



Joplin RoadRunners Newsletter February Edition

Word from the President

It is a pleasure to introduce this first newsletter of the year and the first one of my second year presidency.

A pandemic is still upon us, but society around us, fortunately, is returning back to normal. We athletes always intuitively knew that a healthy person, with plenty outdoor activity and following a responsible diet to sustain a regular training regimen, would be building a first and important line of defense against any bug, foreign or domestic.

To give our club members plenty of opportunity to build up their defenses while displaying a positive attitude on life will continue to be the main mission of the Joplin Road Runners. With our charitable donations from races, we also like to think we spread some of that positive attitude around.

We intend to make 2022 the first year in a while with a complete race calendar.

That intention got a flying start with our Chilly Trail 5K on January 15 with no less than 90 runners registering for what surely promised to be a wintery event.

It did not disappoint.

The night before the race, we were surprised by a few inches of first snow. Nothing stopped our resolve, however, and an hour later than originally intended, 51 runners braved the cold and kicked off this event. But more about that later in this newsletter.

To respond to a growing interest in trail running within our club, I included a short article with good tips on trail running.

Also a preview of the swag of the next Run With The Wind race, a short race calendar for the next few months, a summary of last month's meeting and a report on your answers to last December meeting's questionnaire.

See you all at our next meeting on February 10!



January Board Meeting – BTB Social - Jan 6, 2022

At this meeting, we delegated roles to each board member. Each one will be the **Point Person**, in charge of completing these tasks throughout the year, asking for help from other members if and when needed. The task assigned are as follows:

Treasury tasks – Casey

As the club's Treasurer, Casey's task have been expanded to include accounting, bank/debit card statement reconciliation, check writing, profit/loss calculations per event, Board members' expense reports and insurance issues.

Monthly Meeting location and speaker - Debbie

Debbie will be responsible for setting up each monthly meeting and reserving a location to hold the meeting. She will be responsible for securing a speaker for each monthly meeting. If you have any suggestions, ideas or contacts, please let her know.

Yearly Calendar of events - Debbie

This responsibility goes in connection with securing meeting location and speaker and communicating with the board.

Race Director all JRR-sanctioned races - Henri

Henri will be responsible for overseeing and coordinating the JRR Races. This will also include setting up the race website on RunSignup and deciding on shirts/awards/ rules of the race.

Weekly Runs - Sheree

Sheree will be responsible for organizing Tues/Thurs/Sat runs and choosing location of those runs. She will communicate that information to the rest of the members and decide whether to cancel any runs due to weather.

Social Media - Cathy

Cathy will be in charge of posting weekly runs on the FB page and creating events for monthly meetings. She will plan and create posts to engage with members including welcoming new members, JRR member bios, etc.

Newsletter - Chasity

Chasity will be responsible for compiling the monthly newsletter and sending out to all JRR members each month.

Merchandising - Henri

Henri will be responsible for purchasing, creating and distributing race and JRR-member merchandise, textile and non-textile such as sweatshirts, towels, hats, awards, etc. Casey has volunteered to cooperate with the various designs and will help in the creation of the substrates.

Event communication/Networking emails - Henri

Henri will be responsible for sending out emails on upcoming JRR races, events, etc. to current and past members.

Agenda - Chasity

Chasity will be responsible for compiling topics of discussion from the board group chat into an agenda for each board meeting. She will then email to all board members prior to board meeting.

January Club Meeting – BTB Social - Jan 13, 2022

Our January meeting was held at the Social BTB where our guest speaker was Desiree Bridges from Hope Kitchen in Neosho. Proceeds from the Chilly 5k are being donated to Hope Kitchen to provide over 500 meals to people in need.

Desiree has been the director of Hope Kitchen since it opened in 2015. They serve 3 meals a week, Tues/Thurs/Sat from 6-7:30pm for dinner. Hope Kitchen is run by volunteer most of whom come through Neosho's church organizations.

