



Joplin RoadRunners' Newsletter Winter 2024-25 Edition

First Word from your President LAST

Fellow RoadRunners,

Yes, you read right. This is the last First Word from your President. After two terms of duty as your President (plus one year as a Board member) it is time to let the next crew take the reins.

For now, I won't be far since I will be a candidate for the new position of Joplin RoadRunners' CEO, in charge of races and all daily operation, and reporting to the Board. It is my intention to occupy this post for a year at the most after which the next generation of runners should be in firm control of all operations and activities.

Now to this Newsletter issue. In this final year in charge of the JRR Newsletter, I intend to issue 4 editions, one for each season. Work on any Newsletter is intense since I always strive to bring you something you actually may want to read (and gauged by anything I personally would want to read myself). As with each edition, I am profoundly grateful for the cooperation I receive, each time, from a great number of you. Your stories are always the bread-and-butter of each issue, and whenever I hear a rare voice complaining our Newsletter gets a little long, I always wonder which of your stories those voices would want to cut? As for me, I love every one of them, especially the stories of those among you who are willing to share just a little bit more on a personal level than you do on Facebook.

In this issue, I challenge you to detect a tread of thought between the article on VO₂Max measurement, Les Shaeffer's contribution on running in HeartRate Zone 2 and our book review on 80/20 running. There is a lesson about slower running not to be ignored here; not just to become a faster runner but also to avoid more injuries during practice. It is a lesson I have vowed to try out myself and report back on, six months down the road.

To all of you, our growing group of RoadRunner fanatics and enthusiasts, Titi and I wish all of you a very Happy New Year and many more injury-free miles in 2025.

With our new Board, we will cheer all of you on throughout the year, celebrate all your successes and listen to all your sob stories, on the road, and on these pages.

Henri



Board Updates – Meetings of Oct 3, Nov 7, Dec 5

✓ **New Equipment**

Budget was approved, and the search began for an adequate-size trailer to properly store and transport all our equipment. After some unsuccessful bids, we finally closed a deal on a 6 x 4ft. Next, we will have shelves and stowage area built inside the trailer space. We will also have our JRR logo printed on the trailer walls.



✓ **New Elections**



After multiple months of discussion, the Board agreed to create the position of CEO: a person in charge of day-to-day activities of the club, race organization, etc. The position would pay a small compensation to cover general day-to-day operating expenses and would exist outside of the current Board structure. Henri will be a candidate for the position which will be Board-appointed at the first meeting in January. To replace him on the Board, Lori will run for President, Paul for Vice-President and Lisa for Secretary. With Sheree and Henri leaving the Board, two new members will be running for elected office: Andrew McGinty from General Mills and Tom McKay from McKay Quality Roofing. At our December meeting, all these candidates were voted on the 2025 Board.

✓ **Race Charities**

Your Board reviewed all recent race budget and voted on the charity contribution for each race. At each event, a small amount was kept inside the club for equipment maintenance and acquisition. The charity checks were handed out publicly at our Christmas Party on 12/10 (see page 9).



✓ **2025 JRR Membership**

Board agreed to keep the individual membership fee unchanged at \$25. Family membership would be raised from \$40 to \$45 but now provide not one but two free club shirts.

✓ **New Race: Neosho Dogwood 5K**



The annual Neosho Dogwood run will no longer be held by Brady Beckham who, a few years ago, had taken over the race from departed JRR member Eldon Morgan. Brady offered the race to the Joplin RoadRunners who will be hosting the next edition on Saturday April 19, 2025 (see page 39). An order was placed immediately for 100 dogwood trees as the traditional give-away to participants. City permission and police assistance will be applied for.

✓ **New Race: Clover Run 5K/12K**

To benefit Carthage 4H and Crosslines, JRR will inaugurate this new race on March 8, 2025 and will start at the 66 Drive-in Theater on Old-66 boulevard in Carthage. The 12K will be the only USATF-certified race in Missouri (see page 38).



✓ **Our other spring races**

The 4th edition of our Frosty-4 trail run will be held on Saturday January 18. The 41st edition of Run With The Wind will take place on February 15 (pages 36 and 37).

Next Board meetings are Jan 7 and Feb 6, 2025

Next club meeting is our annual Lasagna party at Henri and Titi's on Jan 30 at 6pm (run at 4:30).

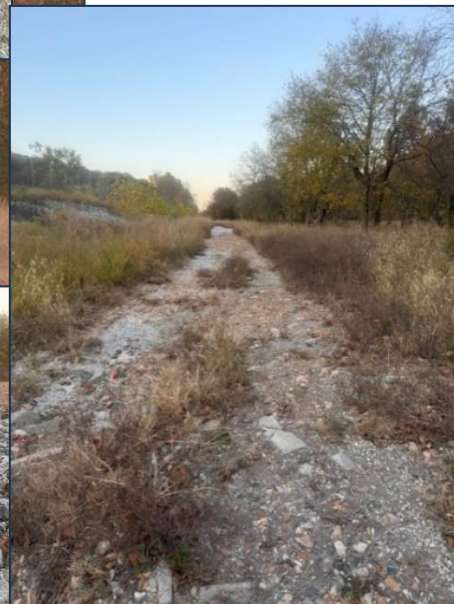
Social Run – October 24 - Tropicana

Not too many takers at our October Social Run with dinner at Tropicana.

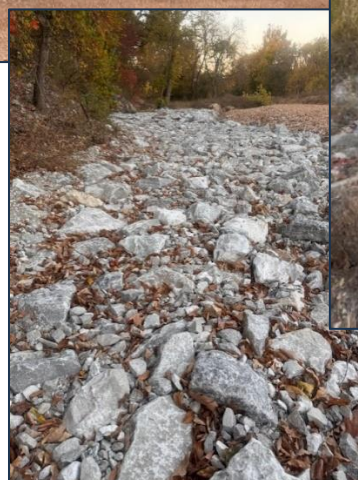
So, I decided to split from the group and run in the other direction.



Running south from Tropicana, I explored the current status of construction at the Tin Cup trail. The City of Joplin gave us details of the project during a JRR club meeting back in September 2023 (see our Sep-Oct '23 JRR Newsletter [here](#)).



Here are some shots I took during that rather premature trail run. Quite a bit of work left to do.



Sep 26, 2024 – JRR Prediction Run and Picnic at Morse Park



This is what we do with (part of the) Dogwood 5K revenue. For years, Brady Beckham who has been running the race following Eldon's passing has been sponsoring our annual picnic. Big R's, who also catered our "*Hit The Road, Jack*" race, agreed to cater our picnic and it was fingerlicking good. Of course, being the RoadRunners that we are, we run for our food first.

Time for our annual Prediction Run, where arriving on time (for dinner) is the only requirement. Simply predict your arrival time (after leaving all smart watches and phones in our lockbox) and win by most accurately predicting your run time.

As always, the fastest ones were dead last while the slower among us seemed to have a better grip on their pace. Below are pictures and the results with Paul winning the JRR club sweater for missing his prediction by only 23 seconds.

5K Results

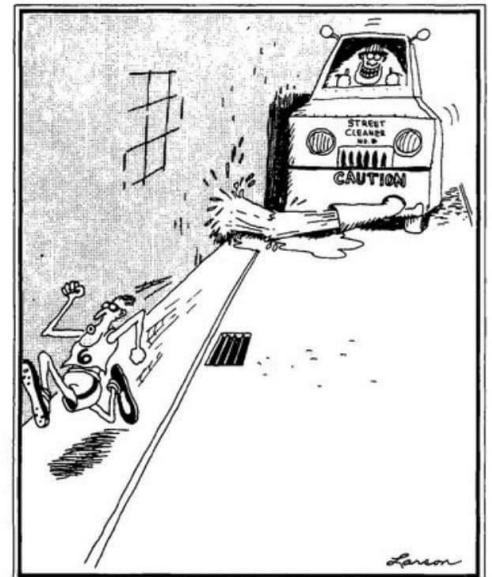
Place	Bib	Name	Chip Time	Please enter your time prediction	Predicted Time Offset
1	99	Paul Wright	27:21.36	27:45.00	00:23.63
2	748	Brian Spencer	34:49.53	35:15.00	00:25.46
3	704	Bridget Thomas	30:08.73	29:30.00	00:38.73
4	703	Jim Stuart	35:02.79	34:00.00	01:02.79
5	718	Charles Nodler	33:40.74	35:00.00	01:19.25
6	9	Sheree Wilson	35:24.21	37:00.00	01:35.78
7	87	Cristina Jaramillo	43:19.98	45:00.00	01:40.01
8	15	Henri Coeme	23:07.89	25:00.00	01:52.10
9	747	Indie Beckham	31:58.50	30:00.00	01:58.50
10	714	Daphne Payne	26:02.88	28:32.00	02:29.11
11	746	Brady Beckham	32:04.26	29:00.00	03:04.26



Results of Elections and your Questionnaire Responses

Board Elections

1. **Amendment #1: adding function of CEO**
 - a. Agree: 25 Disagree: 3
2. **Amendment #2: Change of JRR Mission Statement**
 - a. Agree: 28 Disagree: 0
3. **Board Elections**
 - a. Lori Thompson – President
Yes: 28 No: 0
 - b. Paul Wright – Vice President
Yes: 28 No: 0
 - c. Lisa Morris - Secretary
Yes: 28 No: 0
 - d. Tom McKay – Board Member
Yes: 25 Blank: 3
 - e. Andrew McGinty
Yes: 25 No: 1 Blank: 2



JRR Questionnaire

5=strongly agree; 1=fully disagree; blank=no answer/ignore question, not counted in the totals below.
Response values below are averages from all 28 received questionnaires.

1. I am happy to see that JRR is

- ☐ 4.4 Creating and sending a bi-monthly newsletter
- ☐ 4.8 Organizing frequent group runs on weekdays and weekends
- ☐ 4.5 Holding bi-monthly in-person meetings at different locations in town, often inviting speakers
- ☐ 4.7 Providing T-shirts and other free or discounted gear as part of the JRR membership
- ☐ 4.9 Providing membership discounts at races JRR organizes
- ☐ 4.7 Organizing road races such as the Pumpkin Run, Frosty4 Trail Run, Dogwood Run, Run With The Wind, Hit The Road Jack, Clover Run, Prediction Run.
- ☐ 5.0 Donating net proceeds of its races to local charity

2. JRR Newsletter

- ☐ 4.7 I am glad to receive a regular JRR newsletter.
- ☐ 4.2 I like most of the content and read most or all of the newsletter each time.
- ☐ 1.9 I never read the newsletter. The items are of little interest and/or I have read and heard it all before elsewhere. Not a real benefit for me.

3. Monthly meetings

I like these meetings because they give me a chance to

- ☐ 4.7 Meet and socialize with other runners
- ☐ 4.7 Share a meal and a conversation with friends
- ☐ 4.5 Hear interesting stories from various speakers
- ☐ 4.4 Catch up on the latest in the Joplin running world and JRR in particular
- ☐ 4.6 Meet at different places each time, both in and outdoors
- ☐ 2.6 I don't participate in these meetings often

4. Weekday and weekend runs

- ☐ 4.2 These dates are fine for me. I could attend some or all.
- ☐ 2.2 These days do not suit me. I *would* run on other days/times

5. I like these runs because of

- ☐ 4.8 The camaraderie I find when I run with friends
- ☐ 4.7 The safety of running with others
- ☐ 4.7 I can run at any speed I want, fast or slow
- ☐ 4.9 I always find someone I can run with
- ☐ 4.9 I like running in town
- ☐ 3.7 I like running on trail
- ☐ 1.8 I don't care since I don't run with the group



6. JRR started organizing more races.

- ☐ 4.5 I am glad JRR is organizing more races. I will participate in these as much as my schedule allows.
- ☐ 4.9 I like road races (on concrete or asphalt)
- ☐ 3.7 I like trail races (ran on dirt country roads or single track trails through the woods).
- ☐ 1.0 I don't race so this does not interest me
- ☐ 4.8 I love JRR's intention to donate the net revenue of most if not all races to a local charity
- ☐ 1.8 I don't think JRR should be organizing races, but leave this to other more professional race organizations

Nov 21, 2024 – Dr. McNabb and Kendra Cochran on metabolic health and VO₂max

(by Henri Coeme)

Why is VO₂max testing important? And why is it especially important with older people?

Dr. McNabb explained how physicians routinely monitor cholesterol, blood pressure, glucose levels, etc. to get a clear picture of their patients' health. However, it may be equally important to test on a person's ability to absorb oxygen during peak exertion or VO₂max.

Studies show that cardiorespiratory fitness and VO₂max are strongly correlated with mortality risk, especially as a person ages. That correlation extends to prevention of cognitive decline and Alzheimer's disease.

In our modern environment, older adults typically undergo a progressive decline in cardiorespiratory fitness and functional capacity. This decreased peak oxygen intake or VO₂max is associated with higher risks of frailty, loss of autonomy and mortality from all causes. Regular physical activity and particularly aerobic training have been shown to contribute to better and healthier aging.

Seeing is believing, so Titi and I made an appointment with Dr. McNabb's office for a personal test. Here is what we learned.



First, we were strapped to an open breathing mask which allowed us to breathe in freely but exhale through a tube, capturing our CO₂ output (to measure our caloric burn rate and oxygen usage level). A strap-on heart monitor would capture our ever faster pulsating heart beat during the test and compare it to our exertion level.



Once properly strapped up, we stepped onto the dreaded treadmill. The test routine starts at a very slow level, easy walking. Then, gradually, the speed would increase, one notch inclination increased.

