



## Joplin RoadRunners' Newsletter Spring 2025 Edition

### First Word from your CEO

Fellow RoadRunners,

Have you ever been in a situation where you needed to change a habit or behavior, or a few items in your diet? If so, you know how hard it is sometimes to change even the smallest of habits. Indeed, to “*change a little is to change a lot*”. Whether it is something small like giving up chocolate for Lent, or something major like alcohol, cigarettes or a complete makeover of one’s diet. Support groups exist for a reason. Change is never easy.

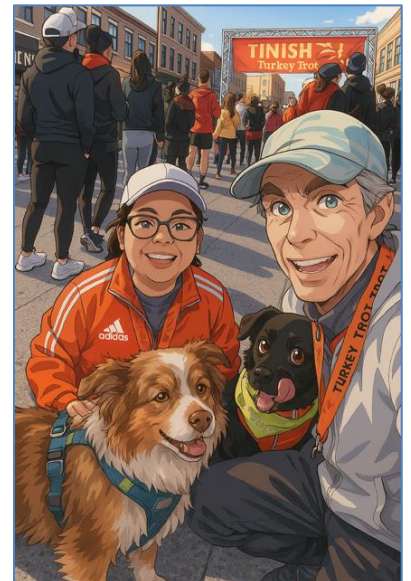
But you would think that something as simple as “running slower” would be a push-over. Well, my fellow RoadRunners, I am here to tell you that nothing could be further from the truth. Believe you me, I tried. It is small consolation that tons of running literature is out there, including in my own library, to encourage you to go fast. Ever heard the maxim “*to race hard you need to practice hard*”? Well, I have, and I always thought it made a lot of sense. Why wouldn’t it. You need to practice what we want to ultimately achieve by repeatedly attempting to approach the outcome, right?

Well, if you can believe it, my quest for faster race times is now leading me in the complete opposite direction. But running slower at my routine practice runs is not coming to me easily. I feel like a dog on a leash constantly trying to go after the next rabbit (speed) but my handler (heart-rate monitor) tells me to cool it. “Cool it? I am barely jogging!”, I protest, as if my Garmin gives a hoot. My strapped-on HR monitor does what it can to keep me in check. It has tried to do this for months now, still I frequently trespass and speed up into the “dark zone”.

My old companion Miles has been my best help. At 14, running faster is no longer on his agenda. Sure, we still like to go jog every morning, but only little Maffie beats us to the driveway. These two old joggers are dragging behind her now; one because he no longer wants to nor can, the other because of a commitment I am determined to see this through, until I discover whether this is just the next best hoax, or whether it is indeed the breakthrough it promises to be.

I will share my story as so many of you are willing to also share your stories in this new edition of our JRR Newsletter.

Thanks to all who participated; as always, all of you are in the drawing for the participation prize we will disclose and draw for at our next club meeting. Read on to see what your fellow RoadRunners enjoyed, participated in and survived in the past months.



*Henri*

✓ **New Equipment**



Additional canopy 10x20' was approved but purchase was put on hold due to current tariff wars and imports from China. We are also beginning to set money aside for a backup timing system. Our new trailer is working perfectly. It has been tagged, cleaned, inside shelf compartments built to keep all equipment properly stowed and JRR logos look just dandy.



✓ **Board changes**

Andrew McGinty had to resign; his responsibilities at work no longer allowed him the time to dedicate to his task at JRR. He will, however, continue to promote JRR and to our races inside General Mills. Andrew promised to reapply for the position if and when his workload changes again in the future.

Casey Grissom had to resign as the club's Treasurer due to health issues. Kayla Griffin has volunteered to temporarily take up the position until the December election. We wish Casey a speedy recovery. We also moved our PO Box back to Joplin (new address **PO Box 3924, Joplin MO 64803**).

✓ **Race Charities**

Your Board reviewed upcoming race budgets and voted on the charity contribution for recent races. Charity checks were handed out at our January and March Club meetings (see page 3).



✓ **Growing 2025 JRR Membership**

For the second year in a row, JRR is exceeding 100 active members. Several 2023 and 2024 members have yet to sign up, so we expect this number to continue to grow.



✓ **Upcoming Races: Neosho Dogwood 5K and Clover Run 5K/12K**

The annual Neosho Dogwood run will now be held by JRR. Applications for the race were submitted to the City of Neosho.

For the 41<sup>st</sup> edition of Run w/t Wind, we welcomed our first corporate sponsor and two new charities (see page 38).

Contacts were also made with Jasper PD and 66 Drive-In Theater for the inaugural edition of the Clover Run. The 12K course was measured and submitted for USATF-certification. For RWTW and Clover Runs, we had cooperation of ARES radio guys for race communication.



✓ **Other spring races**

JRR is now cooperating with other races to provide timing and organizational assistance. Upcoming races JRR will be timing are Power of Pink 5K and Lamar FCA 5/10K Fair Run. JRR will be promoting these races together with other area races that give our members a special discount at registration.



**Next Board meetings are May 1, June 3, July 1, 2025**



## January Club Meeting

In January, we traditionally meet for Lasagna at Henri & Titi's home. They prepare the lasagna and club members bring sides and drinks. Club members also bring their stories since this is the time when new members introduce themselves to the old rats and vice versa. Always a fun gig for everyone since we always discover new sides of one another.

At this meeting, we were also able to hand Hope Kitchen Neosho a \$1,000 charity check, net revenue from our most recent Frosty4 Trail Run held at Neosho's HighGrounds trail on January 18. To receive the check, we welcomed Elizabeth Plappert, the new Director at Hope Kitchen, taking over from the late Desiree Bridges. For next year's Frosty, we will be working with Elizabeth as well.

## March Club Meeting



Our March meeting was held at Natural Grocers for a

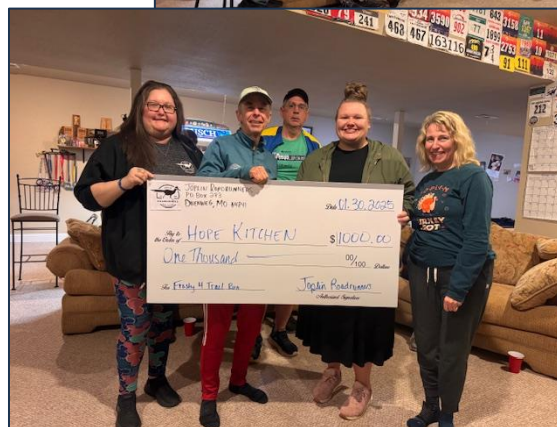
very in-debt presentation about healthy foods, drinks, supplements and minerals; even the various kinds and

origins of salt.

Before the meeting, we were delighted to hand out charity checks to three organizations that were the recipients of our recent races: *Run w/t Wind* and *Clover Run*.

*Jasper County 4H* and *Crosslines Carthage* were the two organizations benefitting from our inaugural Clover Run 5K/12K in Carthage, each with an \$850 donation (see also pages 11-13).

*Medicine Loan Closet*, a non-profit linked to Phoenix Home Care & Hospice, was the beneficiary of \$2,000, the net revenue of our 41<sup>st</sup> Run w/t Wind 25K race, held in February (see also pages 9-10).



## Technical Corner: To run faster, try running slower ...

(by Henri Coeme)

In the previous edition of our Newsletter, I introduced you to 80/20 running (see JRR Newsletter 2024-25 Winter edition, pages 1, 7-8, 24 and book extract on page 41).

I illustrated how Dr. McNabb's  $\text{VO}_{2\text{max}}$  test could help identify specific running thresholds, i.e. aerobic and anaerobic thresholds, fat-sugar burn ratios and heart rates at specific speeds and effort-levels.

Using myself as a willing guinea pig, Dr. McNabb helped me recognize that my ideal speed for the majority of my workouts should be dictated by an average heart rate of around 102-110 and never exceeding 134. The average heart rate level of 102-110 is where my ratio of fat burning energy/sugar burning energy is highest. At a heart rate of 134, I start burning more sugars than fat. Since sugars (glycogen), stored in muscles and liver, are in always in short supply, it is wise and smart running to preserve this "easy energy" as much and as long as possible.

But how?

We are all familiar with "bonking" during a marathon or Ultra. It is the unpleasant effect of "running out of fuel"; the sudden, debilitating drop in energy and performance that can occur during endurance activities like running or cycling, caused by a depletion of glycogen (stored carbohydrates) in the muscles.

So, what to do when that tank runs empty? Continuing is not an option. The body will quickly shut down and render us incapacitated. As a response, it is often recommended to consume gels and simple carbohydrates during exercise. With the annual Tour de France coming up soon (an event Titi and I religiously follow daily), we are always amazed how much riders need to eat during their hours-long races; then repeating this for three weeks, nearly every day, until their arrival on the Champs-Elysees in Paris: up to 6-7,000 calories a day! Enough to keep Titi and I fed for a week (well, almost).

As runners, we are not unfamiliar with the wide selection of gels; those squeezy little packages we carry in our hydration belts to consume when our energy drops. Problem is, running is highly intense and the energy we spend per mile or per hour is much more than we can ever consume and absorb in that same time-frame. So, all this gel consumption is just a very short delay of execution. We just hope to finish the race by the time we run out of energy. Some of us do a better job at this than others, but few of us manage to continue at high speed for expended periods of time or distance.

However, there is an energy source all of us (even the tiniest among us runners) have plenty of, .... FAT! Most of us call it a problem rather than an energy source, but here is how it works. When our bodies burn fat, they produce ketones, an energy-rich byproduct of fat metabolism, in the liver. Ketones are the alternative fuel source for the body, primarily the brain, when glucose is unavailable or low. They are produced when the body breaks down fat for energy, especially during periods of fasting, low-carb dieting, or intense exercise.

So, first we burn glucose, then we gradually transition to burning fat. Glucose burns anaerobically and fast, allowing us to produce some fast PR's at short distances. Fat burns aerobically and much slower. We experience this transition when, during a marathon, our pace drops significantly in the last section of the race,





often past mile-20 (the dreaded “*wall*”). At that point, glucose burning continues but at a much lower level, in an attempt to not run out and to protect the brain.

So we are doomed to bonk if we continue, right?

### **Enter 80/20 running.**

With this technique, we run the majority (80%) of our workouts at aerobic speed. Aerobic speed is the level at which we can still carry on a normal conversation without cutting it down to just a few words; it is the speed at which we can still breathe through the nose without running out of air. It is also the speed at which we consume a high ratio of fat versus glucose. A rule-of-thumb, easy to remember, is the formula

$$\text{Aerobic Heart Rate Max} = 180 \text{ minus Age}$$

BINGO!

So all we need to do to run forever is to run slower, right? In my case  $180 - 72 = 108$  Heart rate.

Not so fast.

Bodies (mine and yours) are lazy by nature. Ok, let’s rephrase that. Our bodies take the road of least resistance. As long as it finds easy-to-burn glucose, it will burn that fuel source primarily.

Ok, so what to do?

The trick is to force your running body into a state whereby it “prefers” burning fat instead of sugars. Take another look at the chart (previous page) Dr. McNabb plotted for me after my 24 minute running climb on the treadmill to the point of near-exhaustion. What if I continued to run at a lower heart-rate level of around 110?

### **Enter Primal Endurance** (for book excerpt see page 37).

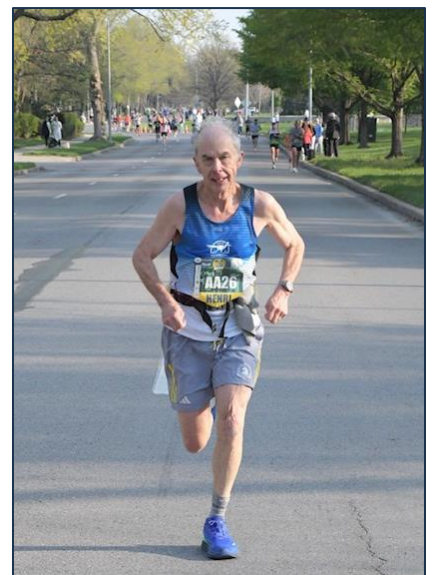
In this book, Sisson and Kerns graphically detail a chapter-by-chapter approach on how to make your active body adjust to burning a majority of fat. The advantages are obvious: running faster but at lower heart rates, losing excess body fat, reduce stress and inflammation, avoid injuries and premature burnout and ... run while having more fun.

