



Joplin RoadRunners' Newsletter November - December 2022 Edition

First Word from your President

Fellow Runners,

It always amazes me how many running activities take place in our relatively small club in just two months' time. In this issue, you will find many race reports written by our members, proudly sharing their stories with you. You will also find no less than three races the Joplin RoadRunners, either organized or co-organized. Talking about kicking butt, that's no small feat for a club of *any* size.

We are continuing our successful race formula which includes low-cost registration for members, using our own manual timing system and results tabulating, creating and printing our own shirts and awards, plus USATF-certifying our own courses. Thanks to your Board and all volunteers at our races that make this possible, we are able to even set aside some net profit and donate this to the charity selected for that race. It is truly a win-win-win for all. Having fun organizing and creating, then having a blast running, and - frosting on the cream – having the satisfaction as a club to help a local charity.

Folks, it doesn't get any better than that.

And with the December elections coming up for several positions on the Board, consider becoming part of a rapidly growing and very active group of dedicated runners supporting their runner-buddies. Remember, our activities are limited only by the number of hands willing to help.

So, lend us yours for a while.

True, nothing comes easy. But all in the spirit of our club's motto "*runners supporting runners*", it gives us that extra boost to persist and bring every race to a successful conclusion.

More events are in store for the coming winter-spring season, so stay tuned, check our Facebook public and private pages for daily events and race updates. Check our website for general club information, monthly meetings and races in the area.

See you on the trail!

Henri



Board Meetings

(by Chasity Marine)

Board Meeting 9/6/22 (present: full Board plus Chanti Beckham)

- ✓ We assigned Titi Jaramillo as voluntary Board member for her input with shirt and award design & printing.
- ✓ YMCA- Rene wants Henri's phone number for speakers for Y. They are also looking for someone to lead a couch-to-5K running class.
- ✓ Need additional Board Member(s): find candidates for December elections.
- ✓ JRR member shirts for '23: pick and design asap, so they are ready to hand these out at December meeting as members sign up.
- ✓ Kid's Classic: JHS needs Insurance for event. Date set for Oct 2nd at JHS track, reserved noon-4pm. 1st race starts at 1:45pm. Chanti created flyer, English-Spanish. Shirt logo in works at Dugout (ordering 300). Freeman on board for sponsorship; waiting for reply. Tyson- Becky Currin for food donations?
- ✓ Maple Tree 1-2-3: Trees are ordered. Help pushing race. Goal: 50 people for 1st year.
- ✓ Pumpkin Run: free for JRR members with donation of any amount to our charity CPC, pay \$15 for shirt. Others: \$30-\$45 to include shirt.

Board Meeting 10/6/22 (present: full Board plus Chanti Beckham)

- ✓ Pumpkin Run: Craig at turnaround of 2 mile course
- ✓ JRR Tanks and Tees for 2023: we picked out tanks for females and shirt for males. Females will have a racerback Tank Top in Lime color; large, navy logo on back and small logo in center-front and above the bib area. Males will have similar logos but on a white tech shirt with camo sleeves. Titi will design and submit before next Board meeting for Board approval.
- ✓ 2023 membership will stay at \$25 for individual, \$40 for family (2), extra \$5 per child – one shirt included with any membership. Registration is open on RunSignUp website and covers period from now till end 2023.
- ✓ Dec Meeting: Board member elections will need Vice-president and 2 general board positions
- ✓ Frosty Trail 5K: January sometime in Neosho (waiting for Chilly 5K to announce their date first)
- ✓ Run with the Wind: sometime in Feb (waiting for Cabin Fever to announce first)
- ✓ Maple Tree 1-2-3- Oct 29th: 1 mile section is certified
- ✓ November meeting will be **self-defense class!!**



Club Meeting – Sep 8, 2022 @ Morse Park

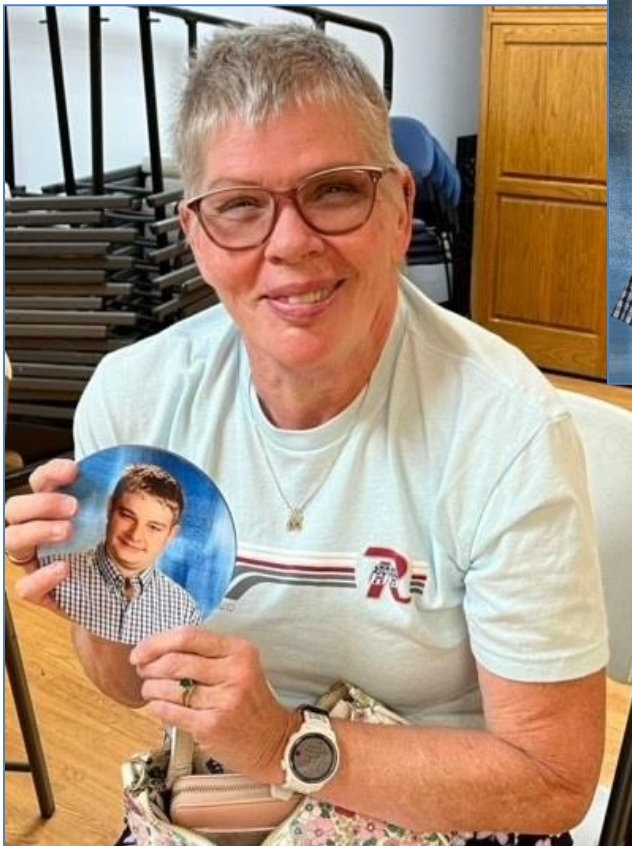
(by Chasity Marine)

Predictive Run – Morse Park Sept 8 - Results

JRR Predictive 5K Run				
Name	Predicted 5K time	Actual time	Difference in seconds	Rank
Anne Jiles	38:30:00	39:21:00	51	1
Heather Orland	36:00:00	34:57:00	63	2
Debbie Smith	37:42:00	39:21:00	99	3
Brian Spencer	30:00:00	32:03:00	123	4
Tonka Currin	35:00:00	39:04:00	244	5
Titi Jaramillo	45:00:00	37:02:00	478	6

Congrats to Anne who won a coaster with photo-reproduction of her son's high school senior picture. Anne says: "We lost all of the hard copies, so this is the only one I have"!

Well, Anne, now you have another one 😊



Club Meeting Oct 13 @ YMCA

Karen King's Strength Training for Runners

82% of runners get injured (and 18% lie). Karen showed us a few exercises to improve biomechanics with strength training that can make a difference.

Check out Karen's strength classes.



