



## Joplin RoadRunners' Newsletter September - October 2022 Edition

### First Word from your President

Fellow Runners,

Looking at the fall running calendar, it promises to be quite busy. But if you thought there was nothing going on in July and August, think again. Reading through all your submitted stories for this Newsletter, it looks like all of you found a way to stay quite active one way or another. Topping all that, our monthly meetings were well attended, even if the heat scared a lot of you away from our weekday and weekend practice runs.

But read on and see what we have in store for you, this month, as you sip your evening beers or your morning coffees.



Summer has pushed your president a little to the sidelines. Nursing some injuries reminded me that, even if the mind says we are the new twenties, the body sometimes protests at the rigors of daily training and weekly racing, reminding one to take a real break now and then. The bright side? Summer is the best time to sit out the hottest miles. Maintenance running at a slow pace seems to be the wise thing to do. Follow the dog for some smart hot weather advice.

But no sooner the old body wins and sets you down, the young mind chases you down the road again. Something had to give. It made me think about what drives a man to compulsively be drawn to the trail. One of my friends at work recently asked me: "Why run?". Without giving it much thought, I told him "*'cause it reminds me so much of life*". Reflecting on this, much later, it brought up images of how running is a commitment, a joy to experience, to achieve, but also a pain to endure, the disappointments, that next barrier to cross, and new limit to explore, at any age, at any capability. Isn't that what life is all about as well?

Enjoy the readings and I'll see you people on the road, on the trail, in our meetings or in one of the races we have planned for you in the coming months.

Henri

## A (second?) Word from the First Lady

Hello everyone, I've been happily ever joining these "The RRROaRRRunners" (my way to pronounce it in a fast way - in Spanish the "R" has a very long and strong sounding, but anyway, back to my point).

Since day one in the club, I feel supported even in my slow running, always find that cheer at the finish line, that makes you feel no matter how slow you are, you did it! and we are happy for you!!

Now as a "First Lady" of the club, it's a joke I made myself if I'm married to the president, well I'm the 1<sup>st</sup> Lady!! 😊

I enjoy supporting Henri and the club, designing the club races logos, printing the shirts, and being part of the settling the events. It's nice having you guys in my life!!

So my friends maybe you are wondering why I wrote this, that is simple, I was challenged to do it by "THE PRESIDENT" he sent me a message, saying "*the Club would love to add something from you...*", and how I haven't raced in a long time, this is what came to my mind.

I'm terrible at writing, always my worst nightmare even in college! So, sorry about the grammar mistakes, sure there will many, that's it see you around guys!



## **Board Meetings**

*(by Chasity Marine)*

### **Board Meeting 7-12-22 (present: full Board plus Chanti Beckham)**

#### ***Kid's Classic***

Will be held the 1st Sunday of October, October 2nd at 1pm at JHS Track.

To make things quicker and smoother, we plan on having two tables this year, one for the pre-registrations, the other for same-day registration.

Volunteers at both tables will hand out T-shirts and make name tags legible for runners so volunteers can read their name and grade.

#### ***New Carthage Run***

Chanti will RD a new race which we baptized “*Maple Tree 1-2-3*” with participants running 3 miles but getting 1, 2 and 3 mile times with the flexibility to race or slow-walk any of these distances. All three distances would be USATF-certified by JRR. As in the Neosho Dogwood 5K race, participants would get a Maple tree instead of a participation medal. Race date is set for October 29 with Chanti to return to next month’s meeting to discuss further details.

#### ***Pumpkin Run***

Date is set for Sunday October 16 with Henri to return next month with further details.

#### ***Run through the Lights***

Tentative date is December 15, pending city approval.

Carthage would like to include Central Park and Square in an effort to offer runners a longer run.

We will come up with a way to get runners organized between the short and the longer distance runners.

### **Board Meeting 8-9-22 (present: full Board plus Chanti Beckham)**

#### ***Maple Tree 1-2-3***

Set for Saturday Oct 29

Maple trees to the first 100 participants

Henri will start certifying course for 1 mile, 2 mile and 3 miles. Course measurement will take place on Sundays Aug 14 and 21 at Griggs Park.

Chanti will set up registration on RunSignUp and give Henri access as well to record registrations and shirt requirements. Registration will require name, city, and d.o.b. to be eligible for records

Design and ordering of bibs is for Chanti. So is organization of street closure and communication with city, ordering of maple trees. Brady and Henri will work on registration and result spreadsheet. Timing will be on Brady (need 100<sup>th</sup> of seconds for result certification; JRR to provide hand timing instruments).

Awards: Chanti and Henri will look into ideas to share. Awards for overall Male and Female in 1, 2, & 3 miles (=6 awards) plus age-graded in 1, 2, & 3 miles (= 3 awards) and maybe New Record awards.

Eligible for 1 award of each type (one overall, one age graded, but 2 records – longest distance takes precedence)

Refreshments will be provided by the city - Chanti will oversee.

### ***Kids Classic***

Oct 2nd at 1pm at JHS Track

Still working on sponsorships but Freeman seems very likely to support.

Still waiting to hear back from Lauren to make graphic design.

### ***Pumpkin Run***

Oct 16 at Leggett and Platt. Henri obtained approval to start the races at their parking lot, like last year.

Most will be similar to last year's run with a certified 2 mile and 8K on the Ruby Jack trail. Pumpkins for awards.

Titi is working on design for t-shirts.

### ***Sep-Oct Newsletter***

Henri will ask members to contribute their running stories by Aug 25. Few races in past 2 months, but there are plenty of stories to tell and races to announce.

## **Club Meeting – July 14, 2022 @ YMCA**

*(by Chasity Marine)*



### ***Guest Speaker: Kendra Cochran.***

Kendra has been a physical therapist for 13 years. She started *Train2Run* ten years ago, a program geared towards runners which includes circuit training. See below for details of her upcoming program.

Kendra went over common injuries for runners and how to help stretch and heal those areas. Common injuries involve hamstring and glutes. For tendon injuries, she recommends rest; for other cases she advises to stretch appropriately. All achilleas injuries require warmup to reduce pain and tenderness. Tendon injuries need warm up as well; they hate compression and are always localized pain.





For calf pain you should strengthen. In case of outer hip pain, lay on the side and hold your heel up for 10 seconds, till you feel burn in the gluteous muscles (butt muscles). Side stepping, neutral clam shell and banded hamstring curls are great exercises to build up your hips and prevent pain. Kendra demonstrated all these and all of us tried our best to imitate. Don't stretch tendon injuries but strengthen the calf muscles instead.



Kendra also recommends tracking your cadence (number of steps per minute) at least once a week, trying to keep the count over 170. Anything less means a higher risk of knee injuries. As a knee exercise, do single hip thrusts and elevated bridges to help build them. For achilles you can do heel low ladders to help build up.



She also recommends using balance boards. Balance boards help with feet and balance.



