran the 1983 Sarcoxie to Carthage 15 Miler as it was then known on a totally different route. That race started on Business I-44 in "downtown" Sarcoxie, went west two miles, turned on Route 37 over the interstate, up the long hill north, crossing the railroad (which on at least one occasion was occupied during the race) in the small town of Reeds) and slid down into the Spring River valley. Then, a sharp left on Hwy E and straight west to Carthage.



In those days there was no option to run with the wind, which typically came from the west, north, or both. The last third of the race, although largely scenic, involved some significant travail, climbing out of the river valley through a series of increasingly challenging hills, ending at a nondescript mailbox on the eastern edge of Sarcoxie, where the race director for many years, Carl Lewton, stood with a clipboard and pencil calling out one's time and checking you off the race roster.

The year that Liz and I ran, it was a moderate 45 degrees and clear, but I've done it in 25-degree weather and as high as 70 degrees. Being late in the winter, a lot of folks along Hwy E would spend their Sunday afternoons burning leaves or the

previous year's undergrowth along their fences, and typically we would suck in almost as much smoke as air.

I've run Sarcoxie to Carthage an additional five or six times. The best I ever did was 1:38. Some years were more challenging than others. In 1982, a group of us stuffed ourselves into cotton sweatshirts and long underwear bottoms to ward off temperatures that were in the low twenties with headwinds of about 20 mph. Wayne McKinney, head of the MSU Physical Education Department at the time, one of the forces behind the formation of the OMRR, and known for his proclivity for extreme weather, wore a T-shirt and shorts, but admitted having a fur lined athletic supporter.

The newer route I followed this year in Liz's truck, loaded with water bottles, was a great one and the Joplin Road Runners should be commended for the course from Carthage to Sarcoxie as well as the general

organization of volunteers, facilities, timing and the overall spirit of camaraderie manifested by everyone involved right down to the warm soup at the finish.

There weren't many dogs along the course, and those that were proved to be generally benign, the exceptions being the poor creature at around the 3 mile mark who was oblivious to motor vehicles of any stripe, and exhibited great interest in one of Liz's water bottles by giving it a generous lick after she had set it back on the pavement for me to pick up.

The rollers in mid-course seemed to be in just the right spot, judging from the runners I passed, hills to be sure, but coming in the race after runners were well warmed up and before the fatigue of the late race stages. Easy for me to say from the comfort of the cab of an F-150. I'm certain it was with a sense of relief that runners hit the sharp left before the stock yards, although the distance between that turn and the interstate crossover is alarmingly deceptive.

I parked just west of the stockyards and watched as runners came over the hill only to become small specks in the distance. There's a nice flat then downward stretch south and east of I-44, which leads one to the interminable eastward straight which appeared to be gradually upgrade for the last three to four miles. And more than one runner mentioned that the last stretch from Apple Road up 16th to the turn into Sarcoxie High School had to have been the longest half mile they'd ever run, but it quickly fades when one hears all the cheers from around the white tent in front of the gym.



The sun, the enthusiasm, the energizing spirit of other runners running, some of whom I know and some who are perfect strangers, as well as the memories of the older editions of the race, all are a satisfying part of having pushed westward with my connections to the running community. I'm planning to participate in some of the Road Runners shorter events this year, and I look forward to getting to know more of you.



Running, running, running

(by Debbie Smith)

I ran three back to back races in February! Hot Chocolate 15K in Dallas Texas, Run with the Wind, and Running from Yeti!

If you haven't ran a Hot Chocolate Race you are missing out! I have ran this particular race in three different Cities! St. Louis, Nashville, and

Dallas! Just as the name states, there is plenty of Chocolate to be had and the hot chocolate is sooooo good! The swag is always great! We received a really nice jacket this year!

Traveling to a different City with some of your running buddies is always fun! It was a great race, rain and all! I was happy with my time too!

