



Joplin RoadRunners' Newsletter May - June 2022 Edition

First Word from your President

Follow Runners,

Not without a little pride, we present you this month with an extra-long edition. As such, we have created plenty of space to introduce our new website www.JoplinRoadRunners.com!!!

The website now contains tons of practical and fun information. For newcomers and aspiring members: *Who we are, why join, how to join.* For existing members: *where to run this week, where to race the following weekends, recent members' achievements, pictures, charity donations and tons more.* The website is updated at least once a week and constantly being improved. Have a look, bookmark us, and come back often to see what else is new.

Plenty of runners' reports this month. Remember, this is YOUR Newsletter. We intend for it to be written for you, but also for a good part BY you. Nothing like sharing with friends how that last 50K truly felt (other than what you told the world on Facebook). Remember, here you are among friends-runners: people who sweat through similar challenges. We understand pain and sacrifice, victory, tenacity and even defeat in a battle well fought.

Ran your first 5K or half marathon? Let us hear about it. Nothing inspires more than a realistic reflection of what you just went through. Not every run is a victory. Sometimes mistakes, unfortunate events and mishaps can teach us more than a win. Let us hear about it. Believe me, again, we have all been there and empathize how you feel.

Also included are our latest Board report, a financial summary of our year-to-date income and expenses, our latest club meeting activity, a book review as well as articles picked out of Newsletters from years gone by. I always get a kick going through those and I hope so will you. It fills me with a sense of continuity. We are here as a club because of the efforts of many before us. And what we do today will hopefully inspire tomorrow's Joplin Roadrunners.

Finally, a recap of the Dogwood run with pictures, results and stories.

Enjoy!

Henri



Check out your club's New Website – www.JoplinRoadRunners.com !!!

HOME WHO WE ARE GROUP RUNS  WHY YOU SHOULD JOIN? MORE ▾

Joplin RoadRunners



RUNNERS SUPPORTING RUNNERS

A local chapter of RoadRunners Club of America



Who we are?

Check out who we are, what we do and stand for.

[LEARN MORE](#)



Why you should join?

Reasons why you should become a member!

[LEARN MORE](#)



How to join?

Get social!
Join us today!!

[LEARN MORE](#)

Next Meeting - May 12

The date is approaching fast and we're making preparations. Don't miss out!

0	9	1	9	3	1	2	6
Days	Hours	Minutes	Seconds				

[DETAILS HERE](#)

What else you will find on our site ...

Group Runs



Come run with us at these locations, days and times.

[FIND OUT MORE](#)

Monthly Meetings



Where and why we meet as a Club

[FIND OUT MORE](#)

Charity



We run for fun, and race to benefit local charities. Like these ...

[FIND OUT MORE](#)

Club Running Gear



Check out what we provide to our members

[FIND OUT MORE](#)

Coming Race Events



Check out these coming races around the area

[FIND OUT MORE](#)

Race Results



Find out how JRR members did in recent races

[FIND OUT MORE](#)

Picture Gallery



In Progress

[FIND OUT MORE](#)

Area Course Maps



Want to run a few safe courses we mapped out for you?

[FIND OUT MORE](#)

Joplin RoadRunners ByLaws



Here are our self-imposed rules by which we live and govern ourselves.

[FIND OUT MORE](#)

Joplin RoadRunners



And more will be added in the following weeks... stay tuned and bookmark our page!

April Board Meeting – April 7, 2022 @ BTB Burger

(by Chasity Marine)

Dogwood Run

We will have a table setup for people to sign up for JRR membership. Instead of a free JRR shirt they will get a free specially designed Dogwood Run shirt. We will also be taking orders for Dogwood shirts from anyone else. Shirts will be available for pickup at next club meeting.

Prediction Run

We discussed bringing back the annual prediction run and are planning on doing so in September at Morse Park. Brady will provide the meat from the Dogwood Run and will ask JRR members to bring sides.

JRR Leaflets

Henri and his wife have designed a JRR leaflet to use as bag stuffers at races and hand out at group runs, etc. Henri contacted Ruth Sawkins to enclose these leaflets with the JMR swag bags but deadline for this has passed. Will consider this next year again. Board agrees to proceed with printing just 200 to cover this year.

Ultimate Runner

This is an event JRR used to put on annually at PSU campus in Pittsburg. We considered bringing it back. It consists of 5 runs within 30 mins from one another: 1500m, 100m, 800m, 400m 5K. Your placing is your scare; whoever has the lowest score wins. Discussed doing it in Carthage since there is already a 5K course by the HS and the shorter races on the HS track. Henri will get with Brian Crigger about using the Carthage HS track.

Group Run Incentives

Sheree brought up doing a group run incentive to get more people to show up. For each group run a member shows up they will get their name entered for a raffle at the next club meeting. Prizes could include race entries, JRR gear, various swag, etc.