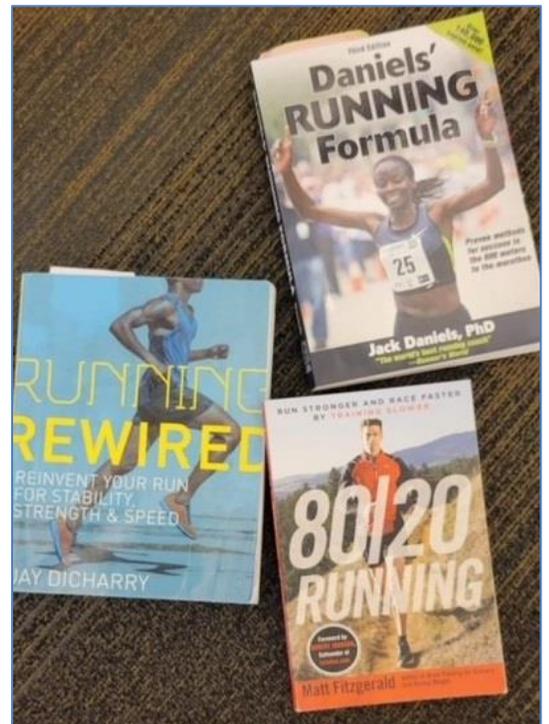
sure you're just rolling muscle and fascia.

Foam rolling is also good but don't roll on bone; instead make

Plantar fasciitis is another common injury in the foot. Kendra recommends pushing in heel and wearing gel heel cups. Hoka shoes are great for people who have plantar fasciitis. She also recommends using a balance board and resting two full days after long runs. Plantar fasciitis usually lasts a year and cure only slowly.

Finally, Kendra recommended a few books for inspiration on these types of exercises. Here they are.

See below for details of her upcoming program.



*Train 2 Run Fall 2022 Classes*

*Mon, Sep 12, 2022, 6:00 - 7:00pm*

*Tue, Sep 13, 2022, 5:30 - 6:30pm*

*Freeman Rehabilitation & Sports Center*

*2206 East 32nd Street, Joplin, MO 64804*

*417.347.3737*



When it comes to running, many people focus on running to train, rather than training to run. Train 2 Run (T2R), a Freeman Rehabilitation & Sports Center program, is a functional strength-training program that aims to teach runners smarter and more efficient ways to prepare for running. The Train 2 Run program teaches you how to stay healthy and injury-free, so you can run longer and with greater success. Train 2 Run is also a great program for active adults who are looking for safe ways to stay in shape.

**Goals:**

- Reduce injury risk and improve resilience to overuse-related running injuries
- Improve running performance
- Promote a stronger, healthier community of local runners

**FALL 2022 CLASSES WILL RUN FOR 10 CONSECUTIVE WEEKS STARTING THE WEEK OF SEPTEMBER 12 AND ENDING THE WEEK OF NOVEMBER 14.**

One 10-week adult class is \$65. Payment by check, cash or credit card will be due during the first week of class.

**T2R Foundations (All levels) – MONDAY 6:00 pm** – This circuit-style strength class is designed for both beginner and veteran runners as well as active adults. This class focuses on strength training using high-intensity interval training (HIIT) workouts. The workouts are fast paced and will get your heart rate up. The main goal of the class is to offer an alternative form of aerobic training that mimics the same cardiovascular training effect experienced with running while also getting the body stronger and more resilient to injury. It is recommended that all participants for this class have the ability to perform cardio exercise for at least 30 minutes without stopping.

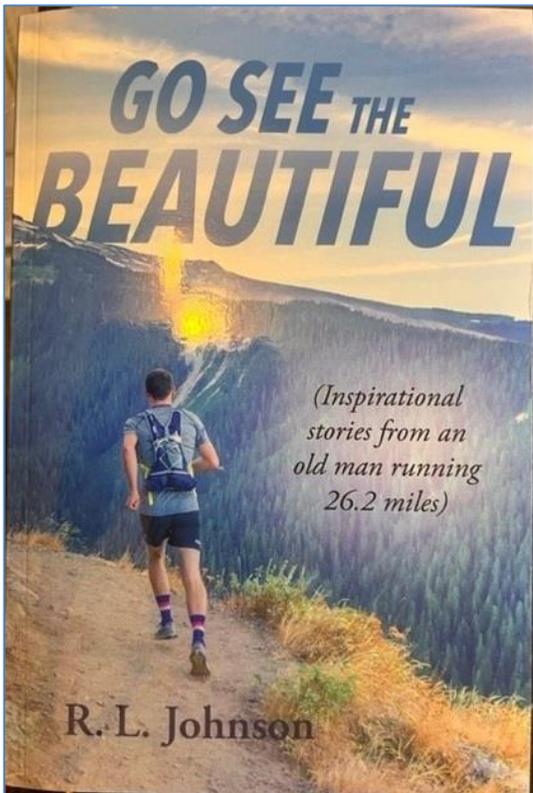
**T2R Foundations (All levels) – TUESDAY 5:30 pm** – This circuit-style strength class is designed for both beginner and veteran runners as well as active adults. This class focuses on strength training using high-intensity interval training (HIIT) workouts. The workouts are fast paced and will get your heart rate up. The main goal of the class is to offer an alternative form of aerobic training that mimics the same cardiovascular training effect experienced with running while also getting the body stronger and more resilient to injury. It is recommended that all participants for this class have the ability to perform cardio exercise for at least 30 minutes without stopping.

## Club Meeting Aug 11 @ YMCA

*Featured Speaker: R.L. ("Rusty") Johnson, author of Go See The Beautiful.*



Rusty is a local runner who started running at the age of 50. Rusty has run 4 full marathons and his book is about his trainings and stories. In his book he covers the 26.2 miles of running stories and how to handle life's adversities, an old building block of society in a new world, how we treat one another and the forces that underlie it all.



JRR members were able to purchase his book for \$10, so many members purchased his book after the talk which Rusty gladly signed.



See later in this Newsletter for a sample story from his book.



## JULY

- 1<sup>st</sup> - Anne Jiles
- 2<sup>nd</sup> - Tonka
- 3<sup>rd</sup> - Lori Thompson
- 4<sup>th</sup> - Sheree Wilson



## AUGUST

- 1<sup>st</sup> - Henri Coeme
- 2<sup>nd</sup> - Anne Jiles
- 3<sup>rd</sup> - Titi Jaramillo
- 4<sup>th</sup> - Brian Spencer



## Profiles of JRR members

### This time, a member that is sometimes literally overlooked ...

My name is Miles, I belong to the Coeme pack, and this is my story.

My pack Leader and Master calls me *Good Boy*, but that's just my "pet" name (dog pun intended). Our other pack member is Darling, but I don't think that's her real name. I think it's *Love*, but I haven't quite figured that one out yet. Her task is to feed me. She is not my Master (there can be only one!) but I like her because she is the one serving me food and water. I have also trained her to open the door for me when I want to go out. She caught on really quick.

Other members are loosely affiliated with our pack. Little dog Lucky once lived downstairs and ate my food whenever he had a chance. I let him, because I hate kibble. No matter what it smells like. Sometimes I get real meat, or a bone. That's when I mean business and when the food is worth fighting for. I kept warning him, but Lucky is too dumb (or too hungry) to understand. But one snap and that's the end. Stupid dog (did I just say that?).

Lucky belongs to Sebastian's pack who, for a while, took temporary refuge in our basement. Master allowed it and we liked their company. We didnt share food, though, which is why I know we really were different packs. They are gone now, living a car-ride away. Good.

Some other packs come visit our den, now and then. Not really looking forward to those visits.

There is Sally's pack. They are an odd bunch and come in all sizes and shapes of humans. When they come visit, I mostly hide in the garage. Unless they barbecue chicken or lamb. Then, I will lay on the grass, at safe distance, and wait my turn. They don't like our food much because they always leave me lots of left-overs (their loss, my gain).