I want to run the Oklahoma City Hot Chocolate 15K next! It will take place in October. Grab some of your friends and go have an adventure! .



My love of running

(by Katie Blankenship)

I have been running since I was about 12 years old. I'm one of those people who just love to run. I run for physical and mental health. I run because I love the running community. I run to have personal goals and accomplish those goals.

Over the last 5 months, I have done more races than normally do. My coach and soon to be husband, Dan Smith, has encouraged me and helped me believe in myself and set big goals and accomplish them. On November 5th, 2023, I placed fourth overall female at the Bass Pro Half Marathon, finishing in 1:26:00.



A week after that I ran my first trail race at the Back-40 with Dan, a 20-mile race. The trail was so different and fun. I somehow got lost at the end of this race but found my way back to the finish.

On 12/30/23, I was the first female at Run for the Ranch half marathon, finishing in 1:27:05.

The most recent race I participated in is a personal favorite, Run with the Wind 25k, I was the first overall, finishing in 1:45:37. This first place finish was very challenging. The second female, Sally Heil, was only 20-25 seconds behind me at the finish. She began to close the gap with 5 miles to go, which kept the pressure on me to not give up. I look forward to next year when we can race again at Run with the Wind. I am currently taking some lower mileage weeks to recover, and I look forward to being in a JRR race over the summer or fall this year. I encourage you to never give up on your goals, whatever they may be.

Watch the weather, runners!

(by Leigh Kelley)

I am going to write about something a little different that may affect runners.

As most of you know, I work in the Emergency Management Division, and the Fire Department with the City of Joplin. Each month we sound the tornado sirens to make sure they work properly. One thing you need to remember, the Tornado Sirens are basically to let those outside know they need to seek shelter. Yes, they are loud enough to hear inside, but many do not hear them inside. Each person, and runner needs to be “Weather Aware” during these months of tornadic weather. As we all know, we live in an area that is prone to have tornados come through. Well, get prepared! Here is how:



Running during thunderstorms & lightning (don't)

About 10% of thunderstorms in the United States are classified as severe. Lightning in particular is a threat.

- Cut down dead trees and clear branches; secure loose outdoor objects such as patio furniture; shutter the windows and secure the doors;
Get or stay inside if you cannot count to 30 before hearing thunder; do not shower or bathe during

thunderstorm or lightning;

And common sense: do NOT plan to run outside if you know these storms are coming.

- In the event you are outside and hear the tornado sirens, and you are too far from home or shelter, do not hide under a tree. Instead, curl up in a tiny ball and or up against a rock to make yourself as tiny as possible.
- If you are going to a running event out of town, plan ahead. Due to my career, I always think about these things. Yes, I even think ahead when we do go out to eat of the “What If’s.”
- Know your route and if they are calling for bad weather to possibly come in during a race, make a plan! – most businesses along the route will help runners/bikers/walkers. Even inside restaurants, if bad weather is coming in or even if there is a fire in the restaurant – know your escape routes; and never rely on others for your safety (not even the best of weather personnel can help you out when it comes down to it).
- Listen to the weather report before heading out.
- Know your running route and see if there are shelters along the way.

Fire

- I plan for my safety if a fire breaks out. I recently went to Colorado with two girlfriends. We rented an Air B&B and as it turned out it was in the basement of this home. There was just one exit. When I looked for a window, it had a bar across it. During this trip I prayed we didn’t need to escape.

