



## Joplin RoadRunners' Newsletter September - October 2024 Edition

### First Word from your President

Fellow RoadRunners,

I am delighted to report that the number of runners among you I am able to arm-twist, each time we put together one of our Newsletters, is growing with each edition.



From the sighing and groaning I hear each time, I can tell story-writing is not a typical runner's talent. I would almost say some of you rather run a marathon than putting proverbial pen to paper. This is not necessarily a bad thing. We all learn, from our time on the road, that challenges are there to embrace and hills exist to conquer. So is it with relating us your stories.

Funny how all of us can, almost without preparation, write a short Facebook caption to illustrate a few pictures; but when turning things around – i.e. writing the story and then illustrating it with snapshots, - it turns into an exercise in self-torture. But isn't that also why your stories, when properly told, become so compelling to read? After all, stories shared here, among friends, are not void of the usual glory and success, but neither are they lacking any deeper struggle or emotion (not always an ingredient found in Facebook entries). This month, you runners have excelled yet again: no less than 21 among you were convinced enough (or tortured enough) that their story should be preserved and have mailed in their running experience.

It is truly my privilege to be at the receiving end of these stories as they roll in, being the first to enjoy them. And enjoy them, my friends, I did.

Don't miss the stories by two of our youngest runners: 10-year-old Colton Gaddis and 12-year-old Mira Beckham, each one with a long-distance tale of their own. The first in what will hopefully become a long running life and career. Don't miss the reports by some of our more distant runner-friends and members: there is one from Connie, former JRR Board member, now living in the KC-area. There is also one from one of our virtual runner-couples in Texas, running a virtual Hit The Road, Jack 50K (yes, a virtual 50!).

As you will see, one story is even more incredible than the next. I hope you are as delighted as I am to bring all these club-member stories together and preserve them for ourselves and for our next generation of runners, already waiting impatiently in the wings.

*Henri*

## Board Meetings – May 29, Jul 2, Aug 8, Sep 5

### ✓ **Equipment update**

Board approved purchase of canopy cover printed with our logo. Also approved was a budget for the acquisition of a small trailer to safely keep and transport our quickly growing stack of equipment.



### ✓ **Hit The Road, Jack!**

Details were agreed over multiple meetings: race distances, certification, JTC cooperation, budget to include BBQ vouchers and free pictures for all participants, corporate sponsorships from Blue Buffalo, Joplin CVB, Resonation, McKay Roofing, The RunAround, volunteer coordinator responsibilities, timing, shirts and awards

### ✓ **41<sup>st</sup> Pumpkin Run**

Meeting and agreeing about race date and distances, course modifications, new certification, awards, shirts, volunteers, corporate sponsorships by Blue Buffalo, Resonation, McKay Roofing, The RunAround, Leggett & Platt approval



### ✓ **Carthage Humane Society – inaugural 5K**

Course has been certified, Carthage City permissions received, looking for vendors, corporate sponsorships from Blue Buffalo and The RunAround so far; management at CHS is changing, so we are waiting for new management to iron out details.

### ✓ **Jack is Back**

Board decided to cancel the race because of conflict with multiple December events. Distances of 15 and 30K will be incorporated in HTRJack-2025 maybe to replace 25/50K

### ✓ **JRR Race promotions**

We agreed on conditions that need to be filled in order to promote 3<sup>rd</sup> party races to JRR members. Races need to (a) agree with our mission statement – activity, charity (b) be USATF-certified or accurately measured and (c) provide a discount to JRR members.

### ✓ **Carthage United Way 12K**

We will meet again with CUW board to discuss preliminary setup details. Date was set to March 8, 2025

### ✓ **Morse Park trail volunteering**

Board agreed to volunteer, once a year, to help clean the High Grounds trails at Morse park. First time will probably be later this year or early next year.

**Next Board meetings are Oct 3, Nov 7**

**Next club meeting is Sep 26 at Morse Park for picnic and Prediction Run 5K.**



## Social Run – at Mis Arcos, Cathage – July 25

A little run through the streets of Carthage, enough to develop an appetite at Mis Arcos. Fun atmosphere with friends and runner's relatives.



## Social Run – at East Side Social – Aug 29

A run to Morse Park (and up the trail for some). A stop at the City Hall for a quick group picture before we run out of steam.





# July 11 – JRR Club meeting at Mercy Park – Annual Yoga session with Edie



Every year we (and I) find out how stiff we are and how we should find time to fit yoga into our busy lifestyle. This year was no exception, except even more so.

Blue Buffalo brought along great news in the form of two giant checks, sponsoring the 41<sup>st</sup> Pumpkin Run as well as our inaugural Soles4Paws, later this year.





## JRR Races: Our inaugural Hit The Road, Jack! - RunFest

This was a first edition of a RunFest day: a complete menu of race distances, all USATF-certified, and ideal to set a PR or State record, or simply to challenge oneself to a new distance. We witnessed all that and more!

- ✓ 5 races: 5K – 10K – 20K – 25K – 50K
- ✓ 108 participants: 54 men, 50 women (5K - 17m/23w; 10K – 16m/17w; 20K – 5m/5w; 25K – 9m/3w; 50K – 7m/2w)
- ✓ 33 volunteers (JRR, JTC, Crowder)
- ✓ 5 USATF road certifications (certified for next 10 years of running fun!)
- ✓ 7 hours of music by Resonation (thank you Michelle and Shane)
- ✓ Tons of BBQ sandwiches by Big R's BBQ (Yeah! To our \$5 coupons to all hungry participants and volunteers)
- ✓ Hundreds of pictures by JV Photography (completely awesome shots, thank you Samantha!)
- ✓ Lots of PR's and
- ✓ 12 MO State age records set by 10 different runners



Results have been verified and posted on RunSignup, here:  
<https://runsignup.com/Race/Results/165155#resultSetId-488749;perpage:100>

MO State age records have been submitted and posted here:  
<http://www.staterunningrecords.com/asp/records.asp?state=MO>

Pictures are here:  
<https://picturejvp.smugmug.com/Sports/2024-Hit-the-Road-Jack>

Here is a list of all the ward winners:  
**CONGRATS TO ALL!!**



## 5K

Top Male James Albee  
Top Female Andrea Fleming

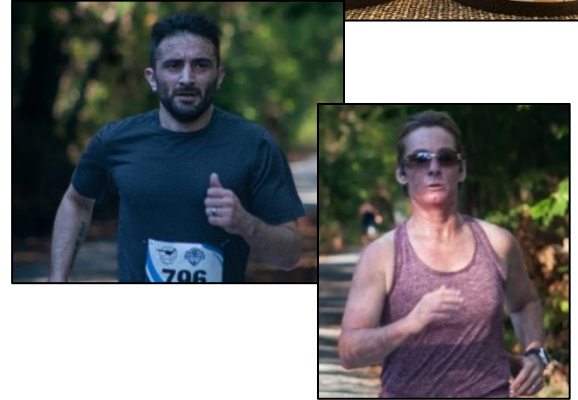
top award mug  
top award mug



### Age Group winners

Kylie Jennings (F13-19)  
Phoebe Fitzsimmons (F20-29)  
Ally Pinkley (F30-39)  
Joyce Deeser (F40-49)  
Melanie Griggs (F50-59)  
Dee Trotter (F60+)  
Benjamin Pinkley (M-12)  
Dalton Thurlo (M13-19)  
Edwin Wagler (M20-29)  
Kip Cronin (M30-39)  
Zachary Spiering (M40-49)  
Mike Fleming (M50-59)  
Steve Dotson (M60+)

age group medal  
age group medal  
age group medal  
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age group medal



### Age-Graded winners

1. Madeline Currey (73%)
2. Andrea Fleming (69%)
3. Steve Dotson (66%)

age graded award  
age graded award  
age graded award



## 10K

Top Male Connor Underwood  
Top Female Katrina Dukes

top award mug  
top award mug



### Age Group winners

Neeley Grimes (F-18)  
Sydney Shelfer (F18-29)  
Sarah Phillips (F30-39)  
Becca Diskin (F40-49)  
Bridget Thomas (F50-59)  
Becky Mitchell (F60+)  
Keydon Hietala (M-18)  
Jake Gordon (M19-29)  
Rustan Crockett (M30-39)  
Andy Storms (M40-49)  
Fernando Gallardo (M50-59)  
Kelly Blotter (M60+)

age group medal  
age group medal  
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## 20K

Top Male Shane Dukes  
Top Female Natalie Bass

top award mug  
top award mug



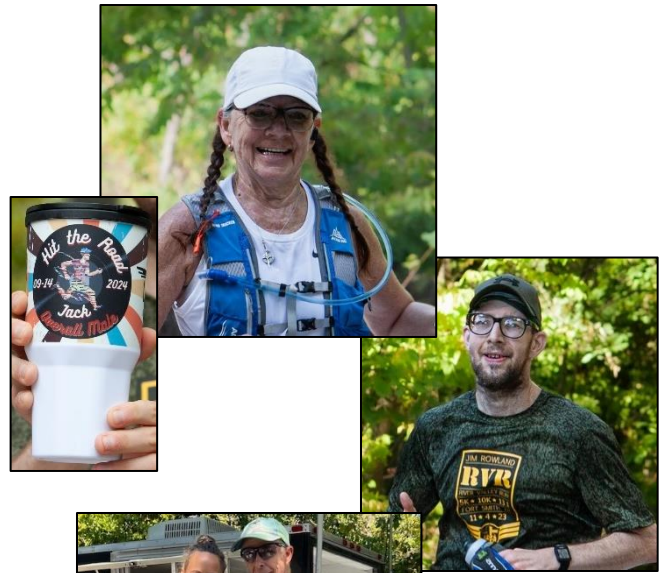
### Age-Graded winners 10/20K combined

1. Shane Dukes (63.38%)
2. Kaydon Hietala (62.95)
3. Conner Underwood (61%)

age-graded award  
age-graded award  
age-graded award



- 4. Katrina Dukes (60.6%) age-graded award
- 5. Fernando Gallardo (60%) age-graded award
- 6. Andy Storms (57%) age-graded award
- 7. Rustan Crockett (56.6%) age-graded award
- 8. Becky Mitchell (56.2%) age-graded award
- 9. Kelly Blotter (55%) age-graded award
- 10. Melinda Senteney (52%) age-graded award



**25K**

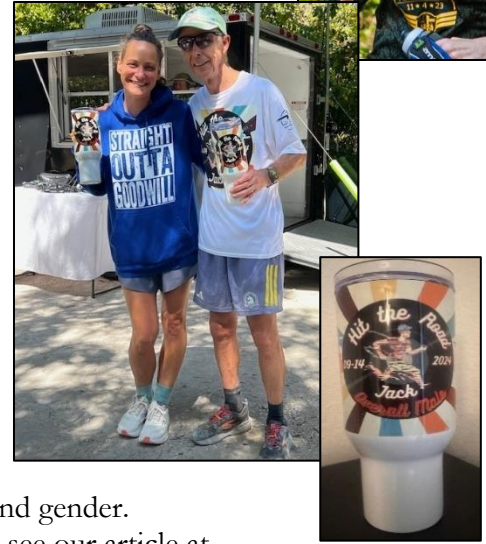
Top Male Christopher Guthary top award tumbler  
 Top Female Sheree Wilson top award tumbler

**50K**

Top Male Henri Coeme top award tumbler  
 Top Female Daphne Payne top award tumbler

**Age-Graded winners 25/50K combined**

- 1. Tom Blazi (73%) age graded award
- 2. Henri Coeme (70%) age graded award
- 3. Tom McKay (62%) age graded award
- 4. Christopher Guthary (59%) age graded award
- 5. Daphne Payne (57%) age graded award



Indicated % compares finish times with world record for same age and gender.  
 For a detailed description of age-graded performance scoring, please see our article at  
<https://img1.wsimg.com/blobby/go/4a4f7050-769b-412b-925d-205992faf0b3/downloads/Age%20Graded%20Performance%20Measurement.pdf?ver=1725981518460>

**MO State Records**

Several runners set a MO state record for their age and gender. Some even set two. This was possible because we submitted the 10K and the 25K split times by the 20K and 50K runners to the MO record holder as well.