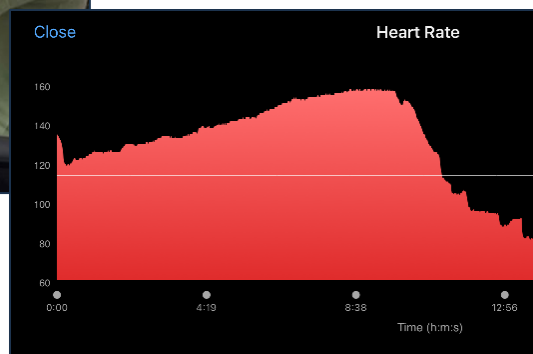
at a time while the

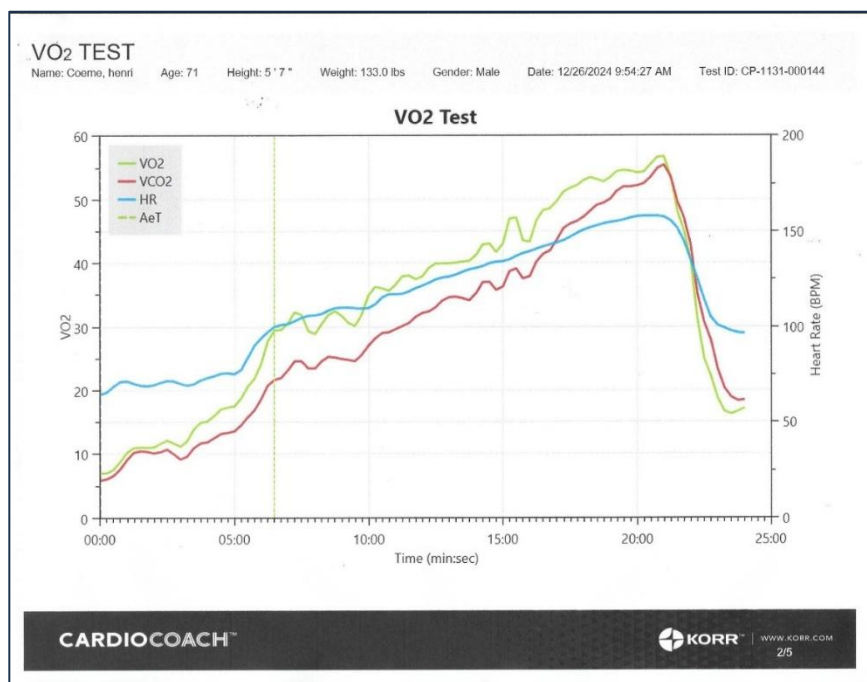
In the walking test (which Titi followed), the jogging speed increased to a maximum of 3.5 miles/hr on an incline of 10.5%. The total test time, spread over 12 levels of difficulty, lasted just under 12 minutes.

In the running test (which I succumbed to), the running speed maxed out at 5.2 miles/hr on an incline of 15% over 20 steps of increased difficulty and lasted a full 21 arduous minutes.

The lessons learned were well worth the effort.

The VO₂max test showed the amount of oxygen we are able to burn and turn into propulsion power on the road. The stronger the burn, the faster the engine, the higher the speed. Titi maxed out at "good" 27.1 in the walk test. I maxed out at 56.7 in the run test.





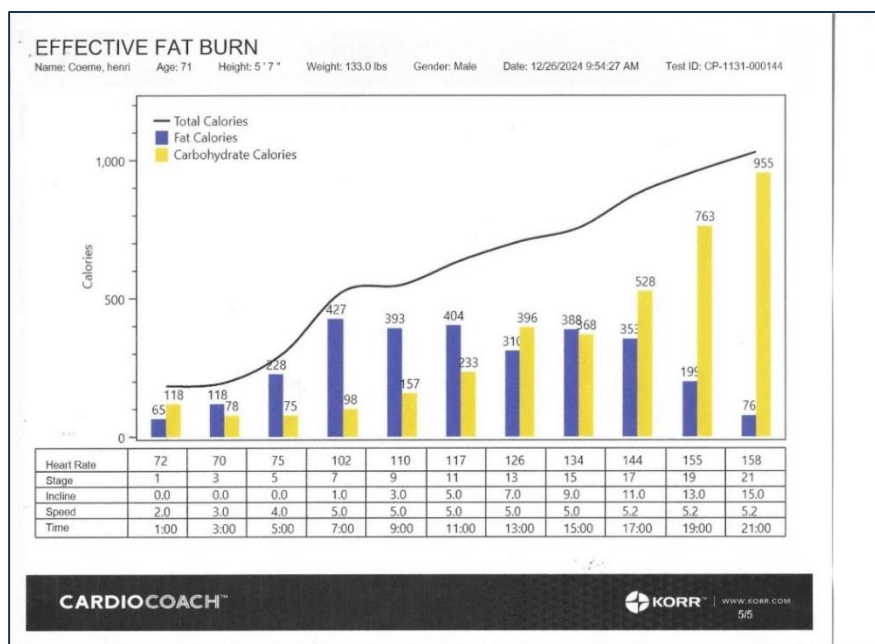
As it happened, our heart rates maxed out at a similar 158 beats-per-minute (bpm) at that maximum exertion level.

The next graph was even more interesting. It shows the burn rate of easy-burning carbohydrates versus slow-burning fats.

As speed and exertion level increase, our bodies tend to switch over from predominantly consuming fat calories (the blue bars) to consuming more carbohydrate calories (the yellow bars).

To increase our future cardiovascular fitness, Dr McNabb advised us to stay within the lower end of our exertion spectrum at below 120bpm (left-hand side of the graph below) equivalent to

about heart zone #2. At that level, we would accustom our bodies to use calories from fat rather than carbohydrates. Advantages of doing this are maintaining healthy body weight, building increased speed at lower carbohydrate burn rates and the ability to extend the range or duration of our physical activity.



All lessons will be put into practice in the following months by sticking to a slower pace for the majority (80%) of our running, while keeping the fast-paced running to a minimum (20%), i.e. the **80/20 rule** (see our book review on page 41 for more info on this).

Nice class, and nothing beats testing it on yourself.

Thanks Dr. McNabb! We'll be back in 6 months for a follow-up to see how we progressed.

Find Dr. McNabb's PowerPoint presentation as well as supporting articles on our JRR website at following webpage:

[VO₂Max from a Doctor's Perspective](#)

Dec 10, 2024 – Annual JRR Christmas Party at Woody's, Airport Drive

This year's Christmas party at Woody's had it all: door prizes, gift exchanges, new club shirts, elections, member polling, and charity donation!

In one evening, we handed out about \$7,000 on charitable donations generated at our three most recent races.

- *Hit the Road, Jack* trailfest: \$764 to the Joplin Trails Coalition (\$1,000 including other associated donations)
- *Pumpkin Run*: \$3,105 to Cerebral Palsy Sholarship at the Early Learning Center
- *Soles 4 Paws*: \$2,775 to the Carthage Humane Society (\$3,075 including other corporate donations).



JRR Races:

41st Annual Pumpkin Run - Oct 13, 2024

2M Overall Results

Place	Bib Name	Gender	Gender Place	Age	Age Place	City	State	Chip Time	Pace	Age Grade
1	841 Toby Dogwiler	M	1: M	50	1: M 8K Top Finishers	Springfield	MO	11:23.85	5:42	80.58
2	884 Reuben Perlee	M	2: M	18	1: M13-19	Theodosia	MO	11:44.01	5:52	68.95
3	877 Evan Matlock	M	3: M	20	1: M20-29	Joplin	MO	11:51.81	5:56	68.16
4	886 Colton Gaddis	M	4: M	11	1: M01-12	Ash Grove	MO	12:34.89	6:17	73.86
5	15 Henri Coeme	M	5: M	71	1: M60-99	Neosho	MO	12:44.19	6:22	87.01
6	885 Justin Gaddis	M	6: M	44	1: M40-49	Ash Grove	MO	13:03.45	6:32	67.16
7	865 Logan Markley	M	7: M	34	1: M30-39	Joplin	MO	14:08.40	7:04	57.85
8	866 Fernando Gallardo	M	8: M	50	1: M50-59	Joplin	MO	14:14.37	7:07	64.5
9	295 Shelly Neeper	F	1: F	44	1: F 8K Top Finishers	Carthage	MO	15:25.09	7:43	63.03
10	435 John Atteberry	M	9: M	56	2: M50-59	Joplin	MO	15:42.27	7:51	61.39
11	880 Billie Scott	M	10: M	9	2: M01-12	Carthage	MO	15:46.65	7:53	64.21
12	99 Paul Wright	M	11: M	49	2: M40-49	Carthage	MO	16:10.17	8:05	56.36
13	829 Zaeden Hobbs	M	12: M	11	3: M01-12	Joplin	MO	17:46.38	8:53	52.29
14	879 Madelyn Scott	F	2: F	28	1: F20-29	Carthage	MO	18:05.88	9:03	50.88
15	878 Brandon Scott	M	13: M	38	2: M30-39	Carthage	MO	18:05.94	9:03	46.36
16	844 AJ Davis	M	14: M	11	4: M01-12	Joplin	MO	18:31.32	9:16	50.17
17	302 Travis Mckinney	M	15: M	43	3: M40-49	Joplin	MO	18:41.22	9:21	46.58
18	375 Gina Atteberry	F	3: F	55	1: F50-59	Joplin	MO	19:21.60	9:41	56.28
19	836 Brad Belk	M	16: M	69	2: M60-99	Joplin	MO	19:23.31	9:42	55.81
20	402 Sharon Smith	F	4: F	45	1: F40-49	Carthage	MO	19:35.61	9:48	50.01
21	843 Curtiss Davis	M	17: M	36	3: M30-39	Joplin	MO	20:02.19	10:01	41.29
22	856 Brian Spencer	M	18: M	58	3: M50-59	Joplin	MO	20:04.12	10:02	48.85
23	366 Adrienne Mckinney	F	5: F	41	2: F40-49	Joplin	MO	21:11.37	10:36	44.9
24	842 Kathleen Dogwiler	F	6: F	51	2: F50-59	Springfield	MO	21:32.13	10:46	48.37
25	9 Sheree Wilson	F	7: F	68	1: F60-99	Webb City	MO	21:44.61	10:52	58.91
26	887 Nancy Ohmart	F	8: F	62	2: F60-99	Joplin	MO	22:03.69	11:02	53.7
27	867 Julie Blanchard	F	9: F	55	3: F50-59	Cartersville	MO	23:01.80	11:31	47.31
28	802 Nancy Harrington	F	10: F	38	1: F30-39	Webb City	MO	23:06.28	11:33	40.54
29	808 Elisha Shumakert	F	11: F	42	3: F40-49	Joplin	MO	23:18.69	11:39	41.08
30	807 Bryon Shumaker	M	19: M	47	4: M40-49	Joplin	MO	23:19.27	11:40	38.47
31	814 Owen Henderson	M	20: M	9	5: M01-12	Joplin	MO	24:30.16	12:15	41.35
32	748 Scott Bowers	M	21: M	47	5: M40-49	Joplin	MO	24:38.11	12:19	36.42
33	838 Addysen Berg	F	12: F	6	1: F01-12	Joplin	MO	24:42.55	12:21	49.6
34	837 MacKenzee Roberts	F	13: F	32	2: F30-39	Joplin	MO	24:42.82	12:21	37.3
35	874 Audrina Trejo	F	14: F	11	2: F01-12	Joplin	MO	24:47.83	12:24	42.35
36	873 David Trejo	M	22: M	36	4: M30-39	Joplin	MO	24:48.19	12:24	33.35
37	747 Jason Shumny	M	23: M	54	4: M50-59	Joplin	MO	24:50.79	12:25	38.17
38	846 Dellaca Reynolds	F	15: F	46	4: F40-49	Duenweg	MO	25:41.26	12:51	38.49
39	815 Olive Henderson	F	16: F	13	1: F13-19	Joplin	MO	26:02.71	13:01	38.55
40	840 Ajaya Madl	F	17: F	12	3: F01-12	Webb City	MO	26:04.72	13:02	39.33
41	839 Amelia Madl	F	18: F	12	4: F01-12	Joplin	MO	26:06.97	13:03	39.28
42	855 Brynlee Payne	F	19: F	11	5: F01-12			27:52.81	13:56	37.67
43	87 Cristina Jaramillo	F	20: F	55	4: F50-59	Neosho	MO	27:55.30	13:58	39.02
44	854 Jace Reno	F	21: F	15	2: F13-19	Rocky Comfort	MO	29:00.81	14:30	33.34
45	823 Damon Burkybile	M	24: M	47	6: M40-49	Joplin	MO	29:13.48	14:37	30.7
46	810 Brian Brust	M	25: M	46	7: M40-49	Carthage	MO	29:46.99	14:53	29.89
47	817 Badeana Royer	F	22: F	60	3: F60-99	Joplin	MO	30:12.34	15:06	38.27
48	803 Ryan Hole	M	26: M	44	8: M40-49	Webb City	MO	30:13.99	15:07	29.01
49	831 Katherine Hodgson	F	23: F	62	4: F60-99	Joplin	MO	30:31.99	15:16	38.8

Place	Bib Name	Gender	Gender Place	Age	Age Place	City	State	Chip Time	Pace	Age Grade
50	804 John Pace	M	27: M	43	9: M40-49	Joplin	MO	32:37.54	16:19	26.68
51	805 Jacque Smith	F	24: F	44	5: F40-49	Joplin	MO	32:37.90	16:19	29.78
52	881 Dustin Hainey	M	28: M	28	2: M20-29	Joplin	MO	32:47.38	16:24	24.66
53	882 Laureen Hainey	F	25: F	25	2: F20-29	Joplin	MO	32:47.41	16:24	28.08
54	824 KaSandra Newell	F	26: F	34	3: F30-39	Joplin	MO	34:09.19	17:05	27.07
55	816 Betty Huerta	F	27: F	29	3: F20-29	Neosho	MO	36:11.98	18:06	25.44
56	809 Cassie Rogers	F	28: F	41	6: F40-49	Galena	KS	37:17.32	18:39	25.52
57	819 Kleber Mendes	M	29: M	44	10: M40-49	Joplin	MO	37:27.40	18:44	23.41
58	832 Graziela Mendes	F	29: F	45	7: F40-49	Joplin	MO	37:41.77	18:51	25.99
59	813 Hazel Henderson	F	30: F	7	6: F01-12	Webb City	MO	38:19.60	19:10	30.83
60	825 Paul Mangan	M	30: M	30	5: M30-39	Joplin	MO	41:21.73	20:41	19.56
61	826 Billy Henson	M	31: M	36	6: M30-39	Joplin	MO	41:26.63	20:43	19.96