Karen showing two different lateral band walks

Karen's Cautions

1. Don't do too much too soon
2. Progressive overload
3. Select runner-specific exercises
4. Separate strength training from long run days



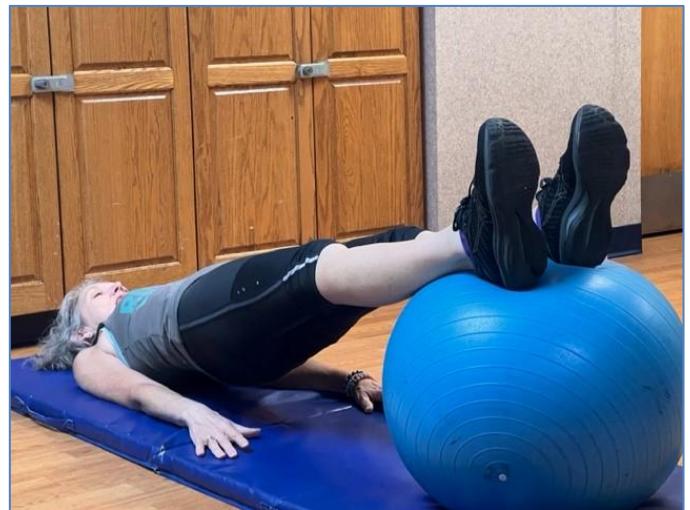
Single leg deadlift: touch the cone or pick up a weight with the tipping hand

Karen's Focus

1. Core Strength
2. Overcome Imbalances
3. Strength for Resilience



Showing a side plank with the help of supporting leg



Hamstring curls on exercise ball



SEPTEMBER

- 1st – Sheree Wilson
- 2nd – Brian Spencer
- 3rd – Titi Jaramillo
- 4th – Henri Coeme



OCTOBER

- 1st – Anne Jiles
- 2nd – Debbie Smith
- 3rd – Titi Jaramillo
- 4th – Chasity Marine



Race Reports by Club Members



Sunday, September 4 – Kauai Half Marathon

(by Becky Mitchell)



I still get goosebumps when I reflect on this race in Poipu on the sunny southern end of the island of Kauai! It was so beautiful, well supported, with tons of entertainment along the way. The course runs 7 miles up to the breathtaking Tunnel of Trees and then down towards the coast for the big finish. But the hills are gently rolling so it wasn't that tough.



“Rewarding” is the word for this event with incredible views and flowers all along the

way. Performers, hula dancers, drummers, neighborhoods with their own brand of support along the route made it so! I took tons of pictures during the race, but watching their YouTube video below gives you the best picture! Hula dancers included Kauai's Hālau Ka Lei Mokihana o Lein-ala, the overall winners of the prestigious Merrie Monarch Festival. The gentlemen on the front row of the start line are city council members and the Mayor, who sang the Kauai anthem.



The host hotel is about 2 miles from the start and the finish, so we stayed at Koloa Landing where the race actually ends. I was about 1/2 mile from the start line. Very convenient and highly recommend if you are going to do this race.

The weather was also perfect even though it did sprinkle almost the whole time I was on course which was 2:53. Sunshine and rainbows everywhere!



To play video clip:
<https://www.youtube.com/watch?v=StVhtao5mlc>

Big Red Shoe 5K – September 24

(by Darla Pool & Suzie Crossno)



May 26, 2012: our first 5K

In the spring of 2012, we had only been friends for a few months when we decided to start working out and joined a 90-day challenge to improve our eating habits and physical fitness. Neither of us had ever run before, so there is no telling why we decided to train for the Hippy Chicks 5k for Relay for Life as our fitness challenge. It was a huge commitment and a bit scary, too!

The race was in Seneca and they fed all the runners spaghetti during packet pick-up the night before. We liked that a lot!! The next morning, we woke early and got there in time to stretch before the race. We really had no idea what we were doing, but we did finish and we both had PRs over our best training runs!

Needless to say, we were HOOKED!! Spaghetti and a PR for both of us!! LOL

Fast forward ten years and here we are still running together and keeping each other motivated! This year we ran



Red Shoe 5K - 2022

Tower 2 Tower, Red White & Boom, Big Red Shoe and the Pumpkin Run.

We recently joined Joplin Road Runners and we are really enjoying the encouragement and camaraderie that JRR brings to our running adventure.



Suzie and I at the Big Red Shoe race on Sept 24th. She got 1st place in her age group and I was 6th out of 15

September Races

(by Sheree Wilson)

September brought some fantastic races to my schedule!



I was pretty excited to race at Trifest for my 3rd time and Run The Rock for my 1st time and the Great American Relay for my 2nd time.

The last weekend of August I had 2 pretty painful crashes on my bike but I was determined to do my races. It may not have been the smartest decision but I was not passing on these races.



Trifest is a triathlon that benefits MS and it's held in Bentonville. I am not much of a swimmer but the swimming part is in a pool and I can touch in most areas. I do the shortest distance - the Super Sprint. It goes quickly and is Super Fun!!



Run the Rock is a 6 mile race with the most gorgeous views. With tape on my ankle and a brace on my knee I had 2 goals for this race. Enjoy the views and finish before the cutoff. I met both goals.

It was also a fun girls trip with huge amounts of fun and food.



The 3rd race was the Great American Relay which is a relay from coast to coast that is ran in honor of our first responders. We ran from fire station to fire station with our lead runner carrying the US flag. What a sight

to behold!

We got lots of cheers and honks from drivers passing by. I hope race through our area again next year and that more of our runners join us.



they bring the

Joplin Wizard Run 5K – Oct 1

(by Nancy Ohmart)

The Joplin Wizard Run on October 1st was filled with magic in the air as 100's lined up to run!

The highlight was seeing many friends, including several Joplin roadrunners! The temperature was perfect with a crisp, cool morning; we could not have asked for better weather.

The Joplin PD were, as always, physically present at the major roadway intersections and I, for one, am so appreciative of them and all the volunteers for their service to our Joplin community.

The grand finale was wonderful as we detoured through the "magical alley" which was fun to run through. The ultimate rewards were placing in my age category AND the Butterscotch Soda at the end! This race is always well planned and implemented.



Kansas City Garmin Half Marathon – Sat Oct 15

(by Lindsay Meadows)

We planned. We trained. We ran all the hills. We were ready.

My brother called me up a couple of months ago and proposed running this half marathon with family. Anything with family and I'm all in. So my brother, two cousins and myself signed up.



We stayed at a hotel on the Plaza, we woke up early, stretched and headed out for a brisk half a mile walk to the start line at Nelson-Atkins Museum of Art. It was about 40° and perfect weather. We joined 5,000 other runners in the dark running through the streets of KC. We chose to run the Half Marathon, which runs north. The marathon runners run the half marathon loop and then continue south for another half marathon

loop. There were plenty of hills to be had on the Half route. I love hills and had practiced going up and down hills efficiently.

The course had plenty of fans and music and we even ran past several live music bands. I highly recommend this race. It was fun, cool weather and just a good time!



39th Annual Joplin RoadRunners Pumpkin Run – 2mile & 8K – Oct 16

(by Anne Jiles)



My first ever Annual Pumpkin Run was an awesome experience! I wasn't entirely sure what to expect, but I'm really glad I participated. The afternoon weather was perfect, the trail was pretty, and running with friends was best of all.

The decorated pumpkins were terrific! I ran the 2 mile with my best ever split times, and much to my surprise and great delight, I placed 4th. The 8k was a bit slower for me, but I still had, for me, a good splits.



It was so much fun and I can't wait for next year!!!!

(by Sheree Wilson)

If you haven't run in the Pumpkin Run you are missing out on a really special event. It is one of the oldest races in the area.

Participants can choose a 2 mile distance or the 8k or both. The races start 1 hour apart. Both distances are certified which means runners can qualify for a Missouri State Record if they are speedy for their age.



The main charity for the race is the Cerebral Palsy Center. They provide pumpkins in place of medals to the finishers. They also decorate large pumpkins that are awarded to the top finishers. The Cerebral Palsy Center also provides volunteers which are a necessity for any successful race.