April Club Meeting – April 14, 2022 @ BTB Burger

(by Chasity Marine)

– Featured Speaker: Dr Larry Frack - Chiropractor

Dr Larry Frack of Frack Chiropractic in Webb City talked to us about the importance of keeping our bodies aligned as runners. Dr Frack has been a chiropractor for 34 years and a runner for even longer than that. Dr Frack tells us that 1 run is equal to 1.5 million lbs of pressure for 30 minutes on our bodies. When we ignore injuries over time the soft tissue calcifies if not aligned and makes it harder to fix injuries.

There are 3 reasons why people come to a chiropractor: (1) Cause you hurt, (2) Cause you don't want to hurt, and (3) Cause you want to kick butt.





Dr Frack goes on to tell us that 90% of 10-year-olds and 32% of 20-year-olds have arthritis in the neck due to staring at electronic devices.

When you come to Dr Frack's office, he has 3 goals to get people back in alignment: (1) Restore motion, (2) Strengthen, and (3) Stabilize.

He tells us that roads are worse for runners, and we should try to run on trails like Frisco Trail to keep our bodies aligned better. Dr Frack demonstrated some stretches and exercises that are good for runners. Split squats,

hip flexors, monkey foot, hamstring curls, elephant lock are a few that can help runners. He reminds us to hold stretches longer and softer.



Sheree went over the group run incentive that will start and went over all the details and answered questions.



- 1st - Cindy Wilkinson
- 2nd - Debbie Smith
- 3rd - Jim Burns
- 4th - Sheree Wilson



Race Reports by Club Members

Tough Mudder

(by Les and Amy Shaeffer)

So, this weekend we, as a group of family and friends, went and did a Tough Mudder challenge. IT WAS A BLAST!!!

Marcus and I did the Tough Mudder classic which is a 15k with around 30 obstacles. Once we finished, he and I did the Tough Mudder 5k with our group.

We have wanted to do one for years. Nick has been dying to do an obstacle course event since he was 10. It was so much fun and such a great experience had by all. The obstacles on the 15k were really tough. The 5k obstacles weren't as tough but still required individuals to overcome their fears.

For the weekend warrior doing TM, it's not a race. You're not timed, there are no places, and you don't even have to do all the obstacles. If something scares you, you can go around it unlike Spartan races where there is a punishment. But it's about working as a team and overcoming your fears. Many of the group faced a fear this weekend and overcame it.

One had a massive fear of heights but overcame the almost 3 story Mudderhorn. Those with the fear of cold water overcame the Arctic Enema. Several were afraid of Electroshock but we all finished. I encourage everyone to do one. No pressure to race, compete or win. Just a great time with family and friends and a community of people who don't know each other helping one another. The humanity at this event is incredible.

And remember, money comes and goes. You only have one life to live. So do what makes you happy and makes the most memories with those who matter to you. Tomorrow is never guaranteed. One day my boys will be able to tell my grandkids that their dad was a fun, fearless, crazy dude who did some really crazy things and their mother was crazy enough to join in. That's something money will never buy!!!

A HUGE thank you to Lacey for taking this (and several more unposted) amazing picture to document the best weekend.



Cougar Run – April 1, 2022

(by Nancy Ohmart)

The College Heights Christian School sponsored a “Cougar Run” on Friday, April 1, 2022, no fooling! Ha!Ha!

😂😂 All registered racers were given a race shirt, goodie bag, a “1990’s fashioned” finisher medal, AND a smoothie

from Tropical Smoothie 🍹. It was a true 1990's clash of bright colors, headbands, leg-warmers and revamped VHS tape awards. 📺

It was great fun for all who ran AND many of the Joplin Roadrunners participated, placing in their age group including the famous Jim Burns and Becky Mitchell; great job to you all! 🏃🏃

Its amazing race committee included Alicia Archer, Ruth Sawkins and Jennifer Maffei.

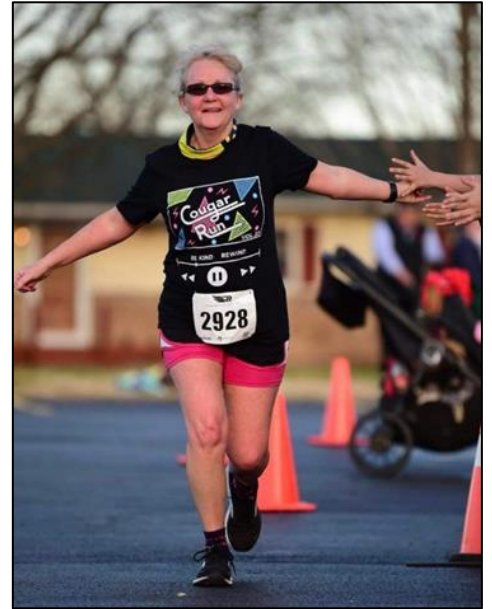
Cougar Run

(by Becky Mitchell)

“Move with a purpose,” says Ruth Sawkins, Race Director for the College Heights Cougar Run (just one of many hats she wears!). What better purpose for us runners than to do a 5K that gives back to the communities around us!

And so, it was on April 1st when 168 people ran the 5K, 66 young runners ran the ½ mile and a whole bunch of littles ran the ¼ mile fun run.