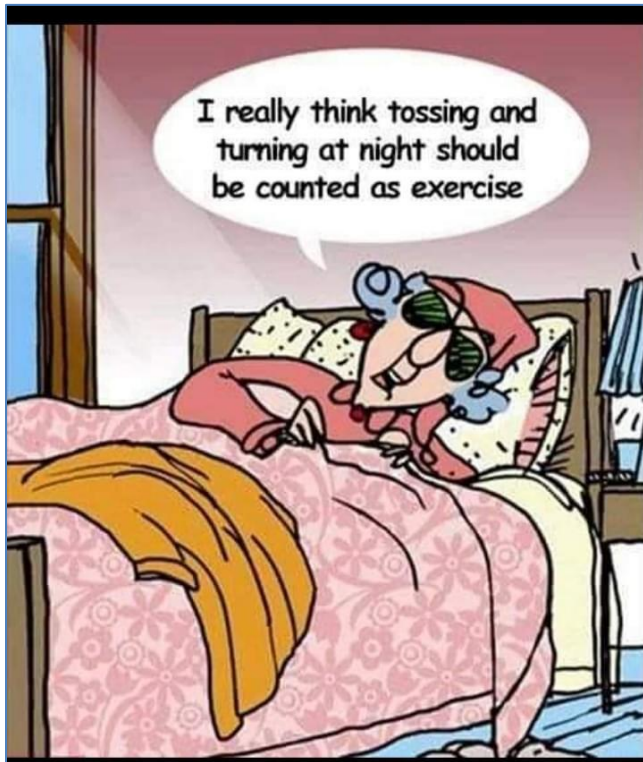
Bed Bugs

- When we arrive at an Air B&B, hotel, Bed & Breakfast, I always even look for signs of bed bugs. Lift up the bed where you are staying; if you see brown spots that indicate possible blood stains RUN! On the headboard you will see gnawed out small holes where they will hide. Pull back the bed sheets and blankets and check the mattress and box spring seams for bugs, especially at the head of the bed. Adults, nymphs, and eggs are visible to the naked eye. Also keep your eyes out for exoskeletons (casings the bugs leave behind when they molt) and dark, rust-colored spots.
- It is very hard to get rid of bed bugs once you get them. If affected, once we get home from traveling, we don’t let our luggage come inside. Instead, we dump all clothes taken on a trip and I carry them straight to the washer. Any luggage is washed outside and left to air dry and if by chance our luggage was around anyone who may have been infested with beg bugs.

Preparing a Disaster kit:

1. Pack at least 1 gallon of water per person per day for at least 3 days. Pack a few canned goods – pack in plastic or steel containers (replace food every 6 months).
2. Place emergency numbers where every family member can see them.

3. Have a battery powered radio / batteries, change of clothes, large trash bags, wash clothes and towels, Toothbrush / toothpaste / shampoo / deodorant / toiletries.
4. Make sure you have copies of birth certificates, marriage licenses, inventory of home (keep these in one small carrying case so hauling them to a safe area is quick).
5. Extra keys / copies, prescription meds, first aid kit.
6. Use common sense and plan ahead.



If your friends jumped off a cliff,
would you do it too?



IDK... is there a medal and a
finisher shirt?

some days you eat salads
and go to the gym.
some days you eat 20 tacos
and drink margaritas.
it's called balance.

New Heart Training – in running and life

(By Christy Oglesby)

I don't have any amazing race stories to share. It's been a season of pulling back and refocusing. New goals and a new passion for running are emerging. I hired a new coach to help me hit new goals I've set.



The first few weeks were difficult as it forced a major slowdown to keep my heart rate low on easy runs. My heart rate typically runs over 150 bpm on easy efforts, pushing over 165 bpm on speed workouts. My heart didn't know what to do with easy efforts at sub 150 bpm. I found myself frustrated and walking frequently, allowing my heart rate to drop, everything within me wanting normalcy. At the end of a longer effort, I would be walking a few blocks to let my heart rate drop, once again.

My self-talk wasn't good. I started questioning my training and became annoyed with the process. New aches and pains from slowing down while using different muscles added a nice cherry on top of my frustration. I heard a gentle voice say: "*Sometimes you gotta slow down to let your heart reset*".

Allowing my heart to rest and learn to be more efficient will allow me to run better in the future. My body will learn to slow down my heart at faster paces, but that only comes through a hard reset. Hard resets aren't fun, sometimes they hurt.