In an effort to keep runners safe the race was recently moved to the Ruby Jack Trail which is fine crushed gravel and a flat out and back course.

We hope to see you next year at the 40th Annual Pumpkin Run. Happy running!!



(by Henri Coeme)



Sarah Gould and volunteers of the Cerebral Palsy Center outdoing themselves with these celebratory pumpkins

Two years ago, we decided to move this event away from McClelland Park because of increased traffic and JPD no longer able to provide security.

When, last year, we received permission from Leggett & Platt to use their parking lot as a start/finish area, the decision to move was easy.

The course distance had traditionally been a 5 mile (the only 5 mile in the area). However, since MO State Records does not recognize a 5 mile course, but an 8K course instead (just a few feet difference), we decided to modify the course length to an official 8K race.

Adding a 2 mile race, an hour earlier, was an

afterthought inspired by OMRR's Sweatfest.

Both distances were certified and, last year, we held

the 38th edition on these new courses to a decent turn-out after a Corona-year lull. This year, to our great delight participation doubled and, no doubt, so will our charitable contribution to the Cerebral Palsy Center.

Next year, we anticipate making a slight change to the course, moving the start/finish line closer to the Ruby Jack trail (and to the port-a-potty!).

Many people to thank here, which we did extensively on Facebook. One final thought. I am extremely satisfied with our new-found formula of organizing certified, low-cost races, using volunteers, our own T-shirt designs and



Our oldest (Dave-91) and youngest (Lynnlee-5) record holders in the 2-mile



printing, our own awards, with discounts to JRR members, and in doing so having plenty of money left-over to donate to charity. It is JRR's genuinely innovative response to increased race costs and registration fees as well as a call-out to our mission statement.

I couldn't be happier with this outcome and look forward to celebrating, with all of you, next year's 40th anniversary of this true JRR tradition.

Here are more of my favorite pics of the day.



Les Shaeffer handing his winner's pumpkin to Tonka



Dave McCoy showing us all that excellence and persistence are ageless



Matt Wilkes coaching his 5-year old daughter Lynnlee to a state record



Titi Jaramillo's shirt and award design & print job



MO Record award



Age Graded Awards





Joplin RoadRunners' 39th Annual Pumpkin Run - 2 Mile Results

Column A: Results ranked by gun time

Column B: Gun time

Column C: Age Adjusted Results:

These are the times you would have run had you made a similar effort at your peak age of 20-30yrs.
The Age-Adjusted Results allow you to compare your own PR's for a similar distance throughout your career regardless of your age (e.g. A 55-year old man running today's 8K run in 36:22 would have run that same 8K in 30:32 at his peak age of 20-30yrs, making 30:32 his age-adjusted time).

Column D: Age-Graded Percentage Result: Your speed, in %, compared to the fastest world time for your age and gender at this distance. (e.g. A 43-year old man running a 5K in 27:18 runs at 53.30% of the speed of the 43-year-old world recordholder at that event). Comparing all runners to the best for their age and gender at this distance creates an even-playing-field comparison to rank all runners by, regardless of their age and gender.
It properly highlights the results of some older or younger runners who run comparatively better than expected for their age.

Column E: Age-Graded ranking (excluding overall male and female)

Column F: Did the runner set a MO State record?

BIB#	Name		Gender	DOB		age @ 16-Oct	2 MILE								
				M/D	Yr		rank	mins	secs	Age adjtd	AG %	AG Rank	MO Record?	Awards	
465	Les	Shaeffer	M	1-Nov	78	43	1	12	: 43	11: 45		65.53%	1	-	1st Overall Male
438	Nick	Henderson	M	16-Oct	82	40	2	12	: 57	12: 14		63.45%	2	-	1st Age-Graded
433	Jacob	Winter	M	4-Feb	96	26	3	15	: 12	15: 12		49.67%	14	-	
417	Shelly	Neaper	F	14-Apr	80	42	4	15	: 31	14: 46		60.37%	4	-	1st Overall Female
461	Declan	Celata	M	10-Apr	12	10	5	16	: 9	14: 22		52.84%	13	-	
413	Brian	Spencer	M	5-Apr	66	56	6	16	: 10	13: 27		57.53%	9	-	
411	Jana	Hailey	F	27-Jul	77	45	7	16	: 33	15: 20		57.80%	8	-	
423	Casey	Finley	M	15-Mar	83	39	8	17	: 12	16: 23		47.58%	16	-	
406	Alisha	Richter	F	2-Feb	81	41	9	17	: 28	16: 45		53.34%	12	-	
422	Franklin	Vasquez	M	29-Nov	88	33	10	17	: 46	17: 34		45.03%	19	-	
456	Gina	Kilpatrick	F	1-Apr	70	52	11	18	: 6	15: 26		58.10%	7	-	5th Age-Graded
468	Savanah	Gould	F	21-May	10	12	12	19	: 31	18: 5		48.33%	15	-	
454	Suzie	Crossno	F	30-Nov	58	63	13	19	: 50	14: 32		62.52%	3	-	2nd Age-Graded
464	Sarah	Burink	F	4-Jan	11	11	14	20	: 22	18: 52		46.32%	17	-	
449	Larry	Smith	M	19-Nov	46	75	15	20	: 34	14: 0		55.27%	11	-	
458	Candace	Reed	F	6-Sep	91	31	16	20	: 44	20: 43		43.57%	20	-	
404	Anne	Jiles	F	2-Nov	58	63	17	21	: 7	15: 29		58.72%	6	-	4th Age-Graded
460	Debbie	Smith	F	31-Mar	57	65	18	21	: 55	15: 35		59.47%	5	-	3rd Age-Graded
409	Kautious	Hensley	M	4-Mar	8	14	19	22	: 6	20: 5		38.08%	27	-	
414	Sheree	Wilson	F	12-Jun	56	66	20	22	: 59	16: 6		57.29%	10	YES	
415	Felicia	Griffin	F	25-Jan	82	40	21	23	: 8	22: 20		40.06%	24	-	
416	Sharon	Smith	F	9-Dec	78	43	22	23	: 9	21: 51		40.75%	22	-	
459	Cecelia	Hay	F	20-Oct	81	40	23	23	: 13	22: 25		39.91%	26	-	
402	Ashley	Scroggins	F	3-Mar	80	42	24	23	: 14	22: 6		40.32%	23	-	
447	Lynlee	Wilkes	F	11-May	17	5	25	23	: 34	21: 50		40.03%	25	YES	
446	Matt	Wilkes	M	19-Oct	89	32	26	24	: 39	24: 27		30.76%	32	-	
455	Darla	Pool	F	18-Nov	66	55	27	24	: 41	20: 15		45.24%	18	-	
419	Trevor	Buchanan	M	24-Nov	98	23	28	25	: 16	25: 16		29.88%	33	-	
435	Jesus	Perez	M	14-Jan	84	38	29	27	: 41	26: 33		29.44%	34	-	
426	Brandon	Busick	M	27-Mar	86	36	30	27	: 41	26: 56		29.20%	35	-	
442	Steven	Tandy	M	5-Apr	82	40	31	28	: 49	27: 14		28.51%	39	-	
405	Dusti	Tilton	F	28-Dec	95	26	32	29	: 8	29: 8		30.95%	31	-	
436	Kelly	Nabors	F	11-Feb	70	52	33	29	: 9	24: 52		36.08%	29	-	
467	Dave	McCoy	M	10-Oct	31	91	34	30	: 24	18: 40		41.23%	21	YES	
437	LeeLee	Brown	F	24-Jan	63	59	35	31	: 31	24: 29		36.70%	28	-	
441	Stacey	Savage	F	21-Jul	86	36	36	31	: 31	31: 4		28.93%	37	-	
410	Karma	Hensley	F	4-Mar	6	16	37	31	: 32	30: 30		29.18%	36	-	
434	Jay	Stewart	M	9-Mar	78	44	38	33	: 15	30: 29		25.21%	40	-	
466	Tara	Stewart	F	22-May	77	45	39	33	: 16	30: 49		28.76%	38	-	
452	Josh	Messer	M	14-Mar	89	33	40	34	: 25	34: 1		23.24%	49	-	
421	Zachariah	Lee	M	4-Sep	81	41	41	34	: 29	32: 21		23.97%	46	-	
439	Rosalia	Striegel	F	8-Jul	85	37	42	36	: 54	36: 13		24.80%	41	-	
428	Cassie	Rogers	F	20-Sep	83	39	43	36	: 54	35: 50		24.71%	42	-	
462	Terry	Moore	M	13-Jan	69	53	44	37	: 57	32: 24		24.15%	44	-	
431	Indiana	Delacruz-Woods	F	4-Oct	84	38	45	37	: 58	37: 5		24.19%	43	-	
425	Bethany	Linton	F	27-Mar	86	36	46	37	: 59	37: 27		24.00%	45	-	
427	Brianna	Carter	F	5-Jun	94	28	47	38	: 46	38: 46		23.26%	48	-	
412	Hannah	Huffman	F	5-Feb	97	25	48	39	: 23	39: 23		22.89%	50	-	
443	Susan	Dawley	F	1-Mar	60	62	49	39	: 24	29: 19		31.18%	30	-	
451	Jim	Dawley	M	14-Jun	57	65	50	42	: 58	33: 3		23.66%	47	-	
430	Hayden	Triplett	M	1-Aug	2	20	-	DNS	-	-		-	-	-	
429	Derrek	Woodard	M	10-Jan	96	26	-	DNS	-	-		-	-	-	
432	Jace	Flores	M	26-Sep	92	30	-	DNS	-	-		-	-	-	
440	Stacy	Rudd	F	21-Sep	71	51	-	DNS	-	-		-	-	-	
418	Todd	Moffett	M	1-Jul	69	53	-	DNS	-	-		-	-	-	
445	Thomas	Rodgers	M	20-Jan	66	56	-	DNS	-	-		-	-	-	
420	Wayne	Rogers	M	26-Feb	64	58	-	DNS	-	-		-	-	-	

