



Joplin RoadRunners' Newsletter January - February 2023 Edition



First Word from your President

Fellow RoadRunners,

Did they ever tell you, in Missouri if you don't like the weather, just wait a few moments? This month was no exception. One day, we are running in 0F weather (or at least the brave among you); the next run is in 65F weather sending us scrambling for our summer running gear we had already relegated to the basement.

So, in this issue, we will provide a big helping of tips for cold

weather running. Some of these tips are mine, some are from my 4-legged partner (who slept outside during this entire "winter bomb" so take his advice with a grain of anti-slip salt).

I added an article on age-graded performance grading versus age group awards. I felt this was relevant since our upcoming races are all performance graded. Hopefully, this helps in understanding the pro's and con's of each. Different? Sure, but that has never scared us.

As always, most of this Newsletter is in your hands. You have provided the large majority of stories (and the best part of this Newsletter, as always). I find it very heart-warming to see how many of you take this task to heart and are willing to share their successes, mishaps and funny stories with their fellow runners. Most of these stories you will not find on Facebook (where they are here today, gone tomorrow, by the way). So, treasure these, as I do. It is my privilege to edit them for all of you.



The week between Christmas and New Year is traditionally my time-off a normally very busy work schedule and putting this Newsletter together is the most fun way to spend my time (other than running with my partner).

I value your trust in re-electing me as your president for another 2 years and intend to make these years most significant.

See you on the trail.

Henri

A Second Word – from your First Lady



Hi everyone!

I'm not here to talk about a specific race, I just want to write to share my happiness after around 2 years of dealing with my plantar fasciitis.

How it started no idea, I do feel miserable, you know I am not the super runner, but I was getting used to my running routine, so I did all the exercises the Dr. told me to do: Radial Pulse Therapy, Cortisone Shot, and even almost ready for surgery, I found the miracle spoon (a trick from chiropractic I follow in Tiktok) and after all

that journey I can say finally I got rid of it, and I hope it never shows up again.

After all this happiness, I also want to thank all the members of JRR, especially the ones who attend the runs on Tuesday and Thursday for all their support during this hard time. When I was just able to walk very slowly, I never felt that I wasn't part of the group!!

So, at last, I just want to say thank you y'all.

Titi



Board Meetings

Board Meeting 11/9/22 (present: Henri, Sheree, Casey, Debbie, Brian)

- ✓ Preparing for December election. Chasity leaving. Henri most likely renewing. Sheree considering VP position. Who else to reach out to in order to complete the Board?
- ✓ 2023 Club shirt sample shown and approved. Decided on logo's for front and back (ladies: logo only back; men: logo and verbiage on both sides but of different size).
- ✓ RWTW update: Brian Crigger confirmed both High Schools accessible for race. Henri to design flyer and create RunSignUp registration site.
- ✓ Frosty 5K: decided on final name for the race; application went out to City of Neosho, awaiting approval from City Parks & Rec, Fire marshal and City Police. City needs liability rider prior to race date – Casey to obtain from RCAA. Henri to create flyer and RunSignUp registration site.
- ✓ Casey completed costs and revenue for Pumpkin Run. Board decided on \$700 charitable donation to Cerebral Palsy Center, leaving \$400 to make up for Kids Classic shortfall this year. CPC check will be presented in person at Dec meeting.
- ✓ Ideas for additional long distance run at the end of 2023, similar to 36Hrs of Jack. Board decides to check with club members for interest in participation and distances. All will be USATF certified by JRR.
- ✓ Pumpkin Run review: next year probably turning into contribution race (rather than free for members). Considering a \$10-\$20 registration fee with discounts for members. What will maximize charity contributions?
- ✓ Door prizes for Dec meeting? Henri will purchase and collect (some remaining 2022 running gear). White elephant exchange? Ask all members to bring never or lightly used running gear for exchange.
- ✓ Henri is creating all-member database using all available registration documents from this and every previous year. Goal is to use database for email-marketing campaigns (races, membership registration, etc) through GoDaddy, starting in December.
- ✓ Decided to make 2023 honorary members: Nick Henderson, Scott Vorhees, Brady and Chanti Beckham.

Board Meeting 12/1/22 (present: Henri, Sheree, Casey, Debbie, Brian)

- ✓ Freeman Fitness Fair is Wednesday Jan 11, 10 - 3pm. Debbie, Casey and Henri will prepare and man the JRR booth. Henri already sent in application to Freeman who has accepted. Will need JRR banner, JRR display, JRR club shirts registration docs and race flyers, JRR club flyers, various JRR race swag and race shirts.
- ✓ December General/Christmas Meeting: Shirts are all printed and ready to hand out at meeting. Election ballots and member questionnaire: samples prepared by Henri were amended, then approved. Door prizes discussed and more suggested. Meeting program agenda completed and agreed.
- ✓ Chanti and Brady suggested JRR to take over maple Tree 1-2-3 run. Board decided race was good idea but timing was not the best (coinciding with or too close to other important races). JRR will help as possible in future repeats but leave organization to Brady and Chanti.
- ✓ Frosty 5K: 24Hr coffee vendor's offer to attend was declined (\$600 minimum was considered too risky). Titi working on awards; tumblers for top male and female were shown; Titi to designs coasters for age-graded awards and ceramic medals for all finishers. Heated bathrooms will be accessible like last year. Debbie and Craig will bring generator. Resonation's assistance at the finish line was cancelled. Tarps, heater, fire pit.
- ✓ Run w/t Wind: shirts, shirt colors and design approved. Titi will create virtual sample to post.
- ✓ 2023 schedule: Debbie announced Jan and Feb meeting and will list all meeting dates for 2023.
- ✓ Tit and Henri will create updated 2023 JRR flyer for various distribution. However, Board decided not to print 2000 flyers for insertion at JMR 2023 race because of the high expense and small expected return.

JRR Club Meeting – November 10
with coach TeeJay Britton at “Legacy MMA and BJJ” on 1050 S. Joplin



“Speaker” was TeeJay “Bad News” Britton (#2 in the nation as an amateur MMA, then a 7-3-0 Pro MMA record in Featherweight class) gave all present JRR members an introductory class in self-defense and environmental awareness.



TeeJay who grew up in Poplar Bluff and later in the poorer neighborhoods of E. St Louis, with a mother paralyzed and often in the hospital, a hard-working father who returned from a battle with alcohol but found God and became a positive influence in a tight-knit family.



TeeJay credits both his parents for his motivation to excel in every task. Later, this translated in TeeJay becoming an All-American on a Pro circuit in track (1:51:7 in 800m), recognition in the MIAA All-Defensive Team in basketball and later Pro basketball overseas. At the same time, TeeJay became interested in boxing and from there into Brazilian jujitsu and MMA.



Aside from running several classes at the gym on S. Main, TeeJay also is a preacher, speaking from the heart to troubled youth, showing them the importance of working hard and believing they can get ahead, just as he did.

At this session for one was how to get escape from a supine position and pinned down by an aggressor.

the Joplin RoadRunners, TeeJay demonstrated two techniques: out of a grip-around-the-waste from behind; the other was to the process.





Legacy MMA and BJJ - 1050 S. Joplin

Classes are available as follows:

- Brazilian Jiu-Jitsu: Mon and Wed 6:30 – 8:00pm
 - Boxing/kickboxing and MMA striking: Tue and Thu 6:30 – 8:00pm
- All kid classes are weekdays 5:30 to 6:30pm

Instagram: teejaybritton

Facebook page: TeeJay "Bad NEWZ" Britton

Gym contact#: (417) 793-4470

Facebook: Legacy MMA and Jiu Jitsu

Instagram: Legacymmajujitsu



JRR members at TeeJay's Gym after a most fun martial arts defense class

JRR Christmas Club Meeting – December 8, Bookhouse Cinema, Broadway

First on the agenda:

(by Sheree Wilson)

The Joplin Roadrunners race events are a great way to promote activity in the community, but did you know the net proceeds from each race goes to a specific cause?

Pictured here to our great joy is a check presented to the Cerebral Palsy Center. This was possible because of each of you that came out and participated in the Pumpkin Run this year.

Our next event will be the Frosty Trail 5k. This race will benefit the Hope Kitchen in Neosho and will help fund many meals for the needy.

Please consider signing up for this event and share in the joy we feel by being able to give back to our community.