I thought about life where sometimes we have to slow down and have a hard reset. Time will heal our heart if we allow it. Sometimes that's a painful process, allowing yourself to feel with muscles (emotions) that haven't been used in a long time out of self-protection. In the end, when we take the time for the hard reset, we come out stronger than before.

Only time will reveal the level of strength that will be acquired through this process. Pride must take a back seat as I quite literally walk out this process, but I'm thankful for it.



Age-Grading Cabin Fever

(by Henri Coeme)

Last month's Cabin Fever 20K race was an excellent opportunity to showcase age-graded time and age-graded performance highlighting a few people's efforts that weren't immediately apparent in the overall results.

See the standard time-ranking table below, listing contestants by chip time (columns A and B). Great runs by Toby and Casey winning the overall male and female awards.

| BIB# | Name | | Gender | age @ 10-Feb | A | B | C | D | |
|------|---------|----------|--------|-----------------|------|---------------|-------------|--------|----------|
| | | | | | 20K | | | | |
| | | | | | Rank | hrs mins secs | Age adjtd | AGP% | AGP Rank |
| 321 | Toby | Dogwiler | M | 50 | 1 | 1 : 15 : 29 | 1 : 7 : 36 | 81.72% | 3 |
| 311 | Casey | Wilson | F | 39 | 2 | 1 : 24 : 48 | 1 : 22 : 39 | 74.61% | 5 |
| 309 | Myles | Loffler | M | 35 | 3 | 1 : 26 : 54 | 1 : 26 : 27 | 63.90% | 12 |
| 324 | Stephen | Foster | M | 54 | 4 | 1 : 27 : 48 | 1 : 15 : 55 | 72.78% | 7 |
| 332 | Henri | Coeme | M | 71 | 5 | 1 : 30 : 59 | 1 : 6 : 37 | 82.93% | 2 |
| 326 | Rosie | Laughlin | F | 58 | 6 | 1 : 31 : 0 | 1 : 12 : 22 | 85.20% | 1 |
| 322 | Rodney | Nance | M | 51 | 7 | 1 : 31 : 9 | 1 : 20 : 55 | 68.28% | 8 |
| 316 | John | Mimnaugh | M | 44 | 8 | 1 : 32 : 47 | 1 : 27 : 25 | 63.19% | 14 |
| 333 | Richard | Leiboult | M | 67 | 9 | 1 : 34 : 4 | 1 : 11 : 50 | 76.91% | 4 |
| 313 | Amanda | Toliver | F | 42 | 10 | 1 : 35 : 22 | 1 : 30 : 55 | 67.83% | 9 |
| 319 | Dink | Sommer | M | 48 | 11 | 1 : 37 : 0 | 1 : 28 : 23 | 62.51% | 15 |
| 329 | Dean | Casady | M | 66 | 12 | 1 : 37 : 28 | 1 : 15 : 12 | 73.48% | 6 |
| 307 | Evan | Clark | M | 24 | 13 | 1 : 38 : 25 | 1 : 25 : 0 | 65.00% | 11 |
| 315 | Randy | Acklin | M | 44 | 14 | 1 : 45 : 11 | 1 : 39 : 6 | 55.74% | 19 |
| 334 | John | Everett | M | 63 | 15 | 1 : 49 : 30 | 1 : 27 : 1 | 63.49% | 13 |
| 308 | Kayla | Moyer | F | 33 | 16 | 1 : 50 : 41 | 1 : 50 : 12 | 55.96% | 18 |
| 325 | Terri | Bray | F | 55 | 17 | 1 : 54 : 44 | 1 : 34 : 52 | 65.01% | 10 |
| 328 | Anne | Jiles | F | 65 | 18 | 2 : 26 : 12 | 1 : 45 : 32 | 58.44% | 16 |
| 330 | Sheree | Wilson | F | 67 | 19 | 2 : 31 : 15 | 1 : 46 : 0 | 58.18% | 17 |
| 323 | Paul | Vining | M | 54 | 20 | 2 : 37 : 23 | 2 : 16 : 4 | 40.60% | 20 |

Now, let's look a little deeper and see if we can find a few other runners' nuggets.

