



## Joplin RoadRunners' Newsletter July - August 2022 Edition

### First Word from your President

Fellow Runners,

You're in for a surprise!

It has always been our wish to have a good number of runners participate in our Newsletter. Remember this is *your* Newsletter. It shows what we can and have accomplished, as individuals and as a group, with each other's support.

But this month's participation stands out like no other before. Read on and be amazed at the talent, the grid, the challenge, and the fun all of us had and are willing to share on these pages.



Sure, we have heard and maybe read some shorter version of these stories before on Facebook, when they were fresh news. This Newsletter, however, is where we talk just to one another, from one caring runner to another. Here, we are not afraid to show our weaknesses and failures. Here we know that runners' setbacks are real but also temporary. Here we know we are in a small crowd of people who truly care about our well-being as runners and as friends. We know that because we all go more or less through a similar history of stumbles and victories. And really, is there anything more inspiring than a story of struggle, failure but ultimate success and victory?

It also delights me to say that our club has now grown to 75 members: a real resurgence after a few pandemic years almost wiped us out of existence as a club.

Encourage friends and newcomers to the area to come find companionship, encouragement, safety and fun among like-minded people. Invite them to come to our group runs or our meeting. We promise not to harass any new faces (at least not the first time). Invite them to come and get a taste of what we are all about. Then, if they like it, why not join, right?

Our website is up since April. Have you taken a peek yet? Do you know what information to find there? Not to worry, we will remind you often what to find there. We also keep building; adding new information, constantly updating older pictures and stories.

So, once again, enjoy this extra long summer edition, and keep encouraging one another to be the best sport they can be.

Henri

## May 10 & June 7 - Board Meetings @ BTB Burger

*(by Chasity Marine)*

### Group Runs

We decided on a few venues for our weekday group runs (Wednesday am runs, Thursday low-water bridge runs, weekend trail runs). We also agreed on a new incentive program to encourage more JRR members to participate in the weekday runs. Each attendance will give a participant one chance to win a monthly drawing for a nice prize. We agreed on a list of prizes with the option of adding more, later. Ideas for now: gift card for Road ID, Free JRR membership, free entry to races, mug or metal sign with your favorite race picture, JRR merchandise.

### Encourage membership

We will be handing out our new flyers for our current JRR members, for them to pass on to any prospective members.

Don't have your leaflet yet? Ask any of your Board members.

### Resignation

Cathy Slade resigned as VP because of family constraints. We discussed options of replacing or just leaving the position alone until December election. Board voted to leave VP post vacant until December election since MO Sec of State only requires President, Treasurer and Secretary positions to be filled at any time.

### Races - Kids Classic

Chanti informed us she will move the event back to October again. We will start discussing and planning in August – September meetings.

### Future Meeting venues and speakers

We discussed places and topics for Oct and Nov meetings: suggestions were runners' safety, Joplin Trail Coalition, doctor on joints care. We will check possibilities further in next meeting after speaking to a few potential candidates/venues.

### Club's Legal & Fiscal Status

Henri reported that we timely renewed our 401c3 non-profit Annual Registration report at the MO Secretary of State, covering the last two years. He also filed our annual report to the MO IRS for fiscal year 2021.

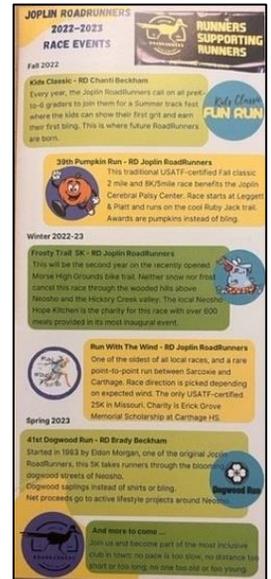
JRR also reappointed the law offices of Christopher W. Dumm in Joplin as its Registered Agent for 2022.

### May Club Meeting – May 12, 2022 @ Mercy Park

*(by Chasity Marine)*

### Charity

Sharing its net revenue of the 2022 Run w/t Wind race, JRR donated \$500 to Brian Crigger and Carthage High School. The money will go to its Eric Grove Memorial Scholarship, this



year sponsoring the young athlete-runner Ty Lewis, winner of the scholarship.

### **New JRR Leaflets**

were presented and handed out to the general members to share with friends.

### **Website**

has been completely revamped and introduced to the members. It will be updated weekly. Newsletters will be posted there as well with link sent to JRR members instead of mail attachments, for easier and safer distribution of future Newsletters.

### **Great American Relay (GAR)**

This relay across America runs from Santa Monica CA to the World Trade Center in NYC in 668 stages or “Legs” and passes by our area at the end of September. Relay consists of short 3 to 6 mile legs with one lead runner carrying the baton while up to 10 support runners can join the leg officially after registering on the GAR website, but anyone can join as a virtual runner (and thus join any of us in person at the same event). Proceeds of the GAR go to first responders and military charities.