Next on the Agenda: Elections and Member's Questionnaire

Total votes present: 31

President:

- Henri Coeme: 30 votes (*)
- Sheree Wilson: 1 vote

Vice-President:

- Sheree Wilson: 30 votes (*)
- Henri Coeme: 1 vote

Secretary:

- Aaron Orland: 27 votes (*)

General Board:

- Lori Thompson: 30 votes (*)
- Heather Orland: 26 votes (*)
- Brian Spencer: 29 votes (*)
- Cristina Jaramillo: 2 votes (**)

(*) elected for a 2-year term

(**) not a candidate; already serving as Appointed Board Member (but she says, thank you for the votes)

Blank votes omitted



Questionnaire (31 questionnaires returned – all comments listed below – all blanks omitted)

1. I would be coming to weekday or weekend group runs more often if

- if they were closer to me (2)
- if they were in Carthage (2)
- if they were in Neosho or special spot like Blowing Springs
- if my feet would heal
- I can't do weekdays due to work; but attending weekend runs
- if I had the time
- if weekdays were earlier
- earlier evening times in winter
- too hard to make evening runs
- I like Tue and Thu; no changes needed
- if I could run
- if I could run better
- if I wasn't so lazy
- if I knew about them
- I like weekdays

2. I would like the bi-monthly JRR Newsletter better

- great the way it is / good now / like it the way it is / no changes (10)
- if I actually read it
- they weren't as long
- if I could comment on runner's stories

3. I would come to JRR monthly meetings more regularly

- if I get off work in time / too much work / working overtime (4)
- I usually attend (2)
- if we could drink (2)
- if there was a good pre-meeting running option
- if I was in town
- if I lived closer
- if they were earlier
- if I remembered them

4. I would like the JRR organized races better

- I love them now / like them / stay the same / no changes needed (6)
- if we had some in summer (2)
- no age graded rankings; just age categories (2)
- if they included 1 mile runs for children

5. I would like the Joplin RoadRunners to be more involved in

- in fitness Fairs (2)
- third Thursday (2)
- in Runners supporting runners; keep it up
- in the community
- marketing our group to the public
- in parades
- i like current focus

6. ... and less involved in

- nothing – I don't think we do enough



Titi winning the final Raffle



Perry finally receiving the final group run award of the year

7. **I would follow JRR's social media entries more if**

- they're good now / follow them now / love them now / great already (6)
- if I had feedback
- if I got on social media more



Our 2023 Joplin Roadrunners' Flyer (front and back)

REASONS TO JOIN JOPLIN ROADRUNNERS



Find security in numbers

1

Reluctant to run by yourself? Run with people at your speed and capability. We meet almost daily, weekdays and weekend, somewhere in town, morning or evening.

Running Community

Monthly in-person club meetings with designated speakers around specific topics about running, followed by a periodic JRR Newsletter, written by and for JRR members.

2

Club Races for Charities

Club discounts for all Joplin RoadRunners' organized races. All events benefit specific charities.

3

Running gear

Deep-discounted club running gear exclusively for members as well as free annual club tech running shirt.

4

Affordable Membership

Inexpensive membership with discounts for families.

5

info@joplinroadrunners.com
www.JoplinRoadRunners.com

Runsignup.com/race/MO/Neosho/JoplinRoadRunnersMembershipRenewal

Find us on

Joplin RoadRunners (public page)

Joplin RoadRunners Members' Lounge (private page)

JOPLIN ROADRUNNERS 2023 RACE EVENTS



Winter Races

Frosty Trail 5K - RD Joplin RoadRunners

This will be the second year on the new Morse High Grounds bike trail. Neither snow nor frost cancel this race through the wooded hills above Neosho and the Hickory Creek valley. The local Neosho Hope Kitchen is the charity for this race with over 600 meals provided in its most inaugural event.



Run With The Wind - RD Joplin RoadRunners



One of the oldest of all local races, and a rare point-to-point run between Sarcoxie and Carthage. Race direction is picked depending on expected wind. The only USATF-certified 25K in Missouri. Charity is Erick Grove Memorial Scholarship at Carthage HS.

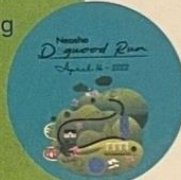
Spring Races

41st Dogwood Run - RD Brady Beckham

Started in 1983 by Eldon Morgan, one of the original Joplin RoadRunners, this 5K takes runners through the blooming dogwood streets of Neosho.

Dogwood saplings instead of shirts or bling.

Net proceeds go to active lifestyle projects around Neosho.



Fall Races

Kids Classic - RD Chanti Beckham



Every year, the Joplin RoadRunners call on all preK-to-6 graders to join them for a fall track fest where the kids can show their first grit and earn their first bling. This is where future RoadRunners are born.

40th Pumpkin Run - RD Joplin RoadRunners

This traditional USATF-certified Fall classic 2 mile and 8K/5mile race benefits the Joplin Cerebral Palsy Center. Race starts at Leggett & Platt and runs on the cool Ruby Jack trail. Awards are pumpkins instead of bling.



And more to come ...

Join us and become part of the most inclusive club in town: no pace is too slow, no distance too short or too long, no one too old or too young.

Cold Weather tips

(by Henri Coeme)

Sub-freezing temperatures require some changes of plan for your regular practice runs as well as for racing. Following are some helpful tips for staying safe if it's cold, damp, and/or windy out. With the right clothing and adequate precautions, even single-digit weather - as we have encountered here lately - can be made comfortable for RoadRunners by following a few simple guidelines.



- **Wear synthetic fabrics and layer your clothing.**

In the cold, keep most of your body covered. The fabric closest to your skin should be synthetic or silk and preferably sweat-wicking; it should fit snugly, not loose (running tights for the waist down and tight-fitting long-sleeve shirt such as Adidas TechFit or Nike Pro's Dry fit is what I prefer). Your outermost layer should be wind-resistant even in dry weather since windchill can really cool the body surface quickly. It needs to be wind- and waterproof if it's raining or snowing. Ideally, your clothing should be able to adapt as you warm up, or as the weather does: Unzipping a jacket, wrapping it around your waste, pushing up your sleeves (or removing arm warmers), rolling up the edges of a ski-style hat or buff, and/or putting your gloves into a pocket will all keep you in the right temperate zone as you are warming up in the first few miles of your run.

At the end of the run or when the sun goes down with temperature cooling quickly, all this needs to be reversible and items need to come back on in the reverse order.

If you plan to race, it's smart to test everything that you plan to wear in advance to make sure it's warm enough and comfortable to race in. As a rule of thumb, if it is comfortable at the start, you are dressed way too warm and things will be coming off quickly. Make sure this is possible by testing your strategy on a practice run before the race or have a crew member grab your excess clothing (this is often my personal strategy since I married my crew member).

- **Protect your face, head, ears and hands.**

Wear a hat and gloves, preferably made of synthetic, wicking material, and in extreme cold, use a face mask or scarf to cover your neck and face. Wind increases the effects of the cold; you may risk a mild form of frostbite called "frost nip" on unprotected areas if it's near-freezing and windy. Apply a sweat-resistant sport moisturizer and lip balm for extra protection. Apply petroleum jelly to any spots prone to chafing or chapping.

I have tried out a small pile of gloves to know what to wear in which temperature, but invariably, after a few miles the gloves come off, quite literally, as the entire body warms up and blood circulates to the extremities. But if the race goes beyond 20-25K, items are coming back on at the end of the run as my body's glycogen level depletes and the remaining energy is used to keep running rather than to warm my body.



- **For a race in the cold—and especially if it's wet out—have a friend or family member meet you at the finish** with warm clothing, including dry socks, warm sweatpants, a long-sleeved shirt, a sweatshirt and/or jacket, gloves, and a warm hat. It may not seem so at the start, but you'll be very glad to have these things after you finish a race if the weather is near freezing. As an alternative, you can check a bag that includes these items or place some clothing in your drop-off bag at the turn-around in an Ultra race.



- **Stay warm as long as possible before the race.** If it's really cold, bring a discardable long-sleeve sweatshirt to wear after you've checked your bag. If rain is in the forecast, bring a large-size plastic trash bag or a \$1 plastic poncho with you to wear as a throwaway raincoat. This and a warm-up jog will get you to the start ready to go.

- **Always respect your limits.**

Cold temperatures restrict blood flow, which can cause muscles to contract and even cramp. You may feel stiff and tight, especially as you begin a run, and if you try to force the pace, you may damage a muscle. Adjust your pace to allow your body extra time to warm up. Start slower than usual and increase speed only gradually as you warm up and shed clothing.

