Joplin Roadrunners Newsletter

2026

Fall Edition







A Welcome from the President

Hello Roadrunners!

We have fallen into cooler temperatures, finally! I don't know about you but I thought summer would never end. With it comes a welcome change of season! School is in full swing; schedules are getting busier, days are shorter and hopefully we can say goodbye to the hot humid summer runs.

Fall and Winter are such exciting times for runners. Whether you are preparing for a full or half marathon, looking forward to 5k or just enjoying some miles with friends, there are plenty of reasons to keep moving.

As we head into this next season, I encourage everyone to stay connected. One of the best things about being a part of our organization is the friendships and encouragement we find along the way. Join a group run, invite someone new, share your race plans and cheer on your fellow Roadrunners. Sometimes a little encouragement is exactly what someone needs to lace up and get out the door.

Most importantly, keep it fun. Running doesn't always have to be about pace, distance or personal records. Enjoy the cooler air, changing leaves, conversations and the people beside you.

Here's to cooler temperatures, great races, good friends and happy miles this fall.

Happy Running!
Lori Thompson
President, Joplin Roadrunners

Easy Means Easy: Why Slowing Down Can Make You a Better Runner

We runners can be a competitive bunch, even when we're only competing with ourselves. You head out for an "easy" run, glance at your watch, and suddenly your like "I ran this route faster last week." Before you know it, your easy run isn't so easy.

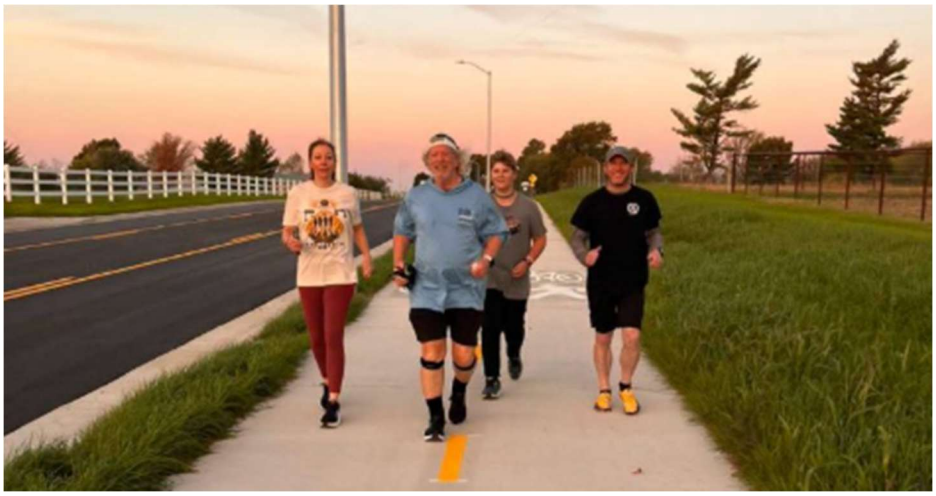
Easy running has a purpose.

Easy runs give your body a chance to recover from harder workouts while still allowing you to build endurance and consistency. Not every run needs to leave you exhausted. Running harder every day isn't the fastest way to improve.
So how easy is easy? Try the talk test. During an easy run, you should be able to carry on a conversation in complete sentences. If you're only getting out a few words between breaths, it might be a good idea to slow your pace.

Your easy pace isn't a fixed number. Hills, wind, stress, poor sleep, and tired legs can all change how a particular pace feels. Some days your easy run may be faster, other days slower. Let effort guide you instead of allowing your watch to dictate the run.

Most importantly, don't compare your easy pace to someone else's. The runner beside you may have completely different goals, experience or training needs.

There's a time to challenge yourself, chase a pace and see what you've got. But there should also be days when you simply relax and enjoy the miles with friends.
All miles, whether easy, slow or fast, still count. Sometimes the smartest thing a runner can do is slow down.