8K Overall Results

Place	Bib Name	Gender	Gender Place	Age	Age Place	City	State	Chip Time	Pace	Age Grade
1	884 Reuben Perlee	M	1: M	18	1: M 8K Top Finishers	Theodosia	MO	32:46.71	6:36	63.96
2	15 Henri Coeme	M	2: M	71	1: M60-99	Neosho	MO	33:33.63	6:45	85.5
3	853 John Williams	M	3: M	34	1: M30-39	Neosho	MO	33:56.16	6:50	62.16
4	834 Taylor Harper	M	4: M	33	2: M30-39	Joplin	MO	35:12.60	7:05	59.74
5	871 Tom McKay	M	5: M	61	2: M60-99	Goodman	MO	35:20.85	7:07	73.65
6	885 Justin Gaddis	M	6: M	44	1: M40-49	Ash Grove	MO	35:57.75	7:14	62.67
7	435 John Atteberry	M	7: M	56	1: M50-59	Joplin	MO	36:37.65	7:22	67.98
8	868 Austin Weimer	M	8: M	13	1: M01-19	Frontenac	KS	36:51.33	7:25	61.41
9	886 Colton Gaddis	M	9: M	11	2: M01-19	Ash Grove	MO	37:45.60	7:36	63.8
10	870 Daphne Payne	F	1: F	44	1: F 8K Top Finishers	Joplin	MO	38:26.31	7:44	65.63
11	851 Andrew McGinty	M	10: M	37	3: M30-39	Joplin	MO	38:41.10	7:47	55.29
12	866 Fernando Gallardo	M	11: M	50	2: M50-59	Joplin	MO	38:46.59	7:48	61.01
13	865 Logan Markley	M	12: M	34	4: M30-39	Joplin	MO	39:55.38	8:02	52.84
14	99 Paul Wright	M	13: M	49	2: M40-49	Carthage	MO	43:55.96	8:50	53.41
15	860 Kaleb Belcher	M	14: M	19	3: M01-19	Joplin	MO	44:47.92	9:01	46.76
16	875 Kyle Barrett	M	15: M	36	5: M30-39	Webb City	MO	44:50.49	9:01	47.44
17	862 Charles Brewster	M	16: M	56	3: M50-59	Carl Junction	MO	45:36.78	9:11	54.59
18	3 Russell Richart	M	17: M	74	3: M60-99	Jasper	MO	46:06.07	9:16	64.79
19	2 Kathy Richart	F	2: F	64	1: F60-99	Jasper	MO	46:52.51	9:26	67.61
20	704 Joyce Deeser	F	3: F	43	1: F40-49	Reeds	MO	47:55.03	9:38	52.24
21	746 Sarah Phillips	F	4: F	31	1: F30-39	Joplin	MO	49:20.05	9:55	48.14
22	848 Cassie Garrett	F	5: F	40	2: F40-49	Joplin	MO	50:53.13	10:14	48.21
23	849 Brian Smith	M	18: M	61	4: M60-99	Columbus	KS	52:17.30	10:31	49.79
24	429 Anson Yang	M	19: M	41	3: M40-49	Joplin	MO	54:00.59	10:52	40.77
25	858 Tamara Markley	F	6: F	38	2: F30-39	Joplin	MO	54:32.26	10:58	44.51
26	464 Ashley Jones	F	7: F	44	3: F40-49	Neosho	MO	57:04.36	11:29	44.2
27	465 Marly Ramsour	F	8: F	40	4: F40-49	NeoshoNeosho	MO	57:04.46	11:29	42.99
28	845 Troy Reynolds	M	20: M	46	4: M40-49	Duenweg	MO	57:59.02	11:40	39.5
29	887 Nancy Ohmart	F	9: F	62	2: F60-99	Joplin	MO	59:26.17	11:57	51.95
30	847 Robert Hilton	M	21: M	58	4: M50-59	Joplin	MO	59:37.30	12:00	42.5
31	859 David Markley	M	22: M	40	5: M40-49	Joplin	MO	1:03:15.19	12:43	34.54
32	747 Jason Shumny	M	23: M	54	5: M50-59	Joplin	MO	1:06:32.92	13:23	36.77
33	833 Ray Harper	M	24: M	57	6: M50-59	Joplin	MO	1:06:52.12	13:27	37.56
34	87 Cristina Jaramillo	F	10: F	55	1: F50-59	Neosho	MO	1:17:09.16	15:31	36.72
35	850 Jarrod Riley	M	25: M	33	6: M30-39	Joplin	MO	1:21:36.31	16:25	25.78
36	857 Jennifer Johnson	F	11: F	54	2: F50-59	Joplin	MO	1:40:16.22	20:10	27.92
37	864 Aniston Johnson	F	12: F	22	1: F20-29	Joplin	MO	1:40:44.39	20:16	23.53

Results have been verified and posted on RunSignup, here:

<https://runsignup.com/Race/Results/118876#resultSetId-500794;perpage:100>

MO State age records have been submitted and posted here:

<http://www.staterunningrecords.com/asp/records.asp?state=MO>

All pictures are here:

<https://picturejvp.smugmug.com/Sports/2024-Pumpkin-Run>



Inaugural Soles4Paws 5K - Nov 17, 2024

5K Run/Walk with Pet Overall Results

Place	Bib	Name	Gender	Gender Place	Age	Age Place	City	State	Chip Time	Pace	Age Grade
1	15	Henri Coeme	M	1: M	71	1: M Top Dogs	Neosho	MO	22:38.49	7:17	77.98
2	949	Tristen Berry	M	2: M	27	1: M20-29	Carthage	MO	23:41.79	7:38	54.23
3	954	Lindsay Merrill	F	1: F	39	1: F Top Dogs	Carthage	MO	27:39.72	8:54	54.43
4	927	Julie Hinds	F	2: F	52	1: F50-59	Jasper	MO	27:57.10	9:00	60.29
5	943	Laney Daniel	F	3: F	13	1: F13-19	Carthage	MO	29:35.40	9:31	54.29
6	7	Lori Thompson	F	4: F	51	2: F50-59	Joplin	MO	30:05.61	9:41	55.38
7	920	Kayla Griffin	F	5: F	26	1: F20-29	Joplin	MO	30:23.31	9:47	48.48
8	890	Stephanie Durfee	F	6: F	42	1: F40-49	Neosho	MO	33:55.44	10:55	45.16
9	895	Shelby Lortz	F	7: F	25	2: F20-29	Webb City	MO	36:30.51	11:45	40.36
10	891	Jaclyn Smith	F	8: F	45	2: F40-49	Neosho	MO	37:09.42	11:58	42.19
11	948	Josey Stuva	F	9: F	21	3: F20-29	Willard	MO	38:54.45	12:31	37.87
12	883	Brittany Tinney	F	10: F	31	1: F30-39	Joplin	MO	44:20.34	14:16	33.24
13	921	Cortney Shepherd	F	11: F	36	2: F30-39	Joplin	MO	44:26.85	14:18	33.46
14	931	Meritt Miller	F	12: F	26	4: F20-29	Webb City	MO	47:15.54	15:13	31.18
15	933	Mason Penske	M	3: M	26	2: M20-29	Webb City	MO	47:18.49	15:14	27.16
16	87	Cristina Jaramillo	F	13: F	55	3: F50-59	Neosho	MO	47:47.88	15:23	36.47
17	87	Cristina Jaramillo	F	14: F	55	4: F50-59	Neosho	MO	47:47.88	15:23	36.47
18	919	Jo Ann Clark	F	15: F	52	5: F50-59	Miller	MO	48:11.31	15:31	34.97
19	935	Ashlea Norman	F	16: F	32	3: F30-39	Neosho	MO	49:43.50	16:00	29.66
20	930	Alisha Lagrassa	F	17: F	47	3: F40-49	Baxter Springs	KS	49:52.76	16:03	32.02
21	928	Hannah Huffman	F	18: F	27	5: F20-29	Joplin	MO	51:25.36	16:33	28.65
22	888	James Novak	M	4: M	74	1: M60-99	Nevada	MO	52:09.22	16:47	35.35
23	936	Brenda Spurlin	F	19: F	64	1: F60-99	Joplin	MO	52:56.94	17:03	36.72
24	894	Adra Anderson	F	20: F	21	6: F20-29	Carthage	MO	56:03.04	18:02	26.29
25	893	Lorie Downing	F	21: F	57	6: F50-59	Carthage	MO	56:03.16	18:02	31.83
26	896	Brian Cole	M	5: M	51	1: M50-59	Joplin	MO	57:31.15	18:31	25.6
27	889	Raquelle Meehl	F	22: F	46	4: F40-49	Joplin	MO	59:41.46	19:13	26.5

5K Solo Run/Walk Overall Results

Place	Bib	Name	Gender	Gender Place	Age	Age Place	City	State	Chip Time	Pace	Age Grade
1	938	Matt Wegenka	M	1: M	60	1: M 5K Top Finishers	Springfield	MO	19:02.61	6:08	83.35
2	914	Jacob Garrett	M	2: M	17	1: M13-19	Joplin	MO	19:58.56	6:26	64.83
3	942	Brian Crigger	M	3: M	42	1: M40-49	Carthage	MO	20:51.00	6:43	65.87
4	926	Nick Henderson	M	4: M	42	2: M40-49	Webb City	MO	20:58.65	6:45	65.47
5	903	Miranda Clark-Selby	F	1: F	31	1: F 5K Top Finishers	Nevada	MO	23:34.35	7:35	62.51
6	856	Kennan Harrison	M	5: M	29	1: M20-29	Webb City	MO	23:48.12	7:40	53.99
7	99	Paul Wright	M	6: M	49	3: M40-49	Carthage	MO	26:23.58	8:30	54.91
8	473	Jonathan Boothe	M	7: M	11	1: M00-12	Webb City	MO	26:48.57	8:38	55.08
9	908	David Trejo	M	8: M	36	1: M30-39	Joplin	MO	28:11.94	9:05	46.61
10	939	Rob Farquhar	M	9: M	65	1: M60-99	Springfield	MO	28:50.64	9:17	57.51
11	901	Kevin Harrold	M	10: M	51	1: M50-59	Diamond	MO	29:10.71	9:24	50.47
12	923	Cassie Garrett	F	2: F	40	1: F40-49	Joplin	MO	29:26.88	9:29	51.4
13	892	Angelique McLallen	F	3: F	41	2: F40-49	Joplin	MO	31:21.48	10:06	48.55
14	854	Savanna Davidson	F	4: F	32	1: F30-39	Joplin	MO	31:21.72	10:06	47.03
15	916	Brad Belk	M	11: M	69	2: M60-99	Joplin	MO	32:15.06	10:23	53.45
16	464	Sharon Smith	F	5: F	45	3: F40-49	Carthage	MO	33:06.57	10:39	47.35
17	918	Heather Orland	F	6: F	51	1: F50-59	Carl Junction	MO	33:06.99	10:40	50.33
18	944	Leslie Hunter	F	7: F	49	4: F40-49	Carthage	MO	34:14.19	11:01	47.64
19	937	Spencer Lortz	M	12: M	21	2: M20-29	Webb City	MO	34:35.31	11:08	37.15
20	922	Nate Burke	M	13: M	10	2: M00-12	Carthage	MO	35:36.84	11:28	43.15
21	907	Julieanna Adamson	F	8: F	23	1: F20-29	Carthage	MO	36:12.78	11:39	40.69
22	435	Kathy Jordan	F	9: F	58	2: F50-59	Oronogo	MO	36:22.32	11:42	49.64
23	247	Debbie Smith	F	10: F	67	1: F60-99	Joplin	MO	36:40.29	11:48	55.14
24	940	Jerry Pyle	M	14: M	74	3: M60-99	Seneca	MO	36:59.22	11:54	49.84
25	932	Manuelie Patterson	F	11: F	40	5: F40-49	Joplin	MO	37:12.99	11:59	40.67
26	805	Lori Terry	F	12: F	60	2: F60-99	Carthage	MO	37:21.33	12:01	49.51
27	906	Brandi Eichelberger	F	13: F	41	6: F40-49	Joplin	MO	37:25.32	12:03	40.68
28	924	Nancy Harrington	F	14: F	38	2: F30-39	Carl Junction	MO	37:52.71	12:12	39.56
29	817	Jayne Novak	F	15: F	61	3: F60-99	Nevada	MO	39:15.81	12:38	47.69
30	851	Jason Shumny	M	15: M	54	2: M50-59	Joplin	MO	39:52.11	12:50	37.85
31	375	Kari Calkins	F	16: F	55	3: F50-59	Webb City	MO	40:21.42	12:59	43.2
32	429	Anne Windsor	F	17: F	57	4: F50-59	Joplin	MO	40:21.51	12:59	44.21
33	747	Nikki Hurlbut	F	18: F	36	3: F30-39	Carthage	MO	40:40.11	13:05	36.57
34	917	Danielle O'Banion	F	19: F	36	4: F30-39	Jasper	MO	42:58.74	13:50	34.61
35	913	Hannah Mitchell	F	20: F	33	5: F30-39	Joplin	MO	44:08.10	14:12	33.46

Place	Bib	Name	Gender	Gender Place	Age	Age Place	City	State	Chip Time	Pace	Age Grade
36	900	Autum Griffin	F	21: F	21	2: F20-29	Carthage	MO	44:47.22	14:25	32.9
37	941	Patty Pyle	F	22: F	71	4: F60-99	Seneca	MO	45:46.17	14:44	46.67
38	898	Brian Brust	M	16: M	46	4: M40-49	Carthage	MO	46:28.23	14:57	30.47
39	934	Heidi Ramirez	F	23: F	40	7: F40-49	Joplin	MO	49:12.75	15:50	30.76
40	465	Abigail Lamproe	F	24: F	25	3: F20-29	Joplin	MO	49:46.47	16:01	29.6
41	912	Fina Easton	F	25: F	42	8: F40-49	Carthage	MO	49:54.69	16:04	30.7
42	801	Carla Reed	F	26: F	66	5: F60-99	Carthage	MO	50:23.22	16:13	39.6
43	822	Denise Thompson	F	27: F	66	6: F60-99	Carthage	MO	50:24.78	16:14	39.58
44	845	Elias Meehl	M	17: M	3	3: M00-12	Joplin	MO	59:23.70	19:07	35.69
45	849	Shiloh Meehl	M	18: M	5	4: M00-12	Joplin	MO	59:24.72	19:07	35.68
46	828	Brittany Meehl	F	28: F	33	6: F30-39	Joplin	MO	59:24.96	19:07	24.85

Results have been verified and posted on RunSignup, here:

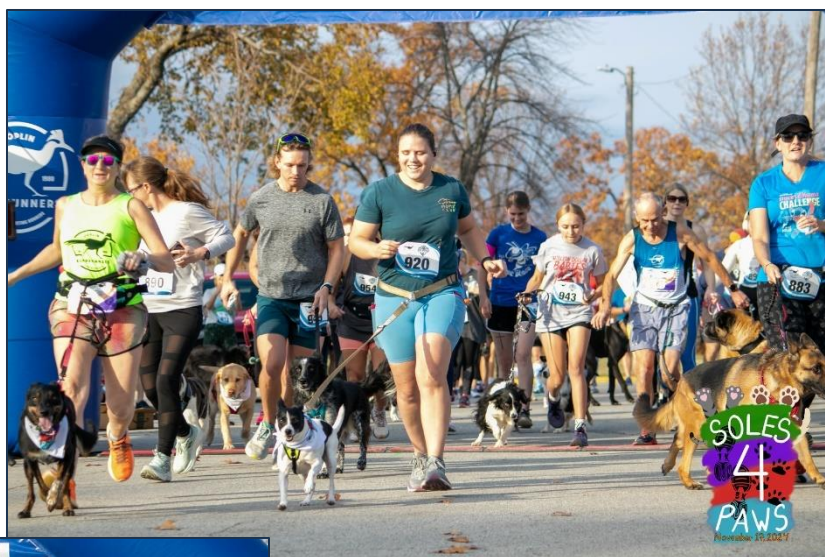
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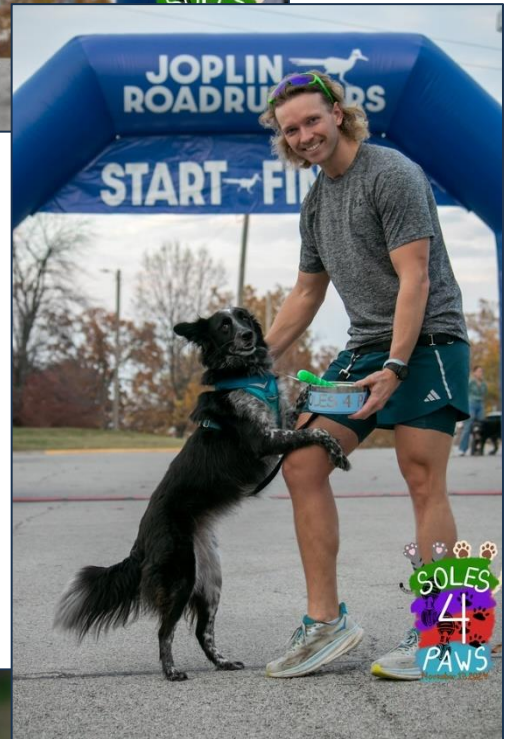
MO State age records have been submitted and posted here:

<http://www.staterunningrecords.com/asp/records.asp?state=MO>

Pictures are here:

<https://picturejvp.smugmug.com/Sports/2024-Soles4Paws>





New on our Website www.JoplinRoadRunners.com

Pick your club shirts from our constantly updated database of choices. Just let us know your pick.

Entire shirt inventory can be viewed at <https://joplinroadrunners.com/club-running-gear>



Club Running Gear

At the Joplin RoadRunners, we design and embellish our own running gear. We also design and create most of our own race awards. Below are a few sections showing what we offer our members and race participants.

In the first section below are our club shirts. Your individual or family membership includes one free club shirt. If you have not done so already, please select a shirt out of this line-up and let us know number and size of your selection. Our remaining stock for each shirt is indicated in each shirt description. For availability of other sizes, check with us first.

We'll contact you as soon as your shirt is ready for pickup.

In the second section below, we list a number of additional garments which can be purchased at members-only discounted prices. Let us know item number and size of your selection and we'll confirm availability and cost before you order.

In the final section below, we show a number of awards we created in the past for some of our races.

Club Shirt Selection




NEW for 2025
Item 16: Compression race shirt women - JRR silver reflective logo
center front
Available sizes: XS, S, M, L, XL




Also updated is our Board Member page

Find us at <https://joplinroadrunners.com/your-2025-jrr-board>


Your 2025 Joplin RoadRunners Board




President of the Board Lori Thompson
After consultation of the JRR team as a Board member, Lori was unanimously elected as President of this Board. As President, Lori will preside over Board meetings and represent JRR at all public events. She will also be responsible for the day-to-day operations of the Board.




Vice-President of the Board Paula Virgitt
After consulting with the JRR team as a Board member, Paula was elected as Vice-President of this Board. As Vice-President, Paula will assist the President in all Board matters and represent JRR at all public events.




Treasurer of the Board Casey Griesom
Casey was elected to JRR as the Treasurer. She is responsible for the financial health of the organization, including budgeting, fundraising, and managing the JRR's financial records. She will also be responsible for the day-to-day operations of the Board.




Secretary of the Board Lisa Morris
Lisa was elected to JRR as the Secretary. She is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.




Board Member Debbie Smith
Debbie was elected to JRR as a Board member. She is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.




Board Member Anna Ziss
Anna was elected to JRR as a Board member. She is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.




Board Member Brian Spenser
Brian was elected to JRR as a Board member. He is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.




Board Member Andrew McElroy
Andrew was elected to JRR as a Board member. He is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.




Board Member Tom McKay
Tom was elected to JRR as a Board member. He is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.



Chief Executive Officer Kent Coats
Kent was elected to JRR as the Chief Executive Officer. He is responsible for the day-to-day operations of the organization, including managing the JRR's financial records, fundraising, and representing JRR at all public events.



Appointed Board Member Christine 'Titi' Jorgensen
Christine was appointed to JRR as a Board member. She is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.



Miss
Miss was appointed to JRR as a Board member. She is responsible for the day-to-day operations of the Board, including taking minutes at meetings, managing the JRR's communication, and representing JRR at all public events.

Race/Running Reports by Club Members

Back on track

(by Joyce Deeser)



strengthen my core. In April, I decided it was time for a change.

I have since lost fifty pounds and rediscovered my love for running. I was hesitant to sign up for my first 5k until I thought I could beat 30 minutes. However, this was proving to be difficult since most of my running is done pushing a stroller and I was very much out of shape to start with.

I decided to take the leap and sign up for the Hit the Road Jack 5K in September. For this race, I did end up pushing a stroller and finished in just under 32 minutes. I was a little disappointed that I did not make my goal time, but I got a little comfort from knowing I did it pushing a stroller. In the end I am glad that I took



that step to run my first race after my running hiatus.



Just after that race I signed up to be a member of the Joplin Road Runners as well as signing up for my second 5K, which was the Maple Leaf 5K and the 5-mile Pumpkin Run.

My second 5K went a lot better than my first and I was not stuck pushing a stroller. I ended up obliterating the goal of breaking 30 minutes and with a time of 27:30, I beat my all-time personal best time of 28:18 that I set several years ago.

I am very thankful that I was able to rediscover my love for running.

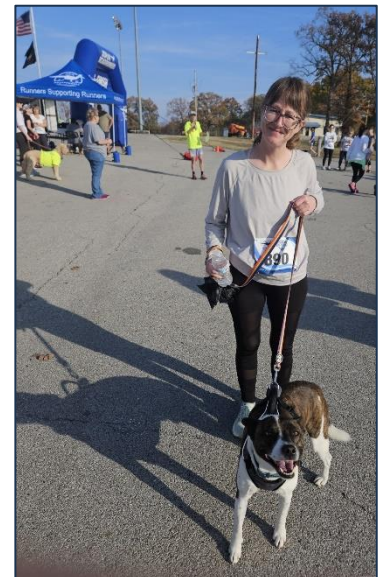
On the run with Ruari

(by Stephanie Durfee)



This was my first 5k after picking up running to help me get active again. I work from home at a desk job and sedentary was my life. I had been training about 6 weeks when I ran the Soles4Paws race with my dog Ruari. I was able to set a PR for 5k and get first in my age division!

Thanks for having me in the club!



Oh What Fun It Is To Run ...

(by Jason Shummy)

Prior to 2017, I had never been in a race other than what we had to do in school. As many of you know, I have been in a lot of races lately. This year, so far, my count is 25!

Just in the past few months I have been in: Annual Pumpkin Run (both distances), Glow the Distance, Maple Leaf, Joplin Turkey Trot, Santa's Christmas Explosion, Bass Pro, Jacob Holliday, and Soles 4 Paws. Whew! I am tired just thinking about all of them!



My favorite one was the Bass Pro 5k because I found out my wife, Karla, had secretly signed up to also be in the race. What a surprise!

I am not a fast runner, but I am a fun runner (at least in my mind). Enjoy the journey.

Why I Signed up for the Bass Pro 5k (and didn't tell Jason)

(by Karla Shummy)

Jason is my inspiration and my cheerleader. Since I started taking a more proactive approach to my health journey, he has been there encouraging me all the time.

I wanted to show him that I am constantly striving to do more, and this was the perfect opportunity. The look on his face when he realized I was in a packet pickup line was priceless.

Would I do it again? Yes, for him but more so for myself.

Here's a Great idea for that Hole in your Sleeve

(by Becky Mitchell)



If you are like most of us, you never use that thumbhole in your shirts. Well, whether you do or not, here is a great tip I found, yesterday (12/22) on Insta from Chi Running Coach Becky Croft, Tulsa!

Twist your shirt's thumbhole around to expose your watch face! And Voila!

I saw this and ... Goodness, she's smart!

Joplin Turkey Trot

(by Becky Mitchell)

My Grandson Henry from Chicago ran the 1-mile fun run again this year! My timer said he ran a 9:41!

After watching his dad and me cross the finish line, he asked how long a 5K was. He says he wants to run that with us next year. He's just 6!



Henry crosses the finish line



My cheer squad and future trotter Maeve, mesmerized by Michelle!

Two-year-old Maeve got some inspiration, too, and ran some circles near the finish line during the awards. She also recognized someone to look up to is Michelle Hafle after watching her dance us all across the finish line!

I was thrilled to finish 2nd in 70+ behind the always speedy Terri Dresh!



Terry Dresh and me at the 70+ award ceremony

From Garden of the Gods to Race for Hope

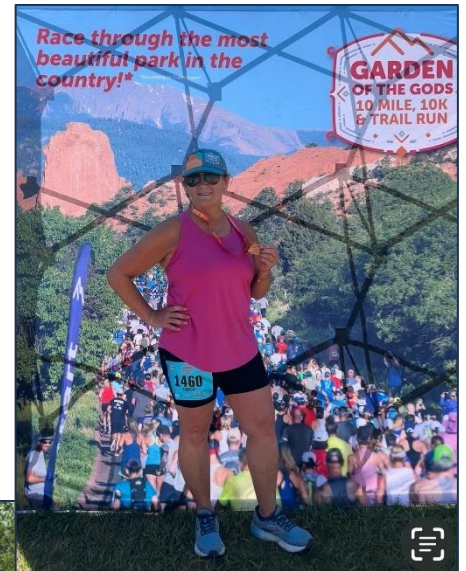
(by Sharon Hoke)



I ran a few 5K's and 10K's in 2024 but the best one was a 10K through Garden of the Gods in Colorado Springs, Colorado! It was spectacular! I also hiked a lot and did the Manitou Incline (2,768 steps) but the race was so beautiful!

I have to mention the Race

for Hope 5K as a personal local favorite as my mom battled and beat breast cancer and I now have a best friend battling. She was able to run this race and I'm super proud of her! On to 2025!!



Route 66 Race Across Kansas

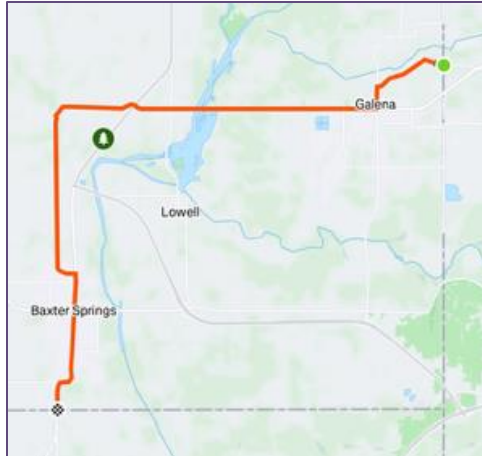
(by Jeremy Gripka)



Kansas is pretty flat, right? Should be easy to maintain a quick pace, right? Maybe. But between me and a new half marathon PR was a steady wall of chilly wind making a barrier that did its best to keep a group of about 15 runners away from the Oklahoma border.

I guess since the Route 66 Race Across Kansas hadn't happened in a few years, the weather nudged us to slow down and enjoy every step of the return.

A thick strip of yellow paint across the Mother Road divides Missouri from the 13.2 miles of Route 66 through Kansas. In contrast to the gray, overcast morning, it also served as our glowing starting line. In the adjacent gravel parking lot of the Hogs and Hot Rods Saloon, everyone stretched and hopped and did their best to stay



warm and get loose. Through the laughs, excitement, and pre-race jitters, local race stalwart and sage Henri gave a quick warning of what was ahead. We shouldn't be too quick to shed layers. While we headed west, it may feel warmer, but once the road turned to the south, it would open up and we'd all be Bob Seger-ing it and running against the wind. And it would be a constant, brisk wind.

After some formalities about traffic and road crossings, we were ready to give Route 66 the race it hadn't seen in a few years. A quick countdown then we crossed the yellow border line. We were off.

As we passed what looked like old mining land on the way into Galena, I could still see most of the lead racers. So far, I was still on pace and on course. Running between the rows of connected brick

buildings and the quaint park where we met for packet pickup made downtown Galena familiar and pleasant for the first leg of the race. Heading out of Galena towards Riverton, Route 66 increases in both size and speed. This meant running on the shoulder with our backs to the two westbound lanes of traffic. While I'd generally prefer to see the higher speed traffic coming my way than from behind me, I did catch in the pre-run briefing that this was a request from the local sheriff. I suppose it also gave the passing drivers the opportunity to see that I've been working hard on my calves, but no time to gloat. The Mother Road was calling.

Outside of a couple long, gradual hills and a narrowing shoulder, Riverton seemed to move quickly and smoothly with law enforcement helping at major intersections. Coming out of Riverton took us to less frequented parts of old 66, dotted with farmhouses, pastures, and curious livestock. I was pleased to see that the course led us over the old rainbow bridge instead of the newer bypass. The noble white arches on each side of the bridge served as sort of a mental "checkpoint" for me and I was glad to still be on PR pace at this point. Buuuut that was about to change...

The rainbow bridge is where the route turns south and where Henri's pre-race warning came to fruition. At first, clusters of trees still blocked some of the wind but at this time of year, the leaves have fallen and the wind cuts through much easier. As we moved closer to Baxter Springs, the landscape opened more. Small hills were becoming more challenging. There was quite a bit of distance between runners at this point. No drafting here, Lightning McQueen. Just you, face first, against the cold wind blowing across the Kansas plains. I wrestled with the urge to walk for a bit and let the wind carry my PR away. I managed to push on, telling myself to keep running by finding a pace I could sustain in this wind. It didn't have to be a PR pace. Just keep running.