- **Know the signs of hypothermia and frostbite.**

Hypothermia occurs when your body temperature falls below 95 degrees; symptoms can include confusion and uncontrollable shivering. Frostbite occurs when circulation is restricted in the extremities (fingers, toes, ears, and nose); symptoms can include feeling numb or turning white or blue. Pay attention to your body while you run and watch for these symptoms.

I personally find that the best way to warm up after having been extremely cold is to find shelter inside, out of the wind, *remove* some clothing and have my partner gently massage hands and feet, have some warm liquid to drink (chicken soup broth does it for me). Warm hugs while rubbing the back also helps. Running around to warm back up does not work, since your body energy is depleted. Also avoid the temptation of a hot shower right away. Believe me, I tried. Wait till you are sufficiently warmed up again.

- **Don't forget to drink.**

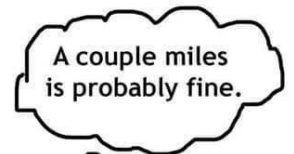
In cold weather, it's easy—and unsafe—to overlook your fluid needs. Your body is still sweating, so replenish your fluids appropriately. The rule of thumb during exercise is to drink when you feel thirsty and no more than one cup (8 ounces) of fluid every 20 minutes. While racing in the cold, slow down a bit more than usual at drink stations to avoid spilling liquid on your gloves or clothes. In sub-freezing temperatures, the water in the cups can form a thin layer of ice at the top. Squeeze the cup at the top to break this layer, then drink from the smaller hole to avoid spilling. If drinking from a



small plastic bottle, do not discard the cap. Drink a little, then squeeze all air out of the bottle and, while squeezing, replace the cap. This also keeps the water from sloshing around while it fits easier in the hand. This tip is good in all weather conditions.

- **Shorten your stride in snow, ice, sleet, or heavy rain.**

Too often have I had to reflect on this mistake while sitting on my bum on the side of the road. If there is snow, ice, or excessive water on the ground, shorten your stride slightly, move your point of gravity over the supporting foot (not leaning back or front), pay attention to the runners around you and of course to your footing if running trail. Ice on a concrete road creates the greatest danger of a slip-and-fall, which can send you to the hospital with a broken bone. If you race in this kind of weather, don't expect to run a personal best; instead, plan for a safe race. Think fun and reflect on your awesome performance in weather that would scare all "normal" people to remain safely indoors. You are doing this!



A couple miles is probably fine.



- **Don't wonder off.**

Especially when running in extreme weather, find a partner to run with. Not only is it easier to commit to a run when someone is waiting for you, or joining you. It is also safer. Exposure is real, and the greatest threat for a runner, especially when running trail. Chances are not many people run trail in this weather, so you may find yourself stranded for some time in case of emergency. Most runners (me included) dress just sufficiently for the run and never carry unnecessary gear. When sitting still for more than 15 minutes, this may not be enough to keep you warm. So, if running alone, always carry a cell phone; have a contact who knows you are out there, and knows what route you take, so they can find you within those 15 critical minutes.

- **Take care of yourself after your run.** Get inside right away; although you may feel warm just after finishing, those wet clothes will chill very quickly, and so will you.

At a race, try to get out of your wet and/or cold clothes as soon as possible and into your packed dry outfit, back in your car, or after you reclaim your checked bag. Keep moving and get inside, away from the wind and cold, as soon as you can.

- **Pamper yourself**

Once you "recover" from your run and your body has returned to room temperature, Showering is safe, but you shouldn't stop there. Cold weather is mostly also dry weather. Checking my feet after some of these runs, I find them at greater risk of cracking, either on the heels or between toes. After the shower, I mostly grab my cocoa butter or coconut butter can and generously rub my feet and between toes. Your feet carry you during harsh conditions. Pamper them in time.



Race Reports by Club Members

UK Racing - Oct 9 & 16 – Royal Parks Half Marathon & Cambridge Town & Gown 10K

(by Lori Thompson)

I ran last month in - not one but - TWO races in England while there on vacation. I ran the London Royal Parks Half Marathon and the following week was able to do the Town and Gown 10K in Cambridge. Both are very famous races in England with several thousand participants.

In London, I ran through Hyde Park, by Westminster Abbey, Buckingham Palace and through the Marble Arch ... twice!



In Cambridge, I ran along the river Cam, through the streets of Cambridge passing by the centuries old buildings that make up the 31 colleges of the University.

Both events were very well organized, fun pre-race activities, and of course a lot of excitement in the air. Instead of trying to PR, I chose to enjoy the scenery and took lots of pictures!

All the runners were encouraging and a lot of fun to run with.

They are definitely in my top ten favorite races and places to run!

The Equalizer Endurance Run – Des Moines IA, Oct 29

(by Debbie Smith)



I have been running Ultra Events for the last few years, so I decided to challenge myself to a 24-hour Endurance Run. A friend suggested signing up for one that was being held on October 29th in Des Moines Iowa at Grays Lake: a 1.95mile route around the Lake. It was beautiful! The concept was simple. Run as many loops as you can in 24 hours! Easy, right?! My husband Craig always crews for me on these crazy adventures.



We set up camp close to the start line. We started at 8:00am. My goal was to get beyond the 100K distance. The first 12 hours were great! I had 42 miles at this point! I ran, walked and ate! Craig ran and walked 3 loops with me after it got dark but then said he was tired! What the heck!

I rested in the car from 3:00am to 6:00am then had to force myself out of the car, boy was it cold!

For a loop to count, one had to finish the entire loop before cutoff (there are people actually counting all your loops!).



I had an exciting finish! I was trying to get my last loop completed when the lap counters said I had 25 seconds to

get to the finish line! I had to sprint, Yes Sprint!, if I wanted the loop to count! At the finish line, they started counting down 10-9-8-7... you get the idea. My foot touched the finish line as they yelled 1! And to top it off I was talking to my best friend during this exciting finish!

I completed 65 miles (3 miles more than a 100K) and came in 3rd overall! It was a great experience, but I think I will stick to 12-hour events! It just wore my Crew Chief out taking care of all my needs!



Pumpkin Run 2020 to '22 – challenged by kids to run a MO record

(by Dave McCoy)



On July 11, 2020, I entered the 2-mile race to try to break the MO state record for 88-year-old males which was over 30 minutes. As I started the race, I was passed by 4-year-old Emilia Staudt, who had never run a race before, with her mother pushing an empty stroller trying to slow Emilia down. Before I reached the halfway turn-around, Emilia passed me on her way back with her mother still trying to slow her down!

At the finish Emilia's time was 20:02 and my time was 26:11, both MO State records.

Forward to October 16, 2022: the Pumpkin Run in Carthage, MO. I wanted to set the MO State record for 90-year-olds. As I started the race, 5-year-old Lynnlee Wilkes and her dad passed me and at the finish we both had the MO State. I could say it is hard to be humble, but it was wonderful to still be running with these inspired children.

So, mom and dad, do let your children grow up to be runners!!!

Run for the Ranch – Rogersville MO, Dec 17

(by Russ & Kathy Ritchart)

Well runners, next time someone asks me what race we ran had the worst weather conditions, I won't have to think long about it.

We went to Rogersville for the Run For The Ranch ½ Marathon and it was miserable. It was windy and cold and it took a true running idiot to run for 2 hours in that weather! I sure was proud of Kathy. I don't know how she did it but she ran a personal best in just under 2 hours which was 4 minutes faster than her previous best time.

I'm slowly getting back into running again but I can't believe how far out of shape you can get in 5 months when not running. I've got my work cut out for me to be able to stay up with Kathy now. I think our next race will be Run With The Wind in February.

Well runners I guess that's it for now. Hope to see you all soon.



Run for the Ranch

(by Henri Coeme)

Count me with those idiots one has to be, according to Russ, to run in this weather for almost 2 hours. It was indeed brutal.

As usual during the first miles, I started removing layers of clothing, but as soon as the course turned into the wind, those layers came right back on. Unfortunately, by then my hands were so cold I could no longer put on my gloves. Suffering cats! I spent the next hour just trying to keep my hands warm by sheltering them inside my long sleeves.

Now I regretted I had run the 1-mile race an hour prior to the half marathon, missing my MO record by just two seconds in that first race. But this half marathon was about to do me in. The finish line came none too soon.



finishing the mile in ice-cold headwind



Pre-race selfie with friends

The highlight of the race was John, the race director and OMRR president, telling me he would not object if I ran with Miles. So my partner ran with me the first of 4 loops.