The secret sauce is all about running and working out consistently *at or below the aerobic heart rate* (yes! that same 102-110 heart rate Dr McNabb had plotted for me). Turns out, we are pre-conditioned to run way too fast, leading to constant fatigue, frequent injury and as a result, never reaching our best performance.

Sisson and Kerns’ suggestion is to run slow in most of our runs. On a few occasions, run all out (“run all out at *‘fight-or-flight’* speed or go home”). This limits the number of times and miles we really stress ourselves while keeping our running skills sharp and fast.

But proper running strategy is not enough. This activity needs to be supported by an adequate diet which favors good quality fats over carbohydrates. For a once-upon-a-time vegetarian, this step was as tough for me as learning how to run slower. The authors state that making good quality fats readily available to your metabolism, while at the same time having your running body call for this energy which it is able and willing to burn aerobically, is the secret recipe of Primal Endurance running.

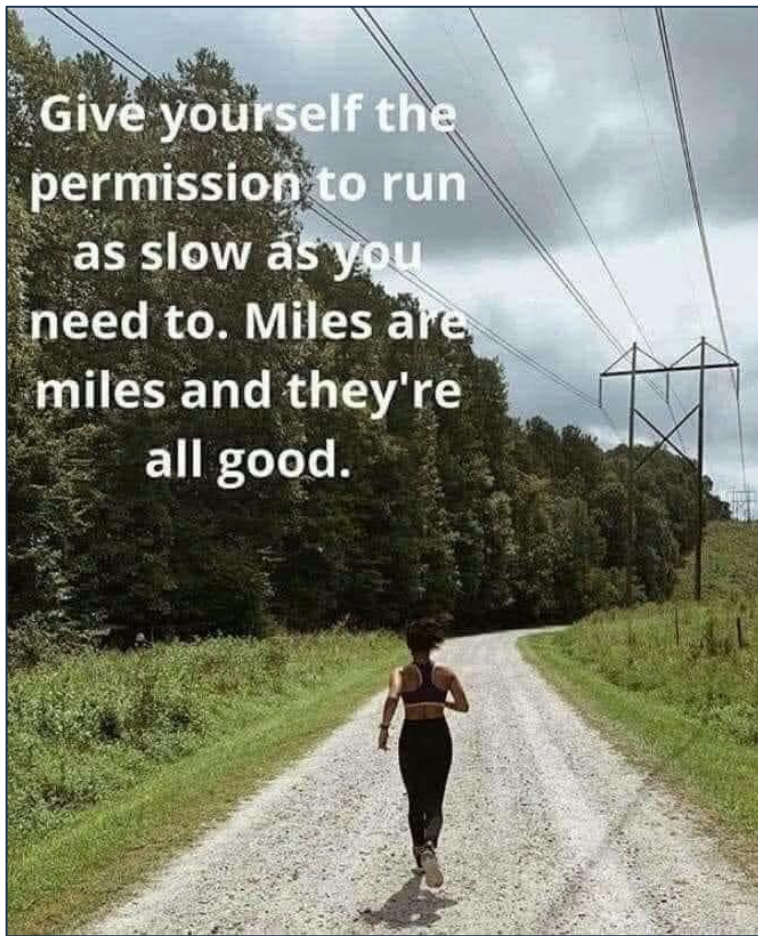
Non-believer as I am, I decided to put this theory to the test in December 2024. Now in my fifth month of gradual transition, here are the first results. I compared my most recent race performance with my historic performances on the same courses.



- Rock the Parkway Half Marathon
  - o 2019, age 66 – 1:34:09 – Age Graded: 80.23%
  - o 2021, age 68 – 1:35:02 – Age Graded: 81.13%
  - o 2022, age 69 – 1:34:36 – Age Graded: 82.51%
  - o 2024, age 71 – 1:34:39 – Age Graded: 84.13%
  - o 2025, age 72 – 1:32:08 – Age Graded: 87.52%
- Garmin Olathe Half Marathon
  - o 2024, age 71 – 1:34:07 – Age Graded: 84.61%
  - o 2025, age 72 – 1:31:28 – Age Graded: 88.14%

So, running the same course in mostly similar circumstances with finishing times about 1 minute apart between 2019 and 2024, was promising and simply the result of persistent training. But this April, and despite advancing in age, I noted a sudden improvement in my finishing times of 2-3 minutes (10 secs per mile!) in my half-marathon races, and a jump in age-graded performance to a level I had not yet achieved for any distance over 5K. I was quite surprised at the short time to achieve these results.

I'll be the first to admit that it is early in my experiment to draw any conclusions. I will make another comparison in another 3-4 months to gauge any further progress. But so far, I believe enough in this Primal Endurance system to continue with the program and refine it as I go along. One immediate and noticeable advantage: no injuries thus far, despite a rigorous 200+miles/month schedule. And who can complain about that.



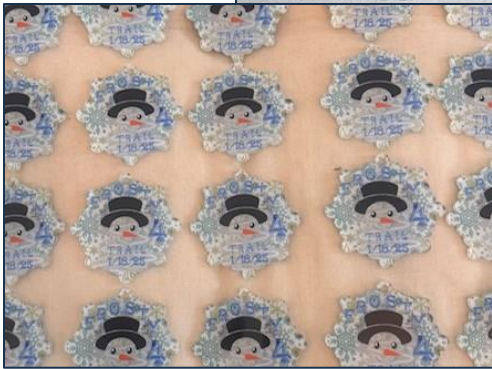


# JRR Race Results

FROSTY-4 Trail Run – Jan 18, 2025

## 4M Overall Results

Place	Name	Gender	Age	City	State	Chip Time	Pace	Age Grade	Age Place
1	Les Shaeffer	M	46	Pea Ridge	AR	28:10.20	7:03	64.99	1: M Top Finishers
2	John Williams	M	35	Neosho	MO	28:11.70	7:03	59.98	1: M3039
3	Ellie Mitchell	F	24	Joplin	MO	32:47.91	8:12	55.24	1: F Top Finishers
4	Tom McKay	M	61	Neosho	MO	33:28.44	8:22	62.04	1: M6069
5	Jeremy Gripka	M	44	Mount Vernon	MO	34:26.28	8:37	52.34	1: M4049
6	Brent McBrien	M	49	Miami	OK	34:47.55	8:42	53.9	2: M4049
7	Emily Broadstock	F	35	Seneca	MO	35:31.20	8:53	51.96	1: F3039
8	Robert Newman	M	59	Bella Vista	AR	35:47.79	8:57	56.99	1: M5059
9	Trish Harrison	F	60	Bella Vista	AR	37:15.69	9:19	63.18	1: F6069
10	Ron Sparlin	M	64	Joplin	MO	38:01.35	9:30	56.12	2: M6069
11	Shelly Neeper	F	44	CarthageCarthage	MO	38:34.53	9:39	50.83	1: F4049
12	Morgan Bridges	F	29	Carthage	MO	39:21.42	9:50	46.11	1: F2029
13	Shelby Baugh Bruner	F	33	Carthage	MO	39:21.60	9:50	46.53	2: F3039
14	Ryan Bresee	M	39	Joplin	MO	39:42.96	9:56	43.7	2: M3039
15	Kevin Harrold	M	51	Diamond	MO	39:47.82	9:57	47.89	2: M5059
16	Paul Wright	M	49	Carthage	MO	39:59.16	10:00	46.9	3: M4049
17	Joyce Deeser	F	44	Reeds	MO	40:31.14	10:08	48.39	2: F4049
18	Kendra Cochran	F	40	Webb City	MO	41:42.36	10:26	45.51	3: F4049
19	Sarah Phillips	F	31	Joplin	MO	42:00.21	10:30	43.37	3: F3039
20	John Motazed	M	58	Joplin	MO	42:04.92	10:31	48.06	3: M5059
21	Paul Ceselski	M	63	Fort Gibson	OK	44:12.93	11:03	47.82	3: M6069
22	Bradley Ratliff	M	27	Joplin	MO	45:15.96	11:19	36.82	1: M2029
23	Tracey Orshall	F	42	Macomb	MI	45:33.66	11:23	42.29	4: F4049
24	Valerie McBrien	F	47	Miami	OK	46:36.42	11:39	43.36	5: F4049
25	Perry Workman	M	63	Joplin	MO	46:46.45	11:42	45.21	4: M6069
26	Sharon Smith	F	46	Carthage	MO	49:43.98	12:26	40.22	6: F4049
27	Marc Fisher	M	54	Lebanon	MO	49:55.86	12:29	39.14	4: M5059
28	Jessa Volz	F	12	Anderson	MO	50:34.68	12:39	40.63	1: F0112
29	Tess Volz	F	41	Anderson	MO	50:51.06	12:43	37.6	7: F4049
30	Taylor Gravett	M	32	Joplin	MO	50:55.53	12:44	32.82	3: M3039
31	David Groves	M	45	Baxter Springs	KS	51:02.88	12:46	35.58	4: M4049
32	Jessica Moravec	F	34	Galena	KS	51:05.28	12:46	35.98	4: F3039
33	Macie Rogers	F	22	Lebanon	MO	52:05.73	13:01	34.78	2: F2029
34	Rebecca Verhaar	F	30	Joplin	MO	52:12.06	13:03	34.82	5: F3039
35	Troy Spieker	M	46	Aurora	MO	52:31.92	13:08	34.85	5: M4049
36	Nancy Ohmart	F	63	Joplin	MO	56:16.11	14:04	43.49	2: F6069
37	Gary Ohmart	M	62	Joplin	MO	56:16.89	14:04	37.23	5: M6069
38	Phillip Lahman	M	47	Neosho	MO	56:19.53	14:05	32.76	6: M4049
39	Justin Bawl	M	40	Joplin	MO	57:53.07	14:28	30.2	7: M4049
40	Jason Shumny	M	55	Joplin	MO	59:46.26	14:57	32.98	5: M5059
41	Joey Verhaar	M	33	Joplin	MO	1:00:06.60	15:02	27.89	4: M3039
42	Ron Mitchell	M	75			1:05:59.58	16:30	36.72	1: M7099
43	Becky Mitchell	F	75	Joplin	MO	1:06:00.60	16:30	44.07	1: F7099
44	Ashley Thomas	F	39	Neosho	MO	1:30:42.71	22:41	20.79	6: F3039





## 25K Overall Results

Place	Name	Gender	Age	City	State	Chip Time	Pace	Age Grade	Age Place
1	Jose Rueda	M	43	Rogers	AR	1:44:47.43	6:45	69.27	1: M Top Finishers
2	Katie Smith	F	34	Webb City	MO	1:46:04.92	6:50	71.49	1: F Top Finishers
3	Myles Loffler	M	36	Springfield	MO	1:46:09.06	6:50	65.08	1: M3039
4	Sally Heil	F	27	Springfield	MO	1:49:16.89	7:02	68.63	1: F2029
5	Paul Skorick	M	49	Springfield	MO	1:51:57.66	7:12	68.25	1: M4049
6	Sara Ibbetson	F	44	Ozark	MO	1:51:57.72	7:12	71.64	1: F4049
7	Henri Coeme	M	72	Neosho	MO	1:52:16.17	7:14	85.45	1: M7099
8	Shanda Stepp	F	49	Webb City	MO	2:01:06.54	7:48	69.49	2: F4049
9	Preston Valentine	M	26	Joplin	MO	2:04:12.42	8:00	55.15	1: M2029
10	Jeremy Gripka	M	44	Mount Vernon	MO	2:19:08.13	8:57	52.61	2: M4049
11	Daphne Payne	F	44	Joplin	MO	2:20:16.89	9:02	57.18	3: F4049
12	Amanda Quint	F	36	Springfield	MO	2:34:11.46	9:56	49.54	1: F3039
13	Angelique McLallen	F	42	Joplin	MO	2:44:06.04	10:34	48.14	4: F4049
14	Kathy Richhart	F	65	Carthage	MO	2:45:41.20	10:40	62.42	1: F6069
15	Paul Wright	M	49	Carthage	MO	2:45:55.57	10:41	46.05	3: M4049
16	Megan Ritchie	F	41	Joplin	MO	2:47:19.72	10:46	46.88	5: F4049
17	Dina Hensley	F	52	Joplin	MO	2:48:27.97	10:51	51.69	1: F5059
18	Ryan Bresee	M	39	Joplin	MO	2:50:03.25	10:57	41.31	2: M3039
19	Sheree Wilson	F	68	Webb City	MO	3:10:41.91	12:17	56.69	2: F6069
20	Sharon Smith	F	46	Carthage	MO	3:11:04.08	12:18	42.72	6: F4049
21	Paul Ceselski	M	63	Fort Gibson	OK	3:11:13.35	12:19	45.57	1: M6069
22	Jade Thomas	M	30	Carl Junction	MO	3:12:26.97	12:23	35.59	3: M3039
23	Hunter McPherson	M	30	Carl Junction	MO	3:12:32.34	12:24	35.58	4: M3039
24	Nicholas Robertson	M	37	Joplin	MO	3:13:03.39	12:26	35.94	5: M3039