First, a quick review of the yardsticks we use for this deeper comparison.

After reaching their peak between ages 20 and 30, runners generally lose speed as they continue to run at a later age. Similarly, at a younger age, runners haven't quite reached their top speed yet. This speed-deficit before and after peak performance age can be adjusted by a correction or handicap factor by which the net chip time can be modified. The greater the speed-deficit of the contestant, the greater the correction needed.

As such, age-graded (or age-adjusted) time eliminates any age differential. So, in summary, age-graded time – Column C – is the time contestants would have run had they made a similar effort in their peak performance years, between ages of 20 and 30.

e.g. Toby (age 50) finished this year's Cabin Fever in 1:15:29. His age-graded time of 1:07:36 was the time he would have run at the age between 20-30 had he made a similar effort at this course and at that age.

Casey (age 39) finished in 1:24:48, which translates to 1:22:39 in her peak years.

This age-graded time comparison helps runners compare themselves between any of their own performances at different times in their running career. This self-comparison, however, is only valid between races of the same distance and on courses that are either identical or of similar difficulty-level. So, in this case, Toby, Casey

and every other competitor could compare their performance with their time, 10-15-20 years ago at this same Cabin Fever course or at similar-level 20K courses.

Age-graded time comparison does not allow for comparisons between different genders or different distances. For a comparison that eliminates these extra factors, we need to look at the *age-graded performance percentage*. Age/gender graded performance% is the participants' relative performance when compared to the world's top athlete's best performance of the same gender and age. As such, an athlete's speed is expressed as a % of the speed of the world's top comparable athlete.

This %-score – column D – allows for a comparison between any one athlete and any other athlete, regardless of gender, age or distance.

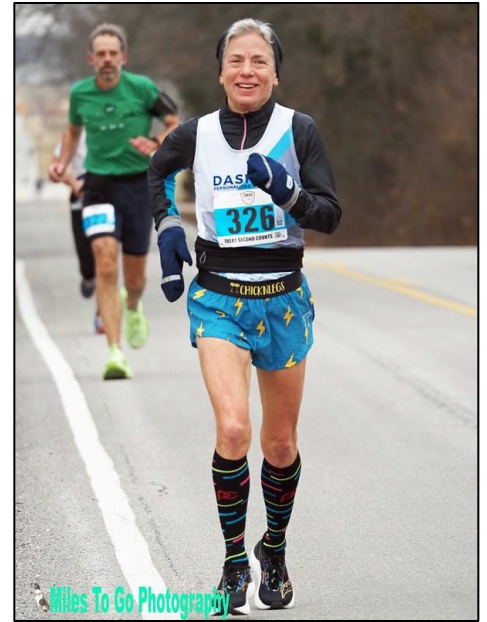
The world's fastest 50-year old man runs the 20K in 1:02:14, so Toby ran at 81.72% of that speed, Casey at 74.61%. Great scores, both.

Below are the same Cabin Fever results, this time ranked by age-graded performance %. See how these rankings differ from their overall ranking.

Any result over 60% is considered "Local Class level". Results over 70% are considered "Regional class level"; Results over 80% are "National Class level".

Three athletes reached that top bracket, with Rosie (F-58) outshining us all. Would you have expected this when looking at the first table above?

Without diminishing the performance of top athletes and overall winners of the race, Age-Graded ranking truly creates a level playing field where younger and especially older runners can still show their true metal.



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| 323 | Paul | Vining | M | 54 | 20 | 2 : 37 : 23 | 2 : 16 : 4 | 40.60% | 20 |

Other than that.
JRR invaded Cabin Fever. Here's a few notorious pictures of our 5K, 10K and 20K participation.