I had told Titi, my crew person-for-life, to catch his leash after the first loop, so he could drink and rest. However, Miles was not about to give up after one loop. When I try to hand the leash to Titi, she dropped it as Miles accelerated and kept following me. Never have I ever ... seen my Titi run that fast trying to catch Miles' leash as he was dragging it going into his second loop. To Miles' great disappointment, she ultimately caught up with him, but dogs hold no grudges.

Always nice to pose with friends. Here with the Ritcharts and with Liz Kyger (the fastest "senior" woman I know; she ran a 7:09 mile, last month at the Maple run, at a young 63). All of them say they'll come to Run With The Wind. Can't wait to run with them again ... in the cold (but, by design, with the wind in the back).

Just on the run

(by Nancy Ohmart)



This last month was filled with many cherished family memories made and with chaotic days of "end-of-the-year" activities for school. Needless to say, race participation didn't occur. However, lots of just "fun runs" with friends did.

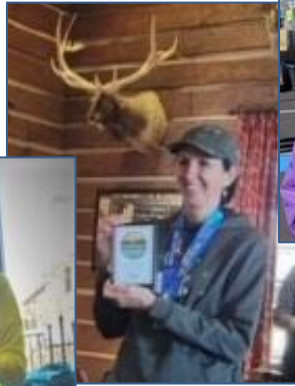
I did manage to meet my workout goals most days AND enjoyed the sun! Thanks to Anne and Heather for great conversations and laughs. Thanks

to Sheree for always encouraging others!

If you desire encouragement, accountability and friendships, Joplin Roadrunners are there for you!



Bass Pro 5K, Half and Full Marathon – Sunday, Nov 6



Bass Pro
event with

weekend has always been an
solid representation of the

Joplin RoadRunners. This year was no exception. All came back with some serious bling.

In the 5K, Sheree Wilson ran 34:53 and won her age group. Judy Lewis ended up second in her age group in 29:21. Kathy Ritchhart was 3rd in her age group in 27:00. Anne Jiles ran 33:12 and placed 4th in her age group. Titi ran 48:56, a PR for her, this year.

Jamie Fidler finished the Half in 2:18:31 and was 40th in a very competitive 40-44 bracket; Debbie Smith ran a 2:35:41 and ended 6th in her age group; Becky Mitchell ran 2:52:25 and first in her age group.

Henri was first in his age group in the Marathon and 35th overall with a new MO age record of 3:37:54.

Bass Pro Half

(by Becky Mitchell)

This was my 5th time running the Bass Pro Half! Such a fun race with so many happy, friendly faces all along the way offering support with cheers or goodies or the occasional much-appreciated tissue!

It's almost always sunny and pretty much always cold for this event, but that never stops my fellow Roadrunners! Debbie Smith caught up with me after a few miles, and I kept her in sight for about a mile and a half, but then she was gone and finished 17 minutes ahead of me! Way to go, Debbie!



It's pure joy at the finish when you see familiar faces, your teammates, cheering you at the end, which is a good reason to be slower than they are. I finished first in my 70-74 age group with a time of 2:52:25, beating my last 5 half marathons. What I love is seeing older women going faster; there was a 75-year-old who ran it in 2:43:18 (*note of the editor: this was Beverly Reichert from Springfield!*) Gives me hope and courage to keep on going!

And then you get to share the joy with all your running buddies as seen here in this photo!

Dogwood 25K Trail Run – Saturday, Nov 12



Dogwood was cold and wet, as usual. Nearly two dozen water crossings makes this race challenging, even on the flat. Then come the hills. But if you want a scenic course, dogwood is definitely it. Nothing like running through a canyon while criss-crossing the creek; all that while running from MO into AR and back

into MO.

Shirts and swag galore, but the best is the hot fireplace and the buffet at the end.



Sheree finished the 25K in 3:59:43 – 1st in her age group.

Henri finished in 2:22:31 - 1st in his age group; 31st overall.



Pumpkin Run aftermath – tale of two mugs

(by Henri Coëme)

A quick, funny story.

When creating a transfer to place on a shirt, medal or mug, the design needs to print out in mirror-image, then transferred onto the final substrate.

When Titi sent the images to the printer company she sent them in mirror-image, but the printer shop reverse them again, so they came back similar to the final design. When transferred onto the mugs, they were all .. in mirror image. Catastrophe! With a few more days before the race, my very accommodating employer helped out and made some emergency backup prints, so we ended up with two sets of mugs: mirror-imaged and straight.

Then, catastrophe again, at the race the good mug for the male 8K disappeared into thin air; right off the awards table! Nowhere to be found. So, as a backup plan, we gave Les the 8K award mug with the mirror-image design. End of story? Wait, there's a happy ending.

A few days later, here comes the good mug!! By regular mail into my mailbox, safely packed, but without return address. Go figure! So, Les ended up with the correct mug after all, but the mystery of the disappearing-reappearing mug was never solved.



the correct mug showing up in the mail



the mirror-image mug at the award ceremony

Flint & Steel – Dec 3, Colcord OK

(by Henri Coëme)



*Starting side by side with my buddy-nemesis
Mike Shifferd from Webb City*

A somewhat under-promoted race but definitely one of the hardest, on par with the Dogwood 25K, is Flint & Steel 25K in Colcord.

Somehow, this race has stolen my heart and is on my every-year list. The difficult terrain is certainly one attraction. Multiple steep hills to scare a mountain goat, a famous river crossing where one pulls himself across with a pontoon, the somewhat missing, somewhat deceptive trail signs and course which changes (marginally but significantly as you will read) every year; all are part of the fun.

Till this year, I owned the course record at this 25K in 2:13:30. This year would not be a record year, however. Having struggled with a shin-splint since June, practicing on-again off-again, my shape was well below par. With this in mind, at the start I made no attempt to follow the top runners.

A few miles into the race, I came across the same group of runners, looking around as if they were tracking deer. Turned out, they were lost and looking for the next red flag. From the previous year, I knew the turn and headed that direction. Sure enough, a few hundred yards further

down, there was the next red flag. What was an impossible chase just a few minutes ago was now a chase to catch Henri.

It didn't take long for them to find the trail and catch up with me. But it was nice as long as it lasted. No sooner I had settled well behind the top group again or they halted again at an intersection. Same story. This time, I decided to be a team player and told them I knew the way: follow me guys!

Half a mile in, we were definitely lost as we came to a dead end in the woods. Frustrated looks galore. So much for my displayed team spirit.

They turned around and ran back, and that was the last I saw of them. It wasn't until the finish line that I knew I placed 7th. My Garmin said I ran 15.6 miles (25K) so my conscience was clear. No one checked the other watches but at this point, no one cared.

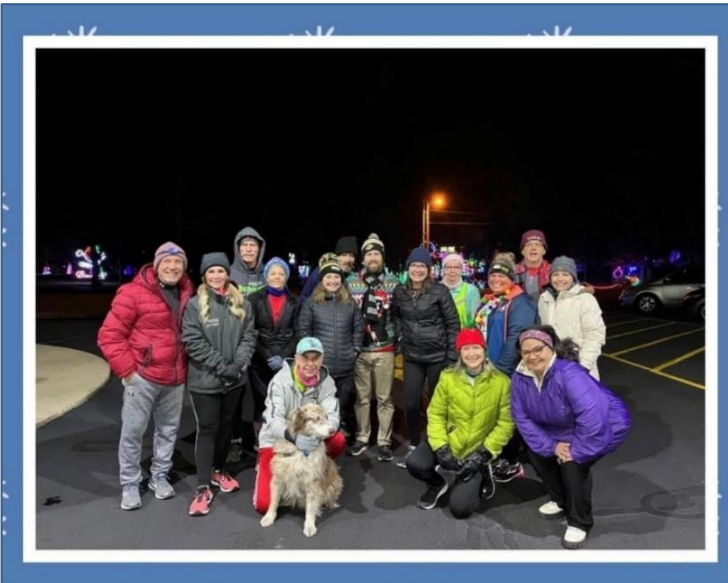
Funny ending. The top runner finished in 2:13:30, or exactly the same as my course record. Maybe getting lost once in a while (and having other follow you) does have its advantages.



Mike and I sharing the spoils in most previous years

Run Through the Lights – Thursday Dec 15

(by Brady Beckham)



It's hard to believe how far Run Through the Lights has come.

When Chanti first had the idea (circa 2009) it was just for a few friends. In the early years, she'd ask friends on the south side of Carthage to host a small gathering of runners; Chanti's ever-present running partner in crime, Brooke Higgins hosted the first few years. Typically, 10-20 people from our friend groups including SWAT (Southwest Area Triathletes, now defunct) would run as a group to the lights and run past the cars

that were driving. Very small, very chill.