Place	Name	Chip Time	Pace	Name
1	<b>R</b> Race Avengers	1:46:50.10	6:53	John Wayne Williams - Les Shaeffer - Tom McKay
2	<b>W</b> Worst Pace Scenario	2:14:25.56	8:39	Clayton Carnahan - Gina Atteberry - John Atteberry
3	<b>R</b> Road Warriors	2:45:54.43	10:41	Allan Cibert - Jerry Pyle - Russ Ritchhart
4	<b>F</b> Freedom Fitness Fort Scott	2:53:38.77	11:11	Hunter Schaaf - Katy Taylor - Lynette Emmerson
5	<b>R</b> Running With the Winded	3:00:51.37	11:39	Anne Jiles - Jason Shumny - Perry Workman
6	<b>S</b> Sole Sisters	3:11:01.22	12:18	Debbie Smith - Kayla Griffin - Lori Thompson







# Clover Run 5K/12K – March 8, 2025

## 5K Overall Results

Place	Name	Gender	Age	City	State	Chip Time	Pace	Age Grade	Age Place
1	Colby Hemphill	M	35	Langley	OK	20:18.50	6:32	64.24	1: M Top Finishers
2	Lelania Littlefield	F	50	Pineville	MO	23:33.56	7:35	68.67	1: F Top Finishers
3	Brett Pennington	M	23	Reeds	MO	24:16.08	7:49	52.81	1: M2029
4	Jeremy Gripka	M	44	Mount Vernon	MO	25:19.44	8:09	55.04	1: M4049
5	Enos Griggs	M	18	Neosho	MO	25:53.92	8:20	49.51	1: M1319
6	Joshua Irvine	M	35	Neosho	MO	26:21.18	8:29	49.51	1: M3039
7	Nick Smith	M	25	Gladstone	MO	26:39.18	8:35	48.09	2: M2029
8	Hope Dalton	F	23	Joplin	MO	27:11.06	8:45	51.13	1: F2029
9	Heather Hensley	F	29	Joplin	MO	27:20.48	8:48	50.96	2: F2029
10	Joyce Deeser	F	44	Reeds	MO	27:31.26	8:51	55.07	1: F4049
11	Madison Artinger	F	13	Mount Vernon	MO	27:37.56	8:54	55.65	1: F1319
12	Rachel Griggs	F	23	Neosho	MO	27:57.41	9:00	49.72	3: F2029
13	Laney Bayless	F	21	Lamar	MO	28:04.58	9:02	49.51	4: F2029
14	Megan Reavley	F	34	Lamar	MO	28:05.93	9:03	50.29	1: F3039
15	Allan Cibert	M	70	Mount Vernon	MO	29:11.90	9:24	59.7	1: M7099
16	Julieanna Adamson	F	23	Carthage	MO	29:35.94	9:32	46.96	5: F2029
17	Franki Brines	F	29	Diamond	MO	29:52.88	9:37	46.62	6: F2029
18	Jonathan Boothe	M	11	Webb City	MO	29:56.18	9:38	48.3	1: M0112
19	Gina Atteberry	F	55	Joplin	MO	30:33.77	9:50	56.1	1: F5059
20	Emily Cannon	F	28	Lamar	MO	31:08.27	10:01	44.68	7: F2029
21	Jarika Harris	F	33	Webb City	MO	31:31.55	10:09	44.65	2: F3039
22	Elizabeth McKay	F	45	Neosho	MO	32:29.12	10:27	47.13	2: F4049
23	Angela Pedersen	F	44	Neosho	MO	32:36.32	10:30	46.48	3: F4049
24	Melanie Griggs	F	58	Neosho	MO	32:40.41	10:31	54.44	2: F5059
25	Phillip Lahman	M	47	Neosho	MO	33:03.03	10:38	43.16	2: M4049
26	Amber Reinecke	F	38	Franklin	KS	33:34.49	10:48	42.98	3: F3039
27	Lindsey Kaiser	M	38	Webb City	MO	33:48.35	10:53	39.43	2: M3039
28	Lori Thompson	F	51			34:23.45	11:04	47.58	3: F5059
29	Sheila Johnson	F	48	Edna	KS	34:45.14	11:11	45.52	4: F4049
30	Paul Johnson	M	38	Edna	KS	34:46.58	11:12	38.33	3: M3039
31	Brandi Eichelberger	F	41	Joplin	MO	35:10.49	11:19	41.93	5: F4049
32	Emilia Steffes	F	16	Washburn	MO	35:28.04	11:25	40.73	2: F1319
33	Robert Cole	M	70	Lamar	MO	36:17.54	11:41	48.03	2: M7099
34	Arnold Varela	M	31	Neosho	MO	37:22.28	12:02	34.34	4: M3039
35	James Griggs	M	57	Centerton	AR	37:27.05	12:03	41.31	1: M5059
36	Jared Niswonger	M	31	Diamond	MO	39:49.52	12:49	32.22	5: M3039
37	Danielle O'Banion	F	36	Jasper	MO	41:09.02	13:15	34.67	4: F3039
38	Jeremy Goins	M	43	Joplin	MO	41:42.29	13:25	33.17	3: M4049
39	Amber Goins	F	45	Joplin	MO	41:43.91	13:26	36.69	6: F4049
40	Carrie Goins	F	64	Joplin	MO	41:44.57	13:26	46.04	1: F6069
41	Thomas Griggs	M	15	Centerton	AR	42:29.00	13:40	30.91	2: M1319
42	Sarah Dalton	F	48	Washburn	MO	42:51.05	13:48	36.92	7: F4049
43	Frank King	M	45	Pittsburg	KS	43:00.26	13:51	32.66	4: M4049
44	Pattie Pennington	F	44	Reeds	MO	43:28.16	13:59	34.86	8: F4049
45	Cristina Jaramillo	F	56	Neosho	MO	45:27.23	14:38	38.18	4: F5059
46	Eve Varela	F	31	Centerton	AR	45:27.44	14:38	30.77	5: F3039
47	Dominic Cole	M	10	Lamar	MO	47:42.14	15:21	31.54	2: M0112
48	Robert McKnight	M	57	Neosho	MO	48:04.55	15:28	32.18	2: M5059
49	Patti McBride	F	70	Mount Vernon	MO	53:59.64	17:23	38.71	1: F7099
50	Tish McBride	F	57	Mt Vernon	MO	53:59.66	17:23	32.54	5: F5059
51	Janet Cibert	F	69	Mount Vernon	MO	54:06.81	17:25	38.07	2: F6069

## 12K Overall Results

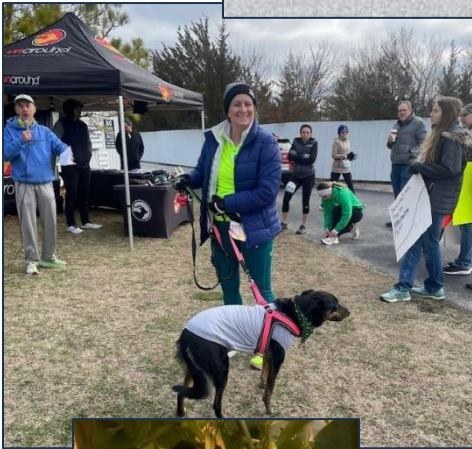
Place	Name	Gender	Age	City	State	Chip Time	Pace	Age Grade	Age Place
1	Henri Coeme	M	72	Neosho	MO	51:20.97	6:53	86.3	1: M Top Finishers
2	Preston Valentine	M	26	Joplin	MO	53:23.94	7:10	59.77	1: M2029
3	Christy Worrell	F	47	Farlington	KS	53:51.78	7:13	70.89	1: F Top Finishers
4	Tom McKay	M	61	Neosho	MO	53:56.79	7:14	73.52	1: M6069
5	John Atteberry	M	56	Joplin	MO	56:17.79	7:33	67.29	1: M5059
6	Josh Malkowski	M	31	Joplin	MO	1:00:10.14	8:04	53.06	1: M3039
7	Kevin Harrold	M	51	Diamond	MO	1:03:27.36	8:31	57.13	2: M5059
8	Paul Wright	M	49	Carthage	MO	1:05:06.57	8:44	54.74	1: M4049
9	Charles Brewster	M	56	Carl Junction	MO	1:05:40.35	8:48	57.69	3: M5059
10	Katrina Wicklund	F	35	Carthage	MO	1:06:31.62	8:55	52.98	1: F3039
11	Shelby Baugh Bruner	F	33	Carthage	MO	1:07:35.19	9:04	51.81	2: F3039
12	Morgan Bridges	F	30	Carthage	MO	1:07:35.34	9:04	51.49	3: F3039
13	Emily Broadstock	F	35	Seneca	MO	1:08:20.88	9:10	51.57	4: F3039
14	Don Sechrest	M	58	Birch Tree	MO	1:09:39.74	9:21	55.37	4: M5059
15	Russ Ritchhart	M	74	Carthage	MO	1:10:33.27	9:28	64.53	1: M7099
16	Kathy Ritchhart	F	65	Carthage	MO	1:10:33.30	9:28	67.45	1: F6069
17	Ryan Bresee	M	39	Joplin	MO	1:10:37.08	9:28	46.56	2: M3039
18	Stephanie Durfee	F	42	Neosho	MO	1:14:07.74	9:56	49.37	1: F4049
19	Ty Wenner	M	22	Webb City	MO	1:16:08.97	10:13	41.91	2: M2029
20	Kari Calkins	F	55	Webb City	MO	1:16:36.42	10:16	54.61	1: F5059
21	Paul Ceselski	M	63	Fort Gibson	OK	1:17:13.80	10:21	52.34	2: M6069
22	Becca Diskin	F	48	Carl Junction	MO	1:20:16.44	10:46	48.06	2: F4049
23	Greg Drollinger	M	57	Pierce City	MO	1:20:18.24	10:46	47.6	5: M5059
24	Kenzie McVay	F	27	Carthage	MO	1:20:18.54	10:46	43.25	1: F2029
25	Sarah St. Clair	F	26	Joplin	MO	1:22:45.03	11:06	41.97	2: F2029
26	Anne Jiles	F	66	WEBB CITY	MO	1:24:50.97	11:23	56.86	2: F6069
27	Debbie Smith	F	67	Joplin	MO	1:27:50.27	11:47	55.71	3: F6069
28	Nancy Ohmart	F	63	Joplin	MO	1:29:07.47	11:57	51.96	4: F6069
29	Becky Mitchell	F	75	Joplin	MO	1:34:53.06	12:44	58.15	1: F7099
30	Jason Shumny	M	55	Joplin	MO	1:36:02.97	12:53	39.09	6: M5059
31	Ashley Negron	F	39	Webb City	MO	1:42:32.25	13:45	35.02	5: F3039
32	Priscilla Jobe	F	40	Joplin	MO	1:42:32.91	13:45	35.22	3: F4049

### Local Runner Found Guilty of Lining Up Near 7:00/Mile Banner at Half-Marathon Start When He Can't Run Anywhere Near a 7-Minute Mile