The town of Baxter Springs provided some coverage. Traffic was buzzing around the businesses lining the Route in downtown Baxter Springs. Outside of a brief stop to avoid a turning driver and getting some course direction from volunteers, I cruised through the last Kansas town on the Route. Leaving Baxter Springs meant moving on to the home stretch to the Oklahoma border.

The final stretch was the most bittersweet. The wind was terribly harsh when the buildings in Baxter Springs ended. The flat openness of the Kansas prairie put up the biggest fight to hold us a little longer and keep us from the Oklahoma border. It may have slowed us, but it wasn't nearly strong enough to best any of these determined runners.

I put my head down in an effort to cut through the wind. This stretch was a final test of tenacity. After a bit of pushing against the gale wall, I looked up to see a warm, familiar red glow just down the road. The Roadrunners' timing LED's were ticking away at the finish line, counting the number of minutes and seconds of challenging enjoyment this race had given us.

As I came to the finish, I knew the PR I was working for had blown past somewhere in the wind. That was ok, though. Not every day is meant to be your best day, but every day (and every run) is an opportunity to be a little better. Pushing through to run the Kansas stretch of Route 66 certainly made me feel better.

I'm grateful to the overwhelmingly friendly people at the Galena Sentinel Times and Kansas Route 66 Association for bringing this race back. It was an immensely enjoyable way to close out my 2024 races. On to a new year, new challenges, and new PR's!



A Memorable Race with a Memorable (and smelly) Goal (by Brian Cole)



I've been a distance runner for nearly 10 years. I recently rejoined JRR after attending the Soles4 Paws fundraiser in Carthage and having a fantastic time! This race (like many) took on its own personality and evolved throughout the day to become this beautiful moment in time to be remembered by each participant in their own perspective both good and bad!

So let me tell you about another one of those memorable "races" for me.

It was the inaugural year of a brilliant fundraiser called "*The Eliminator*"! A sadistic concept of a "wannabe ultra" hoping to create enough funds to lease a crapper for 1 year on our beloved Frisco Trail. Many of you, I'm sure, are familiar with the structure. I won't bother you with these details. Most importantly, it's ran during the hottest time of year. The race is brutal!

I arrived early, on the day of the race. Got camp set up as best as an ultra-debutante could imagine: my yoga mat, fresh fruit, many pairs of shoes, gels, rollers and STUFF! Notice to all you goats that I left out socks and lube...this wasn't intentional!

All the people that I'd seen at local 5, 10, half marathons and (recently for me) marathons were there. Though I'd participated in so many of these races, I'd never really had the chance to communicate, on a real level, with most of

my fellow local runners. Well, this race certainly did not let me down in that respect! All day long, from one runner to the next, I listened to intriguing stories of overcoming, stories of hard times in life, in running life and real life. Towards the end of the day, I was listening to life stories that maybe I didn't need to know about. Intriguing indeed!

Before this day, I knew I was a runner. After this day, I knew I was a runner within a tribe of runners.

Now, I don't think of anyone I toed the line with as my competition. Instead, they are comrades in a sport where values may be different but with very similar core values. This was the race where I realized we are a brilliant (although sometimes dysfunctional) family.

This is also the race where I met most everyone I know in JRR today.

In summary, this isn't really a "race" story, but more of a story of celebration of my runner-family!

Cheers to y'all!

PS-the crapper is still there!!



I am NOT a Runner

(by Kevin Harrold)



"I am not a runner"

I don't know how many times I've said that over time. I played all types of sports through high school and even college, but the thought of lacing up running shoes and hitting the road for several miles always sounded awful. My whole life, I never wanted to be a runner.

As I got older, I was still doing what I wanted, still not taking the Doctor's advice to eat right and exercise regularly. But the pain and physical problems that come with age were starting to develop. So finally, 3 years ago I started eating right. Then 2 years ago I started walking. Then a year ago I started to run.

As soon as I tried the first run, I knew the truth: "I am not a runner". My goal was to run a mile, but about 300 yards along, I was gassed. Eventually, I was able to make it a full mile, then slowly a little further. Every run was miserable. Every run I was reminded that I am not a runner. I didn't enjoy running, but I did

enjoy losing weight, feeling healthier, tracking results, and reaching milestones.

Then on my 51st birthday, I ran the Sparklight 10K at the Joplin Memorial Run. It was my first ever race. I still didn't feel like a runner, but I saw the appeal.

In September I met up with a group of runners and went on my first group run. Then in November, my second race. In December I officially joined the Joplin Road Runners.

Any time I'm around any of the JRR group, I'm soaking up information. When to run, how to run, where to run, and even why to run. Now I find myself checking online for upcoming races. I catch myself researching the best high visibility gear for running after dark or the best insulated gear for running in the cold. When I make my work schedule, I try to see if I can wrap up a little early to fit in a couple of miles.

I still have a lot of work to do. I still have milestones I would like to reach. Running is still work, but the running community has made it a little more enjoyable.

I've never said it before this year, but... I think I might be a runner.

Drop the Heart Rate while Running Faster?

(by Les Shaeffer)



I wanted to write a story about my transition to low heart rate training.

Several years ago, I read a book by Rich Roll, who became a vegan ultra endurance athlete. When he was overweight and unhealthy in his 40s, he decided to make a change. In his process of going vegetarian and then vegan, he wanted to compete in the Ultraman Triathlon (6.2 mile swim, 261.4 mile bike, 52.4 mile run over 3 days). When he hired his coach, he told him to run at a low heart rate for his training runs.

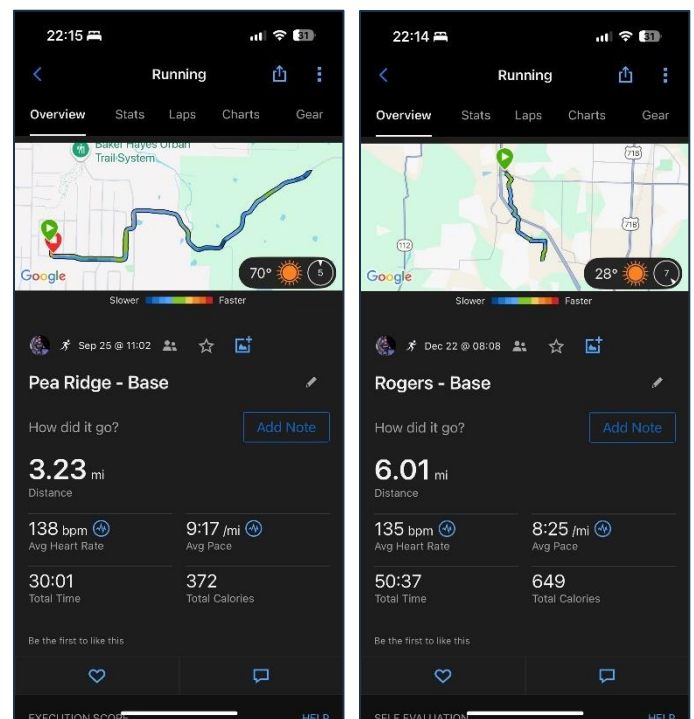
When he started, Rich was running around 10:30 pace to remain in heartrate zone 2. He thought it was too slow, but his coach said to trust the process. He did, and eventually his low HR training was at 9:30 pace, then at 8:30 pace, then sub 8.

In the last few months, I have been following my Garmin's recommended workouts. I program my races into my Garmin calendar and my watch creates the workouts. I started doing my very best to follow them daily, no matter what. Initially, my base runs were around a 9:30 pace, which I felt was too slow, but I did it anyway. I wore a HR strap to get an accurate reading on my watch and noticed my HR stayed below 135 bpm, around my zone 2 HR.

As I progressed, I noticed my HR was staying at or below 135, but my pace was increasing. My watch suggested my pace to be 9:15, then 9:05, then 8:55 etc. Currently my low HR base runs are at a 8:35 pace with my HR staying below 130 bpm.

Recently, I ran a 5k at a 7:55 pace with a 137 average bpm. In my learning, I've also watched the development of Nick Bare (founder and CEO of Bare Performance Nutrition) from body builder to a hybrid athlete. He ran his first marathon in 4:05 but now runs that distance in sub 2:40.

Nick interviewed an old man in Leadville, CO prior to racing the Leadville 100. In the interview, the old man stated it takes endurance to complete the 100. But in digging, Nick discovered what he meant wasn't physical endurance. Instead, it was enduring the process to get there.



In today's world, we get things quick and aren't patient for results. But we need to take time to endure the process in order to achieve our goals. I've discovered this firsthand in my training.

I've attached screenshots of two runs, both flat routes. The first one is from back in September. The second one is from late December. Compare the similar heartrate but the faster pace between both runs, just three months apart. So, my advice is: Take the time and endure the process.



How Running with a Friend can make the Difference”

(by Savanna Breaazeal Davidson)



The year 2024 has been eventful for me.

January 1st, 2024, there was an event called the Chilly 5k race. Although I did not know it, this was the first race that started my running journey. Being consistent can be hard, but I will say consistency has ultimately been the best decision of my life.

Starting off, running seemed really discouraging. I would go running and struggle, and it would make me feel defeated. Luckily, I have a very close friend of mine that has been running for a long time, and she would not let me give up. She boosted me when I was down, and she made sure that I would see my progress, even if I did not feel progression.

With all the being said, I have run multiple 5ks, one 10k, one 100-mile challenge over a month, and two half marathons within this year.

I joined the Roadrunners club around September, and I think the commitment this year has proven to become just a lifestyle.

I am grateful for the running trips, friendships, and confidence that can be built with this amazing activity.

Running Happily Ever After

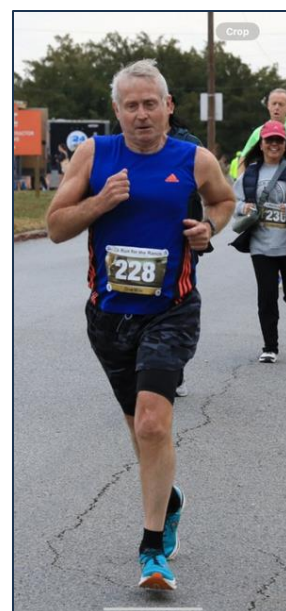
(by Allan Cibert)



Allow me to introduce ourselves. We are Allan and Janet Cibert from Mt Vernon, MO. Janet is 69, will be 70 in April, and I'm 70 turning 71 in July. We have 8 children, 27 grandchildren, and 2 great children. We feel truly blessed.

Janet and I moved to southwest Missouri from Virginia Beach in December 2004. Janet was born and raised in West Virginia but moved to Virginia shortly after her high school graduation. Although Janet often walked for fitness or to relieve stress for most of her adult life, she entered her first competition in July 2006. I entered a 5K in Fair Grove that also had a one-mile race. I encouraged Janet to enter the one mile, which she found very enjoyable, and she was hooked.

Over the next several years Janet run in many events from 5K to half marathon getting her times down to 5K – 30:08, 10K – 1:10, and half marathon to 2:29. She enjoyed traveling



to destination races, competing in events, and often placing in her age group. Janet was a serious trainer and would often put in 6 miles in the street of Marionville or Aurora or would run in the country near Crane.

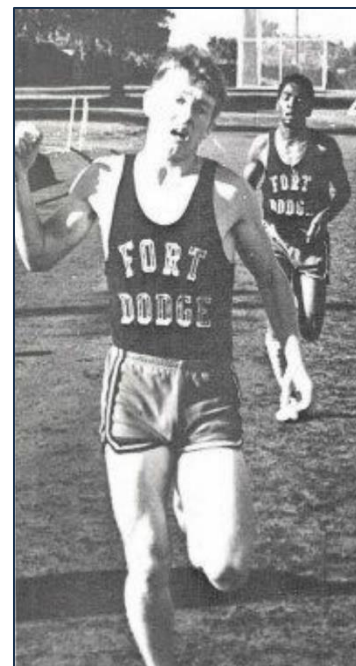
In 2016, she developed a serious knee injury that required full knee replacement surgery on July 6th, 2016. After a long rehabilitation she decided to competitively walk, instead of returning to running. She was concerned, with advice from her doctor, that if she continued to run on this artificial knee that it would wear out sooner. By choosing to walk she figured that she could extend the life of her new knee and still enjoy racing events.

It wasn't long before Janet was eyeing events that she wanted to participate in and giving it her best walking efforts. Her walking pace is quite robust, often doing a sub 15:00 per mile pace for her 5K races. Janet has been racing regularly this season and has big goal races for 2025. This fall we've raced the Plaza 10k, One Sole Purpose 5K, Chattanooga 3 bridges 5K, Halloween Hustle 5K, BassPro 5K,



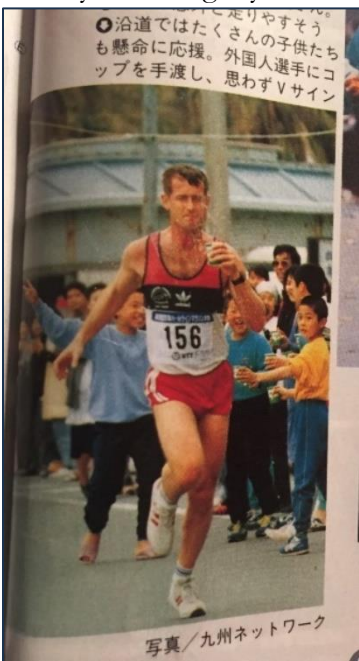
Mt Vernon Turkey Strut 5K, Fayetteville 10K. and finishing off the year with the Run For The Ranch 5K.

I was born and raised in Fort Dodge, Iowa. My first exposure to competitive running was in the 7th grade, where I was a sprinter on the track team. I competed throughout junior high and high school mostly running the quarter mile, relays, and sprints, but I placed



6th overall in the state indoor 600 yard. I ran cross country in the fall as conditioning for winter wrestling and spring track. That said, I was always on the varsity squad and did well.