All proceeds benefit College Heights Christian School. I love the look of determination and satisfaction of this 6-year-old runner in the 5K! Sums up the feeling for a lot of us at any age to make it across the finish line!



The Cougar Run finish line never disappoints and the weather is consistently great!



The 14th Annual Frisco Railroad Run – same 50K, three different stories

(by Sherree Wilson)

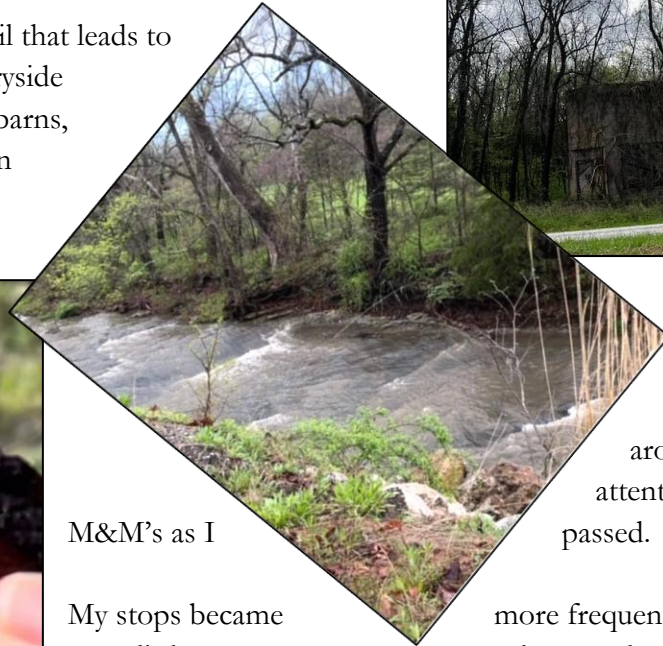
Not knowing what to expect from my body after running a 50K at Prairie Spirit at the end of March, I went against my better judgement and signed up for this 50K for April 30th.

What? Am I crazy??? I believe so!! I'm blaming the Energizer Bunny known to some as Debbie!

This race was totally worth it, though.

The weather was damp with thunder and some lightning for the first little bit but finally settled down as I settled in and found my rhythm.

The first part of the run is an asphalt trail that leads to gravel. The views are picturesque countryside postcard worthy sights. There are silos, barns, and a babbling brook. There was even an abandoned structure for some creepy effects.



M&M's as I

My stops became
got a little warmer, I
water, more M&M's and then it happened.

RIBS!!!! Yes, I said ribs! Who can take a pass on that?? Well, not me.

The aid stations are
plenty and well stocked.
On the way to the turn-
around, I didn't pay much
attention but did grab some
passed.

more frequent on the way back. As it
supplemented my Tailwind with cups of

After that, there were videos and photos, and my pace became a more relaxed pace. Oh well, if I can't enjoy myself then what's the point?

I finally made it to the glorious finish line, with the second half being much slower than the first half. Debbie and Titi and Henri were patiently waiting for me.



I got my unique race swag and realized my legs were done, so I found a place to sit for a minute and let it all soak in! I had done it! 2 – 50k's in barely more than a month with a half marathon coming up on Saturday.

Wish me luck y'all!!!

(by Debbie Yerington-Smith)

I did it! Big PR! My official time was 6:22:37. I beat my time from the Prairie Spirit 50K last month by 22 minutes and 13 second! I broke the Mo. age record by 20 minutes 19 seconds! I am really happy.

My Crew Chief didn't go but he called several times to encourage me to stay strong!

My running buddy Lori Thompson texted me several encouraging messages! Thank you, friend!

Sheree Wilson thank you for doing this with me....again!



(by Henri Coëme)

I find it amazing how 3 people can run the same 50K course and each have such different running experiences.

Where others see quaint landscapes, picturesque barns, creepy structures, I see a former railroad, imagine the tracks and pretend I am the locomotive. Slowly coming up to speed, but then never slowing, only for some coolant (aid stations).

No time for BBQ ribs. "I'll be back for those!", but I never returned.

Looking at the watch only not to overshoot pace in the first miles, after that only at critical intervals (1:45 at the half, 3:30 at the full marathon).

With ten miles to go, I know I would end between 4:10 and 4:15, depending on my reserves in the final 2-3 miles (I would finish in 4:12).

At that point, I just aimed for the next aid station. Since those were all 2 ½ miles apart, it broke up the return trip in nice and equal bites, easier to digest.

The ideal weather conditions made for a great time, despite my battle with Corona virus, just a week before.

As with every ultra, the end is never close enough and always a mile further than you wish for. But hey, that's why it's called "ultra".

Four beers later, here come Debbie and Sheree.

Life is good!

Frisco Railroad 1/2 Marathon – Willard MO

(by Russ & Kathy Ritchhart)

Well, the weekend is here again so Kathy & I have to decide which race to run. We thought about going to Wichita for the Prairie Fire half marathon. However, last weekend we traveled 3 1/2 hour to the Top City half in Topeka, so this weekend we decided to make the short drive to Willard for the Frisco Railroad half.

Up before 4 am Saturday morning and the weather looked less than favorable. It rained on us most of the way there, but once the race started the weather was perfect. The rain stopped and the wind laid, so we had a great race.