June 07, 2023 / Mark Remy









# Neosho Dogwood 5K – April 19, 2025

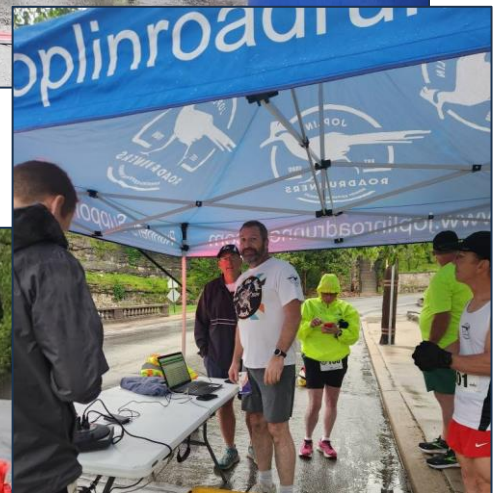
## 5K Overall Results

Place	Name	Gender	Age	City	State	Chip Time	Pace	Age Grade	Age Place
1	Eric McCleary	M	30	Neosho	MO	20:28.50	6:35	62.6	1: M 5K Top Finishers
2	John Williams	M	35	Neosho	MO	20:30.89	6:36	63.59	1: M3039
3	Tom Woods	M	32	Springfield	MO	20:43.37	6:40	62.06	2: M3039
4	Henri Coeme	M	72	Neosho	MO	21:56.73	7:04	81.46	1: M7099
5	John Atteberry	M	56	Joplin	MO	22:16.92	7:10	68.85	1: M5059
6	Kip Atteberry	M	20	Joplin	MO	22:30.00	7:15	56.96	1: M2029
7	Tom Blazi	M	63	Washburn	MO	22:41.93	7:18	71.79	1: M6069
8	Daniel Hernando	M	38	Neosho	MO	23:48.63	7:40	55.98	3: M3039
9	Robert Newman	M	59	Bella Vista	AR	26:06.42	8:24	60.27	2: M5059
10	Kevin Harrold	M	51	Diamond	MO	26:20.93	8:29	55.88	3: M5059
11	Stefani Pyle	F	30	Webb City	MO	26:21.66	8:29	52.95	1: F 5K Top Finishers
12	Logan Wilson	M	35	Carthage	MO	26:25.02	8:30	49.39	4: M3039
13	Paul Wright	M	49	Carthage	MO	26:43.23	8:36	54.23	1: M4049
14	Riley Price	F	26	Monett	MO	27:12.72	8:46	51.08	1: F2029
15	Noah Ceballos	M	26	Joplin	MO	27:31.59	8:52	46.56	2: M2029
16	Jeff LaFerla	M	63	Weatherby Lake	MO	27:33.24	8:52	59.14	2: M6069
17	Benjamin Pinkley	M	10	Carthage	MO	27:45.27	8:56	54.2	1: M1019
18	Stephen Thomas	M	44	Neosho	MO	27:50.16	8:58	50.07	2: M4049
19	Ally Pinkley	F	35	Carthage	MO	27:51.04	8:58	50.96	1: F3039
20	Oakley Slaughter	M	13	Webb City	MO	27:56.55	9:00	48.75	2: M1019
21	Kayla De Leon	F	25	Riverside	CA	28:18.93	9:07	49.09	2: F2029
22	Brady Beckham	M	41	Carthage	MO	28:26.01	9:09	47.93	3: M4049
23	Diane Dorn	F	59	Bella Vista	AR	28:39.45	9:13	62.85	1: F5059
24	Angelique McLallen	F	42	Joplin	MO	29:32.76	9:31	50.34	1: F4049
25	Spencer Greathouse	M	29	Goodman	MO	30:22.56	9:47	42.19	3: M2029
26	Sarah Phillips	F	31	Joplin	MO	32:13.59	10:22	43.41	2: F3039
27	Franki Brines	F	29	Diamond	MO	32:25.11	10:26	42.98	3: F2029
28	Matthew Creviston	M	37	Neosho	MO	32:51.12	10:34	40.28	5: M3039
29	Bridget Thomas	F	50	Webb City	MO	33:10.02	10:41	48.78	2: F5059
30	Enos Griggs	M	18	Neosho	MO	33:36.99	10:49	38.15	3: M1019
31	Rachel Griggs	F	23	Neosho	MO	33:38.67	10:50	41.31	4: F2029
32	Gina Atteberry	F	56	Joplin	MO	33:39.81	10:50	51.56	3: F5059
33	Ashley Zimmerman	F	32	Neosho	MO	33:58.98	10:56	41.28	3: F3039
34	Jaryd Zimmerman	M	9	Neosho	MO	34:00.15	10:57	46.37	1: M0109
35	MaKensy Harris	F	21	Pittsburgh	KS	34:25.86	11:05	40.37	5: F2029
36	Brandon Smith	M	40	Neosho	MO	34:35.43	11:08	39.11	4: M4049
37	Perry Workman	M	63	Joplin	MO	34:41.55	11:10	46.97	3: M6069
38	Stormy Greathouse	F	29	Goodman	MO	34:44.58	11:11	40.1	6: F2029
39	Jenna Kinslow	F	27	Noel	MO	34:44.94	11:11	40.01	7: F2029
40	Courtney Fullerton	F	34	Reeds Spring	MO	34:52.08	11:13	40.53	4: F3039
41	Anne Jiles	F	66	WEBB CITY	MO	35:46.95	11:31	55.19	1: F6069
42	Phillip Lahman	M	47	Neosho	MO	35:56.49	11:34	39.69	5: M4049
43	Isabella Bonifield	F	12	Miami	OK	36:54.57	11:53	42.66	1: F1019
44	Arnold Varela	M	31	Neosho	MO	37:06.72	11:57	34.58	6: M3039
45	Gwyn Osborne	F	41	Neosho	MO	37:37.89	12:07	39.19	2: F4049
46	Jayde Thomas	F	31	Joplin	MO	38:02.40	12:15	36.78	5: F3039
47	Shea Smith	F	32	Neosho	MO	38:02.43	12:15	36.88	6: F3039
48	Jaden Moore	F	22	Joplin	MO	38:12.33	12:18	36.38	8: F2029
49	Bella Scutti	F	22	Pea Ridge	AR	38:13.02	12:18	36.37	9: F2029

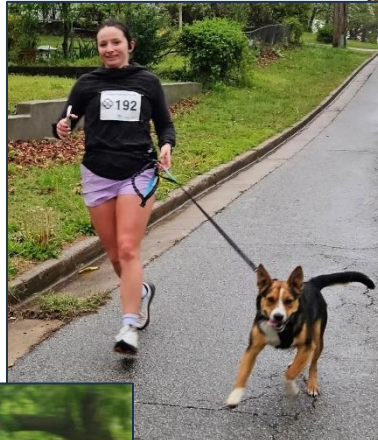


Place	Name	Gender	Age	City	State	Chip Time	Pace	Age Grade	Age Place
50	Ashley Monge	F	29	Nevada	MO	38:14.61	12:19	36.43	10: F2029
51	Jonna Adams	F	38	Goodman	MO	38:46.86	12:29	37.21	7: F3039
52	Dallas Steele	F	30	Bella Vista	AR	38:57.33	12:32	35.83	8: F3039
53	Riley Dozal	F	25	Seneca	MO	39:23.58	12:41	35.29	11: F2029
54	Christine Thomas	F	44	Neosho	MO	39:37.86	12:45	38.24	3: F4049
55	Joshua Taylor	M	7	Neosho	MO	41:53.70	13:29	42.49	2: M0109
56	Samantha Taylor	F	27	Neosho	MO	41:53.70	13:29	33.19	12: F2029
57	Weston Taylor	M	8	Neosho	MO	41:54.42	13:29	39.78	3: M0109
58	Jason Shumny	M	55	Joplin	MO	42:24.87	13:39	35.87	4: M5059
59	Anran Lu	F	23	Joplin	MO	42:42.12	13:45	32.55	13: F2029
60	Carlos Anguiano	M	24	Joplin	MO	42:43.93	13:45	29.99	4: M2029
61	Jeremy Goins	M	43	Joplin	MO	43:10.32	13:54	32.04	6: M4049
62	Amber Goins	F	45	Joplin	MO	43:26.70	13:59	35.24	4: F4049
63	Alicia Turley	F	35	Miami	OK	44:07.56	14:12	32.17	9: F3039
64	James Griggs	M	57	Centerton	AR	44:18.42	14:16	34.91	5: M5059
65	Emily Hazelwood	F	22	Joplin	MO	44:22.47	14:17	31.32	14: F2029
66	Carrie Goins	F	64	Joplin	MO	44:30.54	14:20	43.18	2: F6069
67	Angie Williams	F	50	Neosho	MO	45:51.45	14:46	35.28	4: F5059
68	Payton Sisseck	F	14	Reeds Spring	MO	46:02.25	14:49	32.67	2: F1019
69	Kristen Hodson	F	28	Joplin	MO	48:16.17	15:32	28.83	15: F2029
70	April Franklin	F	55	Hollister	MO	50:21.81	16:13	34.04	5: F5059
71	Lukas Zimmerman	M	4	Neosho	MO	50:25.68	16:14		4: M0109
72	Scot Zimmerman	M	36	Neosho	MO	50:27.15	16:14	26.04	7: M3039
73	Charlene Brown	F	45	Joplin	MO	50:41.97	16:19	30.2	5: F4049
74	Alexus Adamson	F	9	Neosho	MO	53:31.41	17:14	32.1	1: F0109
75	Rachell Hoover	F	55	Neosho	MO	53:39.45	17:16	31.95	6: F5059
76	Caitlyn Valade	F	17	Miami	OK	54:17.34	17:28	26.1	3: F1019
77	Brenda Uyttebroeck	F	58	Joplin	MO	54:52.23	17:40	32.41	7: F5059
78	Heather Collins	F	48	Joplin	MO	54:57.15	17:41	28.79	6: F4049
79	Aimee Cheatham	F	48	Goodman	MO	54:57.42	17:41	28.79	7: F4049
80	Tonya Richey	F	53	Pierce City	MO	55:20.55	17:49	30.26	8: F5059
81	Kolton Harville	M	29	Joplin	MO	55:21.51	17:49	23.15	5: M2029
82	Flanner Allgood	M	6	Neosho	MO	56:52.98	18:19	33.81	5: M0109
83	Vera Stebbins	F	9	Neosho	MO	56:53.19	18:19	30.2	2: F0109
84	Chad Stebbins	M	64	Neosho	MO	56:58.50	18:20	28.86	4: M6069
85	Lacie Mccord	F	38	Miami	OK	57:06.93	18:23	25.27	10: F3039
86	Amanda Ortega	F	45	Miami	OK	57:07.23	18:23	26.81	8: F4049
87	Tori Cox	F	33	Neosho	MO	58:25.89	18:48	24.09	11: F3039
88	Robby Cox	M	42	Neosho	MO	58:34.11	18:51	23.44	7: M4049
89	Melissa Collins	F	56	Neosho	MO	59:32.88	19:10	29.15	9: F5059
90	Tiffany Hicks	F	29	Neosho	MO	1:00:18.73	19:25	23.1	16: F2029
91	Shane Hicks	M	7	Neosho	MO	1:00:18.78	19:25	29.51	6: M0109
92	Laurel Stebbins	F	58	Neosho	MO	1:05:57.72	21:14	26.96	10: F5059
93	Iris Allgood	F	9	Neosho	MO	1:06:00.30	21:15	26.03	3: F0109
94	Christine Allgood	F	37	Joplin	MO	1:06:02.64	21:15	21.72	12: F3039










# New on our Website [www.JoplinRoadRunners.com](http://www.JoplinRoadRunners.com)

Check results and some select race pictures at <https://joplinroadrunners.com/race-results>

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AREA COURSE MAPSJRR BYLAWSMORE

### Past Race Results

Click below to see posted results

41ST ANNUAL RUN WITH THE WIND - 2025

ERICK'S RUN - 2025

FROSTY4 TRAIL RUN - 2025

SOLES 4 PAWS - 2024

41ST ANNUAL PUMPKIN RUN - 2024

HIT THE ROAD, JACK - 2024

NEOSHO DOGWOOD RUN 5K - 2024

ERICK'S RUN - 2024

FROSTY4 TRAIL RUN - 2024



Delynn Kuhn and grand daughter Amanda, completing this first Dogwood 5K from its new location at Big Spring Park in Neosho



## Race/Running Reports by Club Members

### My First Marathon

(by Melanie Griggs)



I had been running for about five years. My daughters got me started running after years of having children and being busy being a mom. I ran with my dad as a teenager at home, and I suppose that's where I got my love of running. Anyway, I had completed some 5ks, 10ks, and a few half marathons.