My days are simple; there are just two types. Either the pack is gone all day, or all are at home. When all are gone, I watch the grass grow, chase the deer, bark at the neighbor's dogs or, at night, at the moon. When I do that, Master comes outside as well and barks too, while looking at me instead of the moon. Mostly I just snooze.



When the pack is together, life is suddenly much more interesting. Master goes to the bedroom, takes his fur off (seriously) and puts another coat on: one that smells deliciously of his sweat and road dust. That is my cue, that's when I go *APE* (see picture above)! I know what's next. He puts on some smelly paw covers, one soft, one hard, and we run down the dusty road, and over hills, yahoo!!!

When it's hot we stop by each creek and jump in the water. I drink the creek water while he drinks out of his pocket (how does he do that?). On the road, I smell the neighborhood, chase all the other pack dogs to their side of the road. Because the Road is Mine, Baby! My territory and my domain which I am born to defend. When we get back home, I am a happy dog. Happy and tired. Run, eat, rest, repeat? That's me.



After my runs, I have the best snooze and I'm so hungry I can even eat my kibble.

If you like my dog story, you can tell me, says Master. That doesn't mean I'll consider you a pack member, but I may say "hi" or let you tickle me, next time we meet on the road.

As long as you stay out of my way at a race. That's far too serious pack business.



## Race Reports by Club Members

### Summer Roundup - Joplin, MO

(by Sherree Wilson)



My race schedule, this year, has been a little sporadic. Several races and then none.

When July came, I was so excited to have two races in one weekend. Adrenaline was high to say the least.

The first race was kind of a girls' weekend in Arkansas with an inaugural 5K trail race at Coler Mountain called Paradise Found. We had a blast, and it was a fun race.

What I want to talk about here though is the 2nd race of the weekend: **Summer Roundup**.

Most people do the triathlon, but my swimming has lots of room for improvement, so I do the duathlon.

I got up that morning with plenty of time to get out the door and get to the race site early. Somehow the minutes ticked away, and I found myself rushing to get out the door.

On the way to Jasper the fog outside was pretty thick and as I got closer the condensation on my windshield became so heavy, I couldn't get it cleared off. Well, the next thing I knew I had missed my turn!



But I got turned around and made it to the race site with plenty of time.

I got a spot picked out in transition and got set up. I aired up my front tire and moved to the back.

When I aired the back tire up to the recommended psi, I noticed it looked a little strange. Upon examination I saw that my tire was completely blown.

My spirits and my heart sank as I faced the thought that I would not be able to race. As I fought back tears, I ran around telling whoever would listen to my dilemma.

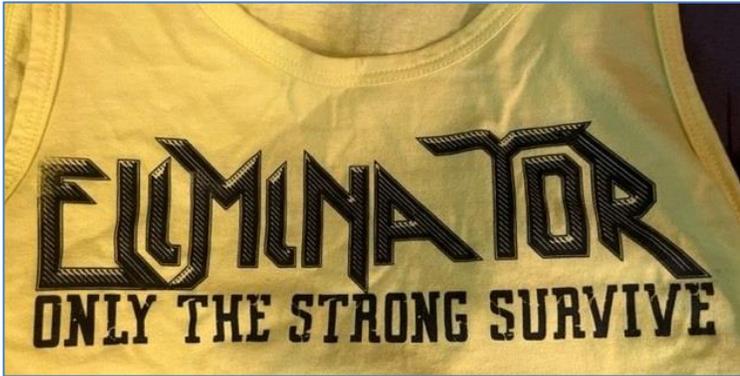
Long story short, with the help of some amazing athletes I didn't have to have a DNS or a DNF or anything of the sort. I got to do my race! Thankful and grateful!!!

Although I was so disappointed there were no age awards for the duathlon, a fellow racer brought me a little plastic trophy which I proudly display!!



## The Eliminator – Joplin Frisco Trail - August 6

(by Becky Mitchell)



When two ultra-distance uber fast runners named Jenna and Nathan announce they are putting on an event called “*The Eliminator*”, it sounds pretty intimidating to a slow runner like myself. “This will be a fat-ass style ultra wannabe,” they said.

In 12 hours, you could run 51 miles: 3 miles every 45 minutes. Hmm, no, not for me. So, I just curiously followed the event online the first few years.

But wait, I had training to do, miles to run, events coming up in the fall. Why not? So, three years ago, I signed up for the first time. And it was pretty fun! Start at 6 am when it’s still fairly cool on the average August morning, run 3 miles in less than 45 minutes. And then go again if you want to! No pressure!

And I’ve been back twice and did 3 rounds on August 6th for 9 miles of easy training. Seeing several of my running friends going even further after I self-eliminated, is truly inspiring. Debbie Smith ran FORTY! Six guys finished the whole FIFTY-ONE miles!

This all takes place on the very pleasant and shady Frisco Trail and raises funds for TNT Scholarships and Joplin Trails Coalition (Frisco Trail’s Port-a-Potty).

It’s also pretty sweet having Jenna greet you at the finish each time with a smile and a checkmark by your name!



(by Debbie Yerington)

What to say about the Eliminator! This was my 4th year participating! I love this Event! It is all about endurance!

It was definitely the hottest one yet! The temperature was hovering around 100F with a dew point of 72!

67 people started at 6:00am and by 6:pm there were only 6 men still standing! You run 3 mile loops every 45 minutes. It’s easy until you get some miles on your legs then it gets hard! My plan was to get a



few loops before tapping out, at which point I would be on my own. I ran 6 loops then tapped out. I kept running on my own and was able to get 40 miles in before the event ended. I am super proud of this due to how hot it was!

The reason I love this event so much it allows you to push beyond your limits! It was very hard but so much fun! Looking forward to next year!



**Red, White & Boom 5K – Carthage**  
*(by Becky Mitchell)*



My Favorite Running Memory for 2022!

The night before the Red White and Boom Run in Carthage, I told my granddaughters I was getting up at 5:30am to go run this race once again. I reminded them that Ava, the oldest, rode in a stroller back in 2012 with her parents and me. They both said they would like to do it with me. They rose to the occasion!

It was a very warm morning and they complained a little and welcomed walking breaks. But then they would hear foot beats getting closer and looked back. “Those boys are catching up, RUN,” they said several times!



They were happy with the accomplishment when we crossed the finish line. And when we got home, Ron asked them how many miles they ran, and Mya said, “All of them!”

Finish photo on the right: Mya, age 9, and Ava, age 12.



On the left: Ave and Mya cool off their feet after the hot run!

## From Arma Homecoming to Fearless Fern Miami – Aug 13 and 20

(by Russ & Kathy Ritchhart)

Well fellow runners it's finally starting to cool down a little. We'll be training for half marathon runs in a few weeks but for now we will settle for running some 5K's. Two weeks ago, we traveled to Arma, KS for a 5K. We run there every year as the course is flat and the people putting on the race are very nice and always happy to see us.



Kathy ran a good race and ended up winning 1st overall female.

But the best race of the day was her granddaughter, Bailey, who ran her first race ever! She took 2nd place in the kids run and was so proud of her medal she showed it to everyone the rest of the day.