Joplin RoadRunners' 39th Annual Pumpkin Run - 8K Results

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Column E: Age-Graded ranking (excluding overall male and female)

Column F: Did the runner set a MO State record?

BIB#	Name		Gender	age @ 16-Oct	A		B		C		D		E		F	
	rank	mins			secs	Age adjtd	AG %	AG Rank	MO Record?	Awards						
465	Les	Shaeffer	M	43	1	34	33	31	55	70.12%	2	-	1st Overall Male			
403	Marshall	Graham	M	46	2	38	34	34	49	68.63%	3	-	1st Age Graded			
463	Jeff	LaFeria	M	60	3	41	12	33	8	67.15%	4	-	2nd Age Graded			
407	Paul	Wright	M	47	4	42	14	37	50	66.60%	5	-	3rd Age Graded			
453	Kathy	Ritchhart	F	62	5	44	52	33	23	72.03%	1	-	1st Overall Female			
469	Shawn "Tonka"	Currin	M	11	6	45	19	40	18	66.50%	6	-	4th Age Graded			
413	Brian	Spencer	M	56	7	47	7	39	13	65.40%	7	-	5th Age Graded			
406	Alisha	Richter	F	41	8	48	10	46	11	52.21%	13	-				
401	Brad	Hodson	M	53	9	49	20	42	7	50.68%	14	-				
449	Larry	Smith	M	75	10	56	17	38	19	55.43%	12	-				
460	Debbie	Smith	F	65	11	57	34	40	56	59.09%	9	-				
404	Anne	Jiles	F	63	12	58	3	42	33	56.88%	11	-				
414	Sheree	Wilson	F	66	13	58	48	41	11	58.39%	10	-				
448	Becky	Mitchell	F	73	14	58	50	36	43	65.38%	8	-				
402	Ashley	Scroggins	F	42	15	63	25	60	20	39.84%	15	-				
459	Ce.celia	Hay	F	40	16	63	28	61	16	39.44%	16	-				
424	Steven	Brott	M	32	-	DNS				-	-	-				



Great American Relay – Sep 29

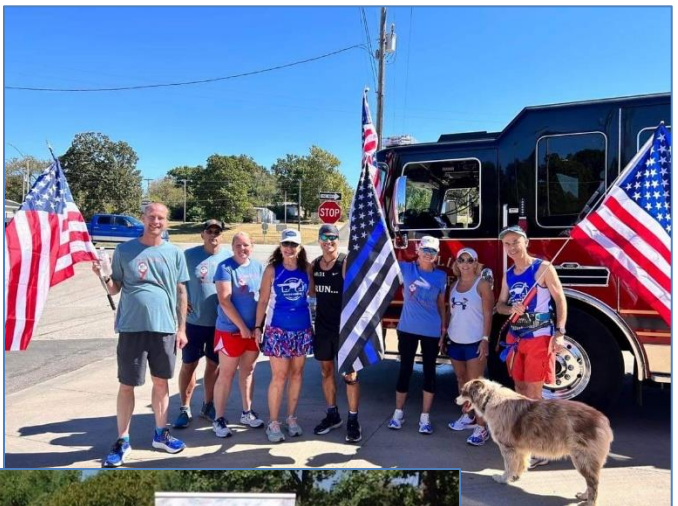
THE GREAT AMERICAN RELAY



Relay consists of short 3 to 6 mile legs with one lead runner carrying the baton while up to 10 support runners could join. Proceeds of the GAR went to first responders and military charities.

Lori Thompson led Leg 297 with some last-minute support from the runners of leg 298. Henri, Sheree, Michelle, Tonka and Miles then ran their own leg 298 (with a detour around to Range Line bridge almost doubling that leg distance). Suzie Crossno ran Leg 303 to Carthage and was assisted by Brian Spencer.

Flying the flag over Joplin was a thrill for all.



Maple Tree 1-2-3 Inaugural – Oct 29

(by Henri Coïme)

This Inaugural event promised to be different. Following our concept of low-cost race events, this one was designed with a twist. JRR certified a one-mile look around maple street in Carthage, then created a race whereby runners would cross the finish line 3 times, each time recording a certified result on the accumulated distance.

In the end, all runners ended up with a one, two and three-mile time and had multiple chances to set a MO-age record. The twist consisted in the strategy to adopt. Runners could opt to run the first mile all-out, leaving whatever was left in the tank to complete mile 2 and 3. Alternatively, they could go for a 2-mile record, saving themselves somewhat in the first loop. They could also run the entire 3-mile race at an optimal speed. Or, just run for fun. We had people doing all of the above, which made following the race and checking the results quite interesting.