Then, my son-in-law, who lived in Tennessee at the time, challenged me to run a full marathon. I'm not one

to pass up a challenge, so I said yes! He chose the Rock and Roll Nashville Marathon.



I started training. I overdid it and ended up with a hip flexor injury. I was about 4 months out from the marathon. I had to see a physical therapist and I faithfully did the stretches he recommended. Time for the marathon came and I was still limping a little bit. The physical therapist said I could run the marathon without injuring it anymore, but it was up to me. I was still limping, and it was uncomfortable at times, but I wasn't going to give up.



The day of the marathon came. My son-in-law and I were running the marathon and two of my daughters were running the half with my husband. The race started, and my son-in-law took off, leaving me in the dust. I finally made it to the finish line, limping, and having run the marathon by running, then walking, running then walking.....



I came across the line dead last. I was lucky I got the finishers' medal! Haha!

I thought my son-in-law had crossed the line long before me, and he had, but for the half marathon! His knees started cramping up on him and he was only able to run the half.

We still laugh about it today.



## My running plans

(by Jennifer Cornell)



My view of running has changed a lot in the last four years. I used to wonder why anyone would want to spend time running. Didn't understand it and would go out for a two-mile run and have difficulty. Didn't think I was good at it. Thought I should be better and become completely frustrated. So I'd stop.

Four years ago, I started competing with one of my friends using our Apple Watches. I started running again. One day my running changed when I realized it was for my mental health not just my physical health. Since that time, I've learned that I don't need to have a certain pace. I just need to be consistent. I now feel better mentally and physically. My first race was a 10k at Ward Parkway Thanksgiving Run in Kansas City. I found out racing wasn't as scary as I thought. It was great being around other runners. No one cared if I was slow or fast or somewhere in between. It was about me completing the race and spending time with my husband and about us comparing stories about the race. Now I look forward to races and to my running plan, with a goal of completing a 50-mile race before 50.

## Adapt and Overcome

(by Allan Cibert)



Adapt and overcome.

This statement might well be the motto of anyone pursuing their passion for running. Fitness isn't always on a straight line of upward progression but rather can be an oscillating graph of ups and downs.

Like many runners, I've had my share of setups. Many of my injuries were self-inflicted, to some degree. I had bad habits that I had to correct. These bad habits were things such as (1) running in shoes that were too worn, (2) not warming up before a workout and cooling down afterward, (3) running on bowed road, where I favored one leg over the other, (4) not embracing recovery days, (5) pay attention to nutrition (I'm still not very good at this), (5) stretching after my runs, (6) working on my core and abdominals. When I fixed these issues many of my running related injuries went completely away.

Although one can do everything possible to do the right thing, an unexpected illness could set one back as quickly as an injury. In the last several weeks Janet and I have been dealing with breathing and coughing problems, which turned out to be a mild case of COVID. There's no telling where we caught it, since we both have many interactions with the public and family. At any rate, we're both getting better now and looking forward to getting our training back on track.

One important aspect of recovering from illness or injury is to take your time to return to where you might have been before. Goals might have to be adjusted and the return to training will need to be gradual and steady.

I hope everyone has many wonderful healthy runs.



## Medaling Little Rock

(by Angel McLallen)



I finally accomplished one of my biggest goals in my running journey. And the best part is, I got to do it with 2 of my best friends for 26.2 miles. And had my family cheering us on at the end. Not only that; I got the privilege of walking with my mom on her first 5k.

As a family we made the pilgrimage to Little Rock, AR for the big race (we heard rumors about huge medals) and we were not disappointed. The fitness expo was great. Lots of vendors and sights to see. And people. So many people. We got in town on Friday,



Nick and I decided to walk the 5k on Saturday morning with my mom, little brother and little sister. What a beautiful morning full of sun and more people. So many people. We got to cheer my mom across the finish line which was pretty amazing. Then we ate. We ate lots of food. And it was so yummy. We didn't do too much sightseeing, but the Airbnb we rented had an arcade and hot tub so we were set. We enjoyed some RNR in the steamy bubbles and got lots of rest (or at least tried to).



On Sunday morning Nick, Savanna and I got up really early, got our gear on, a little fuel in our tummies and made the drive to Little Rock (I goofed when booking our stay and landed us 30 minutes away). When we arrived close to our destination, the roads were closed so we had to make a detour, (I get so much anxiety and have nightmares that we won't make the start line in time, so now I'm in panic mode). We found a parking spot and practically ran to the start line, then relaxed and just took it all in.

The thousands of folks there, and family support, it was pretty breathtaking to say the least. You could feel the excitement in the crowd. It seemed like an eternity before we actually got to run through the start line, but was only about 7 minutes; then we took off.

The course had lots of great aid stations along the way. It was like an all-you-can-eat buffet. A little of this, a little of that, we even did communion at this



church. There were a few moments when it seemed like we were just ready to be done, but we just kept going and going and finally got near the end. The cool thing was when we got to cross the finish together; then ate biscuits and gravy.

Oh, but the rumor about the giant medals was absolutely true. I thought I was going to fall over when they put it around my neck, but that could have been from running all the miles. In addition, we got an extra medal for completing the challenge of the 5k plus the marathon. So, the question is now, will I do another marathon? And yes, I absolutely will. I haven't signed up for anything yet but I'm looking.





## Meet my Ragnar Face

(by Kayla De Leon)



I started running in 2022 after I graduated college and stopped playing basketball; I needed some form of exercise to replace the sport I loved!

I eventually came to running & fell in love, even roped lots of my friends and family members into doing races with me. I have done two Ragnar races so far and am currently training for my 3rd!

A Ragnar race is a road relay race with 12 teammates where you run about 200 miles from point A to point B (including through the night) split between members

of the team. For the trail races, they are also team-based but each team member runs each of the 3 different loops once.



Hopefully that helps to understand these races a little! They are super fun and I would highly recommend them!



Here is a video clip to explain it a little better

<https://vimeo.com/231762440>

and here is their website: <https://runragnar.com/>

here in Joplin.

I am excited to meet new people through the club and create a new community

## Injured Runner Wondering Whether Cone Really Necessary

December 01, 2021 / Mark Remy



MAIN IMAGE VIA DEPOSITPHOTOS.COM



## Stay the Course!

(by Becky Mitchell)



I'm often the oldest runner in the races and that's nothing new! When I'm not, I try to learn a little about the people who are older, still running and running faster than me.

One of those people is Jeanne Hendrickson, KC, 81 years old, and she passed me in the last 3 races I've done in Kansas City; most recently at the April 12th Rock the Parkway. She always comes around me with that stride

and consistent pace which is easy to spot! I try to keep up with her, but I cannot!



She finished 11 minutes ahead of me! I'm so proud of her and I appreciate the other 2 women older than me that ran age 77 and another 81-year-old. It validates my belief that I need to keep going even if I am getting a little slower. I keep thinking someone's going to say, "If you can't go any faster than that, why try?" But no one ever does...just kudos all around!

I so admired David McCoy who passed away at age 93 a few weeks ago. Still running into his

90's, not too long ago, he participated in Erick's Run 2023 (53:23 at age 91) and Carthage Boom Run (57:57 at age 91 and 45:40 at age 89) and others! He sets the goal for all of us to keep on going!

Thank you, Dave!



PS. I did PR Rock the Parkway with 2:59:02 at age 75 in 2025 (44 degrees at the start); 2:59:40 at age 72 in 2021 (which was in August that year due to the pandemic, and it was 90 degrees at the start!)

Running isn't  
just something  
we do, it's a part  
of who we are.

MICHAEL D'AULERIO



## Go Girl!

*(by Morgan Bridges)*

I came back to running as a postpartum mom looking for an outlet and something I could do for and by myself – if you're a parent, you get it! Running has been both meditative (a form of therapy almost) and challenging. It has allowed me to prove to myself that I can still do hard things and push myself competitively.

Along the way, I drag my sister Shelby into the running world with me. Having that extra motivation and support from another running mom has been pivotal in my running journey. I'm also a lot less likely to press snooze on my 5am alarm when I know we're meeting up for a run – she'd never let me hear the end of it!

We ran our first 5k together back in May of 2024 and since then we have run a variety of different race distances together with our most recent being the Go Girl Run in Springfield, MO – our first half-marathon!

Shout out to all the JRR ladies that ran it with us! Crossing the finish line together was a special experience. Seeing our hard work pay off from our first official training block has left us encouraged for our next one! Plus having our daughters as the cutest cheerleaders while encouraging them as they dip their toes into running and races makes it even better!



Our motto this year has been “more enjoyable miles,” placing the focus on finding the joy in running – the people we meet along the way, the places running takes us, and not getting too caught up on paces and results. Now don't get me wrong, I'm competitive to the core, but sustainability is the goal.

Joining Joplin Road Runners has helped that motto come to fruition.

We are excited to be new members of the club and look forward to running with all of you!





## Introducing my Determined Self

(by Angela Pedersen)



Hi, I'm Angela Pedersen and I'm Trying To Prove That An Object In Motion Stays In Motion

I'm a mom of three and a grandma (Mimi) to two fun loving little girls. My two daughters are grown and married, and my youngest, my son, is a high school senior getting ready to graduate and head off to college soon. Life is shifting, as it does, and it feels like the right time to reintroduce myself to something I once loved deeply: *running*.

My running journey started back in 2008. I had just had my son, and like many new moms, I was looking to feel like myself again—healthier, stronger, more grounded. After months of walking, I felt ready to take things up a notch. Running felt like a natural next step. In fact, it felt natural, period. It came easily, and I quickly fell in love.

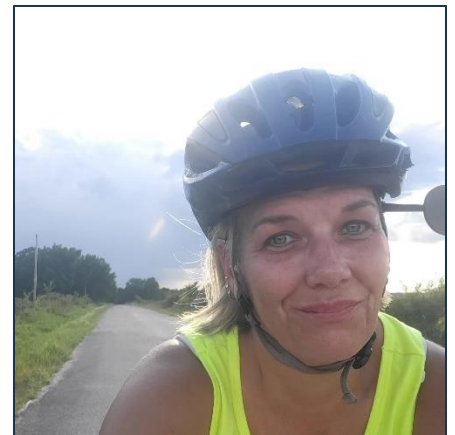
Back then, as a stay-at-home mom, running gave me more than just fitness. It gave me goals, motivation, and something of my own. I was consistent, even determined - I walked while pushing a stroller, ran while pushing a stroller, and never let excuses win. Not long after I started, I signed up for my first 5K. I still remember showing up nervous but excited, running my heart out, and finishing with a sense of pride I'll never forget.

Over the next decade, running was part of me. I completed countless 5Ks, a handful of triathlons, several half marathons, and four full marathons, including one trail marathon. But somewhere along the way, the joy started to fade. Running became a chore rather than a lifeline. Instead of adapting, I stopped.

For several years, I stepped away from running—and, honestly, from taking care of myself. I told myself it was fine, that I was fine, and that I didn't need to be fit or feel good. But in early 2024, my body gave me a wake-up call I couldn't ignore. I began feeling extremely unwell, and for months, I was in and out of appointments, tests, and more. At my worst, I could barely get out of bed. I missed important moments with my family. I was scared. Truly scared.

That experience changed me.

After finding the cause and a treatment option, I began to feel well again in summer 2024. By that time, I made a promise to myself: I would never take my health—or the ability to participate in life—for granted again.



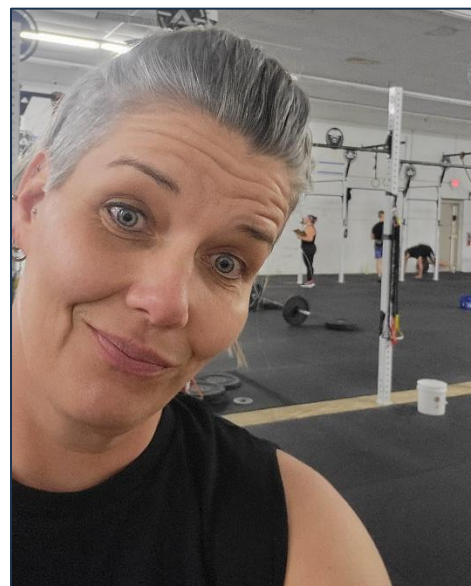
I started walking again and moving my body. With time, those walks became easier and once again I felt ready to take it up a notch. I was eager to try running again but I didn't want to disappoint myself. I signed up for a couple of 5k races in the Fall to ease myself back in. Both races went well but that connection wasn't quite there yet.