In January of 1972 I joined the Marine Corps, where I stayed on active duty until my retirement in 1998. While in the Marine Corps I strived to receive the maximum points for the semi-annual physical fitness test, which consisted of 20 pull-ups, 80 sit-ups in 2 minutes, and a 3-mile run in less than 18:00. I almost always achieved this by obtaining my best 3 miles time of 14:34 when I was in my early 30s. For several years I was a member



of the All-Marine Cross Country Team where we would have an interservice competition against the Army, Air Force, Navy, and Coast Guard. The top finishers in the interservice competition went on to the international military competition. I never placed high enough in the intersection competition to go onto the international competition but enjoyed the experience and the many friend that I met.

My personal bests are all from the 1980s, with my last personal best being set in 1988 when I was stationed in Japan. My personal best are: mile – 4:25, 3 mile – 14:34, 5K – 14:55, 10K – 30:20, half marathon – 1:11:48, and marathon 2:35:08.

I retired from active duty in 1998, moving to Virginia Beach where I had been stationed numerous times throughout my career. The local running club there has many nice events, so I continued to stay active. I lived in Virginia Beach from 1988 through 2004, when we moved to Missouri.

Over the years my race times have continued to get slower, and my training regime became lighter, but I still enjoy competing at the races. In 2025, I decided

to set some goals and train diligently toward them. In April I'm planning to run the Illinois Marathon with a goal of 4:20. This time is the Boston Qualifying time for 70-year-olds. Another goal is to get my 5K time back into the 70% for age grade. Currently I'm around 65% for my 5K races. To obtain 70%, I would need to run a 5K in 24:54 or better, which would be tough for me, but doable.

Both Janet and I are excited about becoming a member of the Joplin Roadrunners. I'm looking forward to the training and racing this club provides. We hope to meet and make many friends.

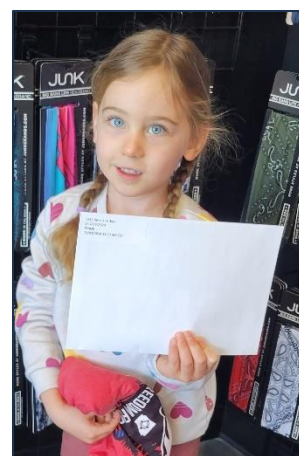


My Granddaughter's First 5K!

(by Lelania Littlefield)

At the end of November, I made the decision to take a break from running and mostly walk and strength train. I have had an injury since the end of January, and it was not getting any better. The podiatrist had diagnosed it as Morton's Neuroma. I had a cortisone shot, which made it worse, and therapy. Nothing seemed to help. But nobody ever told me to stop running on the injury, which I think was a huge mistake.

It was hard not signing up for races like everyone else, so I decided to sign me and my 4-year-old granddaughter up for the Freedom Frosty 5k for fun. She was so excited even though she had no idea how far it was. I knew it was going to be fun but challenging for her. We went to pick up her packet on Thursday, and she did it all on her own. She gave them her name, and she was so excited telling everyone it was her first 5k.



The next day my daughter called and said she woke up sick, so we decided to wait and see how she woke up the morning of the race. She woke up still sick but no fever, and she wanted to go. I was worried about how she would do but she did great, had an awesome attitude and was so excited when she won her first medal in a 5k. I couldn't have been prouder.

A 5k is still a hard race, especially for a 4-year-old. I can't wait to run another race with her! This was our second race together, but the first one was only a half mile.

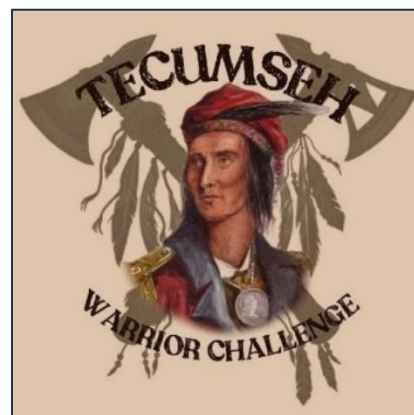
On the way home, she asked how far we thought she could run, and she said she thought she could run a 10-mile race next. I'm just glad she wants to do it again!

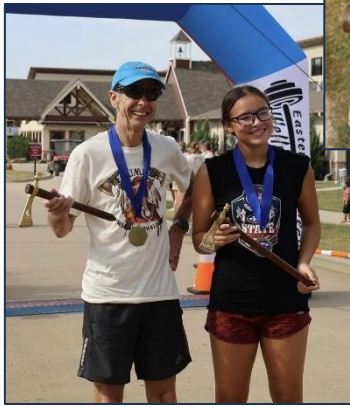
Proud grandma!!

Not your typical Race Day

(by Henri Coeme)

You know you're not in Kansas anymore when the first overall award is a tomahawk. We are at the start of the annual Tecumseh Warrior Challenge





where winning is more about agility than about running fastest. The pictures here barely do justice to the gantlet of obstacles and tests the Eastern Shawnee Indians will put you through.

Do you know how to throw an axe, a javelin, knives and a tomahawk? Can you climb walls of tires, jump across beams, wade through rivers, dive into endless tunnels ending into a swamp, walk in between cauldrons of fire, shoot bow and arrow, and through all that arrive ahead of your enemy competitors (no you don't shoot at each other, that type of competitor elimination is strictly out of bounce).

Needless to say, time to complete the roughly 5K course is irrelevant, as long as you complete all the challenges and make it, exhausted, to the finish. Some are particularly skilled and, as the roster of winners shows, the same people keep coming out on top. So, I am proud to say the Joplin RoadRunners planted their flag and will be a force to reckon with in the future.



Christmas Parade

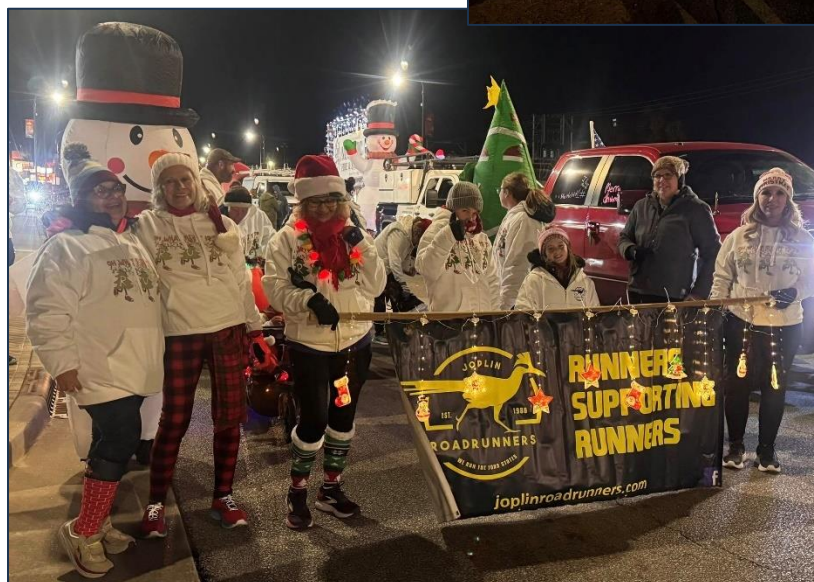
(by Lori Thompson)

Oh, what a wonderful night it was!

The Roadrunners represented December 3rd at the Joplin Christmas Parade! It was a blast!

The theme was Winter Wonderland. We had Frosty to keep our Christmas tree company. Thank you to Anne and Kevin for being great sports and wearing our Christmas tree and Frosty costumes! You guys did awesome! Thank you everyone who came and walked with us! It was so much fun.

We're already planning next year's float!!



And now ... time to run together

(by John & Gina Atteberry)



In the fall of 2023, our youngest of three sons left home for college. Like all new empty-nesters, it was a bit of a shock to our systems and a big change to our daily lives. We are very close to our three sons, and they continue to lead very busy lives in college and beyond.

Previously we spent virtually all of our free time taking them to piano, voice, violin, and cello lessons - picking them up from basketball or soccer practice, spending long evenings and Saturdays at track or cross country meets and music festivals and then making sure they got to school with clean clothes and food. Additionally, we both have demanding careers. Gina is head of the legal department at Crossland Construction and John is a music teacher at Thomas Jefferson Independent Day School and adjunct instructor at Pittsburg State University. Both Gina and John are

classical musicians and have played professionally in orchestras on the east coast as well as here in the Midwest. John is still principal bassoon of the Springfield Symphony. So, until the fall of 2023, there just wasn't much time to exercise.

Needless to say, in the past 18 months or so, our evenings and weekends have freed up, and since we are not inclined to just sit around, we hit the road. John has run for fitness since high school days. Gina used to swim but never did much running until late last fall. In March, we both entered a 5k, and the rest is history. Having a race to prepare for was just what we needed to boost our training, and as 2024 comes to a close, we are encouraged about the improvements in both time and distance we have made in the past 12 months.

The best part of this new venture, however, is that we have had a great time running together, and with two of our sons. Our youngest was All-State in numerous distances and cross country in high school and his past successes have inspired us both to work hard. This past year, all four of us entered several races together - lining up at the start line of a race with the family is pretty awesome. The boys are especially proud to cheer on their mom as she crosses the finish line with another PR.

As we look forward to 2025, we are both excited about more miles on the road and trail, more races with the boys, and nights with weary legs but happy hearts.



Here's to my favorite volunteer

(by Tom McKay)

This was my first-time running Run For The Ranch half marathon. I was very lucky to run with Road Runner buddies Henri and Tom Blazi. However, my story is not about us, instead it is about another incredible runner named Allan Cibert.

Allan was a volunteer at the race. The 5k was a 3.1m loop down streets and through neighborhoods and back to the start line. The half marathon was 4 laps, the full marathon was 8 laps. With every lap, Allan would encourage all the runners, telling them "you're doing good", "you're having a good run" or "way to go". He was offering water and assisting with finishing metals.

Thank you, Allan, and all the volunteers. Good job Buddy.



Why I wanted to become Secretary of the Board

(by Lisa Morris)



I used to be a runner in high school a loooong time ago.

The joke over the last few decades is, that I don't run, and I hibernate in the summer. So, imagine how shocked I was at myself when I decided to take up running and did so in the summer heat!

Well, being in your fifties does not mean that you are too old to start over again. I was highly encouraged by numerous people sharing their stories of how they started running later in life. I stumbled upon this group, and thought, "Why not?".

I have received so much encouragement and support through this group. More than I could have hoped for. My "running" and stamina were horrid, but everyone kept encouraging me. I went from not being able to run for more than 10 seconds without walking, to running in my first 5K without any walking in 60 days.

I wanted to have people to run with but gained so much more than that. It is for that reason that I wanted to be more involved and have recently agreed to be the Board secretary. I am excited about my journey of fitness with a group of folks that lift each other up, and support worthy causes along the way.

From Walking to Running

(by Liz McKay)



I started running... well... I started walking in 2021.

I needed to lose some weight and make some lifestyle changes in the way of exercise and diet.

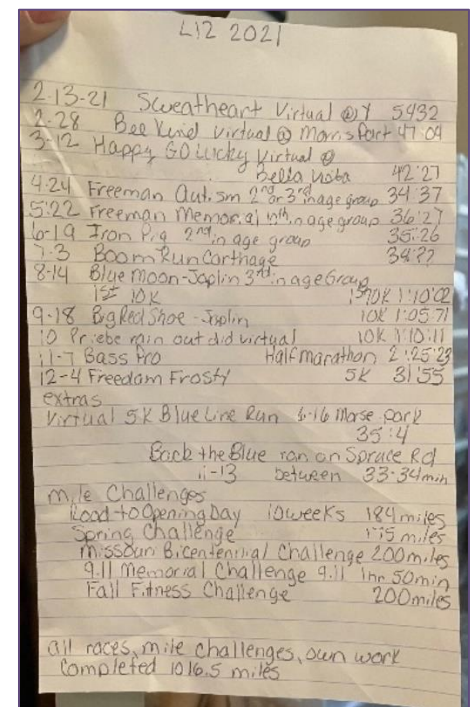
Tom's sister Bonnie walked a lot of 5k's and did mile-challenges. She has always inspired me. She and I decided to sign up for the mile-challenge "Road to Opening Day" of the KC Royals together. It consisted of 10 weeks - 184 miles. Each week it would have a different player's jersey number, with that number telling us how many miles we needed to get in for the next week (or two if it was a large number). Once completed, we logged the miles. We would text each other about 'getting our miles' in.

Along with that, I committed to signing up for one 5k per month. I told my two daughters about it and they wanted to join in the fun as well. We were all coming back from Covid so the first few 5k's were done virtually at a chosen

destination. By August, I did my first 10k and in November I ran my first half marathon!

That is pretty incredible to think about as I am writing this! Fast forward to now. I have run numerous 5k's, 10k, 15k, trail runs, and challenges. My daughter and I have run 5 half marathons together. Her schedule has changed, and we have not been able to run together. I have been running on my own for this "season". I do not mind it. Sometimes my pace varies, and I feel like I am slower than most and do not want to ever want to slow someone down.

I enjoyed Lelania getting in some runs with me though! I trained to run the Bass Pro half by myself, no running partner. Tom had an injury, and I chickened out of the race. I had regrets about that... .



Then this Run Across Kansas by the Route 66 Association came into sight. The week before the race, I had a good 10 mile run and thought I was up for the challenge. I was not sure how I was going to do. It was cold but I did feel

good about my gear and apparel. I had a good mindset. It was going to be what it was going to be. I decided not to look at my pace the entire race. I was going to do my best and that was that. I felt good the first half. The second half was against the cold wind. It was tough but I did it! I did it by myself! Something I never thought possible. My goal was to have a 12-minute average. I ended up with 11:20 average for the 13.1!

I can do hard things! I can do the impossible or what seemed impossible at one time!

And so can YOU!



Run Nancy Run

(by Nancy Umbarger Ohmart)

At the end of October, I found myself in a whirlwind of activity, participating in various running races and events in the vibrant Joplin community. From fundraisers to fun runs, the month was filled with exhilarating experiences and memorable moments with fellow runners. Let me take you on a journey through my exciting running adventures in October and December, as I navigated through trails, parks, and streets with friends and running groups.



At the end of October: Running Races in Joplin Community

In October, I was thrilled to take part in three races over two weekends, all of which were aimed at supporting and giving back to the Joplin community. The Pumpkin 2-mile race, where I achieved a 10.59-minute pace, was a personal highlight, showcasing one of my best times. Additionally, I participated in the 8K race and the Race4Hope 5K, finishing second in both events with impressive mile paces. The running community in Joplin is truly special, with supportive groups organizing top-notch races and events for runners of all levels to enjoy and excel in.