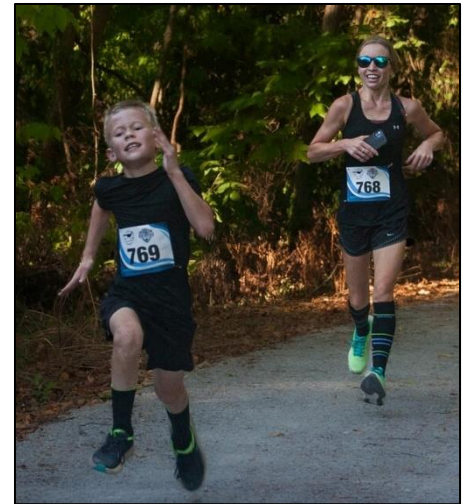
Records have meanwhile been listed and can be viewed here:  
<http://www.staterunningrecords.com/asp/records.asp?state=MO>

Congratulations to the following runners:

Daphne Payne (F44)	25K in 2:09:21	MO record medal
Sharon Smith (F45)	25K in 3:20:54	MO record medal
Rebecca Kandt (F56)	25K in 3:12:22	MO record medal
Sheree Wilson (F68)	25K in 3:18:32	MO record medal
Colton Gaddis (M10)	25K in 2:17:52 and 50K in 5:24:34	MO record medal
Andrew Parker (M29)	25K in 2:37:42	MO record medal
Robert Newman (M59)	25K in 2:52:31	MO record medal
Tom McKay (M61)	25K in 2:17:43	MO record medal
Tom Blazi (M63)	25K in 2:00:20	MO record medal
Henri Coeme (M71)	25K in 2:06:18 and 50K in 4:51:22	MO record medal



# A few memories from that awesome HTRJack - RunFest









## Crowder Wellness Week, Webb City – September 17, 2024

For a second year, JRR was invited to Webb City's Crowder Wellness week to introduce ourselves to the students as a sports & activity club.

As you can tell from the picture, we look better every year 😊.



Invited again by Blue Buffalo on Joplin's Third Thursday, we are beginning to look really professional to the Joplin Main Street crowd.





## Area Course Maps - now viewable on our website

Ever wanted to know the exact locations and courses of area races? Hilly or flat?

Ready for a 10 miler but would like a suggestion in the area?

Want to tell friends what you will be running and send them a course map?

Now you can do that with a few simple clicks. All races and a number of route suggestion in the area are now on our website. Just click the link below to find the Strava route and elevation map.

<https://joplinroadrunners.com/area-course-maps>

Here are the routes we have already mapped for you. More to come.

(Any suggestions which ones to add?)



### Area Course Maps



Strava Maps - Area Races

(r = JRR organized

c = USATF certified)

[Pumpkin Run - 2 Mile](#) (r,c)

[Pumpkin Run - 8K/5M](#) (r,c)

[JRR Run With The Wind - 25K](#) (r,c)

[Soles 4 Paws - 5K](#) (r,c)

[Hit The Road\\_Jack - 5K](#) (r,c)

[Hit The Road\\_Jack - 10K](#) (r,c)

[Jack is Back - 15K](#) (r,c)

[Hit The Road\\_Jack - 25K](#) (r,c)

[Dogwood 5K - 2024 route](#)

[Lamar FCA Fair Run 5K](#) (c)

[Lamar FCA Fair Run 10K](#) (c)

[Erick's Run 5K](#) (c)

[Red\\_White\\_Boom 5K](#) (c)

[Roughrider Run 5K](#) (c)

[Fast & Furriest 5K](#)

[Joplin Memorial Run 1/2 Marathon - 2024 route](#)

Strava Maps - Area Group Runs

[Mercy Hospital 1 mile loop](#)

[Shoal Creek Grand Falls 5K loop](#)

[YMCA-Jackson loop - 8K](#)

[Frisco Trail out & back - 12K](#)

[Morse park Highgrounds Homestead loop - 6K](#)

[Every %#\\$@ Hill in Neosho](#)

## Race Reports by Club Members

### Race 4 Hope 5K, Oct 20

*(by Becky Mitchell)*

Ruth Sawkins will race direct this year's Race4Hope 5K and 1 mile fun walk downtown Joplin on Sunday afternoon, October 20th! Race4Hope raises funds for Hope4You Breast Cancer Foundation to help women in the area fight breast cancer. Starting at 4th and Main, the route is an out-and-back going north on Main to 2nd Street, west on 2nd to Oliver Street.

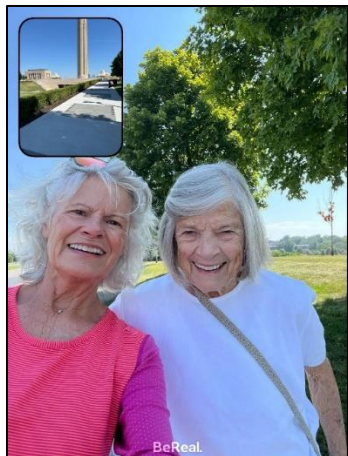
Register at

<https://runsignup.com/Race/MO/Joplin/RACE4HOPEJoplinMO>



### Hospital Hill

*(by Becky Mitchell)*

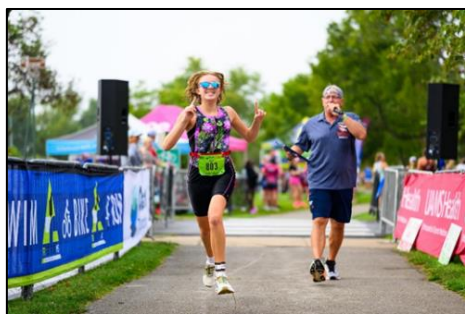


If you have ever run Hospital Hill in KC, you know about one of those hills going north on Wyandotte from 31st Street to the top of the hill that reveals the World War I Memorial and all of downtown KC! It is such an amazing view! This was my 2nd Hospital Hill. In 2022, I ran it in 2:58, but this year my time was 2:52!

Last week I visited my 93-year-old Aunt Bobbie who inspired me to start running at age 60 because that's what she did. She continued to compete until age 83 but is still healthy, alert, independent and even more inspirational! She suggested we visit the WW1 Memorial. I took the route using 31st Street and up Wyandotte. She said, "Oh, I remember this hill from Hospital Hill!" Also, I got passed by that same 80-year-old runner at Mile 11 that passed me at Mile 11 in the Kansas City Half last October!

### Trifest for MS - Super Sprint

*(by Becky Mitchell)*



My 23rd triathlon last weekend was super special! My daughter and son-in-law and my granddaughters did it with me!

Back in January, Whitney told me that Ava thought she would like to try a triathlon. I told her about the Super Sprint at Trifest which would be a good introductory race with 200-yard swim, 3.5 mile bike, and 1

mile run.

When she talked to Ava (age 14) about this race, Mya (age 11) said she could do that!

So the training began!





In July, Whitney and the girls came down to do a couple lessons with MC Swim Coaching! Megan Cameron coached Ava and Megan's assistant coach Lily taught Mya. They took what they learned back home and practiced and did "bricks" and "mini tri's"!

The girls learned a lot in their first triathlon, and they want to do it again next year!



## How I got hooked

*(by Jason Shummy)*



My name is Jason, and I am a runner.

These words coming from me would have been unfathomable before 2016. That is the year I decided to attempt to run. I haven't deliberately run for more than 5 seconds since I was in high school (I quit wrestling after one week because we ran a LOT the first week of practice).

Back to 2016 and I tried to run. After 20 seconds I thought the world was ending, but I stopped and walked, then repeated over and over. Sometimes only 15 seconds of running and 5 minutes of walking. My first 5k was the Amazing Grace 5k on April 1, 2017. I was hooked.

up for 2 races in one day (what was I thinking???)

I started signing up and doing races. At one point I got the brilliant idea to sign



Towards the end of 2017, a friend (since then she has become my wife and one-person support crew/cheerleader) suggested I try to do 50

races by the time I was 50 years old. From April 1, 2017 until May of 2019, I completed 50 races. Everything from a 5k to a half marathon.



I did several more races by the time I turned 50 the following January. My new goal was 55 x 5k and/or 3-mile races from age 50 to age 55. I attained that goal in September of 2022 (over 2 years ahead of schedule).

As of September 14, 2024, I have well over 140 races total since April 1, 2017 with several more lined up through the end of 2024.

Some races are easy, some are hard, but all end up with knowing I have accomplished something by finishing.

## My Running Story – Profile of a Coach

(by Jake Holt)



Everyone reading this has experienced it...the rhythmic pounding of shoes on pavement or the steady crunch of the gravel beneath our feet as a group of runners sets off in the early morning dawn of a new beginning or the twilight of the end of day. Our foot falls, breathing, and the beats of our hearts unite as many become one. The pain and fulfillment are our common ground, no matter our standing or walk in life. Running, simply put, is a laboratory for life, and at its bare bones is the truest form of sport...you get out of it what you put into it.

My running journey started as a 7<sup>th</sup> grader who was forced to run cross country as a PE requirement and led to me walking away from high school as an All-State runner when my running career ended...or so I thought.

Flash forward 16 years and 100 pounds and I made the decision to get back into running. Even though I had dabbled with getting back into shape for several years, 2011 was the year that I finally decided to stop saying, “*One day*” and instead made the bold declaration, “*Day One!*”

As a high school cross country and track and field coach, I had an instant built-in support group to keep me motivated. I remember that first run so well. I was determined before my run that I would make it one mile without walking...and, I did. I ran around a 13-minute mile and thought I was going to die. Dragging 265 pounds down the road was proving much more difficult than my lanky high school-days frame remembered.

Day by day I extended the distance I could run without stopping and slowly decreased the pace. After only 2 months of running, a “friend” conned me into signing up for a local 5K in Joplin. I wasn’t ready, but I’m also a highly competitive person. Plus, I had already lost around 40 pounds in just a short amount of time. That night, the August heat was unbearable, but my friend and I managed to complete the course in just over 21 minutes and 30 seconds. I was hooked and my confidence was through the roof. I once again had that old feeling that this was something that I could do, and I wanted more.



Between August and December, my training continued to improve, and I ended the year by running sub 19:30 at a Jingle Bell Jog. Flash forward to April and I found myself prematurely signing up for my first half marathon (Thank you Nathan Sicher for your confidence that I was ready...I wasn’t, lol).