Brooke moved to the NW side of town, and the party migrated to the Brummet's who were regular participants in Chanti's Monday Night Chill (bicycle) Ride. It was somewhere around 2014 or 2015 when Rufus racing and JRR got in the loop. That year we had 60+ people at the Brummet's house (oops!). Luckily, Kent Ogle was one of those runners. Sometime that evening (or maybe later), Kent mentioned he was a member at Carthage Nazarene, and they may be able to host the event.

The following year, Carthage Nazarene opened their doors to the local running community and a holiday tradition was born. We had 200-400



current iteration of Run Through the Lights was born.

participants that year (it's hard to know, since there are no entry fees or registration data). We had no plans to block traffic... we never had before. Luckily, a fitness minded State Trooper (who had been invited to run but had to work) showed up and blocked traffic until the field could get through the lights. I'm not sure if this sort of activity is sanctioned by the Highway patrol, or Carthage Police Department... so I won't name the Trooper... I will just say the act clearly benefited the safety of all participants and was much appreciated! And thus, the

Every year since, the folks at Carthage Nazarene have been amazing. They run the indoor event, providing the space and serving hot chocolate and cookies, while Chanti coordinates the outdoor event. These days she meets with the Fathers at CMR (Congregation of the Mother of the Redeemer) and the Public Safety committee months

in advance and works with CPD who block traffic at no charge to the event. (Typically, events have to pay for uniformed presence or police lead cars/tail cars). Every year, Kathy Jordan donates enough hot chocolate to kill an elephant*, and volunteers bake several hundred cookies.

So, Run Through the Lights is an event we can all enjoy at no cost thanks to the servant attitudes of Chanti Beckham, Carthage Church of the Nazarene, CPD, the Father's at CMC, Kathy Jordan, and everyone who donates cookies...Runners Supporting Runners. And to add to it, Carthage Water & Electric now electrifies Central Park, if you went on the 4 miles route you got to enjoy their hard work too. It really takes the whole village to make this event a success, and of course there's one more thing... the participants.

RTTL 2022 had a great showing from JRR. Way to represent! It was cold. With temps in the 30s around 200-300 congregated inside before the event. But as soon as we lined up, a couple hundred came out of their warm cars and hit the starting line. Estimates this year were 400-600 participants, excellent for a cold Thursday night.

To those who came out to run, thank you! And if you also brought cookies, thank you twice. Thank you again if you donated to the lights. The fathers at CMC almost stopped doing them a few years ago because donations were not covering the electric bills and maintenance. RTTL donations have averaged about \$300 each year to help to secure the future of the light show at CMC.

I don't know what Chanti's long-term plans are for this event, but I personally hope it outlives both of us. It was great to see the JRR family out and in force, normalizing healthy holiday activities, building community, and just generally being awesome.

Looking forward to RTTL 2023!



Jingle Trails

10K – San Antonio TX, Dec 18

(by Sheree Wilson)

My youngest son and his family live in San Antonio. Usually by the time I drive there, it's Saturday evening and not much opportunity for races. My daughter in law and I have run a few races in the past, but my son and I have ever run a race together before. This time, about a week before traveling there, I found a Sunday race. My son works long hours in retail and although he has run in the past, he hasn't had any time to run lately. When I asked him to run this race with me on his only day off, he didn't even hesitate to say *"Yes Mom, I'd love to run a race with you!"*

Not only did he have to get up early on his only day off, but it was cold (for Southern Texas) and it was a trail run and a 10K. When you haven't run in a long time, a 10K trail race is a big ask.

He was such a good sport that he even dressed festively for the occasion! The race was fun, and we got a race beanie even though we didn't sign up by the deadline. The race was put on by I Run Texas – a running store in the area.

I had been to McAlister Park before, which is where the race is held. It's a really cool park with lots of deer. We have hand-fed the deer when we previously visited.

When we went to this trail in the past, we stayed on the paved parts of the trail, so I brought road shoes with me, thinking most of the trail is paved. The race was held on the Blue Loop, which is dirt, rocks, roots, single track, some pretty rough areas and some a little smoother.



It didn't take long to realize I had made a huge error by not bringing my Altra Outroad shoes which are a hybrid that transitions easily from road to gravel to trail. I regretted also not taking advantage of an offer from an Altra rep who was near the start line offering the opportunity to "borrow" a pair of shoes.

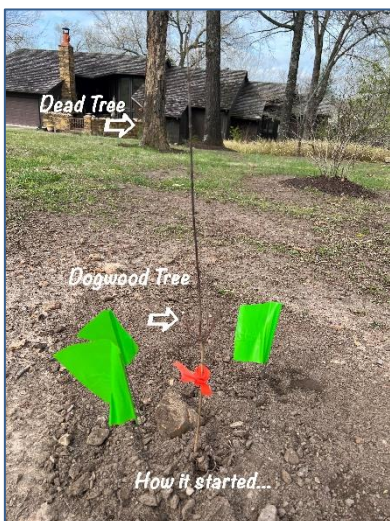
I did not place but this was my best pace ever on a trail run so I was pleased. This was a great surprise to me since I am struggling with Plantar Fasciitis.

My son also did well, considering he hasn't run in forever. He was pretty sore for a couple of days afterwards. If you're ever in San Antonio, you should check out the trails at McAlister Park.



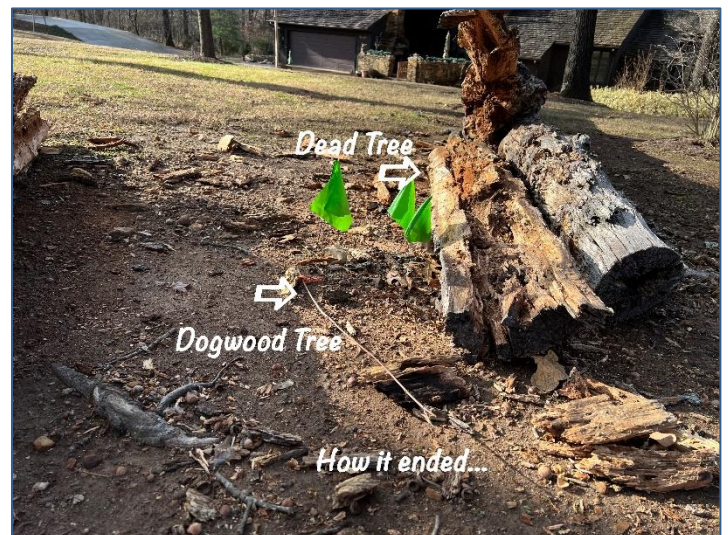
And finally, a sad Dogwood update ...

(by Becky Mitchell)



So, I reported on the Dogwood Run in Neosho this spring and shared this photo of my freshly planted tree.

But last night (12/28/22), the winds blew down a dead tree in our yard and toppled it. I'll just try to earn another one in 2023!



Age/Gender Performance Grading

What is the difference and why does JRR uses age graded performance ranking instead of age group awards as they do in most other races I know?

(by Henri Coëme)

Age group awards are a modern-day addition to traditional racing. Since the Greek Olympics and until fairly recently, only overall winners (men) were crowned. Even after women were admitted to the Olympics in 1900, the laurels went only to the winners (gold, silver and bronze). Most larger races around the world still only award top prizes. One of the largest European races, the Brussels 20K, with about 40,000 athletes each year and a race I have run a number of times, awards a first male and female award; nothing else.



Only a few years ago (1969 to be precise), the terms Master Running (age 40) and Age Groups made their entrance in racing. This was a blessing for a lot of older and very young runners since those would normally not end up in the top pack. Imagine being a 53-year old woman and ending up 2350th at the above-mentioned Brussels 20K, a very good result by any measure, but basically lost in the pack (and lost in the national newspaper, the next day, which lists every single participant in an extra edition).

With the dawn of group awards, you could now just be the best in your age/gender group. USATF groups are organized in 5- or 10-year brackets, and by gender, listing the best in that particular category.

So, then how does that differ from age/gender grading?



Age/gender grading is a system, used by the World Masters Association (WMA) to create an even playing field between all ages and both genders. Since age differences matter especially at ages over 40, it is understandable how this system would be used for US Master races.

The age/gender grading is based on the understanding that men and women in their 20-30's reach their peak racing performance. Ages younger and older are slower at similar distances. To create a level playing field, each runner's gun time is given a "handicap" which improves with the age difference from these peak years. Adjusting the runner's gun time with this handicap factor provides an *age-adjusted time*. This is the time you would have run had you made a similar effort in one of your peak years.