Joplin Trail Coalition

(by Bob Herbst & Henri Coeme)



JTC held its annual Appreciation Dinner on Jan 27th.

Before MC'ing the team trivia contest of the evening, Henri presented the JTC with a \$500 check.

This was a contribution from the Joplin RoadRunners to JTC for the general maintenance of the Ruby Jack Trail, which JRR uses for some of its races.

It is also a direct support for the new project whereby we certify certain kilometer-distances on the Ruby Jack which JTC affirms by placing km-posts at these various distances.

These km-distances are measured starting at the Carthage trailhead, going west, and are placed on the north-side of the trail.

The older mile-posts are all located on the southside of the trail and start at the Kansas/Missouri border going east.



An ongoing cooperation between JRR and JTC exists whereby both finance the presence of a portapotty along the Ruby Jack trail, at the Leggett & Platt CR-180 crossing.

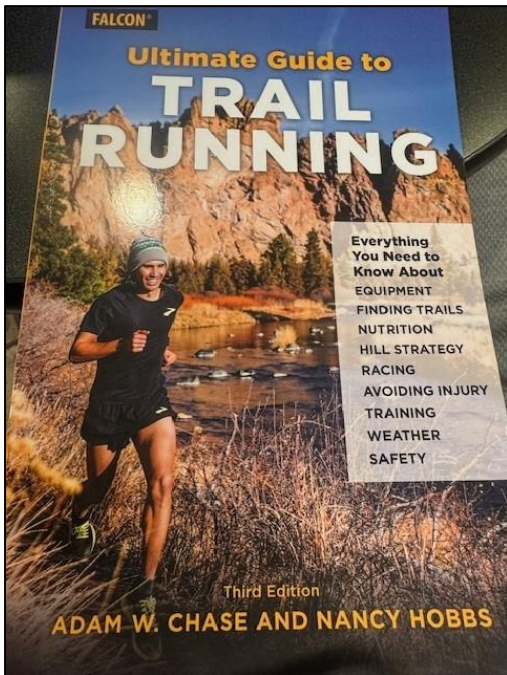
First talks between our two organizations also resulted in an in-principal agreement on a future race on the Ruby Jack, most likely to be held in September, for the continued financing of this portapotty and for the continued maintenance of the path.



From our Runner's Library ...

Ultimate Guide to Trail Running

(by Adam W. Chase and Nancy Hobbs)



If you never ran trail before, this is a great little book to help you get started and understand the extra challenges and blessings trail running can bring you. For the serious trail runner, this book will confirm what you already know but haven't been able to express yet. Here's a taste of that ...

I've said it before, and I'll say it again. Trails are portals to adventure. Step one foot onto a dirt, gravel, rocky, rooty – natural – path of any sort and who knows what glories await. Whether they be epic journeys or simple jaunts, trails runs undoubtably lead you somewhere in body and mind. They have the power to transform from a bad mood to a better one, from being tired from nothing good to being tired from something great: using your body in the outdoors and the rejuvenation that comes with that.

Physically, tangibly, trails bring us to creeks, overlooks, wildlife sightings, and meadows. They connect us with the trees, the flowers, the grass and the sky. They smell good, unless you're running through a cow pasture or along a trail littered with dog poop. And even then, nature! They take us to high mountain lakes and along coastal bluffs. They meander through forests and parks. In cities, they offer respite – and yes, adventure! – from car horns and concrete.

More intangibly, trails connect us to ourselves. Running a trail allows us the mental space to be with our footfall, our breath. To feel the earth beneath our feet as we turn inward sorting through daily thoughts and coming to new conclusions we maybe didn't know we were seeking. Movement in nature, running, breathing, has a way of massaging our brains and our senses of self. We come out on the other side, better.