Then in 2025, I signed up for the Clover Run 5k. I showed up on race morning, unsure about what to expect. What I experienced was fun, community, encouragement, positive energy and countless good things that represent health in all forms! The connection was there and the passion for running definitely came back.

Now I'm slowly finding my way back to running—not because I'm chasing medals or finish lines, but because I'm choosing to show up for myself again. This time around, I'm not just running to lose weight or train for a race. I'm running because it reminds me I'm alive. I'm strong. I'm capable of doing hard things.

Joining this running club is my way of connecting with others who understand that running is about so much more than pace or distance. It's about being present, setting intentions, and celebrating the fact that we can move.

Thank you for letting me share a little of my story. I'm excited to continue this journey and getting to know others who are like-minded.



### Why We Run (and why we keep showing up)

*(by Christine Puetz – President OMRR)*



We all have our reasons for lacing up our shoes. Some of us are chasing PRs. Some are chasing peace. And some are just trying to chase the dog back into the yard.

But whatever gets us out the door, the real magic happens when we come together. On early mornings and cold race days, on group runs and training series, we show up—not just for ourselves, but for each other.



That's the heartbeat of the running community. It's the knowing nod from a stranger on the trail.

The encouragement shouted across a parking lot.

The runner who slows their pace, so you don't have to finish that last hill alone.



Running may seem like a solo sport, but we're never really alone. And that's part of why we keep coming back. Yes, we want to stay healthy. Yes, we want to push ourselves. But more than that, we want to belong. And runners? We're a welcoming bunch.

If you've been struggling with motivation or feeling like you've lost your rhythm, maybe the answer isn't a stricter plan or a new pair of shoes. Maybe it's just showing up to a group run.



Maybe it's volunteering at a race. Maybe it's cheering someone else on. Because the truth is: when we encourage each other, we all go farther.

So, whether you're training for your first 5K or your tenth ultra, don't forget—your journey matters. Your presence makes a difference.

And your next run might just inspire someone else to keep going.

## Who's Your Donna?

*(by Emily Broadstock)*



Despite being a multi-sport athlete my entire life, the “running” joke (pun intended), was that I picked the position in every sport that required the LEAST amount of running. Soccer? Goalkeeper.

Track and Field? Pole vault, high jump, triple jump, MAYBE an occasional 60m hurdles. Ice Hockey? Well, not that running is a thing there, but I chose defense (aka backwards movement).

But as I neared the end of my collegiate athletic career, I didn't know what was next.



In my experience, support systems make or break an athletic career. Thankfully, I have always had a big cheering section. First in parents and friends, now my spouse and kiddo. But somewhere in between, Donna came along.



My family tree is a bit wild and complicated, so to spare you a much longer read, Donna is my stepmom. She has cheered me on in all my wild athletic endeavors and is the sole reason I got into running longer distances.

During a particularly difficult competition prep, Donna really kept my spirits up. She was training for the Bentonville Half Marathon at the time, and I wanted to

reciprocate the support she showed me.



The day after my competition, as I sat on my couch in New Jersey eating a box of bakery pastries, I texted Donna that I'd love to run the Bentonville Half Marathon with her IN SIX WEEKS. I had never run more than maybe 5 miles in my entire life at that point. I had no idea what I was getting myself into...but I've also never looked back since then!



I ran the Bentonville Half Marathon in 2012 with Donna and signed up for the Long Island Half Marathon about an hour after finishing the race.



In 2015 I moved to Arkansas, fulfilling a longtime dream of living in this area. Donna is still the Wonder Woman of support systems. Her encouragement has led me to run countless 5K/10K races, 11 or so Half Marathons, a handful of trail races, and my first full marathon!

In 2024, I founded the first National Guard based running team in all 54 states and territories.

Earlier this year, I found the Joplin RoadRunners, and I'm so happy to be a part of this community!

As for what's next?? I'm open to suggestions. I have learned

that I train best when I'm training FOR something. After finishing the Hogeys Full Marathon on April 12th, I've struggled to figure out what's next. I'd love to hear your ideas!



## Power of Pink

(by Liz McKay)

What is Power of Pink?

After 15 years it has been evident, it has created a community for these ladies to be a part of. They need each other. Power of Pink gives HOPE to these ladies. Let's meet the recipients.

*Kristy Brownfield* is from Neosho and a 45-year-old mother of 3 wonderful boys. She has an unexpected appendectomy. Recovering from that surgery found a lump in her breast. Kristy was diagnosed with invasive ductal carcinoma which had metastasized to her lymph nodes. Kristy has undergone bilateral mastectomy, completed 16 rounds of chemotherapy, and has begun radiation. Kristi states that the support from the other pink sisters has been invaluable, reminding her she is not alone in this fight.

*Stephanie Taylor* is from Webb City, 48-year-old wife and mother of 3 amazing children, teaches at Webb City High School for the past 12 years. After a biopsy of a suspicious lump, it was diagnosed Invasive Ductal Carcinoma with Metastatic Ductal Carcinoma. Stephanie had undergone chemotherapy, surgery, another round of chemotherapy, then radiation. The road ahead is daunting for her but refuses to let this battle define her.

# POWER OF PINK

## May 9-10, 2025

*Community Coming Together for a Greater Cause*

**Please join us for the 15th Annual Power of Pink Walk, Run, Dinner and Auction.**

**Power Of Pink Dinner and Auction**  
**Friday May 9th 6:30pm**  
 Wheaton High School  
 116 McCall St Wheaton, MO 64874  
 Tickets are \$20

**Power Of Pink Walk, Run, & Auction**  
**Saturday May 10th 8:00am**  
 Wheaton City Park  
 Wheaton, MO  
Timed run with prizes!  
 Registration varies - see form for details

**All Proceeds go to help these local woman Battling Breast Cancer.**

  
 Kristy Brownfield

  
 Stephanie Taylor

  
 Scan Code and register NOW!

  
 Shari Carmichael

  
 Brenda Broughton

[www.powerofpinkmo.com](http://www.powerofpinkmo.com)



*Brenda Broughton* is 66-year-old mother of 3, grandmother to 9, great-grandmother to 8. And just celebrated their 50-wedding anniversary. Looking forward to many more. Brenda's initial surgery consisted of a bi-lateral mastectomy. She has undergone 6 surgeries since. She has had quite a time with infections, antibiotics, wound care doctors.

*Shari Carmichael* is 58 years old, wife, mother of 3 sons. She has lived on their family farm in Barry County for 30 years. After removing a cyst pathology discovered 4 ½ cm HER2 + breast cancer. Shari had 6 rounds of chemo, a bilateral mastectomy, a year of Herceptin and Perjeta. Later another biopsy was done and confirmed it was back. She is receiving care from a local oncologist and KU Medical Center for multiple tumors in her lungs, adrenal glands, right hip, lumbar vertebra, mediastinal and cervical nodes, left leg, and 9 lesions in her brain.

In their battle they face financial burdens with loss of wages, travel expenses, and treatment. Let's come together and help these who battling breast cancer! See the attached flyer for more details on events to be a part of!

### **What About that Terri Cassel ...**

*(by Henri Coeme)*



My recent age-group victory and MO State 70+ record at the Half Marathon at Rock the Parkway in Kansas City (1:32:07) did not come completely unmitigated. Almost always, even in large 2000+ participants races like RTP, I win the overall age-graded category. Not so this time. I was in for a surprise.

For those of you unfamiliar with age-grading, this is a handicap system that “corrects” each individual’s performance for their age and gender. Older and very young runners’ times are “improved” by applying a correction factor to their race time proportional to their age: the older (or younger under 20), the greater the correction factor. Similarly, women’s times are “corrected” to make them equivalent to the race times of men of the same age. The result is an age-graded finishing time.

The age-graded finishing time allows a runner to compare their race time with their own or with other same-gender athletes’ earlier performances at a similar course and for the same distance.

Each person’s results can also be compared with the world record for that same age and gender, creating an age-graded percentage score.

As an example, let’s say that Lisa just ran a half marathon in exactly 2 hours. Say that she achieved this, as a 45-year-young woman. The correction factor (or “handicap” to use golf-terminology) for a woman at age 45 is 0.9234. Apply this handicap to Lisa’s 2:00:00 time gives her an age-graded “corrected” time of 1:50:48.

Lisa can use this corrected time to compare it with any half marathon time she or any of her female competitors ran at the same distance, on a similar course and in similar conditions (weather, hills, etc) now or at any other time in their lives.

Let’s say Lisa is now 10 years older and that, at the age of 55 she runs that same half marathon in 2:10:00. She may feel disappointed for not being as fast as just 10 years ago. However, since the handicap factor for a woman at age 55 is 0.8235, her “adjusted” half marathon time is now 1:47:03, indicating that she actually improved her performance in the half, despite her slower chip time.

Now let's look at her age-graded performance percentage.

At 45, and with a time of 2:00:00, Lisa scored 56.74%. The world record at the Half for a 45-year woman is 1:08:05, so Lisa ran at 56.74% of the speed of that world record.

In that same race, Tom, a 40-year-old man, ran 1:55:10. The world record at the Half for a 40-year-old man is 59:40, so Tom ran at 51.82% of the speed of that world record.

So, although Tom beat Lisa by almost 5 minutes at this race, it is Lisa who made the greater relative effort.

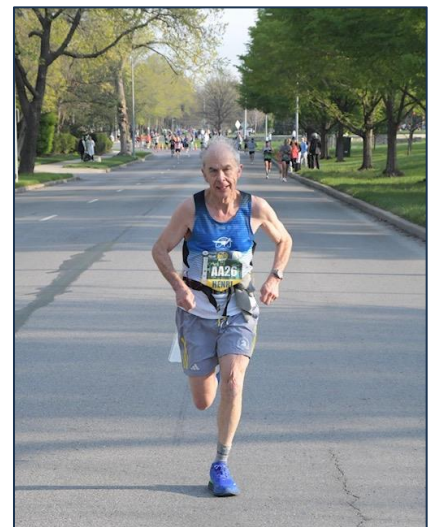
Today's race scoring (e.g. RunSignup) often shows the age-graded percentage for each contestant together with their finish time (all JRR races do so as well). By looking at the race results, you can click on the top of an age-graded results column and thereby sort the results numerically. If doing so improves your ranking in the results, your achievement is relatively better than your chip time may lead you to believe.

As an example, say that 45-year-old Lisa ended 35<sup>th</sup> in her Half, but after sorting for age-graded performance %, her ranking improves to 15<sup>th</sup>, she can say that her result is relatively better than her 35<sup>th</sup> position and time may lead one to believe. She can compare that 56.74% score with any other score she or any other male or female contestant of any age scores at this or similar races, which makes it a much truer yardstick to measure one's performance than the mere finishing time (or even the age-graded finishing time).

So what does all of this have to do with the Rock the Parkway race in KC last month?

Well, I finished the race in 1:32:07 (150<sup>th</sup> overall) which carried an age-graded performance score of 87.5%. This could have easily resulted in an overall age-graded win. But lo and behold, about a minute later arrives Terri Cassel, a 63-year-old woman from Tulsa. She is 172<sup>nd</sup> overall and her time: 1:33:06.

My chip time was measured against the world record of a 72-year-old man (1:20:37) but hers was measured against the world record of a 63-year-old woman (1:24:52), giving her a score of 91.2%. As a result, she won the age-graded contest and I ended up second.



Know that any score over 90% is considered world class, so I looked her up and it appears this was not an outlier. She is a true champion and has quite the following. However, on that day as I stood at the finish line huffing and puffing, watching the runners arrive after me, even though she must have walked right by me, nothing extraordinary happened. No bells went off, no cheering crowd welcomed her exceptional performance. It was all in a day's work.

Sometimes true champions just walk by you without making a ripple.

Unnoticed, but not exactly unremarkable.





## Lincoln Presidential Half in Springfield, IL

(by Nancy Ohmart)



On Saturday, April 5th, I had a tremendous opportunity to run a race which has long been on my “*bucket list of races I want to run*”: the Lincoln Presidential Half Marathon in Springfield, Illinois.