Last week we traveled to Miami, OK for another 5K. It course, and the people are super friendly. Again, Kathy won overall good time considering how warm the weather was.



also is a good female with a

If you are pulled muscle in Lamar to run

We'll let you go



wondering why I haven't mentioned how I did it's because I have a my leg but hope to be back running soon. Next week we are going to another 5K.

for now & hope everyone is doing ok.

## 75 Hard Challenge

(by Les Shaeffer)

I have not been up to any racing lately since my last triathlon. I do have Trifest for MS upcoming next weekend in Bentonville, AR. If you do the entire weekend, it's three separate triathlons. There is a Sprint distance Saturday morning, a Super Sprint distance Saturday evening, and an Olympic distance on Sunday for a grand total of over 54 miles or racing.

The most recent challenge I have been pushing through is the *75 Hard Challenge*. Andy Frisella, CEO of 1st Phorm nutrition products (<https://1stphorm.com/>), began this challenge and pushed it out to people.

It's not a fitness program or a diet... it's a mental toughness and self-discipline challenge with very specific and easy to follow steps (although the daily execution is difficult).



## Steps in Challenge:

- Drink 1 gallon of water a day (128 ounces)
- Read 10 pages of a non-fiction entrepreneur or self-help book (not audio book)
- Take a daily progress picture
- Follow a diet (it's up to you to choose)
- No cheat meals or alcohol
- 2 workouts a day 45 min each (must be two separate workouts separated by 3-4 hours at least with one of the two workouts outside regardless of the weather)

The point of the challenge is self-improvement with a specific reason at each step. The water is simple, we don't drink enough of it. The reading is for personal self-improvement, starting a business etc. The progress picture is to see your progress because it's there even if you don't think it is. The diet is self-explanatory, we typically eat like garbage in the US. The cheat meals and alcohol go along with the diet. Unhealthy foods hurt the body and alcohol has extra calories that take away from your daily allowance. It's also the self-discipline to not cheat even when you badly want to. The two workouts are for both the fitness aspect and the "do it when I don't want to" aspect. The one required to be outside is to teach your mental toughness to overcome a crappy situation.



So far, I am on day 27 and I will say it's been both difficult and easy. The things I knew would be hard are difficult but not as difficult as I figured they would be. The part I thought that would be easy is sometimes difficult. The diet I chose to follow isn't anything specific: mostly clean unprocessed foods, lots of fruits and veggies with lean meats and rice. I still allow myself things like bread, peanut butter, trail mix fruits, Greek yogurt etc. I completely cut out deep fried foods, snack items like chips, soda, and candy etc., and beer. Giving up beer has been one of the biggest challenges of the entire month. I love having a beer with my friends or wife after a run or ride. When they all head into the pub for a beer, I leave and go home. But it's getting easier and has been much easier than I thought it would be.

The positives of the challenge, now 1/3 of the way through? I saved a lot of money on eating and drinking out. I cooked at home often, serving much cleaner and healthier foods. I already lost 8 pounds, but one of the changes I notice most is my sleep habit. I now sleep all night without the aid of a sleeping pill or melatonin gummies (sometimes both). I monitor my sleep with my Garmin watch and my usual average sleep score a week is mid 70s/100. For the last thirty days, my sleep score average has been in the mid 80s/100. I wake up feeling refreshed and sleep through the night, rarely waking up. Drinking 1 gallon a day was much easier than I thought it would be. I drank a lot of soda and beer all day and replacing those with water puts me well above a gallon a day before dinner time. Overall, it's been an amazing experience. I had bad days early on (still have them now), but each day it gets easier. My routine was challenged with starting back to school this week, but I have been able to keep on track and get it done.

## 16th Annual Tiger Triathlon in Republic, MO - July 30, 2022

(by Amanda Schmidt)



Great race for beginners! This was my 3rd time to race the Sprint distance: 300 Yard Swim, 12.2 Mile Bike, 3.1 Mile Run.

This race also offered a super sprint (150 Yard Swim, 6.1 Mile Bike, 1.5 Mile Run) and relay options for both distances.

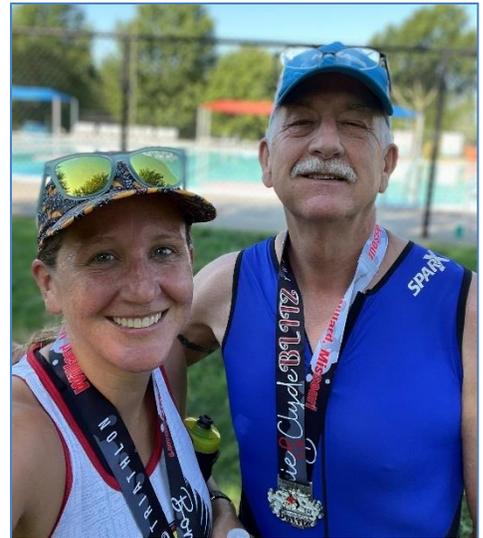
I'm thankful that I get to share this hobby with my dad. We are both newbies to triathlons, so it has been fun to learn and train together.

My dad placed 2nd in the 60-64 age group, and I placed 3rd in the 35-39 age group.

## Bonnie & Clyde Blitz Triathlon - August 27th in Willard, MO

This was the 3rd race in the Summer in the Heartland Triathlon Pool Series and the 2nd year for the Bonnie and Clyde Blitz. (300 meter swim, 12 mile bike, 5k run)

My dad placed 3rd in the 60-69 age group, and I placed 1st in the 30-39 age group and 5th overall female finisher. If you're looking for starting place for triathlons, all of the races in this series were great! Other athletes willing to offer advice and help ease the nerves!



## All-over-the-USA – July-August

(by Henri Coëme)



From the day it set foot in this country I have been in sales. Telephone equipment and long-distance service for Sprint, Cell phone service for Kansas Cellular, and now textile printing equipment for HIX Corporation.

One of the great benefits associated with sales is the traveling. Most people are reluctant to be away from home. Not me. Every trip is an adventure.

More than twenty years and over 50 countries later, I still travel, albeit now mostly inside the US. One challenge I have been keeping up with during most of my travels is to run in every place I visit. Mostly I know where I am heading, but not always.



This has placed me at time in some odd situations. But those are stories for another day.

July and August took me to both the east and west coast. I mostly know where to stay for good running terrain near to the hotel, but still there is always that surprise element.

Long Beach CA is not a safe city to run in, so I picked my hotel in San Pedro, about 20 miles west, a safe and hilly neighborhood. Trade shows and customer visits don't start till about 9 or 10am, which gives me plenty of time for a morning run. Running up San Pedro hill that morning, I came by a Palomino ranch. I discovered that horses like to walk/run as well (go figure). All along the road leading up and down the hill were spacious horse trails, away from the busy traffic. How cool was that. Around one of the busiest neighborhoods in the country, here were these isolated and well protected, soft running paths. Negotiating around the occasions horse dropping was just ... par for the course.