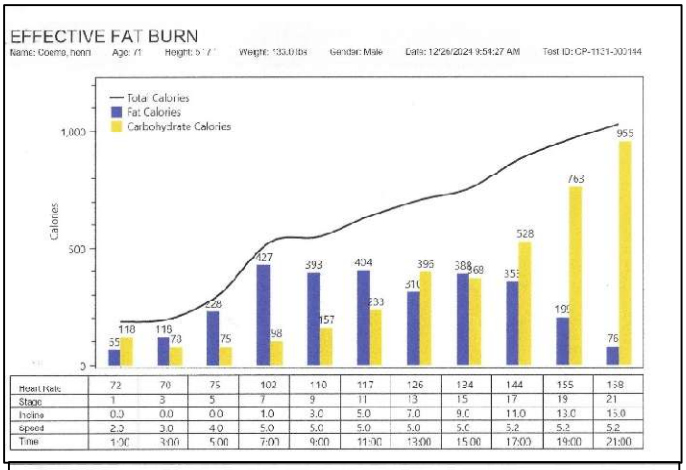


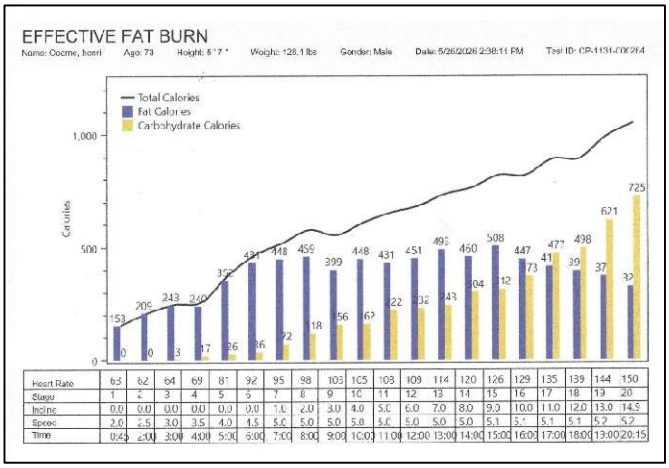
80/20 running – The Final Chapter, Henri Coeme

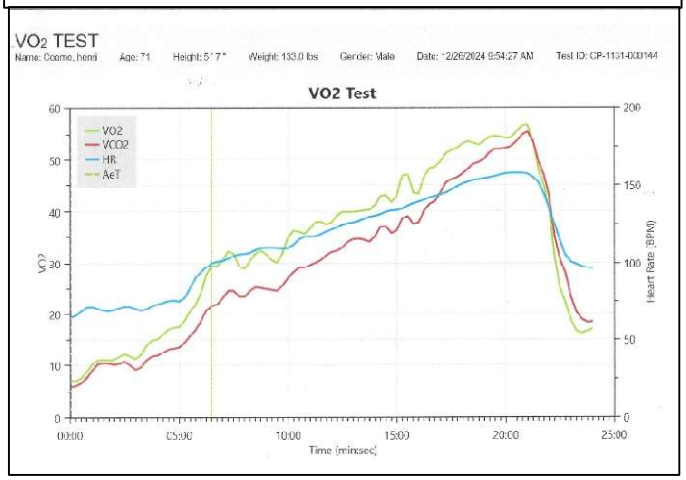
In earlier articles, I introduced the 80/20 running method and shared the race results I achieved using it. While those performances suggested the training was working, I wanted scientific confirmation of how my metabolism had improved. Eighteen months after my initial evaluation, I returned to Dr. McNabb for follow-up testing.

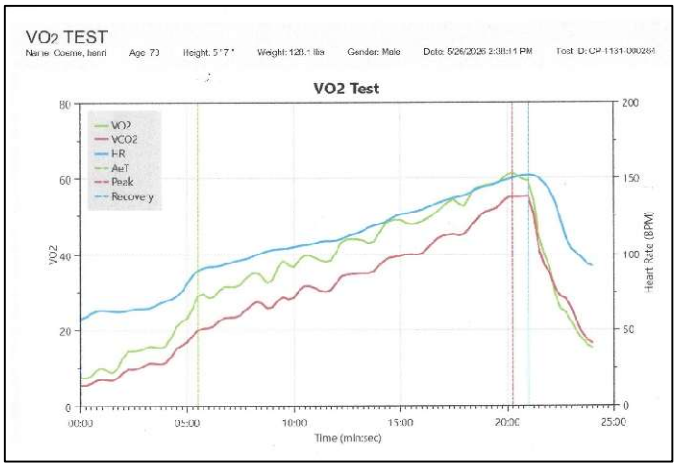
The assessment included a metabolic test, which measures how efficiently the body burns fat and carbohydrates at different intensities, and a VO2 max test, which measures aerobic capacity. Together, these tests provide a comprehensive picture of endurance fitness.