I've long felt this strongly about the power of trails, and of trail running. I started running, really running, at the age of seventeen. I ran on the beach in San Diego, sometimes racing the sun to a pile of seaweed. – I needed to get there before the sun dipped entirely beneath the horizon. Sometimes I won, sometimes I didn't. I ran coastal bluffs and eucalyptus-lined groves in California towns. I ducked into the ribbons of dirt that line Golden Gate Park to escape San Francisco's city noises. I ran trails all over Marin county, the North Shore of Lake Tahoe past granite boulders and the yellow flowers of mule ears, and eventually, in Boulder, Colorado on red dirt and past deep green pine trees – well aware I've lived in fantastic trail meccas.

Anywhere I am, I crave dirt. I need it. I long to feel it under my feet as I run. Through the pandemic, I cherished the time and space on trails even more than usual, if that's possible. There, I could breathe.

RACES IN THE AREA

Joplin RoadRunners will be assisting the Power of Pink organization with the measuring of their 5K course. A discount code for the race is available on our Facebook Membership pages for any JRR member participating in the charity run.



POWER OF PINK

Together We

*Community Coming Together
for a Greater Cause*

We began this mission in 2010 with a Pink Night at our Event Center during our rodeo. In 2011 we held our first Walk/Run. Since the start of the Power of Pink Foundation it has raised \$361,822.61 for 50 local women battling Breast Cancer. We hope to make this year bigger and better.

Please join us for the 14th Annual
Power of Pink Walk, Run, Dinner and Auction.

Power Of Pink Dinner and Auction
Friday May 10th 6:30pm
Wheaton High School
116 McCall St Wheaton, MO 64874
Tickets are \$20

Power Of Pink Walk, Run, & Auction
Saturday May 11th 8:00am
Wheaton City Park
Wheaton, MO
Registration varies - see form for details

All Proceeds go to help local women battling Breast Cancer.



www.powerofpinkmo.com

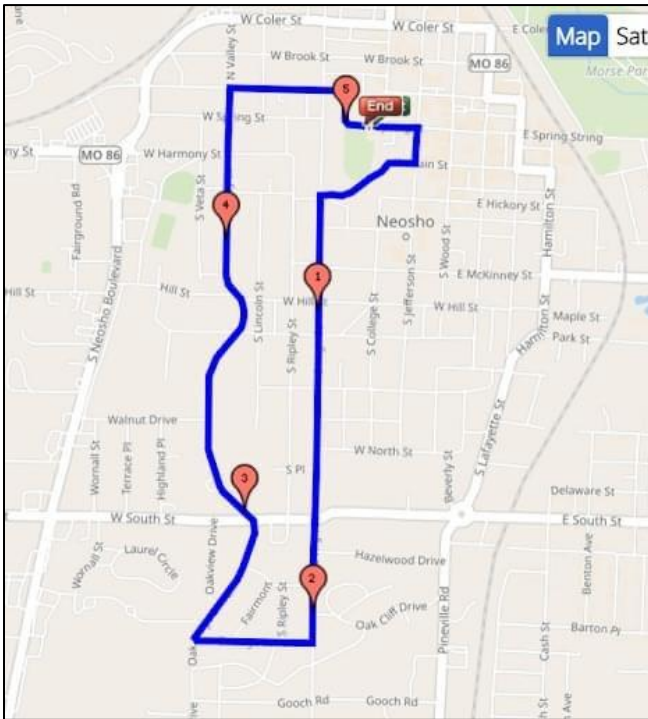
Eldon Morgan's Dogwood Run 5K – April 20, 2024

New course for 2024! It's a loop again!

Race will start and end at Big Spring Park. Running east from the park, we first make a right at Jefferson, then again a right at W. Main; then a left at High St. for almost a mile, Neosho's roller-coaster street, all the way to Cottage Ln where we turn right. From there, we run back on Oak Ridge Drive, the most beautiful section of the run which has been the main attraction of the Dogwood Run for 40 years. Race if you must, but don't forget to smell the flowers. Then ending with the same downhill finish at Big Spring Park.