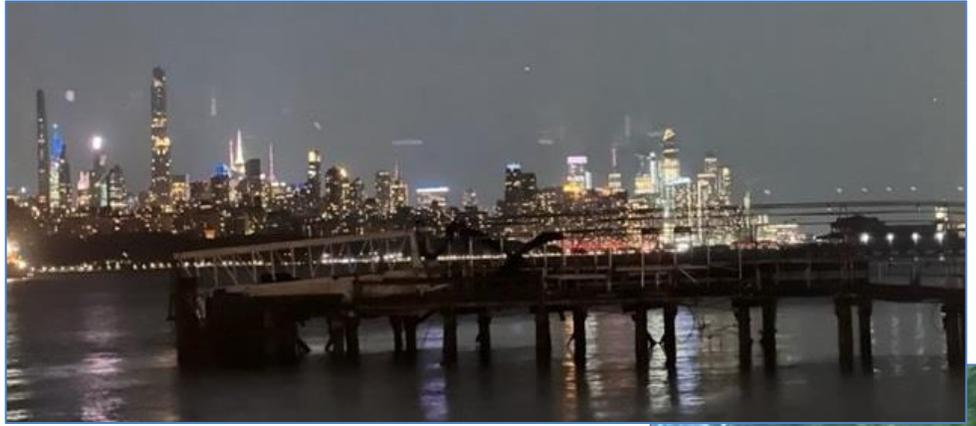
Two weeks later, I flew out to conduct a seminar near New York City. Earlier in the 80's, I had spent many months on assignment here, and I knew Central Pak and the Big Apple well. But these were not the 80's.

With safety in mind, I picked a hotel on the New Jersey side, adjacent to the Hudson where, not that long ago, Captain Sully landed the splash heard around the world.

I was surprised to find that, here too, I did not have to run in the busy morning or evening traffic. All along the Hudson is a walking/jogging path, mostly frequented by dog-walkers and the occasions family strollers. All the way to Washington Bridge and almost to the tip of Manhattan, the path zig-zagged around shopping malls and residential areas on the one side, the Manhattan skyline on the other.

How lucky can you get. I was taking it all in, until I scared a herd of deer, right in front of me, here not a hundred yards away from the busiest traffic leading to Washington Bridge.

Next month: the Carolinas, then Las Vegas. Can't wait to see what those places hold in store for this running fanatic.



## Lincoln National Forrest, NM – July 23

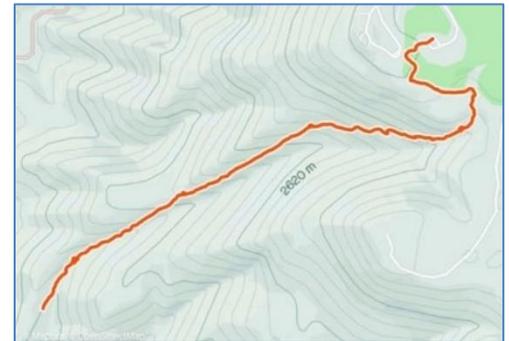
(by Brady Beckham)



Like many people born in the 1930s, my grandfather entered the Air Force as soon as he was able. In it, he found a career and the foundations for economic stability. After retirement he and grandma relocated the family to Pineville, Missouri where he built houses for another 20 years. In the late 80s, he and grandma put the house up for rent and spent 14 years living in a 5th wheel trailer looking for places to retire that met two conditions: near an Air Force base and a climate that favored (or rather eliminated) grandpa's seasonal allergies that we all suffer through in SWMO.



In 1995, after visiting the lower 48 states, they settled on south central New Mexico, near Holloman Air Force base and White Sands (National Park... and Missile Range). Over time they fixed up a modest modular home in the Chihuahuan desert valley then bought a mobile home nestled in the Lincoln National Forest at 9,000' elevation, and only 20 minutes' drive from the place in the desert. A few years ago, after grandma passed, grandpa sold the place in the desert; he enjoys the summers and weathers the winters on the mountain top near Cloudcroft, NM (think Eureka Springs, AR in the '80-'90s, but with more evergreens).



During 25 years of visits to Cloudcroft, and Alamogordo, and growing up in an active family (we were JRR members most of the '90s and early '00s), I've done a fair amount of hiking, running, and biking in the Sacramento Mountains that hold Cloudcroft, the Lincoln National Forest, and the [National Solar Observatory](#) in Sunspot, NM (yes, they have telescopes pointed at the sun!). It's in this setting I had an adventure with my father, this July.



About half-way up the mountain between Alamogordo and Cloudcroft, you find a small community called High Rolls. During a NM trip in college, I learned of a fire road starting from high rolls that provides access to the 30 miles of plateaus south of High Rolls; areas that are not easily accessible from the valley floor, areas I'd not been... places I felt I needed to see. I thought about driving the road with the family and picnicking/hiking... but I didn't know the condition of the road and am not interested in economic or domestic costs associated with towing a car and family back to civilization after pushing the machine just a little too far.

And 30 miles is too far for me to run right now especially with no guarantee of water refill. So, Dad and I agreed to mountain bike the road from High Rolls (elev. 6,750') to the observatory in Sunspot 20

miles south. We picked a date for a family visit to include the ride and committed to a date. Then the research began.

This road is shown on Google maps, but the street view car hasn't been down there yet. I ordered topographical maps of the area and mapped possible routes with satellite view on Google Maps. That's when I discovered the road didn't have a spur up to Sunspot like I'd believed. We could bike a total of 30 miles from highway to highway, or we could bike 20, and hike 2 up the mountain to the observatory. Mostly because I was mentally anchored on the original plan, we opted for the bike/hike option. That gave me a new problem to solve; what is the best way to hike mountain bikes up 2 miles of rocky single track with average grades of 17% and max grades closer to 30%? Answer: we'll strap them to our packs. A friend loaned us two old external frame packs, and after an afternoon of experimentation found an acceptable way to tie the bike frame and wheels to the pack that I thought would allow us to port them to the mountain top.



We started from High Rolls at sunup, mom dropping us off and wishing us well, and were met immediately by 1,000ft of climbing in the first 4 miles. Even on mountain bikes, that's a big hill. For the next 16 miles we oscillated on bikes between 7,100' and 7,800'. Enjoying shade from the mountain and some cloud cover, we saw amazing vistas that I'd never seen before and miles of enjoyable high desert scenery. Then at mile 20, we turned off the fire road onto the single track. We 'biked' as far as we wanted to... which was probably a half mile and was mostly pushing the bikes before we decided to transform into pack hikers instead of mountain bikers.



A few minutes later we were back on the trail, now with 35-pound packs (10 pound pack + 25 pounds of mountain

bike). Between thin air, heat, steepness, and the pack weight... two miles was a good test of calorie and O<sub>2</sub> management.

We would hike about 10-15 minutes, often just putting one foot in front of the other, and rest 10-15 minutes so our heart rates could come down enough that we could eat and drink before taking the next leg. It was tough. I think we could've gotten into real trouble if not for both dad and I having decades of experience running, cycling, managing calories, effort, and hydration.

We finished in just over 7 hours thanks more to experience than fitness; happy to have completed such a contrived adventure, and not needing to do it again (that box is checked!).



Looking for the next adventure.

## Splash, Pedal, and Sprint Youth Triathlon in Rogers, AR - July 9

(by Brandon Smith)

This was an awesome event that my 3 kids all participated in. My two younger kids Manolo (6) and Tzaddi (8) had a big rivalry going while they put in their training miles, running and on the bike. Every time we



trained easy or more challenging, it turned into a race! On race day though their competitive spirits weren't against each other but rather their age groups.