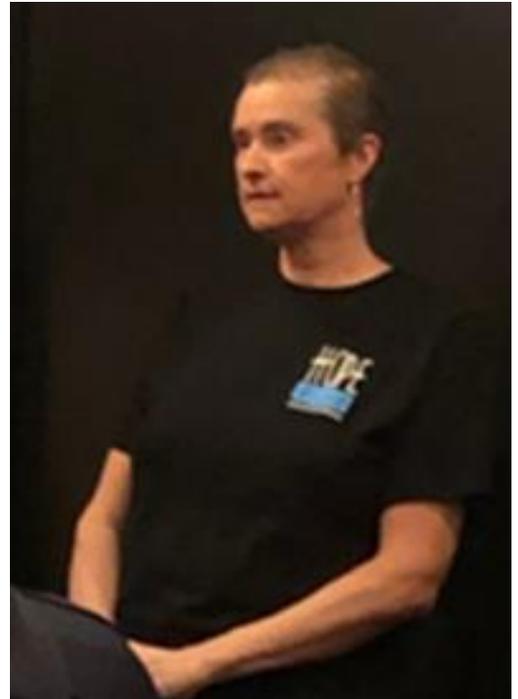
Hope Kitchen started as a no strings attached, no questions asked, restaurant-style food service for the needy. Recently, they introduced an ID Card system to associate each person with an assessment of that person's needs.

For example, some guests struggle with addiction, some with abuse, and some are just lonely seniors looking for company.

By knowing their needs, they can assign them to classes tailored to these needs. On Mondays they have a life skills class and Fridays a class for recovery. More than a food kitchen, they now try to rehabilitate their guests.

A great thing about Hope Kitchen, says Desiree, is that no food is ever wasted. At the end of the day, they let guest even take a to-go container. Each guest is served by a waiter, restaurant-style, unlike a soup kitchen. Each guest is served drinks, meals on glass plates with real silverware, no plastic. Hope kitchen organizes a big fundraiser in April at the Amadeus Ranch with dinner, live music and speakers. They usually bring in over \$30,000 to help cover expenses to run the kitchen all year round. They also receive sponsorships from local companies. But churches are the backbone of the organization, providing donations and volunteers.

According to Desiree, it takes a crew of 15-20 people to prep, cook and serve; then another 10 at least to clean up. When asked, Desiree calculates that, with all the donated food and time, the next out-of-pocket expense of a meal is just \$1.75/person.





In other news, this year JRR is venturing into merchandising for its own needs. Recently, we purchased a heat press to cut down on cost of t-shirts, medals, awards, etc.

Henri has been testing it out with the help of his wife creating the graphics. Henri will be getting samples of various merchandise such as short and long sleeve shirts, sweatshirts, towels and draw string bags.

Henri had samples of the RWTW shirts and other JRR shirts to show the difference and quality of our heat press, sublimation ink and printing process compared to screenprinted equipment. This technique will provide us with superior running gear: high tech shirts and quality awards. With his connections in the textile and awards world, he can also source these substrates at wholesale prices, thereby benefitting the club and its sponsored charities.

We closed the meeting with a door prize: a Training journal which Desiree Bridges won (she promised to start using it – we'll see about that).

And finally...

Monthly raffle winners: 1st prize- Chasity Marine, 2nd- Cathy Slade, 3rd- Debbie Smith, 4th- Jim Burns.



JRR Questionnaire

In our December general meeting, we passed out questionnaires to all members present. We did this with an eye towards restating and updating JRR's Mission Statement which currently no longer reflects our actual intention and purpose.

Members marked each question with a score between 1 (completely disagree) and 5 (completely agree).

Percentages below indicate the agreement of our members with each statement.

100% means everyone completely agrees. 0% means no one agrees.

1. I am happy to see that JRR is

- 96% Creating and sending a regular newsletter
- 100% Organizing frequent group runs on weekday evening and weekends
- 94% Holding monthly in-person meetings at different locations in town, sometimes inviting speakers
- 97% Providing T-shirts and other free or discounted gear as part of the JRR membership
- 92% Providing membership discounts at races JRR organizes
- 93% Organizing road races again such as the Pumpkin Run, Chilly Trail 5K, Dogwood run etc.
- 97% Donating all net proceeds of its races to local charity

2. About the JRR Newsletter

- 88% I am glad to receive a regular JRR newsletter
- 82% I like most of the content and read most or all of the newsletter each time
- 10% 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.
- 37% I would like the newsletter to be shorter
- 13% I want the newsletter to appear more frequently
- In the newsletter I want to see more ... *(fill in your subjects)*
nutrition tips for diabetes, training tips, personal stories, race stories
- In the newsletter I don't care much for ...*(fill in your subjects)* ... no responses