Preparing for the Salina Half Marathon

Feeling confident and prepared after a month of successful races, I set my sights on the Salina Half Marathon on November 3rd. The picturesque route took us through a charming cowboy town, offering scenic river views and passing through city parks. The generous volunteers and light rain made the run all the more enjoyable, propelling me forward as I embraced the miles with determination and gratitude.



The support of the running community and the thrill of running in different locations and terrains had equipped me with the physical and mental strength needed to take on the 13.1-mile journey with confidence and joy.

Running Through December: Festive Fun and Light Displays



As December approached, the festive spirit continued with a series of runs alongside friends, exploring the dazzling light displays in the Joplin area. From King Jack Park to Main Street, the Joplin Roadrunners and I ventured through twinkling Christmas lights, spreading holiday cheer and creating cherished memories. The Run Through the Lights event in Carthage, MO, was a magical experience, showcasing the dazzling "Way of Salvation" Electric Light Display and spreading joy throughout the community.



Embracing the Spirit of Community and Friendship Through Running

The running journey in the Joplin community has been more than just a series of races and events; it has been a story of camaraderie, support, and shared passion for running. The moments spent running with friends, exploring new trails, and basking in the beauty of nature have enriched my life and strengthened my connection to the vibrant running community in Joplin.



From Bass Pro to Back40

(by Henri Coeme)



It didn't look good. Skies were cloudy, with heavy wind and rain in the forecast. Not a day for a marathon, which is what I had signed up for (a long time ago when the weather was nice). Titi did not change her mind. She would hammer through her half marathon no matter what.

It did not disappoint. A few miles into the race, rain started coming down and, more importantly for my scheduled pace, a heavy wind was intent on killing my 8mins/mile pace and my target 3:30 marathon.

Fortunately, Les Shaeffer kept me company until we reached the half-marathon road-split which is when he took off and headed for the finish, while I finally turned my back to the wind. But there were few

breaks. Along the course, it seemed the wind was constantly turning, making me feel I was constantly running uphill. But marathons are as much a mind-game as



they are a physical effort. My road-conversations with Les did not just make the miles seem shorter but had also put me ahead of pace, passing the midway point in 1:40:27.

But there was that headwind again and this time, no one to have a chat with. At this point in the race, most competitors were well out of sight.

With six more miles to go, and the Wall looming, I kept my 8min pace all the way till mile 23, then slowed by about half a minute a mile in the final 3 miles, breaking the tape in 3:27 even. I had just broken my earlier MO age record, set earlier this year in St.Louis, by exactly half an hour.



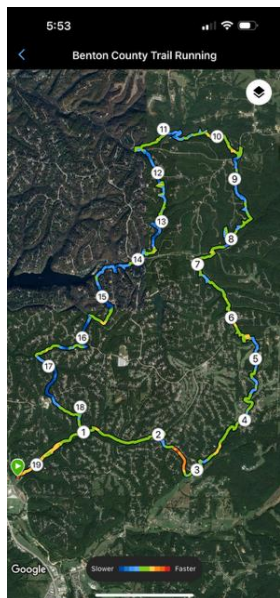
Titi didn't disappoint either (actually, she never disappoints me, yeah yeah) finishing her half marathon a few minutes ahead of me: a first in our annual Bass Pro conjugal head-to-head.

With those achievements in the bank, we both signed up for the following weekend's Back40 trail races. Last time I ran the Back40 20-miler was six years ago, a race I notoriously remember for having taken a wrong turn with a mile to go. I ended up running an extra three

miles and, as if this wasn't entirely my fault, I never returned to this race again out of spite. It was time to put this old ghost to rest.

Titi signed up for the 5 miler: a challenging course over several rocky hills and passing by Bigfoot (see picture). This was her first return to the trail after twisting her foot on her last trail run, about two months ago.

I signed up for the 20-miler. The same run I had so famously messed up six years ago. This mistake I was not going to make a second time. Admittedly, the course was different, but in those six years, we have run these trails dozens of times and know every turn. Knowing a trail course really helps, much more than a road race. Trails are challenging and knowing what is ahead is a definite advantage when deciding where to push and where to take it easy.



Halfway, I found out I was in fifth position and just a few minutes behind #4. The pitstop volunteers asked me if I needed a fireball. At this point in the race, I could be forgiven for saying yes to anything that was offered to me. I downed that fireball as if it was lemonade and knew immediately, I had swallowed jet fuel.

With that fuel in the tank, it didn't take long for me to catch up on number 4. An hour and several hills, twists and turns later, I finished in just under 3 hours, maintaining my 4th place till the end.

Job done and trail ghosts put to rest.

But what about that fireball ...



And one more thing ...



On November 20, at a Carthage YMCA ceremony, our JRR member James “Dave” McCoy was inducted into the Hall of Carthage Heroes as an outstanding athlete.

Dave was born in Ravenden Springs, Arkansas on October 10, 1931. He was a Navy corpsman stationed with the Marines on the front lines of Korea, then worked as a lab and x-ray technician at McCune-Brooks Hospital for 40 years.

Participating in sports has always been one of Dave’s passions. For years he coached and played city-league softball, as well as church and YMCA basketball. After retirement, he began participating in the Missouri State Senior Games and the Show-Me State Games. He currently holds over 20 state records at these events including: 200m, 400m, 800m, triple jump, discus, softball throw for distance, and more. In 2019, Dave was inducted into the Missouri Sports Hall of Fame. In recognition of his success at these games and his exemplary sportsmanship, Dave was named Missouri’s Senior Male

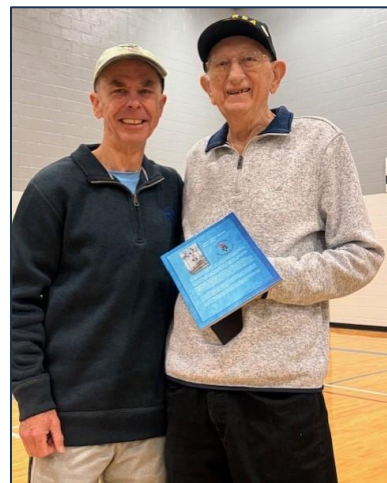
Athlete of the Year for 2022.

At 80 years old, Dave began distance running and enjoys participating in area 5ks. He currently holds five Missouri State Running Records including 1 mile (90 years and 91 years), 2 miles (88 years and 91 years) and 5k (87 years). Running in the 90+ category often makes Dave one of the oldest runners participating and an inspiration to everyone.

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

Dave has been struggling with his health and recently stopped running. However, he still visits us at some of our Carthage races. When you see him, be sure to congratulate him for a lifetime of athletic achievements.

Great job, Dave, and may we all still be running at 93!



!!! Start the year on the right “footing” and make good on your New Year’s resolutions !!!

FROSTY 4 TRAIL RUN

SATURDAY JANUARY 18, 11AM

MORSE PARK – HIGHGROUNDS BIKE TRAILHEAD

BASEBALL PARKING LOT, NEOSHO, MO.....

NET PROCEEDS GO TO HOPE KITCHEN NEOSHO

ENTRY FEE: UNTIL 1/16/2025: \$30 (\$20 FOR -14YRS)

VIRTUAL RUN: \$50 (VIRTUAL INCLUDES HOODIE)

\$5 OFF FOR JOPLIN ROADRUNNER 2024 MEMBERS

ALL ENTRIES ON RACE DAY: \$35 (NO DISCOUNTS)

Scan
Me



Medals for all participants. Awards for top male and female, top age group winners

Award ceremony upon arrival of final participant.

Event hoodie optional while registering online. Race day delivery guaranteed if ordered by Jan 11.

Water, snacks, donuts and hot coffee and lattes available at the finish line from our favorite vendor, Sub24!!!

Warm bathrooms (as weather permits)!

Start of the race at 11am from the baseball parking lot. Open to all ages, but younger runners may need adult company.

Trail running is different from road running. Count on running slower and be aware of your footing. Trail paths are visible and easy to follow, but have occasional rocks, debris, leaves, hills and maybe snow. Trails are unique in every season, with gorgeous surroundings, a different challenge than road running and a great achievement when completed.

The HighGrounds RoughRider and HomeStead trails are unique in the area and a treasure for walker, biker and runner alike.

Advance registration at RunSignup (scan code above)

(<https://runsignup.com/Race/MO/Neosho/JoplinRoadrunnersFrostyTrail5K>)

or in-person on race day with attached registration.

Race direction by Joplin RoadRunners.

Check our Facebook event page for latest information and questions:

facebook.com/joplinroadrunners/frosty4trailrun





41TH ANNUAL RUN WITH THE WIND – 25K

ONLY POINT-TO-POINT RACE IN THE AREA
USATF-CERTIFIED COURSE – QUALIFIES FOR MO STATE RECORD

CARTHAGE HIGH SCHOOL ↔ SARCOXIE HIGH SCHOOL

(START/FINISH DEPENDS ON WIND DIRECTION AND WILL BE DECIDED THE EVENING PRIOR TO RACE –
POSTED ON OUR FACEBOOK EVENT PAGE)



Register
here

RACE SUPPORTS

ERICK GROVE'S MEMORIAL SCHOLARSHIP OF CARTHAGE HIGH SCHOOL

RACE TIME: SATURDAY FEBRUARY 15, 9:00 AM

REGISTRATION FEE:

SOLO RUN:

\$40 (TILL JAN 31); \$45 (TILL FEB 13),
\$50 (RACE DAY) OR

RELAY TEAMS: TEAMS CONSIST OF 3 RUNNERS EACH

\$30/PERSON (TILL JAN 31), \$35/PERSON (TILL FEB 13),
\$50/PERSON (RACE DAY)

VIRTUAL RUN:

\$50 TILL RACE DAY (VIRTUAL RUN INCLUDES SHIRT)
\$5 OFF FOR JRR 2025 MEMBERS WITH DISCOUNT CODE;
NO DISCOUNTS ON RACE DAY

Participation awards for all finishers. Shirt or hoodie optional and guaranteed by race day if registered by Feb 8.
Awards to top relay team, top male and female, 10-yr age group winners and to top 10 in Age-Graded
Performance (AGP) ranking.

Relay legs are 8mile/2mile/5mile so that runners of all ages, young and old, can participate by running the distance
of their choice and capability.

Transportation provided from finish line to starting line prior to the race.

Check our Facebook event page for latest information and questions:

Facebook.com/joplinroadrunners or at

info@JoplinRoadRunners.com





**!!! Come join your Joplin RoadRunners to
inaugurate the only certified 12K in
Missouri !!!**



CARTHAGE CROSSLINES AND 4-H 1ST ANNUAL CLOVER RUN 5K/12K

SATURDAY MARCH 8, 9AM

**66 DRIVE-IN THEATER ON OLD US RT66 IN CARTHAGE, MO
NET PROCEEDS GO TO
CARTHAGE CROSSLINES AND CARTHAGE 4-H**

12K IS USATF-CERTIFIED DISTANCE



REGISTRATION FEE

5K: \$30 \$35 AFTER 3/2

12K: \$45 \$50 AFTER 3/2

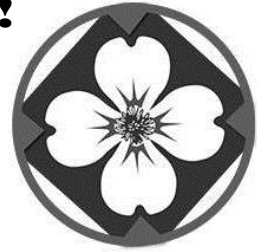
VIRTUAL RUN: \$50 (VIRTUAL RUN INCLUDES RACE SHIRT)

**JRR MEMBERS AND COMPANIES REGISTERING 10 OR MORE RUNNERS:
\$5 OFF WITH DISCOUNT CODE (NO DISCOUNTS ON RACE DAY)**

**QUALITY TECH SHIRTS ARE OPTIONAL AND CAN BE ORDERED DURING ONLINE REGISTRATION
UNTIL 3/6**

SAME-DAY RACE REGISTRATION STARTS AT 8AM ON DRIVE-IN PARKING LOT

**!!! Come and enjoy the famous Neosho Dogwood with
a walk or run through our “bloomiest” streets !!!**



NEOSHO DOGWOOD RUN

SATURDAY APRIL 19, 9AM

NEOSHO BIG SPRING PARK



ENTRY FEE

UNTIL 4/17/2025: \$15

RACE DAY: \$20

VIRTUAL RUN: \$20

Always the most affordable race in the 4-State area, the Dogwood Run 5K has been held annually in Neosho, Missouri since Eldon Morgan first hosted it in 1983.

This race's only intention is to see you and your family run and enjoy the famous, blooming Neosho Dogwoods on your way!

Awards for age groups from 'under 10' to 'over 70' and the Delynn Kuhn Lifetime Achievement Award for the fastest older runner. The first 100 entrants get a dogwood sapling. Top male and female receive a large dogwood sapling.

Course outline:

Clockwise loop with start and finish at Big Spring Park in Neosho, MO. The course is challenging and beautiful with the dogwoods and redbuds in bloom.

All proceeds from the event go to a local infrastructure project to support active lifestyles in Neosho, MO. Some of our local contributions of the past include public tools for the Skate park (in Morse Park), doggie bag poles around the park, dozens of new dogwood trees planted around the park and helping the Joplin Road Runners buy a chip timing system which they use to organize local charity races!

This is an old school, no frills race: no finishers medals, no t-shirts. This keeps the cost low so you can bring the whole family without breaking the bank, or sign up a friend for their first 5K.

Come join us for this running dogwood tour of the city!