Manolo was the first to race. They lined up the kids, staggered and in a single file. He was one of the last kids his age to line up and started way back, but gave an incredible effort. Despite being way behind after the 25 meter swim, he shot out of a cannon on his bike and came in to transition into 2nd place at the start of the run. Too far back to catch the leader on the run, he still managed 2nd place overall by only 11 seconds.

Tzaddi was next. She too started way back in the swim but hers was 50 meters.

She is a much stronger swimmer and came out of the water in pretty good position. She blazed her 1 mile bike and came into the transition towards the front. Despite her loath for running, she ran her little heart and legs to the max for the half mile run, managing a 2<sup>nd</sup> place finish by only 4 seconds.

Nephtali (11) was my final child to race. She is a swimmer so her favorite part was the 100 meter. She swam hard and then transitioned onto her road bike. Cruising along, she took a sharp corner, clipping her pedal and wiped out. Back on her bike, she finished her 2 mile ride with road rash on her legs, then ran a good mile to finish. Disappointed that she didn't place, she competed very hard!

Overall, it was a really fun event for the entire family. The only thing I didn't like was the staggered start; it took way too long to get all the kids in the pool! They only used one lane when they could have used at least 3. I am really proud of how hard my kids competed! It would be really fun if we could get together many more activities like this one in our area.



## What a difference a Day Makes

*(by Brian Spencer)*

Running Life is like a box of Chocolates, you don't know what you're going to get until you get your butt out of bed while it's still dark and put on your shoes and head out the door.

Picture if you will: a near Perfect running day in the middle of summer. For me it was June 27th and only 61° for my 10 miler: 1hr 40 minutes 31 seconds to run from Low Water Bridge to the Library and back. Just 1 week later July 3rd and normal summer weather of 80°, the same run to the Library my time was 2hrs 3min 30sec: 23 minutes difference on a 10 mile run is huge on race day. Now picture yourself 23 minutes faster on race day and you will feel like you're on top of the World. Just keep putting one foot in front of the other and make it happen.

Yours truly,

Forrest 😊

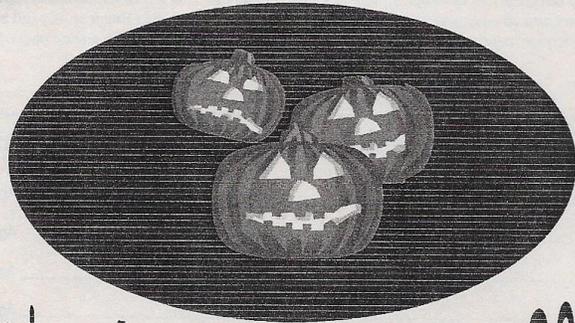


A Glimpse of the past

A page from JRR Newsletters, left by our previous generation of Joplin-area runners

# 21st Annual Pumpkin Run

5 mile run  
& 1 mile  
walk/fun run



Hosted by



Saturday, October 4, 2003

You are cordially invited to participate in the 21st Annual Pumpkin Run, a traditional fall event dedicated to community fitness and well-ness. Proceeds will benefit local children with special needs or disabilities through the United Way of Southwest Missouri. Fees include long sleeve T-shirts to the first 100 Five Mile registrants and a free pumpkin to children 12 and under entered in the 1 mile fun run.

Sponsors for this event include:

- St. John's Regional Medical Center
- The Beer Company (Mountain Valley Spring Water)
- Food-4-Less
- Coca-Cola
- Joplin's News 12
- Continuous Country Kix 102.5
- Kwik Kopy Printing
- Jim Bob's Steaks & Ribs

Race Award Categories	
Male	Female
19 & under	19 & under
20 - 29	20 - 29
30 - 39	30 - 39
40 - 49	40 - 49
50 - 59	50 - 59
60 & over	60 & over

Race Day Registration: 8- 8:45 am  
Start of 5 mile race: 9 am  
Start of 1 mile walk/fun run: 9:10 am  
For Information contact Bill Hoover,  
Pumpkin Run Race Director 782-4755  
MAIL TO: **BILL HOOVER**  
3363 Coyote Drive  
Joplin, MO 64804

# Treasurer's Report

(by Casey Grissom)

<b>Beginning Balance 1/1/2021</b>	<b>\$ 5,875.74</b>
Income	\$10,122.69
Expenses	\$ 9,167.56
Charity Donations	\$ 1,650.00
	=====
<b>Ending Balance 6/30/2022</b>	<b>\$ 5,180.87</b>
	=====

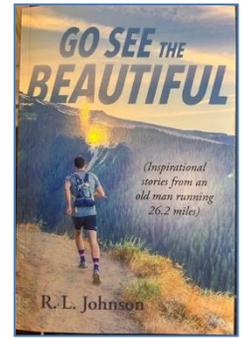
<b>Beginning Balance 7/1/2022</b>	<b>\$ 5,180.87</b>
Income	\$ 48.63
Expenses	\$ 6.00
Charity Donations	\$ -
	=====
<b>Ending Balance 8/28/2022</b>	<b>\$ 5,223.50</b>
	=====

## From our Runner's Library ...

### Mile 3: This Race Is Not Like Most

*(extract from the book Go See the Beautiful by R.L. Johnson)*

The “Joplin Memorial Run” is one small way that the people of Joplin have chosen to remember what happened to change a city, possibly unlike anything in this city’s history. The run incorporates and extension of the great spirit that exists here. It also happens to be the first “long” run in which I participated.



The yearly Joplin Memorial Run is not like most.

Individual flags were constructed that bear the name of each life lost in the 2011 tornado. Those flags line the way for the first blocks of the run and later serve as the finish line reminder for why we ran. I have seen individuals stop short of the finish line to find the flag of a loved one, stand beside it or touch it for a moment with tears in their eyes, and then finish their race. ... It touches our hearts as we realize the fragile nature of this life.

I remember gathering here for my first opportunity to test my running endurance in May of 2017. I'd been building up from my occasional 5K runs and my one very ambitious 5 mile Pumpkin Run, the October prior. I found a nice plan that had me build up to ten miles a couple of weeks out from the half marathon. It was tough, but it was also fun to try. My almost 53-year old body was holding up to the challenge. I thought I was ready to go.

I stood with possibly a couple thousand runners. I recall the excitement of it all. Could I do it? Would I crash in the end? Would my body really hold up and keep going for 13 miles?

What in the world am I doing here?

My unofficial running coach, who is also one of my bosses at work (I'll call him Joe), is an excellent runner... He was running on that day as a pacer for marathon runners. Another friend of his, who was at a similar place in his training as I, was also in the race.

I'd heard that Joe's friend could run a 10-minute per mile average. I wondered if I could somehow keep that same pace. I'll pause now for all good runners to roll their eyes at my slow pace. But truthfully, I've discovered that runners are an excellent group of people who are positively upbeat and encouraging of anyone who has the audacity to get out and run. I think the heaviest people on the racecourse get the most encouragement and garner more praise than the sleek, the fast, the very fit. Because they (maybe I should say “we”) have been brave enough not to care what we may look like or how slowly we may traverse the course. We are going anyway.

And then it comes ... no, not the gun to begin ... instead, 161 seconds of silence in honor of those lives who are not here today because of that awful storm. ... And then, there is nothing but quit thoughts. A netting of 161 balloons is released into the grey morning sky. The hushed crowd watches. Heads turn as the balloons slowly become tiny points in the distance.