I entered this race on the Willard High Line Trail with a crazy idea that I could run sub 1:30 for 13.1 miles. I really didn’t know how difficult this would be and I had only topped out at 10 miles for my long run. My running partner and pacer decided it would be best if I didn’t wear a watch so I could just focus on running and not worry about pace. This was a blessing, but also ended up being an incredibly horrible decision. At the half-way point, my running partner’s hip locked up and I found myself running blind and ALONE. I had no idea what my pace was, how far I had left to run, etc... It was a horrible feeling...and, to top it off, the

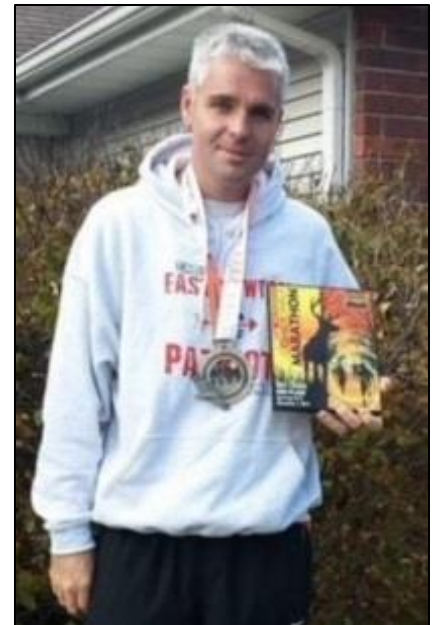




temperature continued to creep up until it reached 80 degrees. Due to miscommunication, all of the water stops had picked up and gone home after the runners had passed by once on the out-and-back course. I found myself without water for the final 6 miles of this race. I have no idea how slowly I finished those last 3 miles or so, but it was very, very slow. In the end, I did run a 1:33.33 and finished 3<sup>rd</sup> in my age group. I guess I shouldn't be too upset about going from a 13-minute mile to a 1:33.33 half marathon in a mere 10 months, but like I said, I'm a highly competitive person.

This is where my running story starts on the roller coaster ride I'm still on today. After running a few sub-19-minute 5Ks that summer, I started experiencing severe pain in my hip. Long story short, I ended up having micro-disc back surgery in November of 2012. During that time, I gained 40 pounds from my new adult low of 207 (I'm 6'5, so this was fairly thin). I was able to run my first mile post-surgery on New Year's Day of 2013. This began my slow recovery and reintroduction to running.

In May of that year, I ran a sub 1:36 half marathon in May at the Joplin Memorial Run and ended up running 18:40 for a 5K that summer (I was back). That summer and fall, my training was great. The year of 2014 came around and I found myself in the best shape of my adult life. I honestly believe I could have run 4:55 for a mile and probably 17:40 for a 5K at the age 38. I remember running a 5:50 on the 16<sup>th</sup> mile of a long run and thinking, 'man, I'm fit.' I ran 1:28.13 that November (even after a nearly 400-meter detour due to a volunteer pointing us down the wrong road and severe calf cramp the final 3.1 miles). I ran 6:12 on mile 9 of that race. I honestly didn't think I had that level of fitness, or I might have run sub 1:25. I ran around 6:20-6:25 the whole second half of the race. LIFE WAS GOOD!



December 2014...two new words came into my life that would prove to be even more challenging than a ruptured disc. The hated and dreadful words: PLANTAR FASCIITIS! Those two words roared like a lion and took a horrific bite out of my running career. I found myself running 7 miles at 7 minutes flat pace, but not even able to walk up and down the hallways at my work. Before long, the pain became so unbearable that I no longer wanted to run through the agony. I won't bore you with the details, but the next 18 months were some of the darkest days of my life. The level of depression was severe and what had become a joy had been ripped from my life. Looking back now, I honestly believe God was trying to get my attention. I had made an idol of running and lost my first love. I thank Him (now) for that not-so-subtle reminder.

Since my return to running at the end of 2015, I have found myself with more good days than bad, but during that time, I have suffered through setback after setback. I keep lacing up the shoes and getting back out there in hopes that this time, things will go smoothly. The last 9 years have been riddled with freak accidents and crazy ailments: a jammed tail bone/hip bone, Morton's Neuroma, slightly torn Achilles tendon number 1,

slightly torn Achilles tendon number 2 after stepping in a hole on the Morse Park trail, Covid 5 times, a super annoying jammed pinky toe joint (multiple times), and this summer it was an inguinal hernia. But, the last 9 years have also been filled with amazing friends, beautiful sunrises and sunsets, deep and meaningful conversations, incredible successes (mainly of others), and a score of athletes that I've been blessed to run with and to coach.

Like I said when I started this (so long ago, and I'm sorry), "Running is a laboratory for life." It is true that you get out of it what you put into it. However, it is also true, that like life, everything doesn't always go as planned. There will be mountain-top moments, and you'll also find yourself floundering in the valley. Doubt and challenges are going to be a part of everything that we do in life (including our running), but, in the end, it's how we let those things affect us that are important.

So, lace up those sneakers, find a group of friends as crazy as you, and get out there and continue making memories. Most importantly, remember to smile and to embrace the journey...the destination will take care of itself.

Happy running!



### My 5K and Camara stories

*(by Lelania Littlefield)*



The month of July was a busy month for me it started with the Red White and Boom 5k on Thursday 4th I got first in my age group and ran a 23:03. I wasn't planning on running in it and decided at the last minute to sign up. I'm always all about running in a race for a good cause. This was my first time running in it, and I really struggled at the end with the hill, but I'm glad I went it was

nice seeing all the Joplin Roadrunners.

Then, two days later on July 6th I ran in the East Newton Lions 5k and ran 23:03 again and got second overall women and first in my age group, which had an even harder hill at the end, or maybe I was just tired still from the race two days before but also a great cause and got to see more Joplin Roadrunners.

After my race, I went home and took our Camaro to a car show and met a Camaro group that welcomed me in, and I sat with them all day. This is why groups are the best and you meet people you would have never met before and they have common interests, which is great.





On July 13<sup>th</sup>, I decided to run in the Paradise 5k trail run. I ran it in 26:24 I got second overall women. I had a great time and enjoyed seeing everyone and visiting with Sheree and her daughter Christina after the race.

August 10th was the Gravette day 5k and car show I got first in age in 22:44. I got age 19-59 my first award in that big of a age gap lol. Then my husband got first at the car show.

On August 17th in the evening was the Roughrider Run 5k I ran a 23:44 . I really didn't have a good attitude going into this race. We had a storm the day before and lost power for over 24 hours and I almost didn't go. I still got first in my age group, but I was disappointed in my time. I was exhausted and just didn't



want to run, and I felt it during the race. It helps when you show up at a race alone and see familiar faces from the Joplin Roadrunners; it always makes things easier.



I know if I hadn't joined the Joplin Roadrunners, I would not have stayed this dedicated. I have met some pretty great people. I look forward to many more years of running!



### **My Story of Not Running!** *(by Darla Pool)*



Suzie and I haven't really run for 7 or 8 months, and it's driving us crazy! We really miss running with our JRR buddies! However, we are focusing on healing our plantar fasciitis that we BOTH have. We have tried many of the usual, recommended remedies, such as rolling our foot over a frozen water bottle, wearing a special insert in shoes (me,) wearing a brace to sleep in (Suzie,) perform special exercises, etc.

Now we are focusing on some of the things Dr. Angela and Dr. Berg have taught, which include wearing zero-drop shoes, wearing shoes with wide toe boxes, getting our feet stronger by going barefoot and doing special exercises. Another thing we're doing is getting rid of inflammation by reducing sugar and processed fats. We started doing the R-3 program which will do that and we'll lose weight, as well!

We hope to be racing before the end of the year, if at all possible.”



## Hotter N Hell Quadzilla

(by Les Shaeffer)



I have been to the Hotter N Hell bicycle ride in Wichita Falls, Texas several times. Originally a long-distance endurance ride, the Hotter N Hell expanded to several different events. Most years, the Saturday 100 miler (with shorter distances available) is ridden with temps in the 100s and winds usually no less than 20 mph.

On one of my trips, I learned about an event called the Triple Threat: a mountain bike race on Friday, the 100-mile road ride on Saturday, and a 12.5-mile trail run on Sunday. The mountain bike race distance is dependent on your racing category with USA cycling. It is between 13 and 26 miles. As a person who loves challenges that most people would call me crazy for, I signed up for the Triple Threat as soon as I was able to attend. It was 2021.

I was in great shape for this event having ridden around 2500 miles and ran around 1000 miles by the time I attended the event. I was able to complete the Triple Threat with, honestly, little effort. After I had completed this challenge, I learned of a new event... the Quadzilla.

The Quadzilla was the Triple Threat, with an added 60-mile gravel ride on Saturday evening after the 100 mile in the morning and starting 12 hours before the trail run. I didn't have a gravel bike yet, but that was my goal... to get a gravel bike and return for the Quadzilla.

Fast forward to 2024... I had back surgery in 2023, and it's been a difficult road of recovery. I have been running and cycling, however not near as much and always seem to be struggling with an injury. In March of 2024, I believed I could get myself ready for the Quadzilla. Of course, this year of training didn't go as planned. I rolled into August with only 450 miles of running and around 700 miles of cycling. There was some consideration in the back of my mind to just not go.

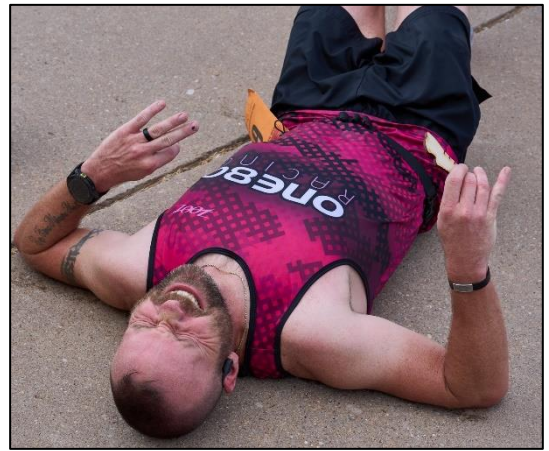
I found out in mid-July my stepdad, who has done every year of the Hotter N Hell with me, was secretly training to come join me on this event. He had been training (without me knowing) and lost around 80 pounds to get ready to attend the event. When the time came, I was honestly unsure of myself when it came to finishing the event. But I felt like I had to prove to myself that I could still do these things after my back surgery. Since my injury, and surgery, I have been scared to commit to something too strenuous because of the fear of reinjuring my back. Even though the doctors have said at this point I would be fine, there is still the fear. My herniated disk, that pinched off my sciatic nerve, was the most painful thing I have ever experienced in my life.

So, needing to complete this for myself, I drove to Texas with my wife and stepdad, three bicycles and a pair of trail shoes. Friday's mountain





bike ride was basic, although I went off a drop that I thought was a downhill and ended up almost flipping over my handlebars. But I recovered and finished the event in 39<sup>th</sup> out of 132 riders. I was in 19<sup>th</sup> out of the 38 Quadzilla participants. The temperature in Texas reached 109 degrees on Friday. When I finished, there was a guy (his name was Jeffrey) who was doing the Quadzilla and had a major mechanical issue on his mountain bike. He asked me to borrow my rear wheel so he could race and not end the Quadzilla before he started. My wife convinced me to loan him my wheel, however it didn't work with his mountain bike because the disc brake didn't fit his bike. Long story short, if I was in his shoes I would want help too. So, I loaned him my bicycle to race. I was nervous about it, but he was in an advanced class of riders so I felt like he would be ok. The crazy thing was, he was staying in the same hotel as me. He finished 5<sup>th</sup> overall and 1<sup>st</sup> in his age group on my bicycle.