In addition, the runner's gun time is calculated as a % of the world's top time for the same age and gender.

For any given distance,

$$\text{Age graded (AG) \%} = \frac{\text{Your time at this distance}}{\text{The best possible time of someone of your age and gender}}$$

E.g. Lets take a 5K race

- ✓ A 25-year old man receives a neutral handicap of 1 (i.e. no handicap since he is in his peak-performance years). Let's say he runs a gun time of 23:00. His age-adjusted time is $23:00 \times 1 = \mathbf{23:00}$
This is running at **54.86%** of the world's best performance (=AG%) for a 25-year old (which is 12:37).
- ✓ A 53-year old woman (beyond her peak performance years) receives a handicap of 0.8292.
Let's say her gun time was 27:35. That makes her age-adjusted time $27:35 \times 0.8292 = \mathbf{22:52}$.
Her AG% is **63.02%** of the world's best performance for a 53-year old woman (which is 17:23).
- ✓ A 69-year old man (well beyond his peak performance years), receives a handicap of 0.7402.
If his gun time was 28:22, this makes an age-adjusted time of $28:22 \times 0.7402 = \mathbf{21:00}$.
He ran at **60.11%** of world's best time in his age and gender (which is 17:03).

The age-adjusted time allows runners to compare themselves with their own previous performances.

The age-graded % allows you to compare yourself and anyone with anyone else

So, in the above example, even though the 25-year old won the race, the 69-year old man should be proud for setting a great age-adjusted time. He can compare this time of 21:00 with any other age-graded time he ever ran or will run at the 5K and set an *age-adjusted PR* at any age.

The 53-year old woman has the best age graded % (AG%). She put in the best relative performance of all 3 runners since she ran at the fastest relative pace (when compared to the fastest woman ever of that age).



So, how would you compare the performance of these 2 runners?

Both are recent MO record holders in the 2-mile for their age/gender, set at our recent Pumpkin Run.

➤ **Lynlee Wilkes:** 5-yrs old (F) - MO record in 23:34

Handicap factor: 0.725

Her age-adjusted time: $23:34 \times 0.725 = 17:05$

AG% = 52.83% (world's best 5-year-old girl runs 12:27 – stunning!)

➤ **Dave McCoy:** 91-yrs old (M) - MO record in 30:24

Handicap factor: 0.4104

His age-adjusted time: $30:24 \times 0.4104 = 12:29$

AG% = 63.38% (world's fastest 91-year-old guy runs 19:16 – believe it or not!)

So, even though Lynlee left Dave behind in the dust of the Ruby Jack trail by a full 7 minutes at the '22 Pumpkin Run where both records were set, and even though Lynlee's record was impressive just because of her young age, it was Dave's record that took slightly more of a relative effort.

So, Dave, we hope this is somewhat of a consolation for being beaten by a 5-year old 😊.

For a good “geek” explanation: <https://www.youtube.com/watch?v=9O0Qy4WFuXg>

For age-graded calculator: <http://www.howardgrubb.co.uk/athletics/wmaroad15.html>
and also <https://www.runnersworld.com/advanced/a20801263/age-grade-calculator/>

So, now back to our question, why does JRR use AG% instead of gun times and age groups?

Age groups are great if you have enough runners in each age group. Age group awards become somewhat nonsensical in smaller races where you have just a few runners in each age group. There are a few solutions.

1. Set standard age groups with awards to top-3 in each age group

USATF age divisions are -14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80-84, 85-89, 90+ for both male and female.

If you have more kids in the race, you can add more categories in the lower ages. If you have no participants in the upper ages, you could drop those.

2. If this creates too many groups, you could consider 10-year groups

-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80-89; 90+ for both male and female and adding more groups at the lower end or fewer at the upper end as needed.

Even so, in small races (under 50 runners), you still end up with too few participants to make the award significant.

3. Set 10-year age groups with awards only to the top (one) runner in each age group

This still leaves you with about 14-18 awards. Not only would this still mean deluding the value of the award, it would also be an unfair advantage for age groups with just 3, 2 or even just 1 participant (what is the value of the group award given to the only 60+ year old participant?).

It would be an unfair disadvantage to those groups that are well represented (how would like to be the second woman in the 40-49 age group which is over-represented with 6 runners, in a race with less than 50 participants?)

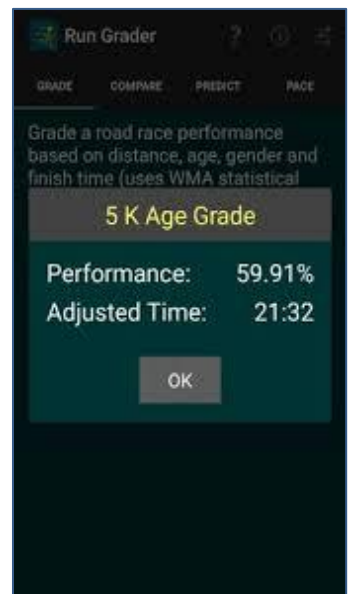
4. Set age-graded awards as well as group awards

Again we are creating an over-abundance and watering-down of the value of awards (in addition to the cost). In addition, you don't want to award anyone twice, so the calculation is quickly becoming quite complicated and the end-result is unnecessarily confusing.

5. Set age-graded awards only

In this scenario, everyone - regardless of their age, gender or number of runners in their specific age group - has an equal chance to earn a performance award, based on their individual and relative performance of the day.

In the above 5K example, the 53-year-old woman gets the first AG% prize, the 69-year old man the second price and the 25-year old the third prize. And if the 25-year-old is the overall winner, he'd get the overall prize only.



Once the races get over 100 participants, age groups are beginning to make sense, first in 10-year brackets, then later in 5-year brackets with races of 200+ participants. Even in those cases, it is valuable to know your age-adjusted time and AG%, as a comparison with yourself and with all others.

Set your calendars now for 2023 Club Meetings

Club Meeting days in 2023

January 12

February 10

March 10

April 14

May 12

June 9

July 14

August 11

September 8

October 13

November 10

December 8: Christmas/General Meeting

For details and venue, please visit our website www.JoplinRoadRunners.com

A Glimpse of the past

(by the previous JRR generation)

Just to remind ourselves that there were RoadRunners before us, and there will be more after you and I are done running.



Joplin Roadrunners

JANUARY 2000

Page 1

HAPPY NEW YEAR!!!

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.

Erick's Run – Jan 29, 2023

(by Brian Crigger - Carthage High School Cross Country Coach)



I wanted to let you guys know about our upcoming 5K we host in Carthage Sunday afternoon January 29th, 2pm.

It is certified by our very own Henri Coëme, and it is fast and flat so it's a good chance to get some certified PRs.

It is also a fundraiser for our team and scholarship program for our runners.

<https://runsignup.com/Race/MO/Carthage/EricksRun>

But like the infomercials say,

BUT WAIT THERE'S MORE !!!!!

Use the code **Henri2023** and you will get **\$10 off** your registration which brings the entry fee down to \$20 per person for Joplin Roadrunners Members.

Hope you all have a wonderful Christmas/Holiday Season and I hope to see you guys out of the road soon!



**Erick's
Run 5k**



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

Goals: (1) Reduce injury risk and improve resilience to overuse-related running injuries; (2) Improve running performance, and (3) Promote a stronger, healthier community of local runners

WINTER 2023 CLASSES WILL RUN FOR 10 CONSECUTIVE WEEKS STARTING THE WEEK OF JANUARY 9 AND ENDING THE WEEK OF MARCH 13.

One 10-week adult class is \$65. Payment by check, cash or credit card will be due during the first week of class. Currently, we do not have an online payment option. Classes will be filled on a first-come, first-served basis

T2R Foundations – MONDAY 6:00 pm or TUESDAY 5:30 pm – This circuit-style strength class is designed for both beginner and veteran runners as well as active adults. This class focuses on strength training using high-intensity interval training (HIIT) workouts. The workouts are fast paced and will get your heart rate up. The main goal of the class is to offer an alternative form of aerobic training that mimics the same cardiovascular training effect experienced with running while also getting the body stronger and more resilient to injury. It is recommended that all participants for this class have the ability to perform cardio exercise for at least 30 minutes without stopping.

Latest update:

Right now our Monday 6pm class is at capacity. There are still spots in our Tuesday class if you have any friends who would like to join us.