I reflect on how long 161 seconds take when we stop and really do nothing for that entire time. Strange how that is – 161 seconds can in one instance seem long, but 161 days go by fast as time seems to go careening at breakneck speed.

... And we are off. My first long race had begun.

## Upcoming Races



The Maple Tree 1 - 2 - 3 is a fun, new running event by the Joplin RoadRunners and HERE4Carthage! Save the date and stay tuned for registration details coming soon!

**What:** Run 3 loops on 1-mile certified course, prizes given for fastest 1 mile, 2 mile, and 3 mile, male and female as well as the top age graded performance in each distance, plus new State records.

**When:** Saturday October 29, 2022 beginning at 8:30 am.

**Why:** The first 100 runners to register will receive a maple tree.

**Where:** The run begins at Griggs Park - 316 W. Centennial in Carthage.

**How much:** \$10 for the run (yes TEN DOLLARS!!!), optional t-shirt for an additional \$15.

**About the race:** Pick your strategy, for example: run the 1st mile hard to compete for the fastest mile and walk the next two miles, OR run the first two miles hard to compete for the fastest two mile time and jog the third, OR run 3 as fast as you can to compete for the fastest 3 mile, OR run or walk 3 miles at whatever pace you like because we're really just here to have fun!



Shirts are optional but these very colorful, original, wicking, and anti-bacterial, breathable, hi-tech shirts don't come around often.

**!!! One of the oldest races in Joplin is on again!!!**

# **39<sup>TH</sup> ANNUAL PUMPKIN RUN**

**SUNDAY OCTOBER 16, 4PM & 5PM**

**2MILE (STARTS AT 4PM) AND**

**8K/5MILE (STARTS AT 5PM)**

**LEGGETT & PLATT PARKING LOT – 1 LEGGETT RD, CARTHAGE, MO**

**NET PROCEEDS GO TO THE SCHOLARSHIP FUND OF  
THE JOPLIN CEREBRAL PALSY CENTER**

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

**ENTRY FEE: \$30 FOR EITHER RACE, \$45 FOR BOTH RACES**

**FREE FOR JOPLIN ROADRUNNER MEMBERS (WITH ANY DONATION TO THE CHARITY). SHIRTS ARE  
OPTIONAL AND CAN BE ORDERED WHILE REGISTERING AT RUNSIGNUP**

**SAME-DAY RACE REGISTRATION STARTS AT 3PM AT L&P PARKING LOT**

Prizes are pumpkins, big and small, decorated by the Joplin Cerebral Palsy Center!

Participants will receive a certified time for either or both distances and qualify for listing on MO  
staterunningrecords.com and on MaraRunning.org.

Runners taking part in both races will also be ranked by Age-Graded Performance Percentage (World Masters  
Athletics scoring chart), creating a level-playing field for all participants, regardless of gender or age. Largest prize  
pumpkins for the top male and female clock-times in both races as well as for the top-three AGP% scores for the  
day.

Water and snacks available at the start/finish and along the course.

Both races will start and end at the Leggett & Platt parking lot (N. section) 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 or on race day. Race direction by Joplin RoadRunners. Check our  
Facebook event page for latest information and questions: [facebook.com/joplinroadrunners](https://facebook.com/joplinroadrunners)





The 36th Annual Kids Classic Fun Run will be held on October 2, 2022.

The Fun Run is an annual event for pre-K through Sixth Grade students from Joplin, MO, and the surrounding areas. The event is free and open to the public. T-shirts are given to the first 300 registrants and awards are given to the top 6 finishers in male and female divisions.



Distances are based on age as follows:

- Grade 6 1 mile
- Grades 4-5 1 mile
- Grades 2-3 1/2 mile
- Grades K-1 1/4 mile
- pre-K length of the field

Go to <https://www.facebook.com/KidsClassicFunRun> for more details. Registration will be opening soon.



Please help us to spread the word by liking and sharing on FB, get kids you know signed up, and consider volunteering for this exceptionally fun day of racing! You won't be sorry.

**October 22nd, 8 am, Spiva Park, Downtown Joplin**

*(by Becky Mitchell)*

Yes! Hope4You Breast Cancer Foundation says “GO” for the 14th Race4Hope in person!

With a brand-new course starting at 4th and Main, Downtown, Joplin, the 5K and 1 Mile Fun Walk will start at 8:00 a.m. following the Survivor Ceremony at 7:30.

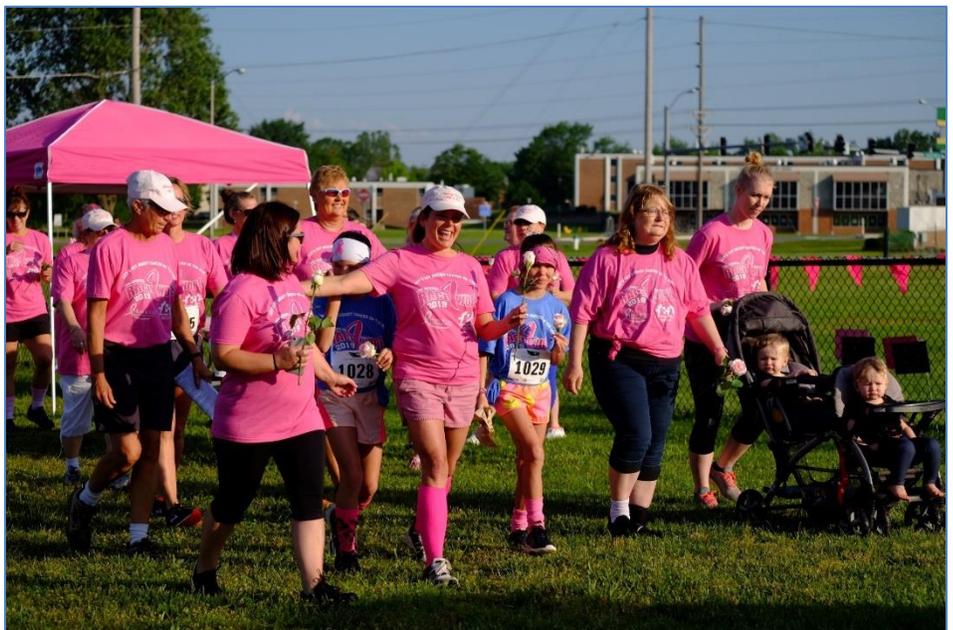
Celebrating survivors of breast cancer brings great awareness for this cause, and the Race4Hope continues to be a significant fundraiser for Hope4You which provides support and mammograms to the local women.

Register at <https://register.chronotrack.com/r/67308>

This race was my first 5K ever, back in 2009. Later, I was asked to help with the promotion of the event, so here I am promoting it to you all! “GO!”



*Save the Date*  
**RACE 4 HOPE**  
**5K Pink Run & Walk**  
*Saturday, October 22, 2022*  
**DOWNTOWN JOPLIN**  
To benefit HOPE 4 You Breast Cancer Foundation  
Money raised helps uninsured and underinsured patients get the mammograms they need





RMHC<sup>®</sup>  
of the Four States



10<sup>TH</sup>  
ANNUAL

PRESENTED BY

**TAMKO**<sup>®</sup>  
BUILDING PRODUCTS LLC

5K, KIDS 800M AND 1 MILE WALK FOR THE HOUSE  
**SEPTEMBER 24TH, 2022**



EVENT WILL FEATURE APPROPRIATE COVID-19 SAFETY PROTOCOLS FOR SOCIAL DISTANCING AND/OR MASK WEARING WHEN APPLICABLE AND IS CONTINGENT UPON CDC GUIDELINES AT THE TIME OF THE EVENT.