Moving to Saturday morning, I took off on the 100-mile ride, pushing to get done as soon as I could. I was focusing on hydration and electrolytes. By the end of the ride, it was battling 20-25 mph headwinds. I finished the event in six hours and fifteen minutes, including stops. The temperature on Saturday reached 105 degrees. I headed back to the hotel, attempted to hydrate, ate and took a nap.



The evening gravel ride started at 7 pm, and the temps were still over 100 degrees. This event was what I was most worried about. There was a six-hour deadline to finish, and I didn't know if I could complete 60 miles in 6 hours, at night on gravel after the 100 mile in the morning. We took off and headed straight east, directly into the 25 mph hour winds. I came across Jeffrey, who had another mechanical issue on his gravel bike. He ended up not completing the Quadzilla. On the way back we had a nice tailwind, but the gravel was loose, and it was pitch black out on the roads in the country. This prevented me from using the tailwind to my advantage for speed. As worried as I was about finishing, I was able to complete the 60-mile gravel ride at 11:30 pm.

The trail race was the final event, on Sunday morning. We were going to race the same trail that we rode our mountain bikes on for Friday's race. By Sunday morning, my legs were toast, and I was tired of my nutrition gels. I was running on a few hours of sleep as well. I took off like I would normally run a 12-mile race. However, my normal racing style was usually on fresh legs, not legs with 173 miles on them in 36 hours. I was feeling strong, running well for the first seven miles. It was warm and humid that morning and the temps, and the previous events, started taking their toll on me. I was hoping for a sub 9 minute per mile pace for the run, but mile eight to the finish was a struggle. I finished the trail race in 1:53, averaging 9:11 per mile pace. While I didn't hit my goal pace, I still finished the run 10 minutes faster than I did when I ran the same race during the Triple Threat in 2021. I placed 19<sup>th</sup> out of 162 runners, and I was only beaten by one person who did all four events over the weekend. I missed being on the podium by 27



seconds for my age group, to guys who were all fresh and hadn't done the three previous events.

In the end, only 13 of the 38 people who started the Quadzilla finished it. While I doubted myself to finish, I should have trusted my heart and mental toughness to get me through. My wife and stepdad were there supporting me along the way, believing in me without hesitation.

I tell this story for two reasons. First, I proved to myself that I could still accomplish the things I want to do, but I am also able to accomplish way more than I believe is possible. When I was a young Marine, I believed I could tackle anything possible, and I reminded myself that weekend that I could. Second, that we are capable of far more than we believe we can do.

My favorite quote is *Res Firma Mitescere Nescit*, which means a Firm Resolve Shall Not Weaken. Meaning if we believe in ourselves, we can achieve what we want to achieve.



## Run for the Grapes

(by Sheree Wilson)



August 10, 2024. Tontitown, Arkansas.

My running buddy Judy Lewis found this race while looking for an August race to do. I had never heard of this race or even this town. It is a 5K with proceeds going to support the St. Joseph Youth Group.

Judy read me the details while we were headed to NWA to run on the trail. It sounded like a fun race, so we decided to sign up for it. We invited our other running buddy Anne to go with us.

The 3 of us have done several races together and always have a great time. We decided to get up early and drive down the morning of the race.



The morning was unseasonably cool for August. It was 64 degrees. Fortunately, I run much better in cooler temps.

I have been plagued for a LONG time with various injuries that have caused my running performance to decline. I have been doing better lately and this race went really well. My first mile was a 10'49" pace.

My average pace for the race was 11'12". I know this pace is slow compared to most people in our running club, but for me it is really good.

The racecourse was a big square around the countryside.



It was an easy run.



While running the last 1/2 mile or so I could hear someone breathing behind me (very closely behind me). I didn't think it sounded like Anne (she had a hamstring issue during mile 2). I figured out later it was the third-place winner in my age group. She finished 7 seconds behind me. Talk about motivation! Judy also got an age group award. Anne finished strong even with her flare up with her hammy. She was less than a minute behind me.



We did not get finisher medals, but we did get a t-shirt. Age group winners received wine glasses with some little charms attached around the stem. The post-race snacks did NOT include wine, but we did get grapes.

## Running Tours in Venice and Rome!

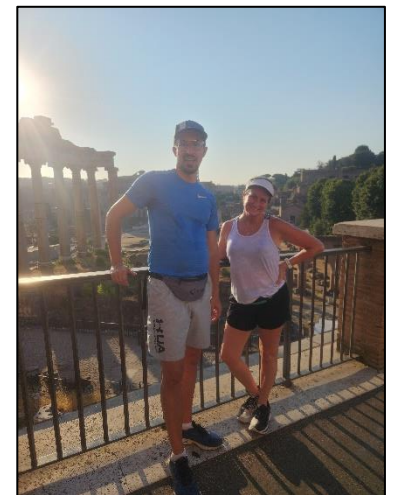
*(by Lori Thompson)*



I recently went to Italy and Greece for vacation. Our trip started out in Venice for a few days, then we hopped on a cruise ship to Greece for a week, then ended our trip in Rome. What a trip that was!

When I travel, I always look for 5/10K's or half marathon that will be going on during my trips. Because we were in Venice and Rome during weekdays, I wasn't able to find a race. But I found the next best thing! A guided running tour! It just happened to pop up during my search for races. I had never heard of this, but what a great idea! They were priced about the same as a 5k. I signed up to do one in both Venice and Rome.

Venice: I arrived at my meeting point on the famous Rialto Bridge, but no one showed up...I waited several minutes, still no one. While I was waiting, I got to witness a marriage proposal on the Bridge! Since I was already there, I decided to do my own running tour and ran a 5k through the streets of Venice. Since it was 6:30am, the only people out were other runners and city workers getting ready for the day of tourists. This allowed me to plan my day of shopping as I ran through the winding alleyways. :-)



Rome: My nephew Derek joined me for this run, and they showed up! I was a little nervous about this run that I would not be able to keep up with the guides. But Fabrizio and Guliani were amazing! They were very knowledgeable of their city, and we learned a lot of history from them! They kept it at a fairly easy pace, we stopped several times during the run to look at the many attractions, so I was able to rest. Sights we saw during our 90 min 5-mile run were The Colosseum, The Pantheon, The Trevi Fountain, the Keyhole, Spanish Steps, Chariot race arena and several more. There are 7 hills of Rome, they make the geographical heart of ancient Rome. We ran 3 of them! It was pretty amazing to be running along streets that literally had been there for over 2000 years. We ran along cobblestone streets built by ancient Romans. Our run started at 6:30am so the only people out were city workers and the occasional



dog walker. We were able to get up close to many attractions that we wouldn't have been able to later in the day. We watched the sun finish rising as we passed by the Colosseum.

This was one of the highlights of our time in Italy. When I travel again, I will definitely be doing a guided running tour if one is available.

## It's Not Always About the Actual "Destination"

(by Connie Wilkinson)



Last November, I found out from my new Kansas City Running Club about a marathon happening in none other than Salina, Kansas. Yeah, way out west in the middle of kind of nowhere.

The race, begun in 2022, is well endowed by a variety of supporters, and with this accommodation, it gives back generously to its runner participants (did I mention that the registration fee for any distance is \$5?!!) and to the local community by offering a variety of race distances including the Marathon, Half Marathon, Team Relays, 5K Run, 5K Walk, and a Kids Fun Run, with 100% of the proceeds from this race going back into the Salina community, helping youth sports.

Last year, the Salina Crossroads Marathon presented a check for \$7100 to the School Marathon Program, a local children's health initiative that takes place over a six-week period each fall in which each child runs a marathon over the course of several weeks, typically running a mile a day to hit that mark, ending with a big celebration just like in a regular marathon. I was a Youth Run Coach

at the first school in which I taught in KC when we moved north in 2021, so this part of the race alone was appealing to me. This, and the fact that it was a November marathon and a certified BQ course, made it a no-brainer to run.

I trained, and the plan was to go to Salina (3 hours from our home in KC) with my husband Dale, who had registered for the 5K. At the very last minute, Dale had an unplanned work activity which he had to attend to. As it happened, our oldest son Phillip, who was in the KC area for the week visiting, was going to be in Salina on race day to work on his truck with a friend. So, since he was available and (somewhat) willing, I talked him into running the 5K with his dad's bib!

On race morning, Phillip simply put on his same, old, greasy work clothes from the garage and walked down to the race start with our group. He pinned on the bib last minute, jumped into the starting chute of the 5K, and ran the 5K race in 24:15. He literally wore blue jeans covered in truck grease and an old tee shirt (he *did* put on some old running shoes rather than work boots, at least). In his pocket he had items including a pocketknife which jingled against some change and other items during the entire race. Fellow racers, in serious race apparel, annoyingly testified to this fact later in the day. When Phillip crossed the finish line, the announcer called out, "Look - it's *'Jeans Guy!'*" and it stuck.

While I ran the full, which was the half course, twice, Phillip hung around with friends and got many congrats and comments from fellow racers as the 'Jeans Guy.' It was hilarious! The full course took us on asphalt roads, gravel roads, trails, and through a veteran's cemetery as well as around the local area ballpark. It was locally



supported, with local attractions, and 'locals' were volunteering throughout the course in large numbers. There were many more spectators than I had imagined there would be for such a rather obscure location for a marathon. The race was very friendly, had a great after-party, and was really a big time BQ qualifying race with a small-town vibe. And it held up to its name, as we crossed many roads throughout the course, AND it was indeed my Boston Qualifier! However, my finish was only a little over 3 minutes under my required AG BQ, not allowing me to run in the 2025 race in B-town this coming year (2024), but I am going back to Salina in Nov 2024 and trying my luck at this 'destination' Boston qualifier yet again for 2026. I wonder if "Jeans Guy" will show up again this year!!!!!!

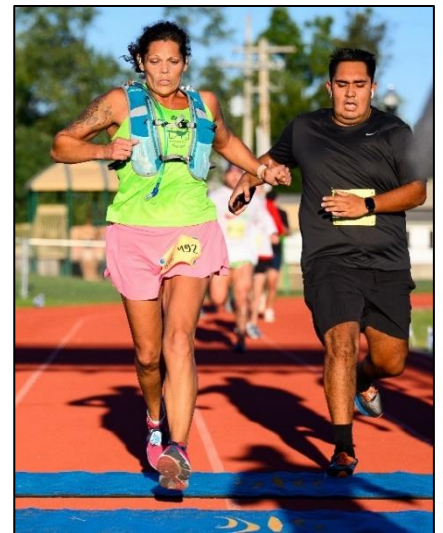
## Worst Race Ever *(by Angel McLallen)*



The worst race ever?

This is what they said, well to start... the race said start time of 7, but, first we has to do group stretches which consisted of pinky finger curls, some squats, and hop on one foot backwards, since we were actually supposed to run the race hopping backwards on one foot. After we got all of that out of the way, we were off to the races... or so we thought, the M.C called start in 2 minutes, then 4 minutes, our engines

were gassed up and ready, on your marks get set, oh wait "We will start in 3 minutes". As a runner filled with adrenaline and ready to jet, we as a crowd were eager to go, hoping we were at the correct start line (there were 3 arches set up in various places).



A final announcement, a bike race was on our course, the shock 😱. So 2 more minutes. And when the tiny gun went off we almost didn't go. But we did as a big crowd, tearing thought the beautiful streets of Bentonville.