3. Monthly meetings

- I like these meetings because they give me a chance to
- 96% Meet and socialize with other runners
- 96% Share a meal and a conversation with friends
- 97% Hear interesting stories from various speakers
- 93% Catch up on the latest in the Joplin running world and JRR in particular
- 90% Play games such as the monthly Raffle
- 97% Meet at different places each time, both in and outdoors
- 3% I don't like in-person meetings

4. Weekday and weekend runs

- (Currently, runs are scheduled on Tuesday at Mercy Hospital, on Thursday at Zora and on Saturday from the library or Frisco - see Facebook)*
- 96% These dates are fine for me. I could attend some or all
- 6% These days do not suit me. I would run on other days such as on ... (no responses)

5. I like these runs because of

- 97% The camaraderie I find when I run with friends
- 98% The safety of running with others
- 100% I can run at any speed I want, fast or slow
- 89% I always find someone I can run with
- 86% I like running in town
- 75% I like running on trail
- 10% I don't care since I don't run with the group

6. JRR recently started organizing races again after a 2-year lull

- 92% I am glad JRR is organizing races again. I will participate in these as much as my schedule allows
- 93% I like road races (on concrete or asphalt)
- 71% I like trail races (on dirt country roads or single-track trails through the woods)
- 6% I don't race so this does not interest me
- 4% I don't think JRR should be organizing races, but leave this to other more professional race organizations
- 96% I love JRR's intention to donate the net revenue of most if not all races to a local charity
- 81% Shirts are the largest expense for the race organization and reduces the amount JRR can send to charities. I don't mind signing up for a JRR race even if I have to pay for the shirt or don't receive a shirt at Meeting events.

From your responses, it looks like we currently cater appropriately to the overwhelming majority of our members. Thank you to all who participated. This gives us a good idea about the current direction of JRR and its new Mission Statement we will present to all members, later this year.

What Every RoadRunner Should Know Before Switching to Trails

(Adapted from Rei Uncommon Path - Yitka Winn - February 17, 2015)

If road running is a sophisticated urbanite, trail running is its scruffy lumberjack cousin—laidback and a little rougher around the edges. The beauty of either sport is that you don't need to be a superhuman athlete or gearhead to partake.

If you identify as a runner but have never ventured out on the trails before, read on for five key things to know about trail running.



1. It's OK to walk.

Ever wonder how people run up a mountain? Welcome to every trail runner's dirty little secret: often, they don't.

When climbing steep trails, it can actually be more efficient to hike briskly than to run. Practice "hiking with purpose" on steep uphill. Run the downhill and flatter, rolling sections.

2. Burritos and PB&J sandwiches are all perfectly acceptable forms of race fuel.

Forget energy gels. Trail runners like real food. Because trail running is generally done at a slower pace—and often for longer durations—than road running, trail races are sometimes jokingly referred to as "glorified eating and drinking contests".

Trail snacks with some protein and fat are ideal for longer, slower efforts. Try tortilla wraps with the following combinations: turkey and hummus, banana and peanut butter, black beans and guacamole.

3. Train by perceived effort, not pace.

If you try to sustain your regular mile pace on your first off-road run, be prepared to keel over in an exhausted heap on the side of the trail, most likely still within sight of the trailhead. In other words: beware that your pace will be significantly slower on most trails.

Trail pace varies based on whether you're going uphill or downhill, and how smooth or rocky the terrain is. Rather than stress about running a consistent pace like you may do on the roads, ditch the GPS watch and practice training "by feel," or *perceived effort*.

4. You don't need a bunch of new gear to get started.

Don't be intimidated by the funny-looking hydration packs or knee-high compression socks. There will be plenty of opportunities to geek out on technical running gear in the future.

All you really need to get started is a pair of good running shoes. Though it's wise to eventually invest in trail-running shoes with grippy tread to better handle mud and rocky terrain, regular old road-running shoes make a fine starter pair.

5. Your body will thank you.

If you've ever hobbled away from a road race feeling like your knees just got put through a meat grinder, trail running could be your new best friend.

Dirt trails are far more forgiving on a body's joints than concrete or asphalt. That's part of why some trail runners can eventually work their way up to running ultra marathon distances like 50K, 50 miles or even 100 miles, without incurring injury.