Register Online at  
[rmhjoplin.org](http://rmhjoplin.org)



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## Great American Relay (GAR)

A Coast to Coast Running Relay - Sept 10, 2022 to Oct 16, 2022

668 stages, 3,446 miles, 490 firehouses, 36 days, 17 states and DC

This relay across America runs from Santa Monica CA to the World Trade Center in NYC in 668 stages or “Legs” and passes by our area at the end of September.

Relay consists of short 3 to 6 mile legs with one lead runner carrying the baton while up to 10 support runners can join the leg officially after registering on the GAR website, but anyone can join as a virtual runner (and thus join any of us in person at the same event).

Proceeds of the GAR go to first responders and military charities.

On Sep 29, Lori Thompson will be the lead runner of Leg 297 (no support runners yet).

Henri will be lead runner on the next Leg #298 with 4 JRR support runners so far. Both these legs run between fire stations in Joplin.

Suzie Crossno has signed up for Leg 303 starting in Carthage (no support runners yet).

Want to join us for any of these legs (or others), visit [www.GreatAmericanRelay.com](http://www.GreatAmericanRelay.com) for more info, course maps of each leg and registration.





**OMRR**  
OZARK MOUNTAIN RIDGE RUNNERS

## Sweatfest Dirt 66 Trail Run

SUMMER



The Sweatfest Dirt 66 Trail Run presents a 25K and 5K option. Enjoy beautiful views on an out-and-back course along the Fellow's Lake Marina Trail System!



## SweatFest - Dirt 66 5K & 25K

Saturday, October 01, 2022, 07:30am  
Fellows Lake Marina Springfield, MO

**Join us for the 2nd Annual SweatFest - Dirt 66 5k and 25k trail race.**

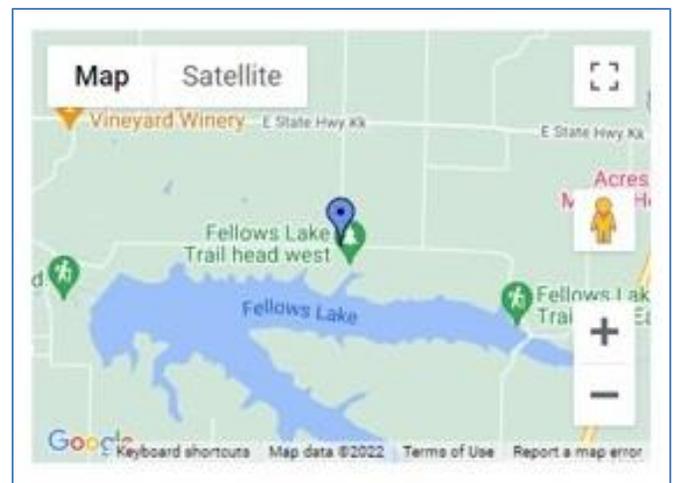
More details to follow as we confirm our plans for after the race. In the meantime, you can register for the race on the ActNow website (see link below).

### Entry Fee:

5K - now through 9/30/2022 - \$40; Race Day \$50  
25K - now through 9/30/2022 - \$60; Race Day \$70

**Packet Pick Up:** Friday 9/30/22 @ Fleet Feet Sports @ 1254 E. Republic Rd in Springfield from 3pm to 7pm

**Awards:** Overall Male/Female, Masters Male/Female, 1st – 3rd Age groups 14 and under, 15 -19, 20-29, 30-39, 40-49, 50-59, 60-69, 70 & Over



<https://actnowracing.com/events/685/sweatfest-dirt-66-5k-25k#details>

# Trailfest 2022

Presented by Fleet Feet, HOKA, & Public House Brewing Company

Trailfest is back again, at the beautiful Two Rivers Bike Park!



Date: Sunday October 9th, 2022

Start time: 6-Hour Challenge starts at 7:00am,

10k & Half Marathon start at 7:30am, 5K starts at 8am

Location: Two Rivers Bike Park, 5055 2 Rivers Rd., Highlandville, Mo 65669

Fee: 5k -- \$45 through September 19th, \$55 through October 8th

10k -- \$55 through September 19th, \$65 through October 8th

Half Marathon -- \$65 through September 19th, \$75 through October 8th

6-Hour Challenge -- \$100 through  
September 19th, \$125 through October  
8th

*\*\*Family 4 pack pricing (\$5 discount per  
person) for the 5k & 10k only\*\*\**

Packet Pickup: Saturday, October 8th at  
Fleet Feet, 2-6pm

1254 E Republic Rd, Springfield, MO  
65804



And always check out upcoming races on our JRR website:

## Coming Race Events



Check out these coming races around the area

[FIND OUT MORE](#)



## Coming Race Events

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

### Race Calendar

9/3/2022	Corps of Discovery 1/2 marathon and 5 miles trail run	8am Weldon Springs, St.Louis
9/10/2022	Run The Rock 6 miles and 3 miles	7am Branson, MO
9/11/2022	Plaza 10K	Kansas City, MO
9/29/2022	Weekday Race Great American Relay	Joplin, MO
10/1/2022	#Sweattfest	Springfield, MO

[WHO WE ARE](#) [GROUP RUNS](#) [WHY YOU SHOULD JOIN?](#) [HOW TO JOIN](#) [CHARITY](#) [RACE RESULTS](#)  
[CLUB RUNNING GEAR](#) [RACE EVENTS](#) [NEWSLETTERS AND LINKS](#)

Joplin RoadRunners

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## Group Runs

### REMEMBER OUR NEW GROUP RUN INCENTIVE !!!

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

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

What you need to do:

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

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

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

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

The winner for July was Cathy. She chose a photo reproduction of her best running picture. Photo is permanently printed on aluminum plate, ideal to hang on any wall or medal cabinet.



**CONGRATS CATHY!**

Winner for August was Perry Workman!

**Congrats Perry!**

We'll show his award pick in our next Newsletter



## Group Run Schedule

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

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

Times and venues change with the seasons and weather conditions.

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

**We leave no one behind!**

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

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



**JRR Group  
Runs**

Tuesday 6pm meet at the Webb City  
Community Bldg behind the Praying Hands

Thursday 6:15pm meet at the Low Water  
Bridge in McIndoe park

Weekend runs will be  
updated later in the week

PIC•COLLAGE



**And Don't Forget ...**

Next Meeting on September 8 at Morse Park, Neosho, by the World's largest Flowerpot

6:15pm: Start of the annual Predictive 5K Run !

meeting at 7pm, potluck party, with meat supplied by Brady Beckham



## Club Officers



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

Treasurer – Accounting & Financing: Casey Grissom [r3d4um.19@gmail.com](mailto:r3d4um.19@gmail.com)

Secretary – Board Agenda and Club Meeting Reporting: Chasity Marine [chasity\\_m2003@yahoo.com](mailto:chasity_m2003@yahoo.com)

## Board Members

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

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

## Provisional Board member

Bridget Sparlin [bridgetsparlin@gmail.com](mailto:bridgetsparlin@gmail.com)

## Club Maskot

Miles the only Beast (all others are pretend only)