Passing the most hilarious signs "it's not to late to call an uber", " and even one for Gatorade that was not in fact Gatorade but pickle juice 🤢.

As the race came to its final end and I saw the finish line I gassed it, but it was not in fact the finish line just a tease, still had a full lap around the track so more pedal to the astroturf and rounding the final curve indeed saw the end of the worst race ever. Thank God for nearby Porta potties.

This was one of the funnest races and great scenery. Bentonville is one of my favorite cities to run in. I love the people and the food. Thank you for a great one. After the race we toured the farmers market and even some really amazing art to bring home. 🙌  
Needless to say, Nick Robertson and I had a great morning, even if it began at 4am.



## From the Resonation Desk

*(by Michelle Hafle)*



From the beginning, over a decade ago, Team Resonation has held a unique perspective about our professional event entertainment production company. We did not set out to serve everybody; only those clients God sent us to satisfy. We are gratefully blessed.

We have been humbled, awestruck with mystifying wonder at the journeys God has called us to. Being contacted by TwelveOne Racing in early 2015 was an invigorating illustration of God's guiding will for Resonation! We never imagined serving the racing community with spunky, inspiring music. Isn't that precisely how God works though!?! The Amazing GRace event set our team's ball in motion!

Run for Missions quickly followed, then Joplin Memorial Run, Big Red Shoe, and Starlit Racing joined our schedule. Word spread and racing events gained momentum.

Race Directors fully understand, for outdoor events the science of rich, resonant sound is vital! Our energizing mobile celebration atmosphere goes the distance. We travel to remote locales and deliver quality trussing for your large and extra-large events. Our team provides vivacious emcee encouragement, enhanced by professional sound engineering and equipment; to ensure all your helpful announcements are heard.

Our passion is to deliver epic, exhilarating, excitement from Start-to-Finish, in each and every racer. Together we enthusiastically keep you experiencing joyful moments and collecting phenomenal memories for a lifetime.

Join us! Share the joy of victory and the thrill of accomplishing your distance. We endeavor to be the life of your party, working hard for your FUN and enjoyment.

## My Challenge

*(by Daphne Payne)*

My name is Daphne Payne, and I live in Joplin, MO with my husband, 2 kids, and 2 fur babies. I'm currently training for my second marathon.

I enjoy a good challenge in seeing what my body is capable of, so I signed up for the Hit the Road Jack 50K where my goal was to try and run the entire thing without walking. I thought that would be a stretch, but I just had to try. I achieved my goal and finished in 5:03! To God be the glory!

Joplin Roadrunners has played a huge role in my running journey, and I know they will continue to do so. Thanks everyone and keep moving!





## Train 2 Run

(by Kendra Cochran)



This fall we are starting our 10<sup>th</sup> year of Train2run at the Freeman Rehab and Sports Center! This starts on October 14<sup>th</sup> and will be an 8- week class that meets every Monday at 5:45pm in the upstairs gym at 2206 E. 32<sup>nd</sup> St.

What's new this year for Train2run?

We are offering a fun new way to test runners for identifying areas of strengths and weaknesses with a new technology we have brought to our clinic called *force plate testing*. This will be offered and included in the price of the class for any participant who is interested.

The cost of the class is \$65.

Aside from this, I have also been working on my own personal goals figuring out the balance between strength training and running. I am a runner at heart but I love, love, love lifting weights!

Currently I am blending my training for my November Dogwood 15k trail run with a program called Persist-Functional Body Building. It has been awesome!

I love both hitting the pavement and trails to run, and sweating it out in the gym lifting weights.



### Train 2 Run Fall 2024 Classes

Mon, Oct 14 2024, 5:45 - 6:45pm

Mon, Oct 21 2024, 5:45 - 6:45pm

Mon, Oct 28 2024, 5:45 - 6:45pm

Mon, Nov 4 2024, 5:45 - 6:45pm

Mon, Nov 11 2024, 5:45 - 6:45pm

Mon, Nov 18 2024, 5:45 - 6:45pm

Recurring Event

Freeman Rehabilitation & Sports Center

2206 East 32nd Street

Joplin, MO 64804

417.347.3737

**TRAIN 2 RUN**  
STRONG TO THE FINISH



## Race for the Ages (by Debbie Smith)



I had been wanting to run this Race for the past 3 years! The concept is simple, you get your age in hours to run a one-mile course as many times as you want or can!

It is held over Labor Day weekend in Fred's Deadman Park in Manchester Tennessee. It is one of the races the famous Laz (as in the Barkley Marathon) puts on every year.

The race starts with the oldest person. A 92-year-old man started Thursday at 4:00 pm. I started on Friday at 5:00pm with 67 hours to go! My goal was to get 100 miles!

In doing so you receive the 100-mile belt buckle!

Part of my swag was a bright orange stocking hat that had *Geezer* embroidery on it! It also had Laz's name embroidery too. I didn't realize at the time what a special hat this was. First you have to be 60 to receive one and it is only given out during this particular race!

I was super excited to get started! My strategy was to run most of my miles during the nighttime hours! In order to get 100 miles, I would have to run more than 50K each night! It was amazing to see the 80+ group of men and women out there trying to get their hundred miles! They were such an inspiration to me! I met a lot of people and truly enjoyed my time.

My husband, Craig, who crews for me, set our camp up alongside the route. It wasn't all fun and games! By the second night, my right calf was giving me issues! I was extremely tired! I actually fell asleep with a Pringle in my mouth! 🤪 I only slept around 8 hours total!



We had lots of sunshine, rain, and one night lots of fog where you really couldn't see the people running ahead of you! Cracker Barrel delivered meals four times a day to the runners! This was one of the perks you got with paying your entry fee. We also had a hotel for showers and resting.



The first night I got in 36 miles, the second night I got 35 and on the third night all I needed was 30 miles to get my 100! By the third night my right calf was very painful. I kept at it and finished my 100 miles around 7:30am on Monday, which was Labor Day.

The race ended at noon. I didn't push myself beyond 100 miles due to my calf. I want to do this race again next year and be better prepared! It was a great experience!



## My 50K Experience *(by Colton Gaddis)*



I have wanted to run a 50 K since I was 9 years old. I would like to thank Henri for believing in me and giving me the opportunity to prove I could do it.

I really enjoyed the nature and scenery of this run. I started hurting around 7 miles into the race.

Luckily, I had my mom and my brother as my pit crew, encouraging me along the way making sure I was hydrated and had food. I would also like to thank my dad for running the

race with me. Without him, none of this would be possible.

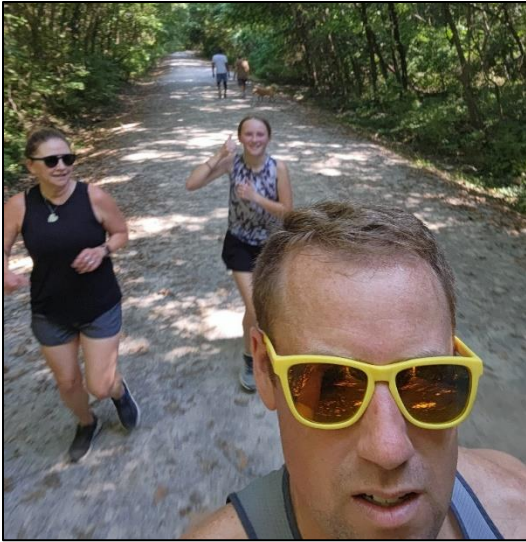
As I came to the finish line, they were playing Believer that made me smile and run extra fast because I knew I had just accomplished my goal!





## Eliminated

(by Brady Beckham)



2024 was the 3rd time I “Eliminated”, but this first time in a support role.

Earlier this year I informed our (then) 12-year-old daughter Mira that because she was turning 13 this summer, I was signing her up for the Eliminator. She is no stranger to Type 2 Fun and accepted the task, somehow understanding I wasn't joking about this one.

Having finished a number of 5Ks with a PR just under 30 minutes, Mira's longest run prior to the Eliminator was 7ish miles. She'd done longer hikes over very difficult terrain (8 hours of bushwhacking the Ozark National Forest multiple times, and a hike w/pack to Phantom Ranch at the bottom of the Grand Canyon in Feb of this year), but understood the Eliminator would be a new type of challenge.

So, after 6 weeks of 7th grade cross country practice, we hit the start line of the Eliminator.

I offered this counsel:

- ✓ Be mentally prepared for 8 hours
- ✓ Every second, make sure what you're doing will help you complete the NEXT lap (not the current lap): pace, walking, rest, hydration, fuel, 1st aid
- ✓ Pay attention to your body, and communicate how you're feeling...



Walk/jog was the chosen method, trying to keep the heart rate conversational, with Mira calling the shots when to walk. This resulted in lap times around 38 minutes... darn near perfect. My father/her grandfather/Duane Beckham (mid90s JRR President) joined us for the 3rd lap... a 3-generation shuffle.

Laps 4 and 5 brought feet swelling (loosen shoes), proactive treatment of chafing, and her first introduction to body tape, but by the end of the 5th lap (15 miles) the 13-year-old was starting to stick out in the crowd.

We traded positions on the trail all day with an experienced group of ultra-runners doing a time-based walk/jog; they were awesome at encouraging Mira and helping with the 1st aid supplies I forgot. My wife/her mother/Chanti Beckham joined us for lap 6, when the wheels were starting to get a little shaky. We started daydreaming about making it 3 more laps and doing a marathon distance. We knew it wasn't likely but kept going and made it back with a couple minutes to spare.

All four of us headed out for lap 7. Some knee pain we'd been paying attention to started to hurt enough to affect Mira's gait. I told her this would be our last lap, because we would not risk injury. She was



exhausted, hurting (good hurt and bad hurt), and understood. We missed the start time for lap 8 by about 3 minutes, but definitely called it a "W". Not many 13-year-olds can say they've run 21 miles in a day, but I know at least one.

Like many good things, it took a few days for Mira to come to terms with the significance of her accomplishment. It's a source of pride for all of us, and her little sister is strategizing for her Eliminator in 2026.

## Wabash Trace Trail Marathon, Shenandoah, Iowa September 14

*(by Shelly Neeper)*



18 weeks of training ... I can do this.

Training was going well - thankful for awesome running friends. Sharon Smith did mostly all my long runs with me. Running with someone really does help the miles fly by.

My 20-mile-long run felt great - I've got this - I'm not going to get into my head this time.

Friday September 13 is here. Time to head to Iowa, feeling great; still took one last trip to the chiropractor before I hit the road. It's only a 4-hour drive so plenty of time to get there, get my packet and sightsee a little. I got there and it's a beautiful town; got my packet.

The race starts on the main road and then heads to the trails; the whole run is on the trails. Run morning is here.....my tummy is nervous, so so nervous, but I've got; this I trained for 18 weeks!! The humidity is high - not a great start.

Energy gels  gum  ear buds  inhaler  I'm ready for this. Time to line up at the start line my tummy is settling some. The gun goes off and I'm off.

Mile one: pace is too fast - slow down some Shelly. I'm feeling great.

Mile 5: what a beautiful run - the trail is an old railroad track - several covered bridges - I'm in awe of the beauty.

Mile 10: ok, I'm tired and bored - I'm so bored - I have run this far alone - I can see a spec of a person in front of me and I think I hear someone somewhere behind me. Don't get into my head I've got this.

Mile 14: ok, I'm done - don't want to run anymore - called my friend Sindie who is waiting for me to finish - told her to come get me I don't want to run anymore; she laughed and said no grr...