I was privileged to run where Lincoln walked, lived and worked (the green house I ran by in the photo was his home). My husband ran with me as we meandered up and down hills where Lincoln is buried in Oak Ridge

Cemetery. Of course, the race began and ended at the Old State Capitol where we could walk through after the race and view history still alive.

Lots of post-race snacks from Prairie Farms Dairy and Mel-O-Cream Donuts! We also had Orangetheory Fitness Springfield doing some post race stretching on the lawn!

We left Springfield with a greater appreciation (maybe slight obsession) for our nation’s most beloved president ❤️ This HISTORY Teacher’s day was made! 📖🧑🏻🏠🌍



## News from the Virtual Run Corner

(by Dottie Duncan & Rocky Holly)



Hello from the South Plains of Lubbock, Texas!

We want to share a wonderful running experience with everyone at Joplin Road Runners.

January, 2025 was a big month for virtual event running. Adventurecorps™, Inc., who presents the Badwater® 135, Badwater® Cape Fear and Badwater® Salton Sea Ultramarathons, also presents the Badwater® 267 VR Event, since 2020. The Badwater® 267 VR virtually encompasses the course distances of the Cape Fear Ultra (51 miles), the Salton Sea Ultra (81 miles) and the Badwater® 135 mile Ultra (135 miles), hence, the 267-mile total virtual distance!

When I learned of the VR event, I tossed and turned for a couple nights thinking and reading up on the event. I came to the decision that I had to take on the challenge! I figured that I had nothing to lose and maybe would learn something more about myself and running. Rocky strongly supported me running this event.

Participants registered from around the world! We all had from January 1-31<sup>st</sup> to get our 267 miles in. This averaged out to 8.61 miles/day, although one could run as many miles as they wanted, including any other live events (e.g., marathons or half-marathons, 10Ks, etc.).

One could register for any of three divisions, based on different activities: *Running or walking activities*, *cycling* and *multi-sport activities*. There were 274 participants in the Running Division, 4 entered in the Cycling Division and 99 entered in the Multi-Sport Division.

There was a good deal of pre-event information to read up on, which was always available as a resource. Everyone posted their miles (or conversions to mile equivalencies for activities other than running) on a daily basis through our RunSignup accounts with our smartwatch and/or Strava links. This process went very smoothly. There was also an optional Strava Badwater VR Club which we were all encouraged to join, and provided so much fun and camaraderie!

I ran the 9-mile loop in my neighborhood, which worked out great! I was already used to this route. On really cold or icy days, I ran 5 miles in the morning and 5 miles in the afternoon, indoors on our treadmill. Things were surprisingly doable! Other runners covered longer distances and were able to “hit the finish line” earlier.



Our RD and Chief Adventure Officer of Adventurecorps™, Inc., Mr. Chris Kostman, maintained online communications on a regular basis, and was always available to answer questions or address any issues. Everyone encouraged and cheered each other on, regardless of running level. I found many of the runners to be highly inspirational and great role models.

I am retired, and have great flexibility in re-arranging my schedule. I highly admired those runners who balanced the event with family and work, frequently including family, friends and pets on great fun runs in beautiful locations. If someone had a problem, many team members joined in to encourage or comfort them. It was, and is, so great to meet many virtual runners from around the world, all of us (veterans and newbies like myself) with a common goal to successfully complete the race.

Other benefits: It is evident that this event requires a level of commitment and self-preparation. I cleared my schedule and pretty much went into run-eat-sleep-and-repeat mode. I became very organized in my activities of daily living. We stocked up at the grocery store pre-event, and once more about two weeks in. We did the same for laundry and filling our water dispenser bottles. We made dishes like pasta, soup and beans/rice in two-meal quantities. Pizza night became great fun! We also made sure that we had enough running snacks and gels to last the month. All these became good habits that stuck to this day!

Everything said, it was so gratifying to finish! I actually was able to finish on January 28! I believe that my fitness level increased, which I am motivated to put in the work to maintain. I am honored to be a member of the Badwater® Family, we all are still keeping in touch on the Strava Club site. I encourage anyone who wants to take on a virtual challenge to consider running this wonderful event. If you want to check it out, the website is [www.badwater.com](http://www.badwater.com). There is also lots of info on [www.runsignup.com](http://www.runsignup.com) as well.

Happy Spring and Happy Running (live and virtual)!

Your virtual JRR runners, Dottie Duncan and Rocky Holly 😊😊



## Maffie the Bone Collector

*(by Henri Coeme)*



Every Newsletter needs a run-with-dog story, so here goes.

Part of a good running schedule is to be active throughout the day. It is not advisable to run like crazy each day only to spend the rest of the day on the couch, or in a work chair for that matter. Let's use every possible excuse to get up and move.

When you have two dogs, that excuse is an easy one; simply give in to their daily begging to go for a walk. So we do, Miles, Maffie and I. Good fortune has it that we live on a somewhat abandoned dirt road, twisting and turning in a vally alongside Buffalo Creek, an otherwise unimpressive little waterway that runs dry as soon as the April rains stop and summer exposes all the rocks on the riverbed.

On the other side of the dirt road rises a string of hills and foliage, providing the rare walker (or runner) some welcome shade on a hot summer afternoon.

So my dogs' invitation, no matter the weather or the season, is always a signal that it is time to go sniff and discover. Sometimes we jog, sometimes we walk, all depending on our current running schedule.

A dog can be a master teacher by simple observation. When they pick something up, they quickly realize that their newly acquired prize comes at a cost: it prevents them from sniffing or picking up anything else. So a dog's choice is to drop one precious possession for another but better, or to take it home missing out on discovering all that is interesting between here and home (what a deep phylosophy!... and you thought this was about running<sup>2</sup>).



Maffie is our designated bone collector. When she finds an interesting one along the path, she will bring it all the way home, sometimes over a span of several days, one stretch of road at a time. Miles will not help her. He will observe the collection and shrugs at the seemingly pointless effort, until the award arrives home at which point he will impose his alpha status and take first possession.

Maffie's collection is not limited to dead bones. A few months ago, she and Miles cornered a deer. Maffie trapped it against a fence and Miles, slower because of age, came in for the kill. It was over so quickly I didn't have time to stop nor film it. But now the dogs had caught the proverbial truck (all puns intended), they looked at each other wondering what to do next.



They abandoned the corpse for the day and let vultures and coyotes have their fill for a few days. Then, they went back and brought home one gory piece after the next, including antlers, huffs, jaw bones, skin, head, you name it. Each day another piece. Had I been an archeologist, I would have made a reconstruction effort, but I have no such ambition. Maffie and Miles had a daily feast for months to the point I seriously wondered whether to cancel my monthly Chewy deliveries.

I know some of you runners come home with all kinds of treasures; often money found on the sidewalks. But this shows money is not the only treasure on a runner's path and my dogs have more than one incentive to follow me on our daily morning trail.



## Sunday Morning Socials

(by Connie Wilkinson)



Have you ever just wanted to participate in a group social run with lots of stops, many laughs, chatting the entire way with various runners and maybe exploring an area and learning some local history at the same time? That is what we do in the Kansas City Running Club's ELSM runs!

These runs are named after Lionel Richie's *Easy Like Sunday Mornings* song because that's exactly what they are - easy and fun runs, every Sunday morning. These are easy, slower, silly runs focused on enjoying the weather, city, and company, as well

as history. We smell flowers, pet kitties, and see the sights and sometimes get a little lost. Often heard phrases such as, "*Wonder what's over there?*" guide some of our detours.



We have run by the house where the first KC women business owners/entrepreneurs lived, seen the UMKC Conservatory, seen where the founder of the KC Ballet started the company's first dance program, seen Walt Disney's childhood home, run through the beautiful Kauffman Memorial Gardens, run across the bridge of the MO river, ran to base of the KC Ferris wheel, learned the history of the Hi Hat

coffee company building, toured the Boulevard Brewing Company (from outside, running around the buildings) and we literally cover anywhere from a few to typically double digit (10-12) miles, with many hijinks along the way.



One of the members of our group plans the run each week, centered around bits of Kansas City history, and then plans the route for miles in and around the city, passing by points of interest and featuring the specific topics of the week.

We always meet at the same park and end there also, for consistency. We stop and pose frequently for group photos around various statues, water

fountains, interesting yard decor, things set out on the curb for the taking, objects we find from the night



before (cold pizza in a box left on the corner near a plaza adult drinking establishment) and one member of our group will often carry these items then for miles, just for kicks!

We also will take impromptu tours of historic building grounds that are accessible and just act like a group of adult “children”.... who said play is only for kids? We adults need play time also, and that’s what our ELSM runs are all about. Pure, easy FUN!

## Hillbilly Eligy

(by Kathy & Russ Ritchhart)



Kathy and I decided to run the Garmin race in Olathe, KS on April 26th.

Us "Hillbillies" always hate driving in KC, we feel like Fred & Wilma Flintstone. I ran the 10k and Kathy ran the half marathon.

I didn't do as well as I wanted but I did get 2nd place in my age group. Some days you just don't feel as good as you would like to, and Saturday was one of those days for me.

The weather was just right for Kathy as she likes the cooler weather. She showed the KC women that

Hillbilly women are faster and she won 1st place in her age group.

The senior games are starting pretty soon and I'm looking forward to them. That's where I'm at my best running: the sprint races.

That's all for now.

Hope to see you soon.

Happy Running.



## And one more thing ...



Last month, we lost our oldest Joplin RoadRunner. James "Dave" McCoy at the age of 93.

Dave was inducted into the Hall of Carthage Heroes as an outstanding athlete just earlier this year.

A frequent participant in the Missouri State Senior Games and the Show-Me State Games, Dave held over 20 state records at these events including: 200m, 400m, 800m, triple jump, discus, softball throw for distance, and more. In 2019, Dave was inducted into the Missouri Sports Hall of Fame and was named Missouri's Senior Male Athlete of the Year for 2022.

At 80 years old, Dave began distance running, ultimately holding five

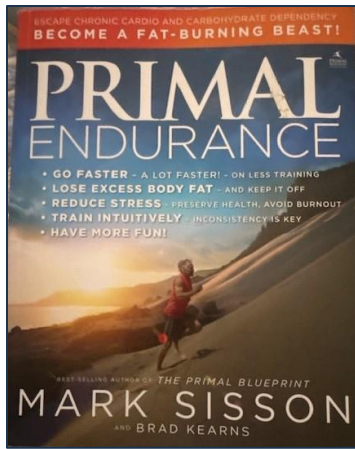
Missouri State Running Records including 1 mile (90 years and 91 years), 2 miles (88 years and 91 years) and 5k (87 years). Running in the 90+ category often made Dave one of the oldest runners participating and an inspiration to everyone, which he will remain.

In January 2024, Dave was awarded an honorary Joplin RoadRunners' lifetime membership for being an exceptional example to his club members and running buddies and a regular participant in our races.





## From our Runner's Library ...



### Primal Endurance – Become a Fat-Burning Beast

*(by Mark Sisson and Brad Kearns)*

Here are the main elements of the Primal Endurance approach. These pretty much all slap conventional wisdom in the face, so we'll provide not only step-by-step instructions for implementation, but a detailed rationale for why you are going to boldly venture out beyond the confined and dated thinking of conventional endurance training.

#### 1. Slow Down

We've discovered over the years that this admonition is not eagerly embraced by the typical highly motivated, Type-A endurance athlete, even though success in endurance sports is all about increasing your aerobic capacity – teaching your

body to burn fat and process oxygen more efficiently. Improving aerobic capacity is achieved at low intensity where fat is the predominant fuel choice, ample oxygen is available, and minimal stimulation of your alternative anaerobic (sugar-burning) energy system occurs.

When you get really good at burning fat, through sensible training and dietary patterns, you are able to go faster and faster while still staying aerobic – technically, burning predominantly fat in the presence of ample oxygen. When it's time to go really fast and enter anaerobic intensity at a race or occasional breakthrough workout, your aerobic base gives you a better platform from which to launch your peak performance effort. [...].

Scientifically speaking, aerobic capacity is the end-all in endurance performance. Unfortunately, most endurance athletes train too frequently at a heart rate that is slightly too elevated – outside of the aerobic maximum and into what exercise scientists call the “black hole”.

#### 2. Balance Out, Chill Out

Striking an optimal balance between stress and rest is the quintessential challenge of endurance sports.