Using the same testing protocol as before, Dr. McNabb compared my results from December 2024 to those from May 2026. The improvements were clear. At the same treadmill speeds and inclines, my heart rate was lower and my fat utilization was higher, indicating greater efficiency. My VO2 max increased from 54.2 to 61.3, while my maximum heart rate decreased from 158 to 150 beats per minute. These results confirmed a significant improvement in aerobic fitness and metabolic efficiency.









Runners Stories

Holly Austin:

Hello there! For those that don't me, I was born on Christmas hence the name Holly! I've always been athletic & a busy body. I used to run sprints in middle school back then it was called 440 relay, 880 relay & 100-meter hurdles. Hurdles were my fav & broke 2 records at 1 meet. Eventually my knees started hurting bad enough I started limping at a walk..my dad pulled me from track & I didn't run again til my high-school yr as sophomore. Well fast 4ward a couple hundred yrs lol. I ran 1 or 2 x a day for about 4 months then I moved & stopped again. Never started again until this Sept when I sold my horse in July I got bored so decided to start running but never thought about it really until I ran x Joplin roadrunner post on fb. That's when I contacted them, paid my dues & met up with them a few times to run. My knees started hurting again so I just went solo, at my own pace & then it got dark early, so I go during the day with my dog willow as most of u have seen her in pic & at the soles for paws. My knees r doing great. When I started out this yr due to my breathing I could barely run a mile, yesterday the 3rd of Dec I ran over 2miles without stopping ! I was / am proud of myself. So on that note I'm planning on continuing my runs & entering more races & hoping to meet more of you. I pray you all have safe runs, stay warm during the cold weather & have a wonderful Christmas with family & friends. God bless to all, your pound the pavement Joplin road runner buddy... Holly!

Kevin Harold:

I live in a very rural area. I also have a pretty stereotypical rural mindset. Which means I like my solitude, my peace and quiet, and my privacy. There's a lot of suspicion whenever I see a car on my road that I've never seen before. The rural location also helps with running. Most days I can run for miles and see more deer than humans.

Running country roads also allows me many route options. I can run to the north for more asphalt roads or run to the south for gravel. When I get to a corner I can go left for more rolling hills, right for a big hill, straight for more shade. I can run clockwise to put hills as my warm up, or counterclockwise to have hills late in the run. I can really mix and match a workout.

About a month ago I made a left, a right, and a right on a route I hadn't taken all summer. And when I did, I found that a neighbor had sold a couple hundred acres. The fences were gone; there were a couple of stacks of material where future houses were breaking ground; and there was a new long winding road that dipped into a valley, popped up on the other side, then curved along a hill and disappeared up over the horizon.

The rural country boy side of me should have been mad that my privacy was being threatened. My first thought should have been imagining what kind of neighbors are moving in, or worry how much new traffic is going to go past my house.

But there was no grumpy old man moment. I wasn't mad, or worried, or scared. All I could think about was how that new road looked like it would be to run down.

I might be developing a running problem.

Kayla Griffin: My 1st Marathon

November 1st, I ran my first marathon- the Conservation Marathon- in Springfield Mo. and I give so much credit to my great friends and the wonderful community that is the Joplin Roadrunners.

Running a marathon had been a goal of mine since high school, and it had slowly faded away throughout the years as life's responsibilities had increased. I had joined the Roadrunners in Oct. 2024 - the same weekend I was to run my first 10K. I did not run said 10K as I had been sick a few weeks prior, and I had the mentality of, " If I can't make the time I was working toward, why even race?" So I finally had a Saturday off and decided to meet up with them on a Saturday morning run. They introduced me to intervals (I also had the mindset that walking was forbidden) I was amazed! I was barely tired and wasn't sore at all, and my pace was the same as if I was running the entire time! It was only a few weeks after that, and we did a 10-mile run together- my longest run since running cross country in school!

All that introduction to say that I decided to do intervals the entire marathon. The race itself was amazing. Plenty of aid stations and course support. I was so nervous about hitting the "imaginary wall" at mile 18- it didn't happen, so I looked for it at mile 20- still wasn't there. Of course, my legs started getting tired, and so I decided to decrease my intervals from 60:30 to 45:30 from mile 18- 22, then did 30:30 from 22 till the finish.