One other important announcement for the group is about our new public Freeman T2R facebook group page. The link to join this page is shown below. Make sure to join and follow if you haven't already! We will make announcements about any class cancelations here when there is bad weather. We also plan to email this information for those that aren't on Facebook (- Kendra Cochran)

<https://www.facebook.com/groups/train2run/permalink/5899701240069051/?mibextid=S66gvF>

Class registration link: <https://www.freemanhealth.com/train2run>

!!! Start the year on the right footing – be true to your New Year’s resolutions (at least in January ...) !!!

FROSTY TRAIL 5K

SATURDAY JANUARY 14, 9 AM

MORSE PARK – HIGHGROUNDS BIKE TRAILHEAD /
BASEBALL PARKING LOT, NEOSHO, MO

NET PROCEEDS GO TO HOPE KITCHEN NEOSHO

ENTRY FEE: \$25,

\$20 FOR ALL JUNIORS (16 AND UNDER), SENIORS (65 AND OVER)

AND JOPLIN ROADRUNNER 2023 MEMBERS

RACE REGISTRATION THROUGH RUNSIGNUP AND ON RACE DAY

(ALL RACE DAY REGISTRATIONS ARE \$30)

Medals for all participants. Awards for top male and female plus top 10 in Age-Graded Performance (AGP) ranking, creating a level-playing field for all participants, regardless of gender or age (for details, see <https://www.runraceresults.com/AgeGrade.htm>).

Award ceremony upon arrival of final participant.

Water, snacks and hot drinks vendor available at the start (hot lattes and chocolate)! Warm bathrooms! Start of the race at 9am 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 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.

Advance registration at RunSignup

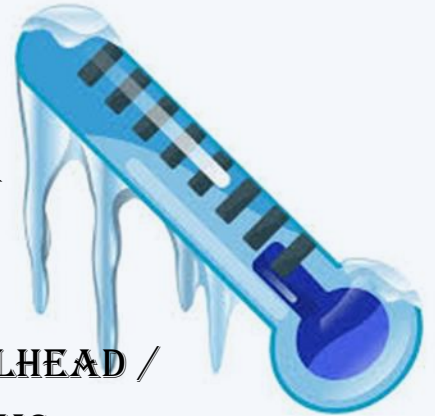
(<https://runsignup.com/Race/MO/Neosho/JoplinRoadrunnersFrostyTrail5K>)

or on race day.

Race direction by Joplin RoadRunners.

Check our Facebook event page for latest information and questions:

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



Registration Form – Frosty Trail 5K

- JRR 2023 Member** - \$20
- Junior, 16 years or younger** - \$20
- Senior, 65 years or older** - \$20
- All other runners between 17 and 64** - \$25
- Race Day Registration** - \$30

Name:

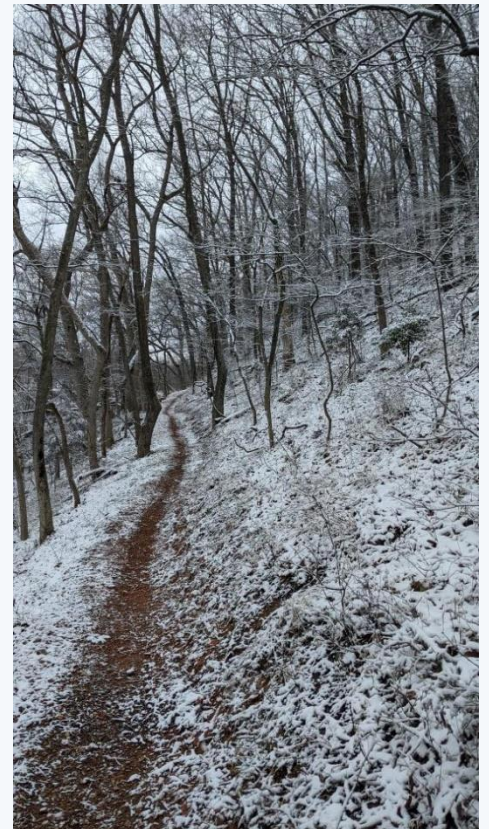
Email address (in CAPS):

DOB:

City of Residence

I paid by:

- Cash
- Check
- Still to pay



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 JOPLINROADRUNNERS/FACEBOOK)

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

RACE TIME: SATURDAY FEBRUARY 18, 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 16), \$50 (RACE DAY) OR
\$30 (TILL JAN 15), \$35 (TILL FEB 16), \$40 (RACE DAY)
FOR ALL JUNIORS (16 AND UNDER), SENIORS (65 AND OVER) AND JOPLIN
ROADRUNNER MEMBERS

RELAY TEAMS: TEAMS OF 3 RUNNERS EACH
\$30/PERSON (TILL JAN 15), \$35/PERSON (TILL FEB 16), \$40/PERSON (RACE
DAY)

Medals for all finishers. Shirt guaranteed only if signed up by Feb 11.

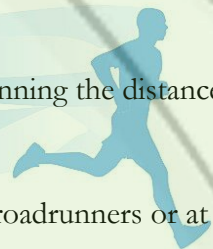
Awards for top male and female plus top 10 in Age-Graded Performance (AGP) ranking, creating a level-playing field for all participants, regardless of gender or age (for details, see <https://www.runraceresults.com/AgeGrade.htm>).

Awards to top relay team participants.

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

Race direction by Joplin RoadRunners and Carthage High School.

Check our Facebook event page for latest information and questions: Facebook.com/joplinroadrunners or at info@JoplinRoadRunners.com



Registration Form – Run W/T Wind

I am signing up for Run With The Wind 25K – SOLO RUN

JRR Member (membership for 2023 paid), Juniors (16 years or younger) and Seniors (65 years or older)

- \$30 until Jan-15
- \$35 until Feb-16
- \$40 on race day
- free short sleeve tech shirt, size ,or
- \$10 for upgrade to long sleeve tech shirt, size

All other participants

- \$40 until Jan-15
- \$45 until Feb-16
- \$50 on race day
- free short sleeve tech shirt, size ,or
- \$10 for upgrade to long sleeve tech shirt, size

I am signing up for Run With The Wind 25K – RELAY TEAM

- \$30/person (until Jan-15)
- \$35/person (until Feb-16)
- \$40/person (on race day)
- free short sleeve T-shirt, runner #1 size ,
- free short sleeve T-shirt, runner #2 size ,
- free short sleeve T-shirt, runner #3 size ,
- \$10 for upgrade to long sleeve, runner #1 size ,
- \$10 for upgrade to long sleeve, runner #2 size ,
- \$10 for upgrade to long sleeve, runner #3 size

Name(s) (solo or team members): Runner #1 (8m) or Solo runner (25K):

Runner #2 (2m)

Runner #3 (5m)

DOB (Solo runner only):

City of Residence (Solo runner only):

Total paid:

- Cash: \$.....
- Check \$ check#



2023 Membership Form

Membership fees are \$25 for individual membership or \$40 for a family membership (2 people).

Additional (3rd and 4th, ...) members of family pay just \$5 each.

One free shirt per membership (individual or family); additional shirts are at cost: \$15.

Membership covers the calendar year until 12/31/2023. There are no partial-year memberships.

Make checks payable to

Joplin Roadrunners

P.O. Box 847, Joplin, Missouri 64802

Today's Date: _____

Paid: \$ Cash Check Still to Pay

New Membership

Renewal

PLEASE PRINT LEGIBLY AND COMPLETE **BOTH SIDES** OF THIS FORM

PRIMARY MEMBER: _____

ADDRESS: _____

CITY/STATE/ZIP: _____

PHONE: (_____) _____ OK TO RECEIVE TEXTS Y/N? _____

EMAIL ADDRESS (in **CAPS** please): _____

BIRTHDATE: ____ / ____ / ____

GENDER: MALE FEMALE

SHIRT SIZE: Circle One of the following sizes XS S M L XL XXL XXXL

For Family Membership – please list the names, birthdates, and genders of other members below.