It's also why you'll see men and women cruising hard at trail races well into their sixties, seventies and eighties. Trail running's low-impact nature makes it conducive to lifelong participation.



The Chilly Trail 5K Race

(by Sheree Lundien Wilson)

When the Joplin Roadrunners agreed to organize and direct the Chilly Trail 5K this year, it was exciting to me for more reasons than just another race.

It was a TRAIL RACE!!!!

It was being organized by The Joplin Roadrunners!!!

Our selected charity - Hope Kitchen gave special purpose to this race!!! My registration fee was actually going to help people in need.



Resonation agreed to come! Michelle, as always, brought warmth and joy to the finish line and danced us all in one by one! Thank you to Shane for the music!

We had a pavilion to shelter under with some makeshift walls provided by tarps. Casey was there to get everyone fixed up with bibs and take care of new registrants. I hope she has thawed out now.

It was agreed that we not only were having the usual race snacks after the race but I was elated to find out that we would be provided with coffee and hot chocolate, along with a fire pit to huddle around. This was all generously provided by our volunteers!!! What a treat!!! Thank you to Craig, Debbie and Cathy!!

The Neosho Parks department provided us with real restrooms. They were heated!!!

The forecast for the race? Rain, snow and more snow with temperatures in the low 20's. This was also quite exciting for me. Although, I had run this trail a few times leading up to the race, I had never run it or seen it covered in snow. This put a whole different spin on everything. It was perfect and serene and quite beautiful.

Brady surprised me several times by his ninja moves to establish himself at strategic spots on the trail to take photos. He got great shots of everyone out there!

I got the privilege of standing by and taking photos of the overall male and female and the top 10 age graded winners. Congrats to each of you!

The "medals" and the awards were unique and special. Thank you to Henri & Titi! I'll treasure mine!

Also, a very big congrats to everyone that came out and participated. I know there were some participants that had never ran or walked a 5k before and some that had never done a trail race before. We came, we raced and we finished. We're all winners!

Henri thank you for all of the behind the scenes jobs that you so willingly took care of so I could come and enjoy my race!!!

Anne Jiles's Chilly 5k Experience

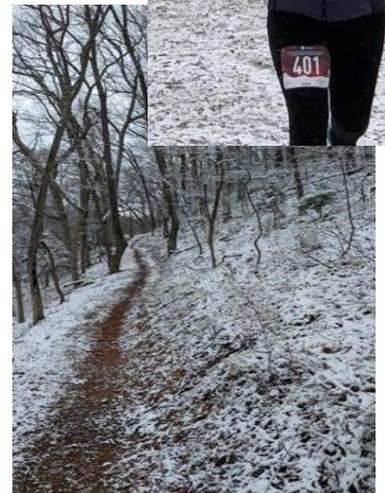


The Chilly 5k was my first trail run 5k and I hope not my last. It was interesting and different, but I had fun. Although I am not much into wandering the woods, I really liked the feeling of being surrounded by nature.

A peaceful feeling for sure. Especially with the snow. I was not sure that I would be able to run on a trail, but I am glad I got out of my comfort zone and did.

The best part was the

encouragement and cheers from the JRR folks at the end of the race. That truly made me feel like I had accomplished something worthwhile.



Run With The Wind

The race is on and the swag is in!

Here is a preview just for Joplin RoadRunner members.

All participants receive

- ✓ a high-performance short-sleeve tech shirt, made from 100% polyester moisture management/antimicrobial performance fabric;
- ✓ a chance to upgrade to long sleeve shirt or hoodie at cost (\$10/\$25);
- ✓ not printed with plastic inks as most shirts, but with high quality sublimation ink, allowing full breathability;
- ✓ no simple 1 or 2-color design, but multiple bright colors, to celebrate the occasion.

But we spared no cost. Read on ...

In addition:

- ✓ the first 25 participants receive a zippered swag bag with JRR logo ... and
- ✓ a hyper-absorbent chill towel which promotes cooling while air-drying, on the run.

And if that wasn't enough ...

- ✓ Joplin RoadRunners save up to \$15 off the race registration (we must be insane; all that running must have gone to our heads, take advantage of this before we decompress).

HURRY! This deal ends on Feb 1.