Mile 15: I'm seriously done and don't want to run anymore - I did it again I got in my head now my ribs hurt - I can't breathe - why am I doing this? - why did I sign up for this! - ugh it's dumb.

Mile 18: I called my Sindie again - still she won't pick me up. Ok that's it; I'm calling Sharon Smith. I told her I was done running. I don't want to do it anymore. She said ok but finish this one first. Sharon talked to me on the phone and listened to me whine for miles. I ran and complained about how much I hate running and how much I couldn't do this. There were laughs and cries.

At some point she said, how far do you have? I'm at mile 22! She said you've got this; your almost done! But I'm not almost done; I have the longest part of the run left. I'm in my head and I want out of it. Hydration station - I see it thank the Lord - they have fireball, something that will maybe help calm my nerves. Fireball down, water down, Gatorade down then all of it back up.

Mile 23: a 5k left - Sharon has to leave me - it's ok; I've got this; I can and will do this. My time is terrible. I hear music - am I that close? - road crossing - a police officer asks are you ok?? - I just wanted to be done and I told her - she said, get to that corner and you're downhill. I'm at the corner - it's not downhill.

A gentleman on a bike meets me and is going to escort me in. I still have a little over a mile and he just starts talking to me and I'm running along - no pain, no thoughts, just talking and laughing - yes, I'm laughing! He asked how many marathons I've ran, and I said 3 and this is my last; I don't want to do this anymore. He says, look there's the finish line - it's in sight.

I crossed the finish line crying; I did it, I'm done. A terrible time - not anywhere near the time I wanted. I find Sindie - get my time - I didn't place which I didn't think I would. Grabbed a chocolate milk and said, let's go home I'm done running. I train so hard then let myself get in my head and run the run. Why can't I just enjoy it like I do the long runs?

About an hour into the drive, I looked over at her and said, so I found this marathon in Mississippi I wanna do next year.....



### Rallye66 – earning some cash

*(By Kathy Ritchhart)*

We ran the Rallye66 5k in Carthage on 9/15. Russ was 1st in his age group, I was 1st overall female even won some cash 🏆! Yippee hooray! that's always good.

Thanks, Judy Champagne, for another very well organized race. Always love doing this race. Great job to Eric from RunAround.

We are now training for Bass Pro half. Hoping Russ can run it as he's still having trouble with arthritis and his feet.





# Hit The Road, Jack! – a virtual story

(By Dottie Duncan)



Hi everyone! My name is Dottie Duncan. I was delighted to have the opportunity to run the Joplin Road Runners 2024 Hit The Road, Jack 50K virtually. As always, I had a blast running it! My husband, Rocky Holly, and I have grown to really enjoy doing virtual runs and are so happy to keep running!

A little background about us. We are both 70 years young, happily retired, and have been running for many years. I'm from the Midwest, born in Iowa, raised in Chicago. Rocky is from Lubbock, TX, where we live now. We had some faster glory days in our younger years, and now really enjoy being out there in each other's company so much! We met running the States awhile back, introduced by our running friends.

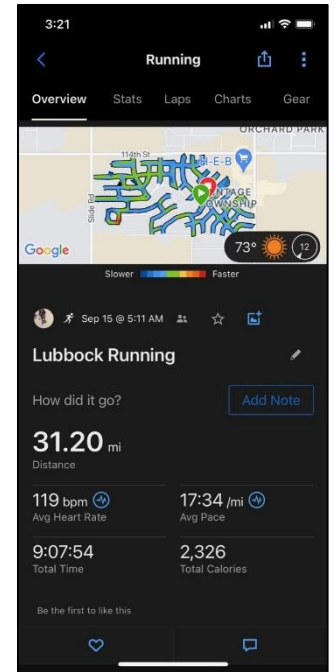


since 2020, have virtual considered

We started joined the Rock events. We got kept us training. I was scheduled to run Boston in 2020 with Team 261 FEARLESS, Katherine Switzer's team (I ran with them in the infamous weather of Boston 2018). I was looking forward to some better weather in 2020, but the marathon was changed to a virtual edition. That started rolling, and I never looked back. Rocky runs the virtual runs 50K while I ran MO Hit The Road, Jack!

We run in our neighborhood, a very convoluted 8–17-mile ribbed concrete, I was used to this surface from Chicago. Very supportive shoes and orthotic insoles. There is a bit of construction, so there are port-a-potties (no lines, lol) and we can stop at our house where restrooms and our aid station is. I have to note that I have completely spoiled us on the aid station, let's just say there's 'way more than gels and water! We set it all up the evening before. We have a great system going!

Several reasons why we are virtual runners: safety, being able to run on my time, my pace and avoiding any possible inconveniences due to traveling, e.g. airports, rental cars, hotels, etc. I miss the camaraderie of the crowds at the start, but not being squeezed in the corrals and waiting a long time to get started. The cost of running virtually is substantially less than many live event registration fees. So, we have saved a bit of the costs. I am so grateful that the virtual runs exist because they keep us running. The challenge against oneself is still there. Hope we can run again with y'all, either live or virtually, next year! All the best to your wonderful running club!!

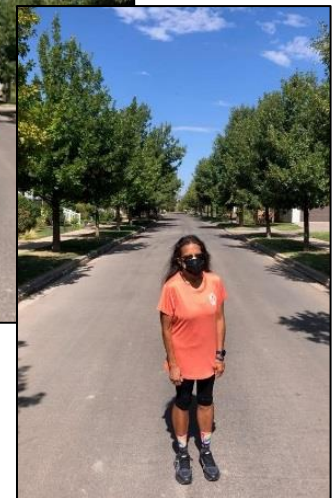


Since then, we finished the 50 States and DC Circuit twice, and completed another time around virtually. We have run live and ultramarathons over the years too! All virtual races are unofficial, but that's OK! The important thing is the running.

running virtually in 2020, with the onset of the pandemic. I n' Roll Virtual Running Club and ran the scheduled weekly medals and masks! We ran many virtual distances, and these the virtual ball too! He ran a NC



loop. Asphalt and



## My First Eliminator

*(by Tom McKay)*



The Eliminator!

Just the name of this race was intimidating – a 5k every 45 min. If you are not back at the start line in the 45 min you will be eliminated.

The good ole Frisco trail was not a stranger. I had met this trail on a few other occasions: a long slight downhill to start the race that I am certain gets longer and much steeper with each lap on the return.

Me and Henri had a good strategy going in the race a 10-minute mile pace would give us 15 min break between laps. I think we were closer to 9 min average speeding up a bit or slowing a bit to visit with other runners, which was nice and made the miles go faster.

Tom Blazi had a different strategy taking off like a rocket, every lap leading the pack most of the time, setting a new personal best for his 30 miles completed! Way to go Blazi!

Lap after Lap, mile after mile, until mile 26.

Bad muscle cramps in my legs like I had never had. I was not sure if I could make it back at all, let alone in time for 27 miles to count. My best running buddy Henri wasn't going to let that happen. A few stops, some stretching, a much slower pace, side by side, step by step, we made it up the long much, much steeper hill to the finish line.

My longest run up to this date, after 27 miles I was eliminated. Henri ran the next lap at an unbelievable 8 min mile pace and went on to run a total of 36 miles. What an inspiration to all runners! Way to go Henri.

What a fun run, so much energy and encouragement among all the runners. Definitely glad I was a part of this day.





## Running is brutally honest



Running is one of the most unforgiving sports because it doesn't allow for shortcuts. You can't fake the work, skip the grind, or trick your body into peak condition. Running is brutally honest, and if you cut corners in your training, it will show up when it matters most - on race day.

Every mile you don't run, every session you skip, and every recovery session you neglect accumulates. It's all noticed in the one place where it counts, out there on the trail. You might think you can cheat a few sessions here and there, but running has a way of revealing the truth. If you haven't put in the work, it becomes glaringly obvious when the lactic acid kicks in, and your legs won't respond.

In running, consistency is king. It's not just about showing up when you feel like it or when the weather is perfect. It's about those cold mornings, those days when your body aches, and those times when you'd rather be doing anything else. That's when real progress happens. Cutting corners during training might feel like a quick fix, but on race day, there's nowhere to hide. Your performance will reflect every effort.

When the starting gun goes off, the only thing that matters is whether you've respected the process. Running doesn't reward those who've avoided the hard work. Instead, it celebrates those who've embraced the grind, who've consistently laced up their shoes and pushed through the discomfort.

If you've been honest with your training, the rewards are immense. Crossing the finish line with a new personal best or simply knowing that you left everything out on the course brings a satisfaction that can't be faked. It's an indescribable feeling. There's a deep sense of pride that comes from knowing you didn't take any shortcuts.

In the end, running is a sport that reflects your true self, unfiltered and unedited. So, if you've been cutting corners, be prepared for race day to expose it. But if you've put in the work, you'll know that the finish line is just the culmination of all those honest miles you logged when no one else was watching.

So, let's encourage one another to be the best we can be, because the road is just a reflection of life: the ups and downs, the tears and victories. But none as treasured or as comforting as the ones shared with others.





**!!! Come join your Joplin RoadRunners to celebrate one of the oldest races in the Joplin area !!!**

**BLUE BUFFALO**  
**41<sup>ST</sup> ANNUAL PUMPKIN RUN**  
**SUNDAY OCTOBER 13, 3PM & 4PM**

**2MILE (STARTS AT 3PM) AND 8K/5MILE (STARTS AT 4PM)**  
**LEGGETT & PLATT PARKING LOT – 1 LEGGETT RD, CARTHAGE, MO**  
**NET PROCEEDS GO TO**

**THE CSS EARLY LEARNING CENTER'S CEREBRAL PALSY SCHOLARSHIP**

**2 MILE AND 8K USATF-CERTIFIED DISTANCES**

**ENTRY FEE (UNTIL 10/10): \$30 FOR EITHER RACE, \$50 FOR BOTH RACES,**

**RACE DAY REGISTRATIONS: \$40 FOR EITHER RACE, \$60 FOR BOTH RACES**

**JRR MEMBERS AND COMPANIES REGISTERING 10 OR MORE RUNNERS: \$10 OFF WITH DISCOUNT CODE (NO DISCOUNTS ON RACE DAY)**

**QUALITY TECH SHIRTS ARE OPTIONAL AND CAN BE ORDERED AT A DISCOUNT DURING ONLINE REGISTRATION**

**SAME-DAY RACE REGISTRATION STARTS AT 2PM AT L&P PARKING LOT**

Prizes are pumpkins, big and small, decorated by the Joplin Early Learning Center! Participants will receive a certified time for either or both distances and qualify for listing on MO staterunningrecords.com and on MaraRunning.org.



Community Support Services of Missouri  
Early Learning Center

Largest prize-pumpkins for the top male and female clock-times in both races, medals to age group winners, top age-graded winners as well as any MO age record set.

Age groups: 1-19; 20-29; 30-39; 40-49; 50-59; 60+

Both races will start and end at the Leggett & Platt parking lot and held almost entirely on the Ruby Jack trail.

Course is flat, fast and beautiful this time of the year (should you care to walk or run/walk).



Advance registration at RunSignup.com  
(<https://runsignup.com/race/mo/carthage/JRRPumpkinRun>),  
at our monthly JRR meetings or on race day.

Race direction by Joplin RoadRunners with financial support from Blue Buffalo.