We weren't happy with our times but we both won our age group.

I've come to the conclusion that most runners (at least me and Kathy) should have our heads examined. The reason I say that is when running a half marathon, around mile 10 my whole body is hurting so badly that the only thing that keeps me going is stubbornness & stupidity.

Then we finally reach the finish line and we get to rest for a moment. Guess what our very next thought is? You're right, "Well where do we run next weekend?"



Hope to see you all soon.

Dogwood Run – April 16, 2022

(By Becky Mitchell)



I love it when the Race Director overpromises how hard the course is! Brady Beckham apologized for the uphill in the first half of the Neosho Dogwood Run, but did assure a downhill return to the finish line.

Once we topped West Spring Street, it was downhill and then up the next. So, it was nicely rolling hills with a couple of doozies. But as promised, the downhills were sweet, especially the finish down to the park.

With 91 participants in the 5K, Brady reported that they raised about \$500 that will purchase dog waste stations for Morse Park (and a lot of doggie bags!)



This was the 39th year for the Dogwood Run where every entrant gets a Dogwood Tree! And this year we had the coolest bibs I've ever seen! My medal was pretty cool, too. Really great swag for a \$10 race!

Here is my dogwood tree I planted the next day.

And then there was the DeLynn Kuhn Lifetime Achievement Award. DeLynn turned 79 on race day and ran the race charging up every hill!

The award is age-graded: your age minus your time and the most points wins. I got to meet DeLynn after the race after admiring her from afar for many years. She told me she started running at age 50 and has run 3 marathons. She looks fabulous!

Below she is with Henri Coeme who took first place with a score of 47.6. Age 69 minus his time 21:23! Great job, Henri!



Neosho Sprint Triathlon – April 30, 2022

(by Cathy Slade)

I did it. I am a TRIATHLETE!



So many words and emotions to describe today. I was in awe of how helpful all the athletes were. I met so many people who were so willing to help me in any way they could.

When I needed air in my tires, someone offered, when I was trying to figure out where to hang my bike, someone helped me figure that out, when I was trying to decide on warmups, someone explained how they approach it, and when I was nervous, someone was always there to tell me I was going to be OK.

And then in the pool, people cheered for you, on the bike course, people cheered for you, on the run...you guessed it...people cheered for you. They were genuine.

I had no issues with anything on the course. I was very nervous at the start but once I hit the water, I was fine.

Swim to bike transition went smoothly. The hill on the bike course was hilly (twice) but I got over it...hehe...Bike to run transition could have been a little better.

I had a bit of trouble getting my bike hung on the rack. But I didn't let it get me panicked. The run was fantastic. I held a really good pace (for me) throughout. I finished strong.

Joe and Ember were at the finish line to cheer me on, and I loved seeing them there!

I finished pretty much in the time I thought I would. 1:34:45.9. I was 59th overall (out of 86), I was the 15th women (out of 30), and I was the 1st place finisher in my age group, with the second-place finisher 27 minutes behind me.

I was shocked that I had placed. I never place in races. It was awesome to hear my name called.

This was really an awesome experience and a memory that I will cherish.

Neosho's Dogwood Run

(by Henri Coeme)

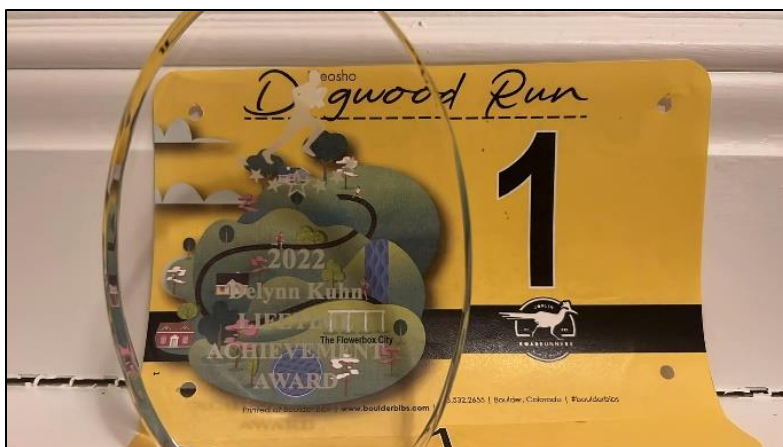
The 40th annual Dogwood Run is in the books, and here is the one picture I treasure from the event.

Larry and Delynn Kuhn have been a steady force at the Joplin RoadRunners for years. Larry became president in Jan 2001 for a few years and he and Delynn frequently hosted JRR meetings at their home.

With both Larry's and Eldon Morgan's passing, there was no better way than to honor them with this run.

Thanks to Brady Beckham, the Dogwood run is now permanently linked to Eldon's legacy while the Kuhn's are being honored with a trophy in Delynn's name.

Here's to those who carried the torch before us and passed it on to this new generation of runners. Thank you for 40 years and may we make the next 40 equally memorable.



Much of the kudo's go to race director Brady Beckham, especially for taking the baton passed on to him by Eldon, a few years ago.