My original goal was to complete it under 5hrs. My main goal was to finish it without injury. I was on track with the 5hr goal till around mile 12-ish, but I did not get discouraged, as there were some impressive hills that seemed to keep appearing. The last few miles were my slowest, and I was okay with it because I wasn't hurting anywhere badly. I was able to take in the support and surroundings and thank God for my friends and the health and physical ability to even accomplish this feat.

I finished in under 5hr and 20 minutes and was alive enough to appreciate the most fabulous proposal.



Thank you, Joplin Roadrunners, for teaching me a healthy mindset and being a fantastic running support group.

Board Updates- Meetings July 7th, August 4th, Sept 8th, Oct 6th

Board Members: Lori Thompson President, Paul Wright Vice President, Kayla Griffin Treasurer, Lisa Morris Secretary, Debbie Smith, Stephanie Durfee, Tom McKay, Bridget Stoner-Thomas, Kevin Harold-observer, Henri Coeme CEO.

Equipment

-Bigger trailer- We are still on the lookout for a bigger trailer; none have caught our eye as of yet.

-Second timing system has been purchased! We should receive it in 4-5 months. (It comes from Germany and I think they are rowing it across the pond!)

Club Gear!!

Don't forget to pick up your club shirt! We have a lot of shirts left over, we will bring them to the Christmas Club meeting November 19th!

Upcoming Events

11/19/26- Annual Club Christmas Party, 6pm, Wood's on Stone's Corner. We will do a gift exchange along voting in new board members.

11/21/26- Hit The Road Jack 5/10k, 25/50k benefiting the Joplin Trails Coalition – if you are free that day and not running, we'd love to have you come out and help us cheer on the runners and assist with aid stations.

12/01/26- Joplin Christmas Parade, 6pm, arrive 5:30. We will be walking and handing out candy. If you want to join us, we'll meet at 1810 S Main St. it's the old Hardees restaurant. It's right across from Zinc Coffee. We'll meet on the North parking lot. The theme is Red White and Merry, please wear a red or white top if you have one

01/14/26- Next Club meeting Body and Soul Transformation will be guest speaker talking and demonstrating V02 Max testing.

01/16/26- Frosty 4ish mile trail run benefiting Hope Kitchen in Neosho.

02/06/26- Run With The Wind 25K benefiting Medical Loan Closet of Joplin

03/06/26- Clover Run benefiting Crosslines of Carthage and Jasper County 4H Club

Board Meetings

Upcoming board meetings are the 1st Tuesday of each month. These are open meetings and everyone is welcome to attend and watch the magic happen!

Social Runs- The last Thursday of each month, however, due to the holidays, we will not have social runs in November or Christmas. We will pick them back up on January 28th.

Membership Update- Enrollment is open for 2027 membership dues! We currently stand at 2 members for 2027! Don‘t delay, get enrolled or re-enroll to take advantage of the awesome benefits!