Check our Facebook event page for latest updates: [facebook.com/JoplinRoadRunners](https://facebook.com/JoplinRoadRunners)





**!!! All dog and cat lovers, unite !!!**



# SOLES 4 PAWS

5K RUN

1M DOG/CAT-WALK

SUNDAY NOVEMBER 17, 3PM

CARTHAGE MUNICIPAL PARK

NET PROCEEDS GO TO

CARTHAGE HUMANE SOCIETY

ENTRY FEE 5K: \$25 UNTIL 11/14/2024; \$30 ON RACE DAY

ENTRY FEE 1MILE: \$20 (\$25 ON RACE DAY)

- ✓ Run or walk the 5K or the 1M with or without your dog or cat. Non-retractable leashes only.
- ✓ 5K Run/walk: Finisher awards for all participants. Awards to top male and female, to age group winners and to top-3 Handler/Dog teams. Dog bandanas to all furry finishers. Electronic bib and timing. No duplicate awards.
- ✓ 1M walk: Dog bandanas for all furry finishers. Baby joggers/strollers welcome.
- ✓ Race-tech shirts and dog bandanas optional while registering online; guaranteed if ordered by Nov 5.
- ✓ \$5 discount for JRR members (with discount code)
- ✓ Advance registration at RunSignup (or scan code below)  
(<https://runsignup.com/Race/MO/Carthage/Soles4Paws5K>)  
or in-person on race day.
- ✓ Race direction by Joplin RoadRunners.
- ✓ Check our Facebook event page for latest information and questions: [facebook.com/joplinroadrunners](https://www.facebook.com/joplinroadrunners)
- ✓ Sponsored by Blue Buffalo



Race registration opens on 5/31



## Running Yellowstone *(by Henri Coeme)*



I can't even remember how or when the idea to go run the Yellowstone Half came about. It must have been the Wilsons who rang that bell. But one day, I found myself checking out road maps and stopovers. After all, how can you drive all the way to Yellowstone, run a race and come straight home. So many Bucket-list items are on the way there and back, this will have to be more of a dedicated plan.

One month later, we had a route map, spanning almost two weeks, with three days at Yellowstone, but also stops in the Dakota Badlands, Mount Rushmore, and then on the way back via Grand Teton at Jackson Hole, Denver, Boulder, Manitou Incline, Pueblo, Dodge, staying

mostly at B&B's or smaller residences.

To our great delight, we were joined for part of the 3000+ mile ride by Titi's sister Mary and brother-in-law Alberto, flying in from Colombia. Last year, they had joined us on our Boston Marathon adventure and by now, we all were affected by the "travel-'n-run" bug. Titi and Alberto would run the Yellowstone 5K and yours truly the Half of course; Mary would be everyone's crew.

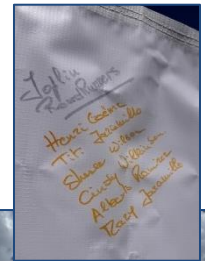
Raceday came about a week after our departure from Neosho. We had moved into a small 2-bedroom house in West Yellowstone for the occasion, walking distance from the starting line. Unable to pass by the tents with race shirts and other race-related memorabilia, we loaded up on all that indispensable race junk that looked irresistible.

Saturday evening, the organizers had planned the 5K. Part of it ran through town, part through the woods. We got our first feedback on how tomorrow's race of the Half would be: trail and soft ground. In addition, we were almost at 7000ft altitude where breathing-while-running becomes an issue.



The next morning, the Half Marathon runners lined up early. Then there was a last-minute delay. Someone had spotted some bears nearby, so the organizers drove the course first, honking their horns to scare the bears. Very comforting. Their other advice was to run with someone slower than you; after all, the only thing you needed to do to survive a bear attack was to run faster than your friend. Valuable lesson learned.

Off we went and through the woods. Although the race was not through the actual Yellowstone reserve, one could be fooled thinking you had accidentally wandered into the reserve area:





dense woods and small access roads, little creeks along dirt trails; convincing enough for me to think I had now ran through Yellowstone.

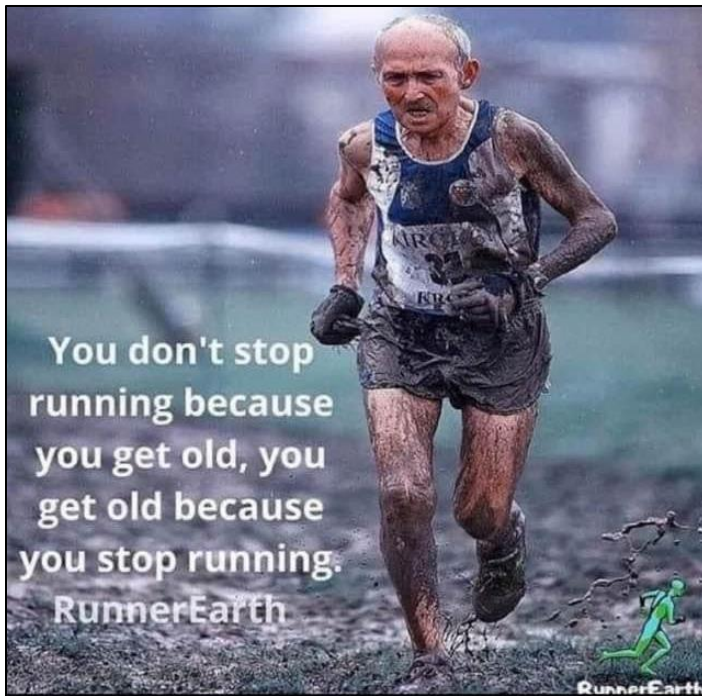
As if 7000ft was not enough, a long, sharp incline marked the halfway point. Gasping for air, we reached the top, followed by a 2-mile downhill and some final flat trails to the finish line.

The finish time almost didn't matter. After all, the experience was the goal, and finishing was the only ambition.



Even so, my first-place age group finish had an interesting twist. I befriended a group of 70's runners who insisted I join them, later this year, for the Laughlin NV half marathon, partly through the desert and hitting both Nevada and Arizona before finishing along the Colorado river. Agreed!

We now permanently caught the travel-'n-run bug which, they say, is incurable.



## My First Dickson Street Mile

(by Mafalda)



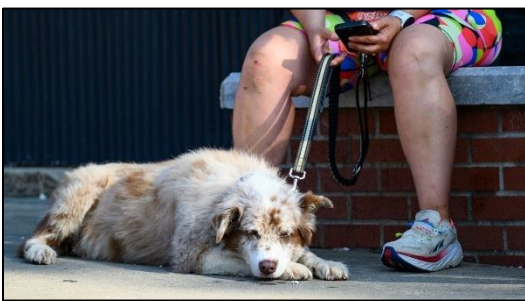
Let's go skinny dipping, he said. We had run several miles and the weather was hot. Our body temperatures were well over 100F, so the idea of a cool creek with water running over me and into my tummy sounded just delicious. After splashing around some with my grumpy partner, we tiptoed home, laid on our coach on the porch and quickly fell in a deep sleep, dreaming of chasing squirrels together.

Yesterday was a very exciting day and we were still recovering from all those new emotions, sounds and smells. Master called it the Dickson Street Mile. All the same to me: it's just one fast run up and down a road.

Master had already run a mile and looked really tired once he stopped running. I was surprised when he took me to the registration tent and told them he wanted to run again, this time, with ME!

The people ran back and forth a lot, squabbling about some paper stuff, but when master pulled my full running harness over my ears, I knew we were on.

We lined up with other dogs of all colors, types and sizes (breeds, they say). They all smell different to me. Some are nice when I sniff their bud, others not so much. Then, I hear someone yell "READY?". I know that word. It means something is about to happen, so I pay attention. But nothing happened. Instead, a few strides from the starting line, the railroad crossing suddenly closed, and a train went by! Right in front of us!



Once it had passed and the barriers opened, I could see the road ahead again. There was that "READY" word again. This time, the whole neighborhood took off running up the street. Master looked at me and with a "let's go, Maffy" we were off. Nice!

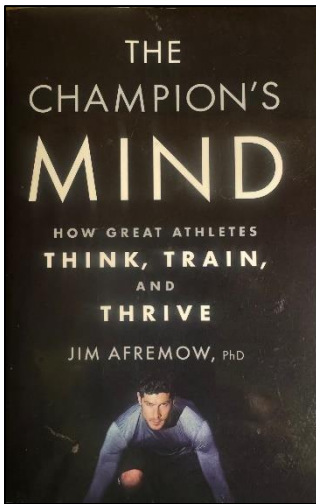
Quickly, I tried to catch up with the first dogs. That was easy, except that my master wasn't as fast, so I had to drag him a little. The street went uphill, then turned, and turned again. Why make a long turn around that traffic sign. I thought? I'll take a shortcut.

Oops, bad idea. My master and I came to a sudden stop with the leash wrapped around the traffic pole. We quickly untangled and pursued the other dogs back down the hill and towards the finish line. Master was happy, so we must have done really well. The treats that followed were exceptional, so something must have been really good, despite our mix-up at the street sign.

That was so cool! Mister Grumpy (they call him Miles) had told me about these running races, but until today, I had no clue. Now, I want more and I'm dreaming about our next running adventure. Master says it's coming soon and calls it Soles4Paws. I can't wait!







## From our Runner's Library ...

### The Champion's Mind – how great athletes think, train and thrive

(by Jim Afremow, PhD)

Focus on your strengths and find ways to limit the impact of your limitations. British rower Sir Steve Redgrave won gold medals at 5 consecutive Olympic Games from 1984 to 2000. After being diagnosed with type-2 diabetes in 1997, he declared, “Diabetes has to live with me, not me live with it”. Redgrave made the necessary nutritional corrections to his diet and continued with his relentless pursuit of Olympic excellence. Always strive to limit the impact of your limitations on your ambitions. Remember that a true champion performance means doing the very best you can with whatever abilities you have.

During competition, quickly forget mistakes. This is crucial in largely reactive sports such as boxing or basketball because dwelling on a mistake often leads to making another or even bigger mistake. Keep moving forward by breaking off the rearview mirror. To perform at a champion's level, avoid making it a history lesson while you are in the ring or on the court.

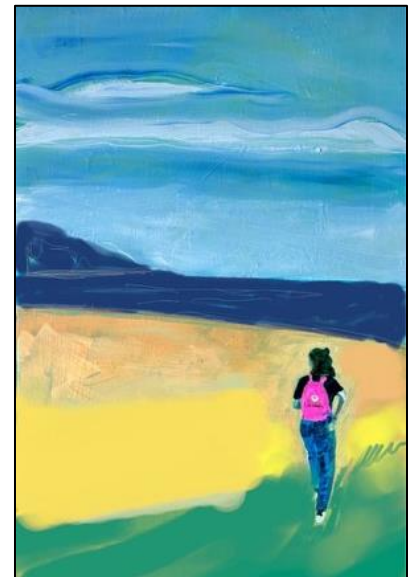
Here is a popular sports psychology technique for symbolically letting go of mistakes in self-paced sports such as baseball and softball: pick up a blade of grass (or pebble, etc.) after a mistake. Regard the blade of grass as if it was the actual mistake. Now throw the blade of grass (i.e. the mistake) away and refocus on the purpose at hand.