Especially meaningful, this year, was the moving of the start/finish line from the NHS and Neosho Boulevard to the heart of Neosho: Big Spring Park, with a run up and down the Dogwood littered Oak Ridge Drive.

Also new were the custom-designed bibs and the super-sized dogwood saplings, as always in lieu of medals.

2022 - 40th Annual Neosho Dogwood 5K Run - Final Results

Overall	Bib Number	Min	Sec	First Name	Last Name	Gender	Age	Rank in Age Group	Age Group	DKLAA score (*)
1	92	19	3	Brandon	Smith	M	37		1st Overall Male	18
2	1	21	23	Henri	Coeme	M	69	1	M 60-69	47.6
3	86	24	2	Zaine	Powers	M	16	1	M 15-19	-8
4	9	25	14	Jeff	LaFerla	M	59	1	M 50-59	33.8
5	51	25	15	Seth	Simeson	M	38	1	M 30-39	12.8
6	20	26	9	Brian	Spencer	M	56	2	M 50-59	29.9
7	6	26	12	George	Kelly	M	56	3	M 50-59	29.8
8	28	26	26	Darryl	Garner	M	56	4	M 50-59	29.6
9	25	27	4	Tom	McKay	M	58	5	M 50-59	30.9
10	82	27	6	Crystal	Boyt	F	40		1st Overall Female	12.9
11	27	27	33	Ashley	Coffee	F	37	1	F 30-39	9.5
12	75	27	34	Rebecca	Inkanish	F	35	2	F 30-39	7.4
13	863	28	6	Tobin	Boyt	M	13	2	M 11-14	-15.1
14	8	28	48	Beth	Gorman	F	68	1	F 60-69	39.2
15	852	29	1	James	Sheppard	M	14	1	M 11-14	-13
16	7	29	2	Shawn	Farmer	M	11	3	M 11-14	-18
17	41	29	14	Lydia	O'Donnell	F	33	3	F 30-39	3.8
18	18	29	20	Jake	Mcclarnon	M	28	1	M 20-29	-1.3
19	853	29	25	Jonathan	Sheppard	M	10	1	M 10 & under	-19.4
20	50	29	26	Josh	Simeson	M	43	1	M 40-49	13.6
21	26	30	42	Tammy	Toepfer	F	56	1	F 50-59	25.3
22	71	30	43	Marly	Ramsour	F	38	4	F 30-39	7.3
23	70	30	47	Ashley	Scroggins	F	42	1	F 40-49	11.2
24	10	30	48	Randall	Reed	M	63	2	M 60-69	32.2
25	57	31	12	Amanda	Schmidt	F	38	5	F 30-39	6.8
26	11	32	8	Jean Ann	Reed	F	57	2	F 50-59	24.9
27	54	32	11	Michelle	Grimes	F	51	3	F 50-59	18.8
28	45	32	12	Haylie	Culp	F	29	1	F 20-29	-3.2
29	854	32	15	Ashton	Smith	F	28	2	F 20-29	-4.3
30	42	32	34	Angela	Fry	F	49	2	F 40-49	16.4
31	91	32	58	Ally	Pinkley	F	32	6	F 30-39	-1
32	864	32	59	Benjamin	Pinkley	M	7	2	M 10 & under	-26
33	24	33	26	Elizabeth	McKay	F	42	3	F 40-49	8.6
34	39	33	43	Craig	Smith	M	67	3	M 60-69	33.3
35	31	34	20	Indie	Beckham	F	9	1	F 10 & under	-25.3
36	32	34	21	Chanty	Beckam	F	47	4	F 40-49	12.7
37	52	34	26	Suzie	Crossno	F	63	2	F 60-69	28.6
38	13	35	20	Anne	Jiles	F	63	3	F 60-69	27.7
39	72	35	53	Ashley	Shine	F	29	3	F 20-29	-6.9
40	79	35	55	Lori	Thompson	F	48	5	F 40-49	12.1
41	38	35	56	Debbie	Smith	F	65	4	F 60-69	29.1
42	64	36	10	Shelby	Davenport	M	10	2	M 10 & under	-26.2
43	2	37	6	Jerry	O'Neil	M	68	4	M 60-69	30.9
44	80	37	15	Becky	Mitchell	F	72	1	F 70 & Over	34.8
45	861	37	53	Savannah	Mcelroy	F	13	1	F 11-14	-24.9
46	858	38	6	Trenton	Garner	M	31	2	M 30-39	-7.1
47	860	38	53	David	Mcelroy	M	41	2	M 40-49	2.1
48	851	39	17	Isaac	Sheppard	M	8	3	M 10 & under	-31.3
49	40	39	29	Alyson	Sheppard	F	37	7	F 30-39	-2.5
50	62	39	53	Julie	Sullivan	F	35	8	F 30-39	-4.9