No less than 9 runners set a total of 12 MO state age records. Quite a performance for a first-time event and just 33 registrations.

Race directors were Brady and Chanti Beckham in cooperation with Joplin RoadRunners. Big shout-out to the Beckham family!

Here are the results and some of the pictures.



Runners admiring the very creative medals



Chanti, Brady and Henri setting up the finish line



7-year old Soren Celata gave it all, for 3 long miles



Becky Mitchell finishing strong



Trisha Wingeback celebrating



Greg Fugett still smiling after all these miles



All smiles after a hard run





MAPLE TREE 1 - 2 - 3

OCTOBER 29, 2022
GRIGGS PARK, CARTHAGE, MO



#	BIB#	Name		Gender	age @	1M							
						29-Oct	ranking	mins : secs	Age adjtd	Age% final	Age Rank	MO Record?	Awards
1	183	Henri	Coeme	M	69		3	6 : 25	4 : 42	79.48%	1	YES	1st Male
2	188	Liz	Kyger	F	63		4	7 : 9	5 : 22	77.16%	2	YES	
3	176	Isaac	Lankford	M	12		2	6 : 7	5 : 18	69.75%	3	YES	
1	184	Jaryd	Gregory	M	33		1	5 : 38	5 : 37	66.57%	4		
2	186	Jaydon	Gregory	M	9		5	7 : 31	5 : 56	62.53%	5		
3	163	Gina	Kilpatrick	F	52		8	8 : 17	6 : 59	59.15%	6	YES	1st Female
4	180	Wendy	Looney	F	44		7	7 : 46	7 : 3	58.80%	7	YES	
5	179	Brian	Spencer	M	56		6	7 : 37	6 : 22	58.64%	8		
6	162	Judy	Lewis	F	55		13	8 : 57	7 : 20	56.42%	9		
7	178	Indica	Beckham	F	9		12	8 : 52	7 : 29	56.02%	10		
8	166	Anne	Jiles	F	63		18	10 : 19	7 : 44	53.47%	11		
9	189	Soren	Celata	M	7		16	9 : 36	6 : 58	53.30%	12		
10	165	Sheree	Wilson	F	66		20	11 : 0	7 : 57	52.12%	13		
11	170	Randall	Reed	M	63		14	9 : 11	7 : 11	51.91%	14		
12	177	Kelsey	Baucon	F	42		10	8 : 39	7 : 59	51.83%	15		
13	164	Becky	Mitchell	F	73		24	12 : 17	8 : 2	51.56%	16	YES	
14	181	Shawn "Tonka"	Currin	M	11		9	8 : 33	7 : 13	51.27%	17		
15	171	Brooke	Higgins	F	50		15	9 : 31	8 : 11	50.61%	18		
16	168	Truman	Fisher	M	11		11	8 : 40	7 : 19	50.58%	19		
17	174	David	Russell	M	63		17	9 : 51	7 : 42	48.39%	20		
18	187	Maddison	Gregory	F	6		23	11 : 30	8 : 43	48.12%	21		
19	172	Dave	McCoy	M	91		26	14 : 22	8 : 46	41.76%	22	YES	
20	169	Trisha	Wingebach	F	41		19	10 : 53	10 : 8	40.89%	23		
21	185	Veronica	Gregory	F	38		22	11 : 25	10 : 54	37.96%	24		
22	175	Greg	Fugett	M	61		25	12 : 24	9 : 54	37.77%	25		
23	167	Tim	Fisher	M	45		21	11 : 2	10 : 6	37.01%	26		
24	182	Cristina	Jaramillo	F	53		27	14 : 32	12 : 9	34.06%	27	YES	
25	173	Kimberly	Fisher	F	49		28	16 : 19	14 : 10	29.21%	28		
26	191	Kenny	Seigel	M	61		30	20 : 37	16 : 28	22.72%	29		
27	190	Sara	Tomlinson	F	28		29	20 : 36	20 : 36	20.06%	30		

#	BIB#	Name		Gender	age @	2M						MO Record?	Awards
						29-Oct	ranking	mins : secs	Age adjtd	Age% Final	Age Rank		
1	188	Liz	Kyger	F	63	4	14 : 50	10 : 52	85.39%	1	YES		
2	183	Henri	Coeme	M	69	3	13 : 31	10 : 0	79.04%	2	YES		
3	176	Isaac	Lankford	M	12	2	12 : 45	11 : 4	71.50%	3	YES	1st Male	
1	184	Jaryd	Gregory	M	33	1	11 : 26	11 : 18	69.97%	4			
2	162	Judy	Lewis	F	55	11	18 : 36	15 : 15	60.66%	5			
3	180	Wendy	Looney	F	44	6	16 : 13	15 : 10	60.53%	6		1st Female	
4	165	Sheree	Wilson	F	66	18	22 : 3	15 : 26	60.24%	7	YES		
5	179	Brian	Spencer	M	56	5	16 : 2	13 : 21	59.25%	8			
6	166	Anne	Jiles	F	63	17	21 : 23	15 : 40	59.24%	9			
7	164	Becky	Mitchell	F	73	22	25 : 21	15 : 49	58.97%	10			
8	163	Gina	Kilpatrick	F	52	8	18 : 27	15 : 44	58.81%	11			
9	178	Indica	Beckham	F	9	12	18 : 50	15 : 53	56.81%	12			
10	177	Kelsey	Baucon	F	42	7	17 : 0	16 : 11	56.57%	13			
11	186	Jaydon	Gregory	M	9	9	18 : 33	14 : 38	54.09%	14			
12	170	Randall	Reed	M	63	13	19 : 1	14 : 54	53.11%	15			
13	171	Brooke	Higgins	F	50	16	19 : 54	17 : 24	53.10%	16			
14	174	David	Russell	M	63	14	19 : 37	15 : 22	51.49%	17			
15	181	Shawn "Tonka"	Currin	M	11	10	18 : 34	15 : 40	50.45%	18			
16	168	Truman	Fisher	M	11	15	19 : 45	16 : 39	47.43%	19			
17	189	Soren	Celata	M	7	21	23 : 59	17 : 23	45.52%	20			
18	169	Trisha	Wingebach	F	41	20	23 : 55	22 : 56	39.79%	21			
19	175	Greg	Fugett	M	61	23	25 : 1	19 : 57	39.64%	22			
20	167	Tim	Fisher	M	45	19	23 : 55	21 : 46	36.38%	23			
21	173	Kimberly	Fisher	F	49	24	30 : 15	26 : 47	34.49%	24			
22	182	Cristina	Jaramillo	F	53	25	33 : 14	27 : 59	33.05%	25			
23	191	Kenny	Seigel	M	61	26	35 : 20	28 : 10	28.07%	26			