!! This iconic point-to-point race is back -

Don't miss out - Run Solo or in teams !!!

RUN WITH THE WIND - 25K

(USATF-CERTIFIED COURSE - QUALIFIES FOR MO STATE, AGE RECORD)

CARTHAGE HIGH SCHOOL ↔ SARCOXIE HIGH SCHOOL

PART/FINISH DEPENDS ON WIND DIRECTION AND WILL BE DECIDED THE EVENING PRIOR TO RACE - POSTED ON FACEBOOK)

**NET PROCEEDS GO TO
ERICK GROVE MEMORIAL SCHOLARSHIP
OF CARTHAGE HIGH SCHOOL**

RACE TIME: SATURDAY FEBRUARY 19, 9:00 AM

REGISTRATION: ON RACE DAY AND AT RUNSIGNUP
<https://runsignup.com/Race/MO/CarthageorSarcoxie/JoplinRoadrunnersRunWithTheWind>

REGISTRATION FEE:

**SOLO RUN: \$40 (TILL JAN 15); \$45 (TILL FEB 1), \$50 (AFTER FEB 1)
\$30 (\$35 AFTER FEB 1) FOR ALL JUNIORS (16 AND UNDER),
SENIORS (65 AND OVER) AND JOPLIN ROADRUNNER MEMBERS**

**RELAY TEAMS: TEAMS OF 3 RUNNERS EACH
\$30/PERSON (TILL FEB 1), \$35/PERSON (AFTER FEB 1)**

Medals for all finishers. Awards for top male and female plus top finisher in each of the following age groups: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+.

Awards to top relay team participants.

Award ceremony upon arrival of final participant.

Shirt guaranteed only if signed up by Feb 1. Water and snacks available at the two relay points and at finish line.

Race direction by Joplin RoadRunners and Carthage High School.

Check our Facebook event page for latest information and questions:

[Facebook.com/joplinroadrunners](https://www.facebook.com/joplinroadrunners)





Ozark Mountain Ridge Runners

OMRR's 417 Challenge

Register or volunteer for any distance in all of the following events to complete the 417 Challenge.
Earn special swag for all four races!

Sign UP for all 4 races
before February 12, 2022 and receive a
\$50 discount and a free OMRR shirt



February 12, 2022



Visit OMRR.org for details on the race
Visit ActNowRacing.com to sign up



October 1, 2022



December 17, 2022

Group Runs

Benefits of running with a group

One of the greatest benefits today of running with a group is SAFETY IN NUMBERS. Unfortunately, safety is a growing concern for runners out on solo runs. We work hard to find the safest routes for our group runs.

For more safety tips visit: <https://www.rrca.org/education/for-runners/runner-safety-tips/>

Group Run Schedule

Times are subject to change and contingent on weather conditions.

Be sure to stay up to date by following our Facebook pages.

- ❖ Tuesday & Thursday morning 5-6am
JHS track (not JRR affiliated)
- ❖ Tuesday evening 6-7pm Mercy Hospital
meet in parking lot across from the big fountain
- ❖ Thursday evening 6-7pm
behind SMB Bank at Zora & Range Line (2nd Thursday of the month the run will follow the monthly meeting location)
- ❖ Saturday morning 7-9am
meet behind Crowder College in Webb City
- ❖ Sunday trails
TBD

We welcome everyone to join us no matter your ability or pace. We leave no one behind!



Upcoming Races

- 02/12/2022 - Cabin Fever
- 02/19/2022 - Run with the Wind 25K
- 02/26/2022 - Running From Yeti
- 03/26/2022 - Prairie Spirit



February Meeting

Next Meeting will be February 10, 2022 at Beast and Barrel at 7pm.

Speaker will be Brian Cole, he is a Certified distance running coach and a Boston qualifier. He will be speaking on ultra running.



Club Officers

President: Henri Coeme 417-622-8912 hcoeme@hotmail.com

Vice President: Cathy Slade catherinemarycatherine@gmail.com

Treasurer: Casey Grissom r3d4um.19@gmail.com

Secretary: Chasity Marine chasity_m2003@yahoo.com

Board Members: Sheree Wilson wilson7907@sbcglobal.net

Debbie Smith debbieann57@yahoo.com

Provisional Board member: Bridget Sparlin bridgetsparlin@gmail.com