Basketball Hall of Famer Michael Jordan, winner of six NBA titles and two Olympic gold medals, is one of the modern history's most accomplished athletes. However, one of the main things Jordan has always emphasized is that the reason he succeeded is because he failed: *“I've missed more than 9000 shots in my career. I've lost almost 300 games. Twenty-six times, I've been trusted to make the game-winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed.”*

Accept that temporary failures and flubs are an integral part of sports and life. It is also through our failures and continuing to take chances that we eventually succeed. Failure is a wonderful teacher if we learn the lessons it has to teach us and then act on them. Keep working on your game and failure will in time be replaced by success. *“The arrow that hits the bullseye is the result of 100 misses”* is a Buddhist saying that is definitely worth bearing in mind.

German philosopher Friedrich Nietzsche famously declared, *“Whatever doesn't kill me makes me stronger”*. During a discussion pertaining to this principle, a client of mine joked, *“Whatever doesn't kill me just pisses me off”*. Adversity is what you make of it. Use unfavorable experiences and events to your advantage, because adversity will come. Rather than viewing adversity as a sign that things are getting worse, be inspired by the opportunity to make your game better. The choice is whether to allow adversity to become a hindrance to your game or to use it to make your game stronger.

To become stronger and achieve victory over adversity, embrace challenges in life rather than avoiding them or hoping for smooth sailing all the time. In fact, it is precisely because of obstacles and interferences in our path – and learning how to handle them – that we are able to reach greater degrees of excellence.



# 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 front-page news from 1996.



# JOPLIN ROADRUNNERS

JUNE 1996

Page 1

## FROM THE PRESIDENT...

**H**ello Roadrunners.

Thanks are in order to everyone who participated in, and helped with local races this spring. Your continued support is essential for the success and continuation of our local races. Keep up the good work!

The Four State Classic and the National Trails Day Run/Walk were both successful events. There were several good performances by Roadrunners in both events. Special congratulations are in order for Anne Sharp and Abe Davis who won their races in both events. I think that both events were refreshing because they were not run on the road. It is good to run with Mother Nature.

Last month's meeting at Schiffer-decker Park was a success. The food was good and the company even better. Several members ran before eating, and the rest of us played. June's meeting will be at the Hutchison's (see directions in this newsletter). Bring a dish to share, a lawn chair, your running gear, and a swimsuit. But, leave your watch at home. Traditionally, June meetings start with a prediction run. Practice your pacing, and bring an unsuspecting friend. I'm sure you'll both enjoy it. Plans for a July meeting are uncertain. No one has volunteered to host a July meeting, and there has been talk of a hiatus, given that so many are traveling and so few attended the July meeting last year. Remember, it gets HOT in Missouri in the summer. So slow

down drink plenty of fluids all day long, run in the shade when possible, and always wear cool sunglasses.

-Alex

## FROM THE VP...

### THE MAY MEETING

**S**chifferdecker Park was the JRR meeting place in May. Our first outdoor meeting of the year was somewhat cool and windy, but it was pleasant enough for those who undertook the fun run, and for the children to play on park equipment and toss the frisbee. It was cool enough that Dee Vernon claimed her turf in front of a still glowing BBQ pit for much of the meeting. A variety of good food was the first order of business followed by a short business meeting. Discussion was focused on the Four-State Classic and Alex spoke about the up and coming races. Debbie Smallwood described the scenic Big Sur Marathon (See page 2 for full description). Jane and Mike Hutchison will host our June meeting, which features the popular 3 or 4 mile (your choice) prediction run! **Plan to come early to participate.** We are still considering our meeting plans for July. In August we'll meet at the Smallwood's in Carthage.

Fitness Expo at the Crown Center Square. Premier and world class male and female runners, including Jane Hutchison, were introduced on stage along with celebrity guest, 88 year old Johnny Kelley, noted runner of 61 Boston Marathons. The free pasta dinner's sauce was a little too runny for my taste, but the mellow jazz with singer Ida McBeth, and the camaraderie of fellow runners made for a splendid pre-race atmosphere. The races the next morning started in pleasant upper 60s temps, low humidity, and partial overcast skies. An estimated 3000 runners participated in the 5K, 12 K, and half marathon. Many runners from Joplin and the four-state area participated and the Joplin Roadrunners Club was well represented. From my perspective, it was a good run under nearly ideal conditions, making for a wonderful weekend.

-Richard

### TRINITY HOSPITAL HILL

Kansas City, June 1 & 2

The 23rd annual Hospital Hill Run festivities opened the evening before the race with the Pre-Race Party and



NEXT JRR MEETING

PREDICTION RUN!

1996  
CLUB  
OFFICERS

President: Alex Vernon 623-2077  
Sec/Treasurer: Steve Noland 624-8176

Vice-President: Richard Sachan 623-3479  
Race Director: Tom Noland 781-5661



**Treasurer's Report**  
*(by Casey and Henri)*

<b>Joplin RoadRunners - Cash Flow 2024</b>	
<b>Jan 1, 2024 - bank balance</b>	<b>\$10,091.29</b>
<b>Income</b>	
Incoming donations	\$6,850.00
Membership Fees	\$1,329.75
Race Revenue	\$8,623.31
<b>Total Income</b>	<b>\$16,803.06</b>
<b>Expenses</b>	
Equipment purchases	\$4,758.23
Charity donations	\$2,000.00
General club expenses	\$3,263.16
Race Expenses	\$5,838.30
<b>Total Expenses</b>	<b>\$15,859.69</b>
Net Anticipated income & expenses	<b>-\$121.20</b>
<b>Sep 25, 2024 - bank net balance</b>	<b>\$11,034.66</b>



## Group Runs

Group runs will continue on weekdays and weekends, now with scheduled runs in Joplin, Carthage and Neosho.

For your weekly update, please check our private Facebook pages (see latest 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!

## Group Runs Week of 9/23

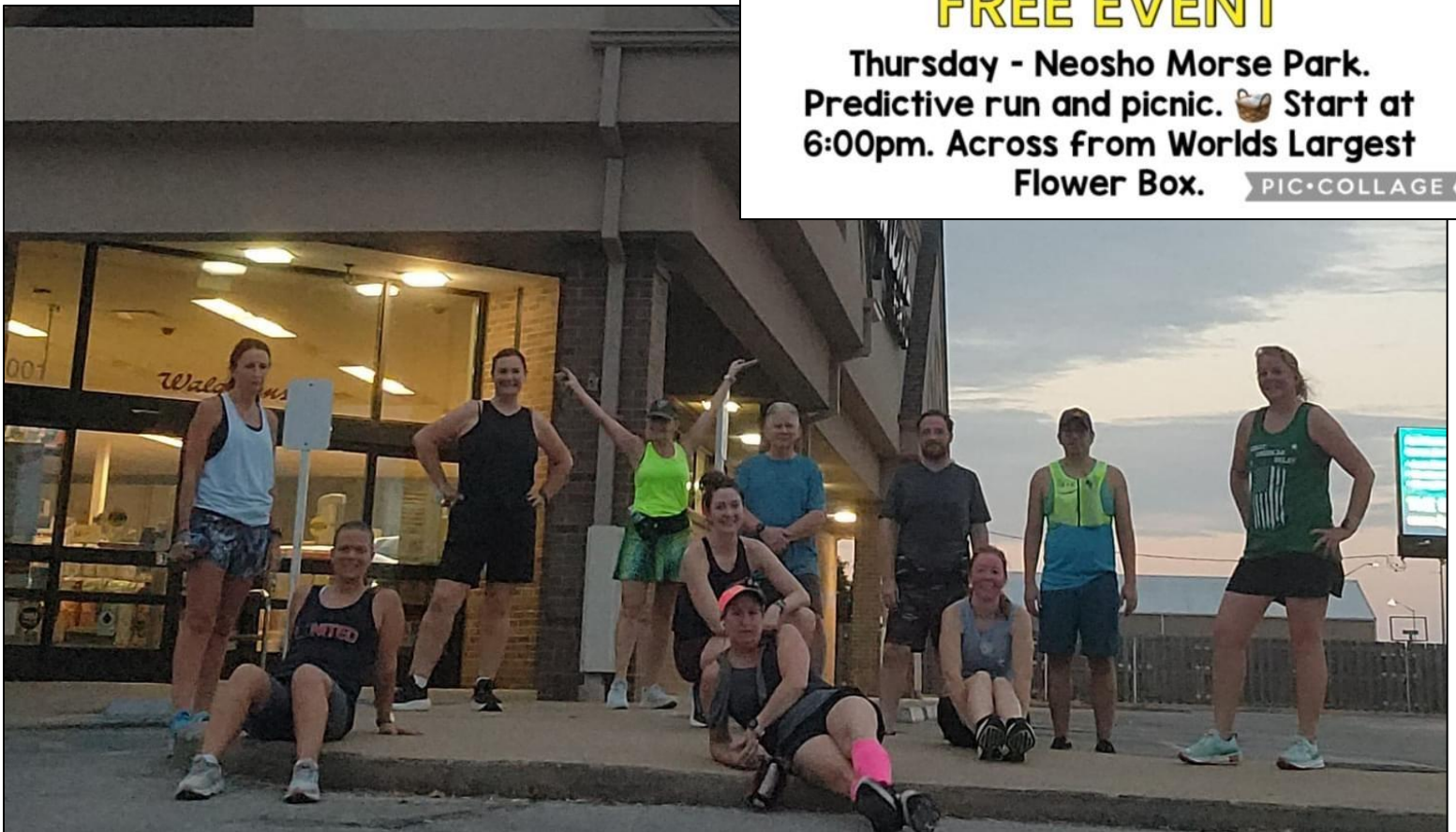


Monday - Carthage 5:30pm. 422 E Fairview  
Wednesday - Joplin 5:00pm meet at the Library

Tuesday & Wednesday - Neosho  
6:30 pm Morse Park Trailhead

**FREE EVENT**

Thursday - Neosho Morse Park.  
Predictive run and picnic. 🍷 Start at  
6:00pm. Across from Worlds Largest  
Flower Box. **PIC-COLLAGE**







[info@joplinroadrunners.com](mailto:info@joplinroadrunners.com)

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

new mailing address: PO Box 283 Duenweg MO 64841

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

#### **Club Officers**

**President** - Race Directing, Merchandising, Communication & Networking, Auditing, Website, Email Marketing and Newsletter, USATF Course Certification, 401c3 and IRS compliance  
Henri Coëme (417) 622 8912 [hcoeme@hotmail.com](mailto:hcoeme@hotmail.com)

**Vice-President** - Weekly Group Run Organization & Social Media  
Sheree Wilson [wilson7907@sbcglobal.net](mailto:wilson7907@sbcglobal.net)

**Treasurer** – Treasury & Bank Deposits  
Casey Grissom [r3d4um.19@gmail.com](mailto:r3d4um.19@gmail.com)

**Secretary** – Board Agenda, Board Reporting, Race Volunteer Coordinator  
Lori Thompson [ldolores1@yahoo.com](mailto:ldolores1@yahoo.com)

#### **General Board Members**

Debbie Smith – Calendar of Events, Venues & Featured Speakers, [debbieann57@yahoo.com](mailto:debbieann57@yahoo.com)

Brian Spencer – backup Race Volunteer Coordinator [spencercarco@yahoo.com](mailto:spencercarco@yahoo.com)

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

Paul Wright – Race Timing and Equipment Management [paulnkc@yahoo.com](mailto:paulnkc@yahoo.com)

#### **Appointed Board member**

Titi Jaramillo ([titijllo@gmail.com](mailto:titijllo@gmail.com)) – graphic design, shirts & awards creation & printing

#### **Club Maskot**

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