#	BIB#	Name		Gender	age @	3M						MO Record?	Awards
						29-Oct	ranking	mins : secs	Age adjtd	Age% Final	Age Rank		
1	188	Liz	Kyger	F	63	4	22 : 31	16 : 30	85.79%	1		1st Female	
2	183	Henri	Coeme	M	69	3	22 : 10	16 : 24	74.14%	2			
3	176	Isaac	Lankford	M	12	2	19 : 26	16 : 52	72.13%	3			
1	184	Jaryd	Gregory	M	33	1	17 : 5	16 : 53	72.00%	4		1st Male	
2	171	Brooke	Higgins	F	50	14	31 : 4	27 : 10	62.18%	5			
3	179	Brian	Spencer	M	56	5	24 : 21	20 : 16	60.03%	6			
4	180	Wendy	Looney	F	44	6	24 : 59	23 : 22	59.97%	7			
5	163	Gina	Kilpatrick	F	52	8	27 : 40	23 : 36	59.76%	8			
6	177	Kelsey	Baucon	F	42	7	25 : 30	24 : 16	57.65%	9			
7	178	Indica	Beckham	F	9	12	29 : 7	24 : 33	56.55%	10			
8	165	Sheree	Wilson	F	66	17	34 : 27	24 : 8	56.07%	11			
9	162	Judy	Lewis	F	55	10	28 : 35	23 : 27	54.64%	12			
10	181	Shawn "Tonka"	Currin	M	11	9	28 : 20	23 : 54	54.47%	13			
11	174	David	Russell	M	63	13	29 : 21	22 : 59	50.51%	14			
12	170	Randall	Reed	M	63	11	29 : 4	22 : 46	49.89%	15			
13	166	Anne	Jiles	F	63	15	32 : 10	23 : 35	48.55%	16			
14	164	Becky	Mitchell	F	73	21	37 : 10	23 : 12	47.35%	17			
15	175	Greg	Fugett	M	61	22	37 : 26	29 : 51	46.22%	18			
16	189	Soren	Celata	M	7	18	36 : 16	26 : 18	44.03%	19			
17	169	Trisha	Wingebach	F	41	19	36 : 21	34 : 51	41.68%	20			
18	168	Truman	Fisher	M	11	16	34 : 9	28 : 48	40.75%	21			
19	191	Kenny	Seigel	M	61	23	42 : 50	34 : 9	35.64%	22			
20	167	Tim	Fisher	M	45	20	36 : 29	33 : 12	35.54%	23			
21	173	Kimberly	Fisher	F	49	24	45 : 5	39 : 56	35.30%	24			

A Glimpse of the past

A deep dive into the busy bio of your president (our October surprise just in time for the December JRR elections)

(by Henri Coeme)

Friends, last month the *Show Me The Ozarks* magazine interviewed your president for their November edition. The magazine introduces it as “a trip down memory lane and discover the unique, triumphant, and, at times, rebellious story of Henri’s running career”. But, as you can well imagine, they cut it short to fit on half a page. So here, as a preview for our members, is the unabridged, unadulterated and completely inappropriate and politically incorrect version. Adult supervision advised.

I had a false start of my running career at the age of 5, when police found me 100 miles away from home. I had memorized my home address (in French because my parent reckoned this way I could find my way back home from anywhere in Europe). However, the cop had no clue how I got away this far and thought I was the youngest ultra-runner (before the word even existed). Actually, my parents had taken me on vacation to the beach and I just got lost and wandered into a policeman’s arms asking if he knew where my parents were, giving him my address. I did make it 10 miles away, but only because I got a ride on the back of his bike to the police station where my parents found me, fortunately before nightfall.

My premature running career started in earnest because both my parents were chain smokers. Each time they needed a pack of cigarettes, they sent me, their six-year-old son, to the bookshop about a quarter mile away to go buy one or two packs at a time (they smoked 5 packs a day). They told me to hurry, so I ran several times a day, as hard as I could, to the bookshop for the next pack of smokes. Do you wonder why I never took up smoking?

Not a year later, I had my first brush with death. Walking up our home’s spiraling staircase, mesmerized by the miniature locomotive in my hand, I took a wrong step and fell, headfirst, two floors down onto the concrete garage floor. After a day in coma, playing with my guardian angel, I returned to my body now laying on the sofa, and was rewarded by staying home from school for a week. When my mother checked on me, the next morning, I had disappeared. A few hours later, I returned home to the worried looks of my parents. When asked where I went and what I was hiding behind my back, I showed them the watch I had just won in a race, not far from town. I had run there and back as well. The next day, to my great disappointment, I was sent to school, but proudly wearing my new watch.

Sport afternoons or high school teams did not exist. If you needed sports, you played soccer with your friends on weekends. Instead, our school curriculum did include one hour of gym every week. One day, the teacher told us to go run a mile in the park. When I came in last, running along with my little chubby friend, he put me to shame in front of the entire class. I can honestly point to that moment of shame as the start of my actual running career. I was 15 and without telling any of my friends, I immediately joined the local running club. A few months later, the gym teacher asked us to run around the city block, about a two-mile run. When I arrived all by myself a few minutes later, I was punished for cheating. Boy, you really can’t win here!

The next week, he asked us to run around the courtyard, while he would keep a close eye on me at all times. After that run, I was never punished again.

In college, again no running club, so I had to create my own opportunities.

With a few friends, we challenged ourselves to run from one university town in Belgium to the next, about a 50K distance. On a cold and rainy September evening, six of us took the train in T-shirt, shorts and white gym shoes to the starting point. We started at 7 at night (we had to study during the day) and all of us got lost along the way. We

also lost each other in the labyrinth of city streets connecting the two towns.

During that odyssey, I remember someone asking me what I was running away from. In response, and with a must-go grin on my face, I asked him for toilet paper, but he laughed so hard I didn't dare to ask again. When I finally got to the finish line, well past midnight (a pub on the city square), I realized I now had to race to the bus station to catch the last bus of the day (or run an extra 6 miles to my student room).

As I traveled and lived in many places around the world, I would always get a great kick out of running and racing where I lived or worked: London, Brussels, Singapore, New York, and Sri Lanka to name just the most memorable.

One day, I ended up in New York for a two-week assignment and found out this was the weekend of the New York City Marathon. When I told my co-workers I was going to participate, they had a good laugh (I couldn't imagine why). So, on package pickup day, I worked my way into the athletes' hall and told the guy at the registration table I had come all the way from Belgium to run this race and that I couldn't understand why they couldn't locate my registration. An hour later and after showing my passport and recent entry visa, I had a bib. The next day I ran New York; my first official marathon, completely unprepared and unregistered. When I showed my marathon medal at work, the next day, they looked at me as if I was the second coming. I told them I'd be back the next year. I did, two more times, but those times I legally registered.



Bob Yours truly

A few years later, I was living in Sri Lanka on a work permit and signed up for the national marathon. I was prepared for the 90+ tropical temperature and high humidity, but I was not prepared to run during what by now had turned into a civil war. The starting officials were in hiding, so the race organizers found a soldier who was willing to fire a live round right over our heads! We all started very fast.

During the months I lived there, I had been training with my friend Bob, a pilot for the local airlines whose Bucket-list dream it was to at least once in his life finish a marathon, at the age of 60. Of the 100-or-so participants I ended up 33rd, Bob 34th and last, a few hours behind me. Any other local runner we passed quit the race just at the very sight of us. As if being passed by these foreign guys was to ultimate shame).