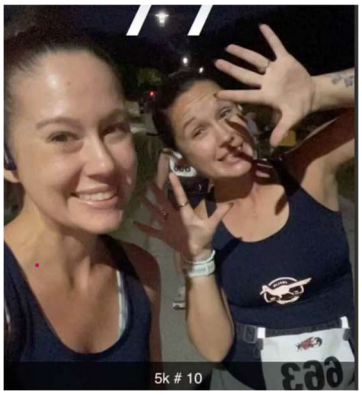
PHOTO GALLERY









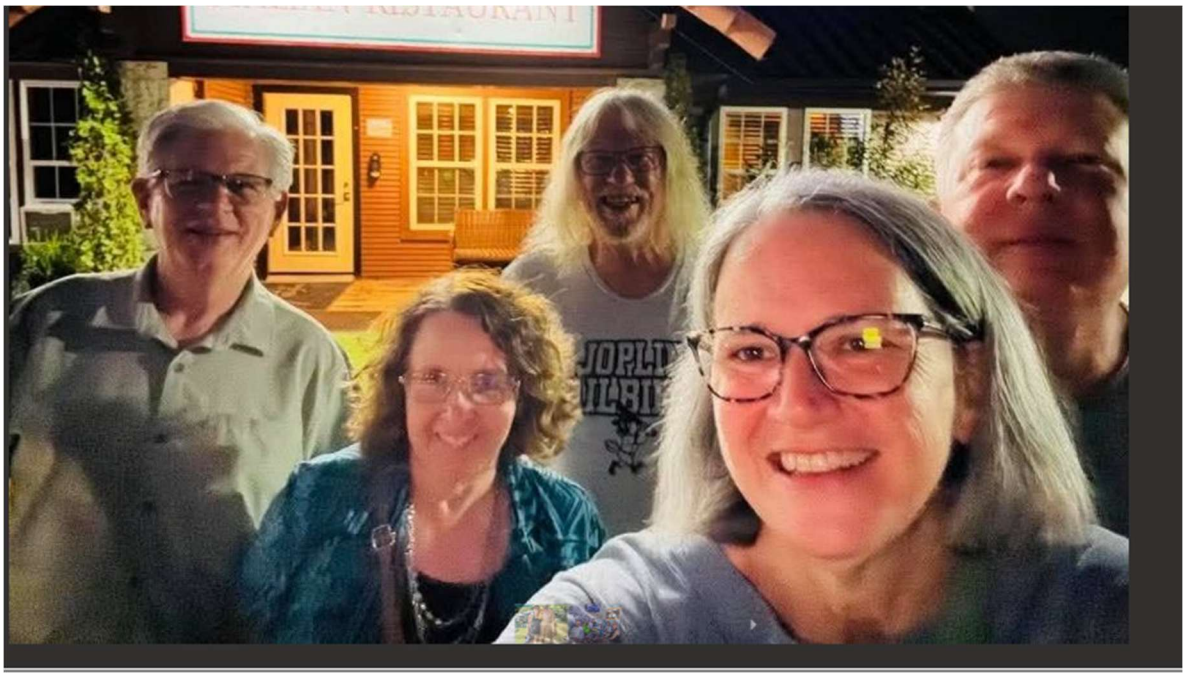







368
367
219

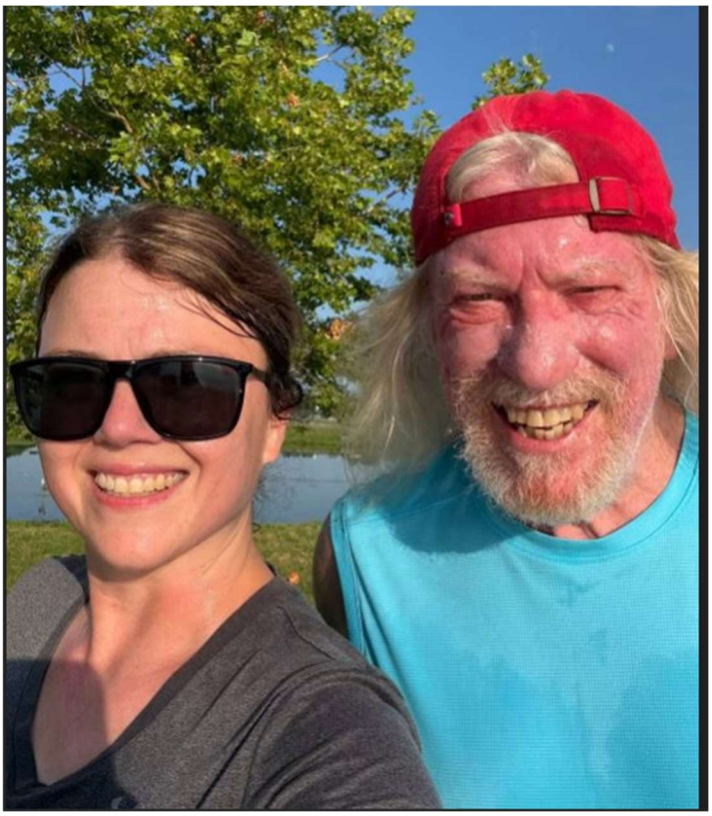




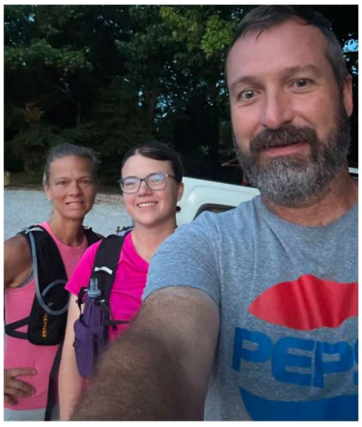



PIZZA
OVEN FRESH
HOT
DELICIOUS
BIG
SHOE






BRONZED


PEP




FOOTBALL




mother
runner