51	78	39	:57	Addy	Deleon	F	49	6	F 40-49	9.1
52	87	40	:3	Michelle	Balls	F	56	4	F 50-59	16
53	53	40	:31	Anette	Harbaugh	F	61	5	F 60-69	20.5
54	862	42	:53	Ryan	Burns	F	33	9	F 30-39	-9.9
55	47	42	:53	Andrea	Nichols	F	35	10	F 30-39	-7.9
56	37	42	:58	Cynthia	Sanders	F	62	6	F 60-69	19
57	85	43	:1	Tonna	Powers	F	47	7	F 40-49	4
58	36	43	:2	Robert	Sanders	M	57	6	M 50-59	14
59	17	43	:31	Holly	Mcclarnon	F	29	4	F 20-29	-14.5
60	76	43	:32	Jan	York	F	57	5	F 50-59	13.5
61	35	44	:32	Stacy	Parks	F	48	8	F 40-49	3.5
62	865	44	:33	Connie	Roark	F	51	6	F 50-59	6.5
63	14	44	:58	Luciana	Buren	F	45	9	F 40-49	0
64	46	45	:4	Michelle	Nichols	F	53	7	F 50-59	7.9
65	16	45	:11	Rachell	Hoover	F	52	8	F 50-59	6.8
66	15	45	:12	Jill	Denefrio	F	53	9	F 50-59	7.8
67	69	45	:14	Hannah	Harris	F	24	5	F 20-29	-21.2
68	855	45	:15	Tully	Fexton	M	22	2	M 20-29	-23.3
69	59	46	:2	Mandy	Lybek	F	47	9	F 40-49	1
70	81	46	:31	Nancy	Babbitt	F	37	11	F 30-39	-9.5
71	58	47	:54	DeLynn	Kuhn	F	79	2	F 70 & Over	31.1
72	34	49	:20	Cheryl	McLemore	F	47	10	F 40-49	-2.3
73	850	49	:24	Dianne	McLemore	F	70	3	F 70 & Over	20.6
74	61	49	:44	Rita	Creason	F	42	11	F 40-49	-7.7
75	60	49	:45	Kathy	Henry	F	49	12	F 40-49	-0.8
76	5	52	:11	Arjun	Bartar	M	8	4	M 10 & under	-44.2
77	4	52	:12	Suyash	Bartar	M	40	3	M 40-49	-12.2
78	65	52	:42	Chelsey	Davenport	F	47	12	F 40-49	-5.7
79	3	52	:43	Cheryl	Bartar	F	38	12	F 30-39	-14.7
80	83	55	:4	Tori	Cox	F	30	13	F 30-39	-25.1
81	856	55	:33	Emily	Garner	F	30	14	F 30-39	-25.6
82	859	55	:33	Peyton	Pringle	F	8	2	F 10 & under	-47.6
83	857	55	:54	Marney	Garner	F	11	2	F 11-14	-44.9
84	44	55	:55	Sam	Kimmel	M	7	5	M 10 & under	-48.9
85	43	56	:48	Rachel	Kimmel	F	33	15	F 30-39	-23.8
86	74	56	:49	Catherine	Martin	F	66	7	F 60-69	9.2
87	73	58	:49	Robert	Martin	M	67	5	M 60-69	8.2
88	55	63	:58	Kailey	Dallas	F	24	6	F 20-29	-40
89	56	64	:37	Emily	Dunn	F	23	7	F 20-29	-41.6
90	29	64	:41	Glynn	Bennion	M	64	5	M 60-69	-0.7
91	30	66	:10	Jodie	Bennion	F	61	7	F 60-69	-5.2

DKLAA score is the Delynn Kuhn Lifetime Achievement Award and is awarded to the highest scoring male and female calculated as the difference between age and time, as follows:

- Calculate individual's time in decimals
e.g. 28 mins 48 secs translates to 28.80 minutes
- Take individual's current age, rounded down to a whole number
e.g. 68 years and 8 months is rounded down to 68 years old

- Deduct finish time from age
e.g. 68 – 28.8 = 39.2

True, this gives older people an additional advantage, but that is also the intention of a lifetime achievement award. Note that this calculation is different from the Age-graded performance ranking we use in other road races where age (or gender) is neither an advantage nor disadvantage.

A Glimpse from the Past

This would be a timely slot for a quick look into some of our older JRR Newsletters. Because of the annual Dogwood Run, we all remembered Eldon Morgan, so let's look back at what was written about him, almost 25 years ago, in the January 1997 edition of our Newsletter.

The article was written by Richard Sachan, then-VP of JRR.

“At the December 1996 JRR meeting, Eldon Morgan was presented the JOPLIN ROADRUNNER OF THE YEAR award for his outstanding dedication, service and contribution to the club, community and sport. I had an opportunity to speak with Eldon, recently. He is a 13-year veteran runner. He took up running relatively late in life and describes himself as “not particularly athletic” in his youth. Eldon really doesn't look as if he should be in the 60-65 age category, and the running times he logs are more consistently found in the younger categories as well. As for training, Eldon looks forward to daily runs, six days a week. He logs about 35 miles a week, including one 9-mile run, usually on Tuesdays. Training preferences include running with companions, and he especially enjoys being out in the remote natural areas around his hometown of Neosho.