NAME: _____ BIRTHDATE: ____ / ____ / ____ M F

SHIRT SIZE: Circle One XS S M L XL XXL XXXL if extra shirt add \$15

NAME: _____ BIRTHDATE: ____ / ____ / ____ M F

SHIRT SIZE: Circle One XS S M L XL XXL XXXL if extra shirt add \$15

NAME: _____ BIRTHDATE: ____ / ____ / ____ M F

SHIRT SIZE: Circle One XS S M L XL XXL XXXL if extra shirt add \$15

ADDITIONAL EMAIL ADDRESSES FOR OTHER FAMILY RECIPIENTS OF OUR MONTHLY NEWSLETTER:

_____ ; _____ ; _____

Treasurer's Report

(by Casey Grissom)

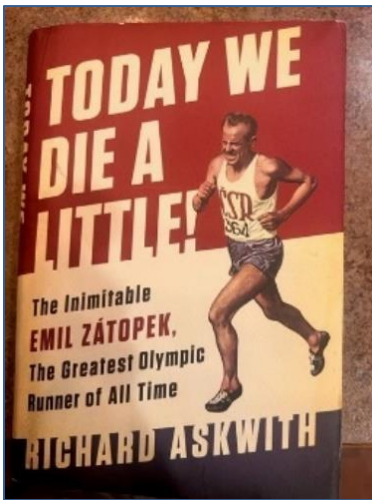
Beginning Balance 1/1/2021	\$ 5,875.74
Income	\$15,841.90
Expenses	\$15,714.83
Charity Donations	\$ 2,350.00
	=====
Ending Balance 10/24/2022	\$ 3,652.81
	=====

Beginning Balance 10/24/2022	\$ 8,289.09
Income	\$ 1,050.00
Expenses	\$ 4,986.28
Charity Donations	\$ 700.00
	=====
Ending Balance 12/31/2022	\$ 3,652.81
	=====

From our Runner's Library ...

Today We Die A Little – The inimitable Emil Zátopek, the greatest Olympic runner of all time

(by Richard Askwith)



On a sun-scorched runway in Prague, a twin-engined Československé Aerolinie airlines is waiting for take-off from Ruzyně International Airport. More than a hundred young men and women, the finest athletes in the communist state of Czechoslovakia, are bound for Helsinki, a seven-hour flight away, where the XVth Olympic Games will begin in nine days' time. But there is a problem. The brightest and best of them all, Emil Zátopek, is absent.

The greatest runner of his generation – perhaps of all time – is missing from the flight that is due to take him to the Games that will define his sporting life. He is at the height of his powers: twenty-nine years old, a world record holder, a reigning Olympic champion who has lost only one of his last 70 races at his specialist distances, with his sights set on an unprecedented and never-to-be-repeated clean sweep of endurance running events.

It is the most important journey of his life. And he is late.

At least that is how it looks. Emil's wife, Dana, knows better. A javelin thrower with Olympic ambitions of her own, she is on the plane already, weeping. She knows the real reason why Emil is not beside her. She knows that he is engaged in a high-stakes game of "chicken" that could not just end his career but quite plausibly see him sent to a labour camp.

It is Thursday, 10 July 1952. The Iron Curtain that fell across Europe at the end of the Second World War has grown more oppressive in recent years, especially in Czechoslovakia. The Communists seized power there in 1948 and a ruthless secret service has helped them keep it. No one is immune from the obsessive and brutal enforcement of political conformity. Athletes of all kinds have been among those rounded up in the purges.

The problem with Stanislav Jungwirth, Emil's teammate and future 1,500m world record holder, is a trivial one. Stanislav's father is in prison for political offences - and that, the Party has decided, makes it inappropriate for Jungwirth junior to travel abroad.

News of Jungwirth's exclusion emerged the evening before the athletes were due to fly. Jungwirth was devastated but quickly accepted that making a scene would only make matters worse. But Emil was incandescent. "No way" he told the officials. If Standa does not go, nor will I. The next day, on the morning of the flight, Jungwirth implores Emil to calm down. Emil insists on standing his ground. He gives Jungwirth his team outfit and tells him to return it to the Ministry when he returns his own. Then he goes off to train alone at Prague's Stahov stadium.

The stand-off continues for days, by which time the plane has long since left without Zátopek. Dana is inconsolable; the stress causes her to lose her voice. It is barely a decade since her own father was taken away by the Gestapo during the German occupation; he ended up in Dachau. Now her husband seems to have condemned himself to a comparable fate.

In Helsinki, Western journalists are told that Zátopek has tonsillitis.

New on our website: your 2023 Board

PS. We promise we will update our listed task and shapes of faces as we mature and swap duties.



Your 2023 Joplin RoadRunners Board



President Henri Coême

Two years on the Board, then two years as President, Henri was re-elected for another 2-year term. Aside from leading Board meetings, Henri acts as Race Director for all JRR's races, composes the bi-monthly JRR Newsletter, updates the JRR website, E-mail marketing and Merchandising, General communication and Networking as well as 501c3 fiscal and regulatory compliance reporting.



Vice-President Sheree Wilson

After two years on the Board, Sheree was elected Vice-President for a 2-year term. Substituting for the President when absent, Sheree also handles all Facebook and Messenger marketing and communication as well as Group run organization and Strava group competition.



Treasurer Casey Grissom

Casey continues in her second-year term as Treasurer. She handles accounts payable to various vendors, accounts receivable from members, RunSignUp and donors, balance sheets, income statements per race, Charity donation accounts, RRCA relations.



Secretary Aaron Orland

Newly elected to the Board, Aaron will take over from Chasity Marine, responsible for Board agenda and Board meeting report.



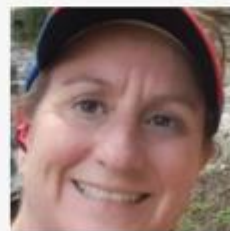
Board Member Debbie Smith

Debbie enters her second year as a General Board member, specifically in charge of our Calendar of Events, Club meeting venues & selection of featured speakers.



Board Member Heather Orland

Heather was elected in December as one of the new General Board members for a 2-year term.



Board Member Lori Thompson

Lori was elected in December as one of the new General Board members for a 2-year term.



Board Member Brian Spencer

After a few months as a temporary Board member, Brian was elected in December as one of the new General Board members for a 2-year term.

Group Runs



Group runs will be held on weekends only, for now and until weather improves.

For your weekly update, please check our Facebook pages.

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

We leave no one behind!

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

**WEEKEND
GROUP
RUNS**



SATURDAY 12/31 MEET AT 7AM & 8AM AT 5TH & MAIN. WE HAVE A 4 MILE LOOP. IF YOU ARE TRAINING FOR RUN WITH THE WIND YOU WILL NEED 8 MILES.

SUNDAY 1/1 JOIN US AS WE MEET UP WITH TNT FOR A NEW YEAR'S RUN AT 8:30AM AT THE JOPLIN LIBRARY. TO MEMORIAL HALL AND BACK.

SUNDAY 1/1 MEET AT 1PM AT HIGH GROUNDS TRAIL IN NEOSHO NEAR THE BALL FIELDS. THIS WILL BE A PREVIEW RUN FOR THE FROSTY TRAIL 5K

PIC•COLLAGE

COMING UP!

January 12: Club Meeting - 7:00pm at Caroline's (Griffin Building)

Speaker is Dr. Joseph on joint health for runners.
You will be able to order your drinks and ice-cream
Also, more info on

- Frosty Trail 5K
- Erick's Run 5K
- Run With The Wind

Pick up your new club shirt and final chance to register your 2023 membership without missing out on any of its benefits for the year.

February 10: Lasagna Dinner – 7pm at Henri's in Neosho

Speaker is Henri himself: "Running like and old Dog"
Henri & Titi serve the lasagna. You bring a side and/or a drink.



Still haven't seen our new 2023 shirts??

Here they are again!! In stock now!!



Don't have your shirt yet? What's wrong with you??

These are top racing performance shirts!

- Microfiber performance polyester
- wrinkle-resistant,
- moisture management,
- anti-bacterial,
- never fades in the washing machine
- Designed so that the bib doesn't cover the logo on the shirt.
- UPF50+ protection

Sign up now and don't miss out. When they're gone, they're gone!

Club Officers



info@joplinroadrunners.com

www.JoplinRoadRunners.com

President - Race Directing, Merchandising, Communication & Networking, Website and Newsletter, 401c3 compliance
Henri Coëme (417) 622 8912 hcoeme@hotmail.com

Vice-President - Weekly Group Run Organization & Social Media
Sheree Wilson wilson7907@sbcglobal.net

Treasurer – Accounting & Financing
Casey Grissom r3d4um.19@gmail.com

Secretary – Board Agenda and Club Meeting Reporting
Aaron Orland ahorland@hotmail.com

General Board Members

Debbie Smith – Calendar of Events, Venues & Featured Speakers, debbieann57@yahoo.com

Brian Spencer spencercarco@yahoo.com

Lori Thompson ldolores1@yahoo.com

Heather Orland ahorland@hotmail.com

Appointed Board member

Titi Jaramillo (titijillo@gmail.com) – graphic design, shirts & awards creation

Club Maskot

Miles the only Beast (all others are pretend only)