Advance registration at RunSignup (scan code above)

<https://runsignup.com/Race/MO/Neosho/DogwoodRun5k>


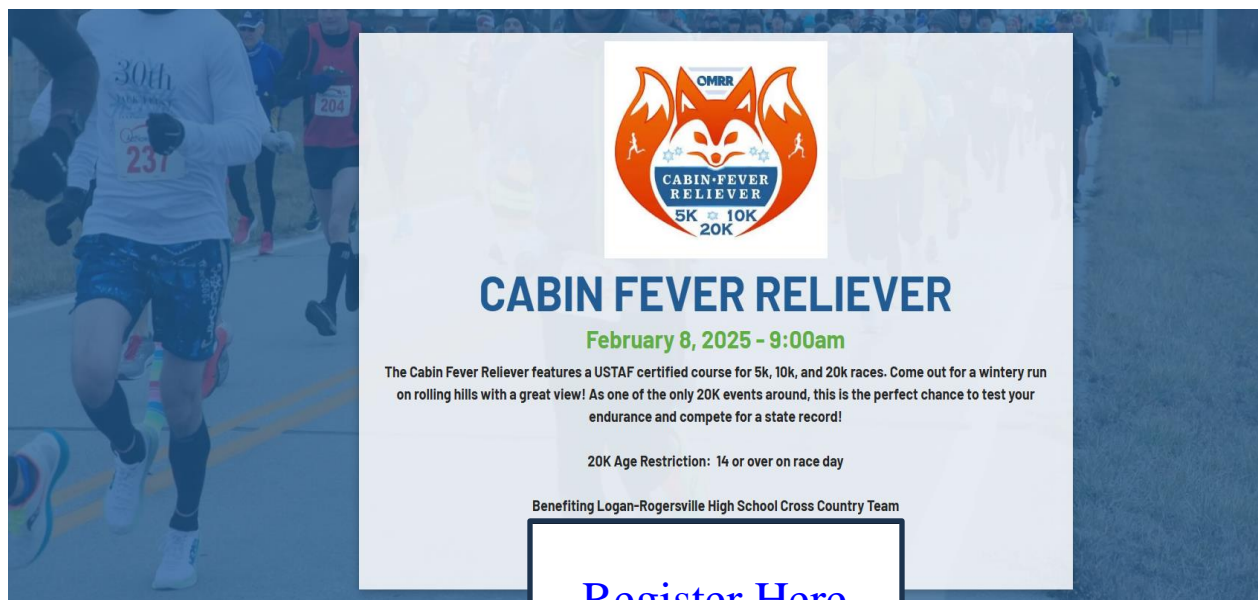
or in-person on race day

Race direction by Joplin RoadRunners.

Check our Facebook event page for latest information and questions:

<facebook.com/joplinroadrunners/dogwood5K>

From our friends at OMRR



CABIN FEVER RELIEVER


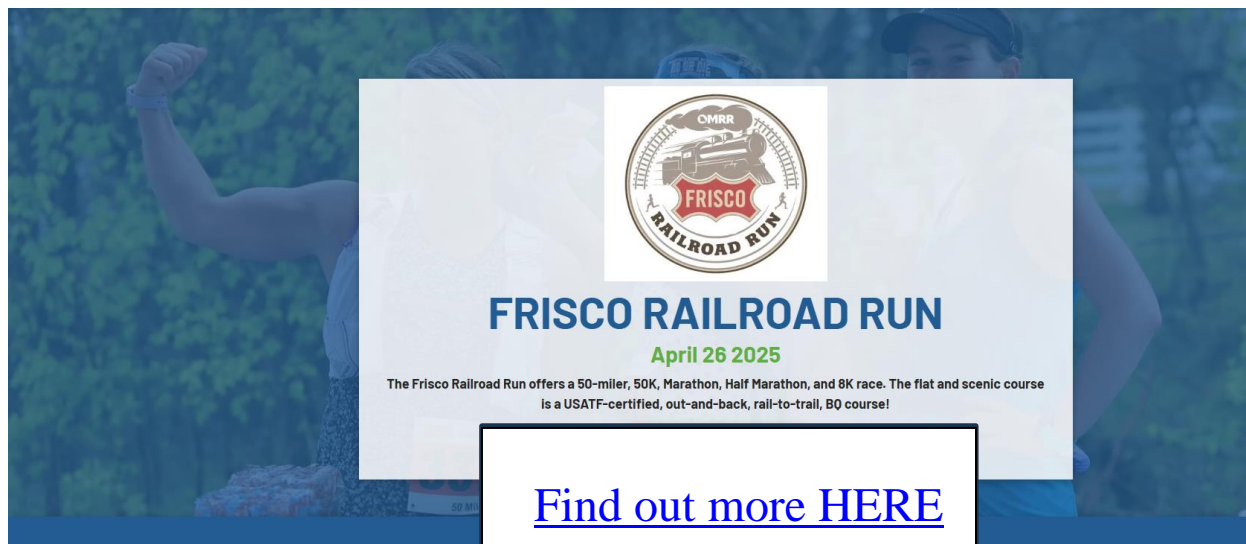
February 8, 2025 - 9:00am

The Cabin Fever Reliever features a USTAF certified course for 5k, 10k, and 20k races. Come out for a wintery run on rolling hills with a great view! As one of the only 20K events around, this is the perfect chance to test your endurance and compete for a state record!

20K Age Restriction: 14 or over on race day

Benefiting Logan-Rogersville High School Cross Country Team

[Register Here](#)



FRISCO RAILROAD RUN

April 26 2025

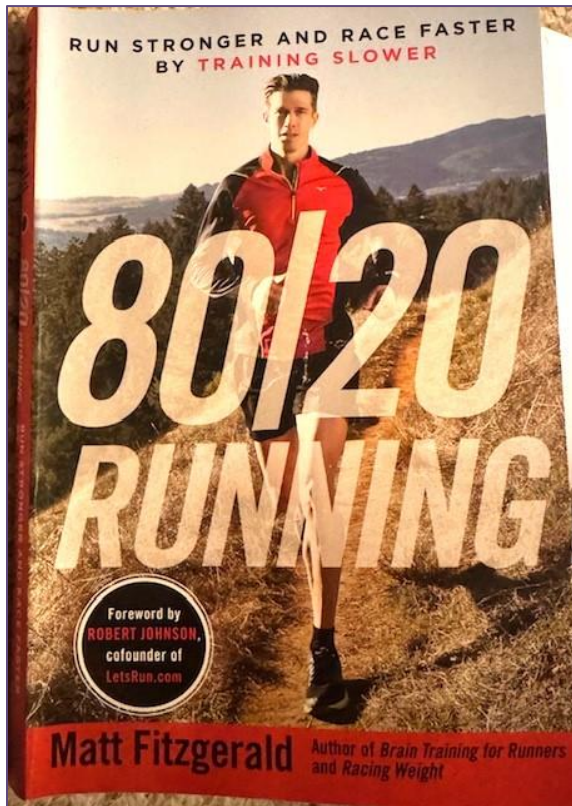
The Frisco Railroad Run offers a 50-miler, 50K, Marathon, Half Marathon, and 8K race. The flat and scenic course is a USATF-certified, out-and-back, rail-to-trail, BQ course!

[Find out more HERE](#)

From our Runner's Library ...

80/20 Running – Run Stronger and Race Faster by Training Slower

(by Matt Fitzgerald)



Fifteen years ago, when I was training at a high level with my twin brother, Weldon, a twenty-eight-minute 10K runner, and dreaming of the US Olympic Trials, I had a conversation with my beloved ninety-year-old grandmother, “BB”, that I’ll never forget.

“Boys, I don’t understand this running thing”, she said, “I can imagine nothing worse than waking up and realizing I was going to have to run fifteen miles that day”.

“BB, it’s not like you think”, I replied, “Running is the best part of my day. Most of the time, I’m not running hard. Weldon and I just run side by side at a relaxed pace and carry on a conversation for an hour and a half. It’s a ninety-minute social hour”.

“Oh, that doesn’t sound too bad”, BB said, “I always viewed running as a form of grueling punishment”.

My grandmother’s misconception was far from uncommon. A lot of people viewed running as she did – and still do. But I’m about to let you in on a secret: Running isn’t always supposed to be hard. In fact, most of the time, it should be easy and enjoyable.

You see, in order to yield steady improvement, a training system must be repeatable – day after day, week after week, month after month. And guess what. Hard running isn’t repeatable, either physically or psychologically. If you do too much of it, your body will burn out if your mind doesn’t first.

The ultimate compliment for me in my peak years was being passed on my easy runs by a runner who had a marathon time more than an hour slower than mine. I’d say to myself, “He’s wearing himself out today. I’m building myself up”.

All too many runners wear themselves out by running too fast too often – now more than ever. There is an obsession these days with high intensity. Most of the trendy new training systems are focused on speed work. Running magazines, Websites and books can’t say enough about the magical power of intervals. Even champion runners are likely to credit their speed work instead of their easy running when interviewed after winning a race. Yet the typical elite runner does eight miles of easy running for every two miles of faster running.

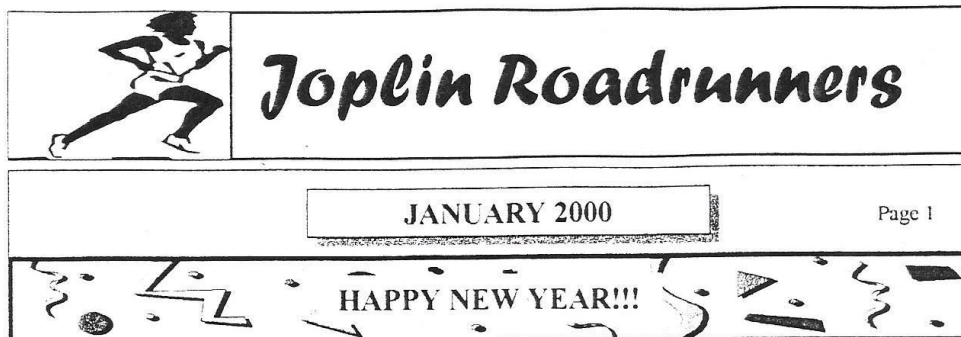
Speed work may be “sexier” than easy running, but just as a weightlifter doesn’t go hard two days in a row, a runner shouldn’t either. A weightlifter actually gets stronger on days off. Similarly, a runner gets faster by going slow in the majority of his or her runs. Strangely, most weightlifters seem to understand this principle, while most recreationally competitive runners don’t.

Too much hard running is the most common mistake in the sport.

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 early 2000.



Hello, Roadrunners.

Thanks to Mick and Paula Ward for hosting the December meeting and Christmas light run. We had about 25 runners join in the Christmas light run through a brilliantly lit residential area and the food and fellowship was excellent.

With the beginning of a new year, we are presented another opportunity to renew our goals and commitments to a healthy lifestyle and personal fitness program. Hopefully your continued membership in the Joplin Roadrunners is a part of this lifestyle commitment. We not only value your support, but the friendship of each of our club members. Once again, at this time of year, I would encourage everyone to volunteer to help at one or more of this year's local races. This year's running of the Sarcoxie to Carthage 15 miler will have a couple of changes, including a course change which will end at the YMCA in Carthage. Also, the race has been moved from Sunday afternoon to Saturday

morning, which could mean more traffic. Therefore, anyone that can help with traffic control at intersections is asked to contact Steve Noland at 623-5854. Your safety and enjoyment of this event are our top priorities.

If you are training for a special event, let us know. Is anyone training for a Spring marathon or bike ride? Let us know if you set a PR, found a good event, or just had an exceptionally good race somewhere. Also, if you are interested in finding training partners, let us know about your regular time or place for long runs, speed work, bike rides or swimming and we will print it in the runners exchange. Remember, this newsletter is for all of us. Happy New Year. Duane

President's tip for the year:

Just a reminder of the benefits of group training runs: whether it is a speed session, hills, long run or easy day, not only does it motivate you, it is a great support to your training partners and a welcome change of pace from the routine training runs.

Inside Features:

Race Results:

Eric's Run

Entry Forms:

Sarcoxie to Carthage
(15 Mile Run)

Polar Bear Run 5k, 10k

Special Feature:

A trip through the archives (1992) from JRR member Bill Hoover

NEXT JRR MEETING:

MONDAY
JAN. 10

AT THE JOPLIN
FAMILY Y

Run at 6:30 p.m.
Dine at 7:00 p.m.
Pot luck

1999
CLUB
OFFICERS

President: Duane Beckham, 782-3273 Sec/Treasurer: Steve Noland 624-8176
Co-Vice-Presidents/Newsletter Editors: Mick & Paula Ward, 782-4134
Race Committee: Sue Bowers, Gary Esson, Hank Hoffman, Bill Hoover,
Mike & Brenda Jennings, Eldon Morgan, Brad Myers & Rick Sill.

Treasurer's Report

Joplin RoadRunners - Cash Flow 2024	
Jan 1, 2024 - bank balance	\$10,091.29
Income	
Incoming donations	\$6,850.00
Membership Fees	\$2,364.00
Race Revenue	\$19,670.82
Total Income	\$28,884.82
Expenses	
Equipment purchases	\$7,585.08
Charity donations	\$8,644.00
General club expenses	\$5,467.04
Race Expenses	\$11,050.55
Total Expenses	\$32,746.67
Dec 31, 2024 - bank balance	\$6,229.44



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 recent entry below).



Please join us!

**Group Walk/Runs
week of 12-30**



Monday-Carthage 5:30pm and 6pm
Start behind Carthage YMCA
2600 Grand

Thursday-Webb City 5:30pm and 6pm
Meet in Skateland parking lot
104 N Madison

Neosho- Thursday at 4:30pm
meet at Morse Park Highground
trail head parking lot

Everyone is welcome
Runners and walkers
#runnerssupportingrunners

PIC•COLLAGE

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!



Types of Runners



Phoebe Buffay



The Addict

@RunnersCommunity



The Equipped



The Lone Wolf



The Motivator



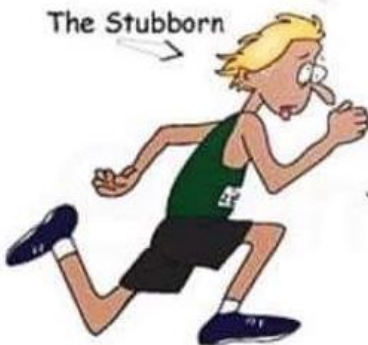
The Collector



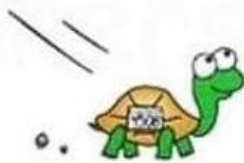
The Selfie



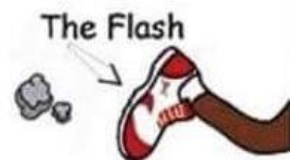
The Veteran



The Stubborn



The Newbie



The Flash



info@joplinroadrunners.com
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 of the Board

Lori Thompson - ldolores1@yahoo.com

Vice-President of the Board

Paul Wright – paulnkc@yahoo.com

Treasurer

Casey Grissom - r3d4um.19@gmail.com

Secretary

Lisa Morris - lisajoben@gmail.com

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Debbie Smith - debbieann57@yahoo.com

Brian Spencer – spencercarco@yahoo.com

Anne Jiles – ajiles58@outlook.com

Andrew McGinty – andrew.mcginity@genmills.com

Tom McKay - mckay28@yahoo.com

Appointed Board member

Titi Jaramillo – titiillo@gmail.com

CEO

Henri Coeme – (417) 622-8912 – hcoeme@hotmail.com

Club Maskot

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