With the Primal Endurance approach, you will challenge yourself with occasional breakthrough workouts that approximate the challenge of race day and stimulate a fitness breakthrough, and you will rest and recover much more diligently than before. In essence, your training program will evolve from an emphasis on consistency (ill-advised in this context because it means a consistent application of stress) to having a much more severe fluctuation of stress and rest patterns. You'll have higher highs and lower lows, because this is how your body actually becomes stronger and fitter with less risk of burnout.

#### 3. Eat Primally

Your dietary habits are the main reason you are carrying excess body fat; namely, the overconsumption of processed carbohydrates driving excess insulin production and locking you into a fat-storage pattern. The Standard American Diet (SAD) compromises endurance performance in many ways. [...]. When you go primal, you will transition out of high-carbohydrate, grain-based diet in favor of emphasizing nutrient-dense meat, fish, fowl, eggs, vegetables, fruit, nuts and seeds. Granted, as a hard-training athlete, you'll need an appropriate amount of carbs to fully reload glycogen after challenging workouts. But instead of processed junk like sugary beverages, bars and gels, heaps of bread, muffins, pasta and rice, you will restock glycogen by emphasizing highly nutritious, easy-to-digest carbs like sweet potatoes, fresh fruit, wild rice, quinoa, and dark chocolate.

#### 4. Add Strength and Speed

by introducing carefully structured and brief high-intensity workouts into your routine after you have built a strong aerobic base

## A Glimpse of the past

(by the previous JRR generation)

Just to remind ourselves that there were Roadrunners before us and there (hopefully) will be after us, looking back at our days and adventures, here a look at our membership roster of 1996-97.

JOPLIN ROADRUNNERS 1996-97 MEMBERSHIP ROSTER					
*Angus	Walter	Rt1 Box 250F	Grange	Mo	64853
*Bain	Stepheli	PO Box 874	Joplin	Mo	64802
*Banks	Patricia	Rt5 Box 308	Neosho	Mo	64850
*Beck	Bob	1816 Kansas	Joplin	Mo	64801
*Beckham	Duane	Rt5 Box 1107	Joplin	Mo	64804
*Bicycle	Specialists	308 Hodgson Rd	Joplin	Mo	64801
*Bowers	Sue	10525 Moose Dr	Neosho	Mo	64850
*Carlisle	Chuck	1022 W 2nd	Joplin	Mo	64801
*Carthage	Bicycle Shop	1249 S Garrison	Carthage	Mo	64836
*Cook	Alan	Rt2 Box 2321	Grandby	Mo	64844
*Cope	Ken	2018 Estella Dr	Neosho	Mo	64850
*Coupe Jr.	Vince	2516 Montana Fl	Joplin	Mo	64804
*Dagen	Daniel	P.O. Box 2562	Joplin	Mo	64803
*Davis	Abe	1305 Kentucky	Joplin	Mo	64801
*Dill	Gary	1715 S Madison	Webb City	Mo	64870
*Doughitt	Mike & Doug	P.O. Box 45	Joplin	Mo	64802
*Dresh	Terri	2525 E 12th	Joplin	Mo	64801
*Edman	Elaina	3525 S Moffet	Joplin	Mo	64804
*Ehrhart	Helen	8201 S 638 Rd	Miami	Ok	74354
*Erwin	Amanda	2640 E 34th A15	Joplin	Mo	64804
*Esson	Gary	3309 S Jackson	Joplin	Mo	64804
*Fisher	Tamara	725 W Maple	Columbus	Ks	66725
*Foster	Jonathan	736 Stadium Dr	Neosho	Mo	64850
*Gallenore	Becky	Rt.2 Box 98	Joplin	Mo	64804
*Garrison	Cathleen	304 Leisure Lane	Carl Jct	Mo	64834
*Gladden	Roger & Kreta	2021 E 34th	Joplin	Mo	64804
*Harding	Ray	Rt 4 Box 504-S	Carthage	Mo	64836
*Honeywell	Bob	1618 Goetz Blvd	Joplin	Mo	64801
*Hoover	Bill	2711 E 12th	Joplin	Mo	64801
*Hopkins	Randy & Terri	310 N Byers	Joplin	Mo	64801
*Hutchison	Mike & Jane	Rt.1 Box 180M	Webb City	Mo	64870
*Hyman	John & Sheila	3 Oak Trail	Joplin	Mo	64804
*Jennings	Mike	3 Emerald Drive	Joplin	Mo	64804
*Joplin	Bike & Fitness	2719 E 4th	Joplin	Mo	64801
*Joseph	Richard	2617 McCoy	Joplin	Mo	64804
*Klontz	Patsy	3721 McClelland	Joplin	Mo	64804
*Kuhh	Larry & Leona	13128 Bethel Road	Seneca	Mo	64865
*Lafoon	Brianna	2110 S Ozark	Joplin	Mo	64804
*Laptad	Robert	2508 Rosedale Pl	Joplin	Mo	64804
*McCarthy	Kristin	228 N Jackson	Joplin	Mo	64801
*McGuire	Kathleen	Rt 7 Box 688	Joplin	Mo	64801
*Morgan	Eldon	911 S. Ripley	Neosho	Mo	64850
576 *Myers	Mike	2410 Cherokee	Baxter Springs	Ks	66713
*Nelson	Bill	Rt.9 Box 974	Joplin	Mo	64804
*Nickell	Marlene	PO Box 2321	Joplin	Mo	64803
*Noland	Leon	2101 Highview	Joplin	Mo	64804
*Noland	Steve	2023 Highview	Joplin	Mo	64804
*Noland	Tom	601 Seville Circle	Joplin	Mo	64804
*Patterson	Steve	Rt7 Box 790	Joplin	Mo	64801
*Patterson	James	136 Valley View Dr	Joplin	Mo	64804
*Rector	Jim	Rt 7 Box 371	Neosho	Mo	64850
*Ridge	Runner Sports	1451 S Glenstone	Springfield	Mo	65804
*Russell	Kelly	1903 Kentucky	Joplin	Mo	64804
*Sachan	Richard	4703 Seagraves	Joplin	Mo	64804
*Salchow	Crystal	1509 Goetz Blvd	Joplin	Mo	64801
*Shaddy	David	Rt.1 Box 533	Joplin	Mo	64801
*Sharp	Annie	2525 E 12th	Joplin	Mo	64801
*Sharp	Newt & Vicki	2115 Abby Lane	Joplin	Mo	64804
*Sill	Pick	2211 Jackson	Joplin	Mo	64804
*Smallwood	Debbie	Rt4, Box 95	Carthage	Mo	64836
*Smith	Alan	2701 Wall	Joplin	Mo	64804
*Springer	Scott	Rt6 Box 253	Joplin	Mo	64801
*Stines	Bob	602 N Pearl	Joplin	Mo	64801
*Taylor	Mark	3626 College View	Joplin	Mo	64801
*Taylor	Linden	2815 E 18th	Joplin	Mo	64804
*Thiessen	Bob	1143 S Case	Carthage	Mo	64836
*Twanog	David	609 N Western	Birard	Ks	66743
*Utter	David	Rt 3 Box 28	Carthage	Mo	64836
*Vaile	Trip	Rt.5 Box 371	Carthage	Mo	64836
*Vernon	Alex	3411 Ridge Drive	Joplin	Mo	64801
*Vie	Ngoc	2238 S Ozark Ave	Joplin	Mo	64804
*Wade	Steve	2732 E 12th	Joplin	Mo	64801
*Watson	Brock	Rt9 Box 224	Joplin	Mo	64804
*Welch	Chuck	4421 Belmont	Joplin	Mo	64804
*White	Dan & Gayle	Rt1 Box 518	Asbury	Mo	64832
*Wiegand	Pam	25387 Norway Road	Stark City	Mo	64866
*Williams	Walt	2238 S Ozark Ave	Joplin	Mo	64804
*Williams	Joel	3402 Northview Dr	Joplin	Mo	64801
*Young	Cobb	702 Pearl	Joplin	Mo	64801



## Treasurer's Report

Joplin RoadRunners - Cash Flow 2025 - YTD	
Jan 1, 2025 - bank balance	
	\$6,240.00
Income	
Incoming donations	\$1,850.00
Membership Fees	\$1,305.00
Race Revenue	\$13,604.00
Total Income	<u>\$16,759.00</u>
Expenses	
Equipment purchases	\$955.00
Charity donations	\$4,700.00
General club expenses	\$1,854.00
Race Expenses	\$7,007.00
Total Expenses	<u>\$14,516.00</u>
April 30, 2025 - bank balance	
	\$8,483.00

## Group Runs



Come run with one of our weekly run groups!!

You may not know, but the Joplin Roadrunners have several different opportunities to join in group Runs. On Monday evenings, starting at 5:30 in Carthage, there is a regular group that runs mostly in the beautiful Calgary Hill

Vietnamese Park. It's a nicely shaded quiet area and there's a pace for everyone.

On Thursday evenings, again at 5:30pm, there is a another group run. Sometimes in Joplin, sometimes in Webb City. All paces are welcome.

On Tuesdays, Wednesdays and Thursdays, there are runs starting at 6pm in Neosho at the Morse Park Highground trail head parking lot. The men in this group has a faster pace for those so inclined. Women run at various paces around the park. Tuesdays are usually reserved for interval training, Wednesday for longer town-and-hill runs and Thursdays for trail. On non-race Saturdays, the men usually organize a long run around town or at the Back-40 in Bella Vista. Sunday afternoons are reserved for a relaxing trail run.

Saturdays are also our long run days in Joplin or Webb City, usually with loops around 4 to 5 miles, allowing runners to participate in one or two (or more) loops. All paces are welcome here.

There is also an early morning group that meets at 5:30 am on Tuesdays and Thursdays at the Joplin High School track.

JRR is committed to ##runnerssupportingrunners and we would love to see you out there!!

For your weekly update, please check our private Facebook pages (see recent entry below).



[www.facebook.com/groups/joplinroadrunnersmemberslounge](http://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!**



## Social Runs & Club Meetings

You will have noticed that, to alternate with our bi-monthly club meetings, we now also alternate our Social Runs. As a result, we plan on having Social Runs in April, June, August, October and plan on Club meetings in May, July, September and November. More precise days and venues will be listed on our Facebook page as well as on our website's home page.

Social Runs and Club meetings will always be preceded by a local group run.

For our new members, Social Runs are events where you are welcome to bring friends or family to either run with us or sit with us for dinner after the run. We promise we will sometimes talk about subjects other than running (maybe).



Club Meetings are member gatherings where we most often invite a speaker about a specific health-related subject.

**Next JRR Club meeting** is on May 8 at North Park Mall; no group run, meeting at 6pm. We are planning a self-defense class at Goo's

**Next Social Run** check us out on Facebook Members' Lounge and on our website.





[info@joplinroadrunners.com](mailto:info@joplinroadrunners.com)  
[www.JoplinRoadRunners.com](http://www.JoplinRoadRunners.com)

**!!! new mailing address: PO Box 3924, Joplin MO 64803 !!!**

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

### **Club Officers**

#### **President of the Board**

Lori Thompson - [ldolores1@yahoo.com](mailto:ldolores1@yahoo.com)

#### **Vice-President of the Board**

Paul Wright – [paulnkc@yahoo.com](mailto:paulnkc@yahoo.com)

#### **Treasurer**

Kayla Griffin - [kgriffin@phoenixhomehc.com](mailto:kgriffin@phoenixhomehc.com)

#### **Secretary**

Lisa Morris - [lisajojoben@gmail.com](mailto:lisajojoben@gmail.com)

#### **General Board Members**

Debbie Smith - [debbieann57@yahoo.com](mailto:debbieann57@yahoo.com)

Brian Spencer – [spencercarco@yahoo.com](mailto:spencercarco@yahoo.com)

Anne Jiles – [ajiles58@outlook.com](mailto:ajiles58@outlook.com)

Tom McKay - [mckay28@yahoo.com](mailto:mckay28@yahoo.com)

#### **Appointed Board member**

Titi Jaramillo – [titijillo@gmail.com](mailto:titijillo@gmail.com)

#### **CEO**

Henri Coeme – (417) 622-8912 – [hcoeme@hotmail.com](mailto:hcoeme@hotmail.com)

#### **Club Maskot**

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