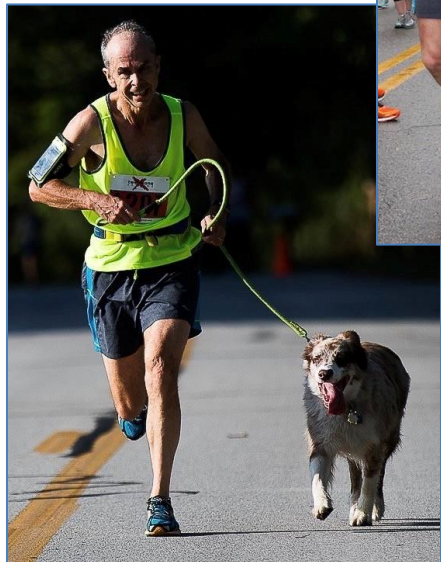


Bob and I were among the few runners in shoes; most others had their toes wound up in bandages in a futile effort of toe-protection. They would come undone during the run and make them look like escaped mummies. We were also the only tall and white boys in the race, so the next day, we made it to the national sports pages.

I stopped running around 40 and picked it back up at 60, trying to catch a dog. The rest of my story you know.

In closing, I told the *Show Me The Ozarks* reporter I had two remaining running ambitions: (1) increasing the range and membership of the Joplin Roadrunners and the charities it supports, and (2) to run as long as I live.

So far, so good.



Kids Classic – October 2, JHS Joplin

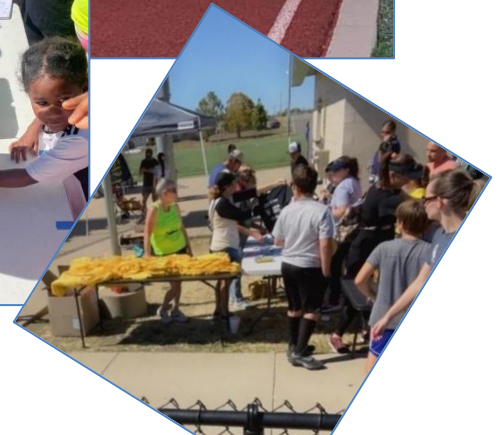


ESTIMATED RACE		
Times	Report	Race time
Grade 6	— 1:45	— 2 pm
Grades 4-5	— 2:10	— 2:40
Grades 2-3	— 2:40	— 3:10
Grades K-1	— 3:10	— 3:40
pre-K	— 3:40	— 4:10

This year, Kids' Classic was held again in its usual month of October. Many kids signed up and ran distances from 50 yards to one mile.

The weather was beautiful and warm, so the volunteer RoadRunners had their hands full keeping everyone corraled in and properly

hydrated.



Treasurer's Report

(by Casey Grissom)

Beginning Balance 1/1/2021	\$ 5,875.74
Income	\$14,791.90
Expenses	\$10,728.55
Charity Donations	\$ 1,650.00
	=====
Ending Balance 10/24/2022	\$ 8,289.09
	=====

Beginning Balance 9/1/2022	\$ 5,180.87
Income	\$ 4,620.59
Expenses	\$ 1,554.99
Charity Donations	\$ -
	=====
Ending Balance 10/24/2022	\$ 8,289.09
	=====



From our Runner's Library ...

To Be A Runner – Martin Dugard

(extract from the book)

Only on a trail.

On those trails, nagging riddles and problems have a way of uncomplicating themselves, revealing to me in step-by-step detail how they might be resolved. Or, at the very least, why they are not as calamitous as they might appear.

I feel like I am tempting fate by writing about this. And while I will be vigilant at all times and not do anything reckless when it comes to running through wilderness, I can't see myself staying away from the trails. I don't have a death wish, but as much as I love to, if I can't do it on trails, I'd rather not do it at all.

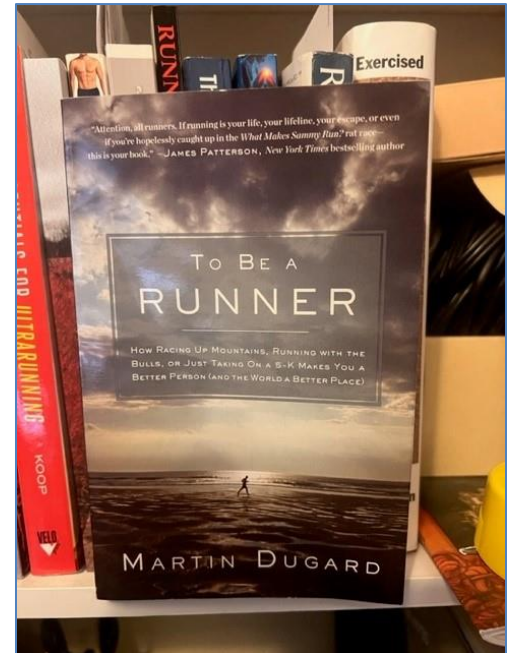
With that choice comes risk. I am aware of it. The winter after wildfire raged up the slopes of Saddleback Mountain, that benevolent giant looming out my back window, my good friend Jamie rode his mountain bike to the summit. The land had been scorched completely. He rode through the charred remains of what had once been a sweeping forest of manzanita and scrub oak, smelling only ash and seeing no sign of life. Something large caught his eye on the slope, and he got off his bike to look. There, entwined in a small hole, were dozens of the biggest and fattest rattlers any of us would ever want to see. Just to make sure people would believe him, he took a picture. It is awesome and terrifying.

Rattlesnakes are territorial. That slithering mass of hibernation would have been hidden by vegetation any other year. Imagine the runner who chooses to deviate off course and has the bad luck to stumble into that small hole. Actually, I'd rather not. To run the wilderness is to say a small prayer that God will protect you. When I was just fourteen and living by the banks of the American River, I would escape the house for long runs. My dad was in Vietnam that year and our house could be a crazy place. Those runs were my escape.

Shorter than five feet and just eighty pounds, I was a vulnerable target for whatever might be lurking out there. So I developed this obsessive-compulsive prayer that covered all possible problems, legalities and loopholes: *“Dear God, I pray that I am not attacked and/or molested while participating in, and/or competing in, any kind of activity. I pray that I am not bitten by a snake and/or any other kind of animal. And I pray that I do not get a stitch – you know, a pain in my side – while participating in, and/or competing in, any kind of activity”*.

This is the prayer of a child, putting on the mental armor that will bestow an illusory cloak of safety. As loopy as that prayer might read, I find those words popping up out of my subconsciousness even today. Part of me is still very much that towheaded little fourteen-year-old boy who used the wilderness to escape and find himself at the same time. To enter that wilderness, or any wilderness, is a leap of faith.

It's a leap I make almost every day. And I find myself out there, even now.



Upcoming Races

Check our website for all upcoming races



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. For details on these and other upcoming races, see also our recent JRR Newsletter.

Race Calendar

10/29/2022	Maple Tree 1-2-3 Tulsa Run 15K	1pm Carthage, MO Tulsa OK
11/6/2022	Bass Pro Marathon, Cohick Half and 5K	1pm Springfield, MO
11/12/2022	Dogwood Canyon 25K/50K	1pm Branson, MO
11/19/2022	White River Marathon	1pm Cotter, AR
11/24/2022	Turkey Run	1pm Joplin, MO

[More Events >](#)



No, not THAT date !!

THIS date!!!