His running philosophy: *Go easy enough to have fun and avoid the burnout.*

Eldon has done half marathons and longer, but probably will never do a marathon. The competition is Ok, but it is not his main reason for running. “I've really met a lot of outstanding people through running”. Seeing these people is what he enjoys most about races. “Running has been good to me and I feel fortunate to be involved”. His advice for runners “*just keep shoes that are in good shape*”.

From my [Richard Sachan] point of view, Eldon is easy to like because of his friendly, modest attitude. He is also easy to admire for his outstanding performance, his consistent participation and his perseverance, even after some significant injuries due to an accident a couple of years back. His spirit and dedication continue to serve as an inspiration to all Joplin Roadrunners.”



And here is how JRR members ran to Dogwood Run 24 years ago

Look at these times! You had to run below 20 minutes to end up in the top 6!
 You will undoubtedly recognize some of these names (some people just never age – or they run forever).



DOGWOOD RACE RESULTS

15 th Annual Dogwood Run - April 26, 1998 Neosho, Missouri

Bates, Hutchison win Neosho Dogwood Run

The 15th Annual Neosho Dogwood Run was held on Sunday. There were 41 runners competing in the 5K run that started and finished at Neosho High School.

Joel Bates of Joplin earned top honors in the men's division with a time of 18:08 over the 3.1-mile course and Jane Hutchison of Webb City was the top female runner with a time of 21:08.

Terry Biers took first place in the men's 19-and-under division with a time of (18:32) while Jonathan Foster finished second (19:19) and John Boyt



JANE HUTCHISON

was third (25:28).

Sean Johanson took first place (23:56) in the men's 20-29 division while Alan Cook won the men's 30-39 division with a time of 19:26, Joe Perez took second (19:53) and Jim Stuart was third (19:54).

Duane Beckham won the men's 40-49 division with a time of 21:15, Rod McFarland took second (21:27) and Tim Thompson was third (21:38) while Brock Watson took first place (24:33) in the men's 50-and-over division, Jerry Hobson finished second (25:29) and Richard Sachan was third (26:49).

Dina Boyt won the women's 19-and-under division with a time of 22:55 and Julie Colvin was second (24:11) while Paula

Ward took top honors in the women's 20-29 division with a 24:06.

Reina Probert took first



JOEL BATES

place (25:02) in the women's 30-39 division while Kelly Houck finished second (27:35) and Gretchen Guitard was



CHELSEY COLE

third (28:38).

Patricia Banks took first place (24:15) in the women's 40-49 division while Dana Neidert finished second (25:30) and Earlene Cole was third (29:50).

Delynn Kuhn won the women's 50-and-over division with a time of 30:28 while Chelsey Cole of Neosho took top honors in the one-mile walk.

1. Joel Bates	18:08
2. Terry Biers	18:32
3. Jonathan Foster	19:19
4. Alan Cook	19:26
5. Joe Perez	19:53
6. Jim Stuart	19:54
7. Jane Hutchison	21:08
8. Duane Beckham	21:15
9. Rod McFarland	21:27
10. Tim Thompson	21:38
11. Dick Linn	21:45
12. Mick Ward	22:40
13. Dina Boyt	22:55
14. Steve Noland	23:46
15. Sean Johanson	23:56
16. Doug Skaggs Jr.	24:00
17. Risk Kezzer	24:01
18. Paula Ward	24:06
19. Julie Colvin	24:11
20. Patricia Banks	24:15
21. Brock Watson	24:22
22. Reina Probert	25:02
23. John Boyt	25:28
24. Lester Allison	25:29
25. Jerry Hobson	25:30
26. Dana Neidert	25:31
27. Tyler Wilson	25:40
28. Kent Wilson	26:18
29. Marsha Thompson	26:30
30. Richard Sachan	26:49
31. Kelley Houck	27:35
32. Troy Neidert	27:38
33. Brock Hauser	28:12
34. Doug Skaggs	28:13
35. Larry Kuhn	28:25
36. Gretchen Guitard	28:38
37. Ken Cope	28:52
38. Earlene Cole	29:50
39. Brad Myers	29:59
40. Delynn Kuhn	30:28
41. Kathleen McGuire	30:32
42. Tom Thorne	43:11

Treasurer's Report

(by Casey Grissom)

Beginning Balance 1/1/2022	\$ 5,875.74
Income	\$ 9,949.75
Expenses	\$ 8,936.56
Charity Donations	\$ 1,650.00
	=====
Ending Balance 4/30/2022	\$ 5,238.93
	=====



From our Runner's Library ...

The Importance of Racing at an Effective Pace

(from the book Train Smart, Run Forever by Bill Pierce and Scott Murr)

The textbook recommendation for optimal pacing based on energy conservation is even pacing. [...] poor pacing accelerates lactic acid accumulation, dehydration and glycogen depletion which will prevent marathoners from achieving their goal finish times.

Some coaches propose that just because even pacing seems to be the optimal pacing strategy for the world's best runners does not mean it is necessarily the best pacing strategy for non-elite runners. Some recognize that the more modest a runner's fitness level is, the more likely it is that he will achieve his fastest time by running somewhat aggressively in the first half of a race and then "hanging on" in the second half.