For the first time, JRR will be electronically timing the race and will show off a few other recent equipment acquisitions. This promises to be a truly memorable race. Miss it at your own peril. And at \$10 registration fee, do we really need to say that *everyone* gets a discount here?



Dogwood Run

Saturday April, 20th 9AM
Neosho Dogwood Run
5K

Only \$10 pre-registration

Click the link ↑ or scan the QR code ⇒
with your camera app to register.



A JRR event since 1983!

OMRR News!! Set the date! - April 27, 2024

[Register here](#)

This is a mostly flat and scenic out-and-back rail-to-trail course (fine-crushed hard-packed gravel) on the historic Frisco Highline Trail. All on the Frisco Highline Trail, all distances are USATF certified

- 50 Mile Ultramarathon
- 50K Ultramarathon
- Marathon – Boston Qualifier!!
- Half Marathon
- 8K



2024 Glade Top Trail Run to Benefit Pat Souder Henry Scholarship- April 6, 2024

All races begin at 9 a.m.

On race day, packet pickup will be 7:30-8:45 a.m.

[Register here](#)

Entry Goody Bags:

- 1 mile: Free BBQ chicken dinner,
- 4 mile: Free BBQ chicken dinner, .
- 10 mile: Free BBQ chicken dinner,

Also back this year is the free grilled chicken dinner for all runners!

Spectators may purchase a dinner for \$6

And at the event:

Cross Country will be selling Krispy Kreme doughnuts.

Common Grounds will be selling coffee



And best of all ... organized by our very own Liz Kyger!

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 1997, when Run w/t Wind was called Sarcoxie to Carthage, 15 mile and by a different route.

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 2024 | |
|-------------------------------------|-------------------|
| Jan 1, 2024 bank balance | \$10,091.29 |
| Income | |
| Incoming donations | \$600.00 |
| Membership Fees | \$625.00 |
| Race Revenue | \$2,908.82 |
| Total Income | \$4,133.82 |
| Expenses | |
| Equipment purchases | \$82.83 |
| Charity donations | \$500.00 |
| General club expenses | \$1,177.82 |
| Race Expenses | \$2,218.83 |
| Total Expenses | \$3,979.48 |
| Mar 13, 2024 bank balance | \$10,245.63 |



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!



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 one more thing ...

For many years, Desiree Bridges worked as a director at the Neosho Hope Kitchen. As long as I remember running in the area, we used to participate in the annual Turkey Trot through the streets of Neosho to benefit the Kitchen. Desiree's enthusiasm for everyone's achievement was outright contagious. With TwelveOne Racing leaving town, the race came to an unfortunate end.

A few years ago, the Dogwood 5K was held on Morse trail instead of town, because of Covid restrictions. JRR continued this trail run as a separate race and morphed it into what is now the Frosty-4 Trail Run. Each year, JRR has been donating the majority of its net proceeds to Neosho Hope Kitchen, contributing up to 600 meals to Desiree's charity, each time.

Derisee passed away on Feb 12 at age 43 after a long fight with cancer. We have always known her as completely unapologetic about the things in life she loved: God, country, family, her mission and the Kansas City Chiefs.

The RoadRunners will continue this yearly tradition of trail running in the Neosho area and will continue to support the Kitchen.





info@joplinroadrunners.com

www.JoplinRoadRunners.com

new mailing address: PO Box 283 Duenweg MO 64841

new shipping address: Joplin RoadRunners, Mailbox Express, 3101 Lusk Dr. Ste 112, Neosho, MO 64850

Club Officers

President - Race Timing & Directing, Merchandising, Communication & Networking, Website, Email Marketing and Newsletter, USATF Course Certification, 401c3 and IRS 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](mailto:ltdolores1@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 – backup Race Timing paulnkc@yahoo.com

Appointed Board member

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

Club Maskot

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