**Frosty Trail 5K (2nd Edition):
Morse Park, Neosho (High Grounds Trail)
Saturday, January 14**

**Run With The Wind (umpteenth Edition):
Carthage to Sarcoxie (or vice versa)
Saturday, February 18**



OMRR

OZARK MOUNTAIN RIDGE RUNNERS



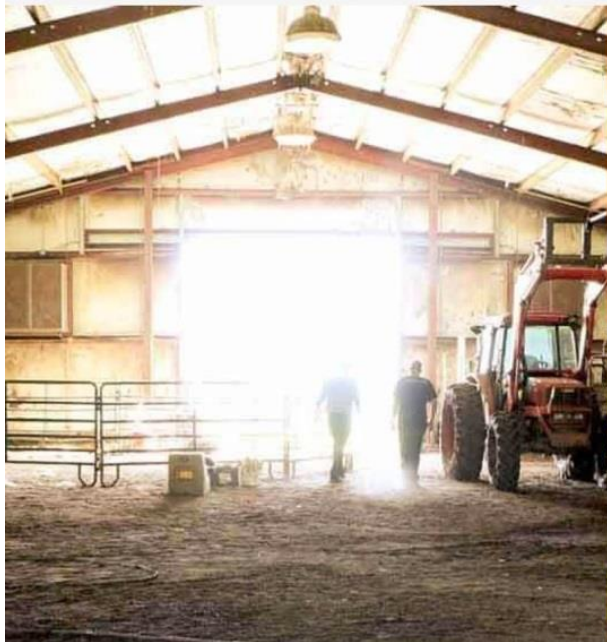
[Home](#) [Event Details](#) [Results](#) [Lodging](#) [Volunteers](#) [Contact Us](#)



RACE DAY - SATURDAY, DECEMBER 17, 2022

About The Race

Run for the Ranch began in 1999 as a fund raiser for the Good Samaritan Boys Ranch, Ozark Mountain Ridge Runners, and other local charities. The event is held annually on the last weekend of the year and is traditionally one of the last chances in the calendar year to Marathon in the United States.



Events: 1 Miler, Half Marathon, Full Marathon, 4 Person Marathon Relay, 6 Hour Run.

Group Runs

REMEMBER OUR NEW GROUP RUN INCENTIVE !!!

In May the JRR board introduced a new group run incentive.

The objective is to encourage club members to join us for our organized weekly group runs.

What you need to do:

- 1) show up to an organized group run (see our Facebook and website for venues and times)
- 2) Sign in. Each sign-in is another chance to win. The more times you come and sign in, the greater your chances of winning
- 3) Wait until the next monthly meeting and hope you win

The monthly prize is awarded to one member per month (board members are excluded).

The prizes are approximately a \$25 value. Prizes could be race entries, free JRR membership, club gear, photo reproduction of your favorite run, etc.

The winner is chosen by a random number generator in front of members at our monthly meetings. The numbers will correspond to someone's name. No need to be present to win!

The winner for August was Perry Workman. Winner for September was Jim Burns. Winner for October was Heather Orland

Perry and Jim both chose a photo reproduction of their best running picture. Photo is permanently printed on aluminum plate, ideal to hang on any wall or medal cabinet.

Why this picture is important to me?



Jim:

This is a post-race photo from the 2017 Mother Road Marathon. This was my first full marathon. My buddy David Lewis told me that he wanted to train to run this race but didn't want to train alone. He worked Saturdays so I told him I would train long runs with him on Sundays. I did the training runs with Bobby Ballard and the Joplin Roadrunners on Saturdays and then David and I would run the same mileage on Sundays, though not necessarily the same routes.

I had not planned on actually running the marathon; I just wanted to get David ready. David, Carrie Burks, Bobby, Lisa Miller, Lisa McCall and others finally talked me into signing up for the race in late August, the race was Oct. 1. I am so thankful to all of them for doing so. I think that I am more proud of helping Cora Sharrock and a young woman that we met along the way (Marci McEvoy) who had never run more than 15 miles at a time finish the race and watching David Lewis finish.

But I sure love that big ass medal!!



Perry:

This photo holds significance to me in that it was the first 1/2 marathon that my oldest son ran with me at Bass Pro-Springfield. This also happened to be where I ran my first half-marathon years before. Even though he is an Army Aviator in the Missouri National Guard and has had several deployments, we have managed to get at least one 5K in together in all but one of the last ten years. Something I always look forward to.

Heather:

Chose a free 2023 JRR membership. She is the first one to register for '23! Welcome back Heather!!

Group Run Schedule

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

Look for our weekly Facebook posting and website update. We post weekday runs each Sunday night. We post weekend runs on Friday night.

Times and venues change with the seasons and weather conditions.

We welcome everyone to join our runs, no matter your ability or pace: runners, joggers, walk/runners or just walkers.

We leave no one behind!

Here is a sample of the weekly Facebook entry to look for.

Check out our newest entry every Sunday night and Friday night.



JRR WEEKLY RUNS

TUESDAY 6PM - GALENA HS TRACK, GALENA KS

THURSDAY 6PM - MERCY HOSPITAL -PARK ACROSS FROM THE FOUNTAIN (IF IT'S GOING OR FACING MAIN STREET)

SATURDAY TBD

SUNDAY BASS PRO RACE, SPRINGFIELD, MO

PIC•COLLAGE

COMING UP!

November Club Meeting on 11/10 at 1050 S. Joplin at 7:15pm

“Speaker” is TeeJay Britton who will give all JRR members an introductory class in self-defense and environmental awareness.



This class was inspired by recent events whereby people running solo were accosted in streets around the country. We advise all our members to run in groups (hence our weekdays and weekend group runs). Even so, we have had multiple requests and interest in basic self-defense and have now found an excellent choice for an introduction in this skill.

TeeJay graduated from Mineral Area College and Missouri Southern State University as a multi-sport All-American athlete, with degrees in Criminal Justice and Law Enforcement, but decided to pursue a career in education and accepted a position as a director of an alternative school in Oklahoma. After 3 years with the school, Teejay accepted his call into full time ministry and motivational speaking. Teejay is a five-sport professional athlete; track, basketball, MMA, boxing, and kickboxing. Aside from his athletic achievements, TeeJay is also a minister, motivational speaker a devout Christian and public servant dedicated to bettering the Joplin community.



And Don't Forget ...

December 8 Annual meeting at the Bookhouse Cinema

- Christmas exchange
- Board Elections
- Door prizes
- Collect your 2023 club outfit (very nice!)

To get your club outfit at the meeting, be sure to sign up for your 2023 JRR membership on or before Nov 30 on RunSignUp, or in person at any of our group runs.

- AND MUCH MORE ...

Wait stop the presses!!

The JRR Club shirts have just been approved and here is a sneak preview!

Below are the digital mock-ups of the shirts.

Sign up for your 2023 membership prior to Nov 30 (cash in person or online at RunSignUp) and receive your shirt at our December General Meeting!

Fronts



Backs



Club Officers



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

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

Secretary – Board Agenda and Club Meeting Reporting: Chasity Marine chasity_m2003@yahoo.com

Board Members

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

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

Provisional Board members

Brian Spencer spencercarco@yahoo.com

Titi Jaramillo titijillo@gmail.com

Club Maskot

Miles the only Beast (all others are pretend only)