This strategy is appealing to new marathoners, since if you have well and tapered, when you get to the starting line you are "amped up" and will find it easy to go out fast and believe you can hold on. Only after crashing and burning in a number of races will you realize that the first half should feel easy. We believe that going out too fast is a recipe for failure.

Some advocate running a "negative split". [...] The problem is that a negative split is really hard to do unless you just sandbag the first half, which will not enable you to run your optimal time.

Bob Glover and Pete Schuder caution in the New Competitive Runner's Handbook that if your half marathon split is more than 2 minutes faster than half your target marathon time, then you have blown your optimal marathon time and will suffer for it over the last few miles. [...] "hitting the wall" is simply a matter of poor pacing [...] for each second gained by running faster than optimal pace in the first half of the race, 2 seconds are lost in the second half due to premature fatigue.

Here is how we suggest pacing a marathon to the runners we coach. Run the first couple of miles at planned marathon pace or even 5 seconds per mile slower. Lock into the planned pace for the next 8 miles. Then run 5 to 10 seconds per mile faster for the next 10 miles, building in a 50-100 second cushion for the final 6 miles. This provides some mental relief as you get to mile 20 and know you have a little leeway as the running gets much tougher mentally and physically.

[...]

How many runners actually maintain an even pace?

In 2001, my brother Don and I analyzed nearly 50,000 marathon finish times from the Chicago and New York Marathon to answer this question. Because of their relatively flat course and good weather conditions that year, we decided they would be good marathons to see how many runners achieved an even pace.

What we found was that approximately 5% of the marathoners had half-marathon splits that did not deviate more than 1 minute. Slightly more than 10% had half-marathon splits that did not deviate more than 2 minutes. We consider these even-pace marathons.

Consequently, nearly 90% of the finishers in the country's two largest marathons did not achieve their potential.

Upcoming Races



2ND ANNUAL
FAST & FURRIEST
5K & 1M FUN
SATURDAY, MAY 14 AT 8AM
AT KING JACK PARK, WEBB CITY, MO

FAST & FURRIEST
Joplin Drift
Joplin Humane Society
5K Run-Walk

SIGN UP BY APRIL 30, 2022 TO GUARANTEE T-SHIRT SIZE!!
CHOOSE YOUR RACE BY VISITING US
➔ AT WWW.JOPLINHUMANE.ORG
REGISTER TODAY!

Now also check out upcoming races on our new website:

Coming Race Events

Check out these races in and around our area. If you plan to attend any of these, let us know or add your name to our JRR race calendar on Facebook to check who else might be going where you are.

4/30/2022

Multiple Saturday Events

6am - 12pm

Neosho Sprint Triathlon - Neosho MO
14th Annual Frisco Run - Willard, MO
Clinton Historic Half - Clinton, MO
Breaking the Silence 5/10K - Joplin...

+ Event Details

5/7/2022

Saturday Race

7am - 12pm

Joplin Memorial Half Marathon, 5 and 10K

Cunningham Park

5/14/2022

Saturday Races

7am - 12pm

Running with the Cows Half Marathon - Bucyrus KS
Fast & Furriest 1M & 5K - King Jack Park, Webb City

Group Runs

Group Run Schedule

Times are subject to change and contingent on prevailing weather conditions.

Be sure to stay up to date by following our Facebook pages and JRR website. Venues are changing for the Spring-Summer season.

- ❖ Tuesday & Thursday morning 5-6am
JHS track (not JRR affiliated)
- ❖ Tuesday evening 6-7pm
- ❖ Thursday evening 6-7pm
- ❖ Saturday morning 7-9am or races
- ❖ Sunday trails



We welcome everyone to join our runs, no matter your ability or pace.
We leave no one behind!

And finally ...

Greetings all!

Please note that not only can single age records be found at www.staterunningrecords.com but also long lists of age group records at www.mararunning.org and at www.kcrunningclub.com, both local running organizations and not affiliated with any business.

Thanks Joplin RoadRunners for all you do to advance road running!

Mike Lundgren, MO state records keeper (71 and now refreshed as an Easter bunny)

Next Meeting

Next Meeting will be on May 12 at Mercy Park.

Cross Training for Runners by Chasity Marine!

And don't to forget ... your special JRR outfits are ready as well as any remaining JRR and Dogwood shirts

See you all there!



Club Officers

President - Race Directing, Merchandising, Communication & Networking: Henri Coème (417) 622 8912 info@joplinroadrunners.com

Vice President – Social Media: Cathy Slade catherinemarycatherine@gmail.com

Treasurer – Accounting & Financing: Casey Grissom r3d4um.19@gmail.com

Secretary – Board Agenda and Newsletter: Chasity Marine chasity_m2003@yahoo.com

Board Members

Sheree Wilson – Weekly Group Run Organization wilson7907@sbcglobal.net

Debbie Smith – Calendar of Events, Venues & Featured Speakers, debbieann57@yahoo.com

Provisional Board member

Bridget Sparlin bridgetsparlin@gmail.com

Club Maskot

Miles the only Beast (all others are pretend)