On Sep 29, Lori Thompson will be the lead runner of Leg 297 (no support runners yet), Henri will be lead runner on the next Leg #298 with 4 JRR support runners so far. Both these legs run between fire stations in Joplin. Suzie Crossno has signed up for Leg 303 starting in Carthage (no support runners yet). Want to join any of these legs (or others), visit [www.GreatAmericanRelay.com](http://www.GreatAmericanRelay.com) for more info, course maps of each leg and registration.

### **4 x 4 x 48 Challenge**

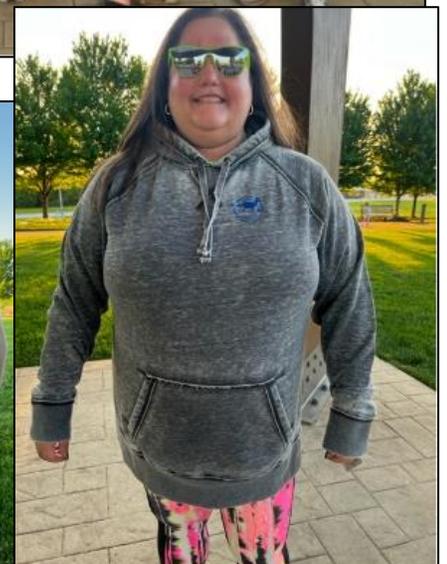
Debbie and Sheree are doing the David Goggins Challenge: 4 miles, every 4 hours for 48 hours. Anyone is welcomed to join, planning on making Debbie’s house their base.

### **Group Run monthly incentive prize**

We introduced the monthly incentive program for participating in daily group runs and went over possible prizes with members. We immediately drew a first month’s prize which was won by Anne Jiles. Anne won a JRR drawstring bag and towel.

### **JRR merchandise**

We handed out the remaining JRR merchandise to members who had ordered these, earlier this year. Pictures will be posted on our website to justify JRR’s status as a garment embellishing company, providing us wholesale purchasing rights at major US wholesalers. We will organize a next purchase order when ordering pumpkin run shirts. Still haven’t picked up your special outfit order or your JRR T-shirt? Let us know where we can meet with you and hand you your gear.



## JRR Members' Lounge Race Calendar

Don't forget to post your upcoming races on the JRR race calendar, so we can shower you with cheers on "Fri-YEY". Don't know how? Tell us and we will show you or do it for you at our next meeting. We never want to overlook a JRR member's race or effort.

## June Featured Speaker

Guest speaker was Edie Jones from Every Body Fitness, a yoga instructor since 2009.

Edie was a nurse for years and now teaches at Joplin. Edie recommends doing yoga daily which you can either do before or after bedtime or after a run.

Edie makes sure she always modifies movements to her class needs and keeps her students in mind.

Yoga should always be done barefoot to make sure you are using all your muscles, making them more flexible. She likes to practice breathing during all her movements (in through the nose, exhaling making HAaa-sound, so the body oxygenates better).

Always try to have a sense of calmness when practicing yoga; your intentions should be a positive affirmation. No challenge, No change. Edie showed us how to use belts and blocks to help with flexibility.

She demonstrated yoga movements good for runners to keep good form.

Her Yoga class is Monday's and Wednesday's at 5:30pm at Every Body Fitness.



1<sup>st</sup> - Brian Spencer

2<sup>nd</sup> - Debbie Smith

3<sup>rd</sup> - Henri Coeme

4<sup>th</sup> - Chasity Marine

Brian donating his winnings to sponsor Lauren's new JRR membership.

Awesome gesture, Brian!!

Welcome, Lauren!!





**Have you visited our New Website yet?**

[www.JoplinRoadRunners.com](http://www.JoplinRoadRunners.com)

**Updated WEEKLY  
with  
new Group Run venues  
and  
upcoming races.**

### Group Runs



Come run with us at these locations, days and times.

[FIND OUT MORE](#)

### Coming Race Events



Check out these coming races around the area

[FIND OUT MORE](#)

### Monthly Meetings



Where and why we meet as a Club

[FIND OUT MORE](#)

## Race Reports by Club Members

### Joplin Memorial Run – May 7, Joplin, MO



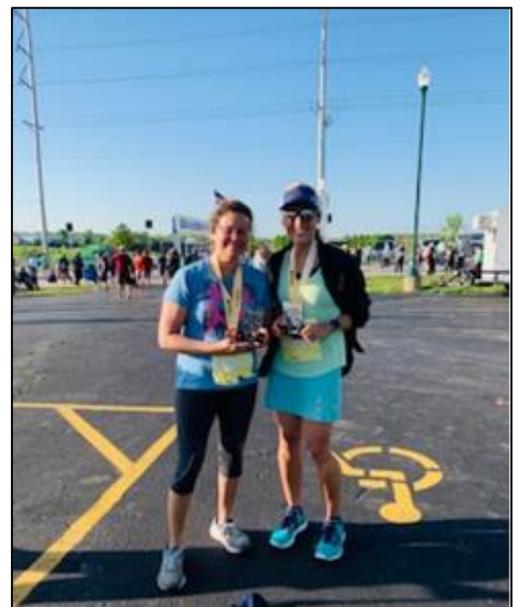
*(by Bridget Sparlin)*



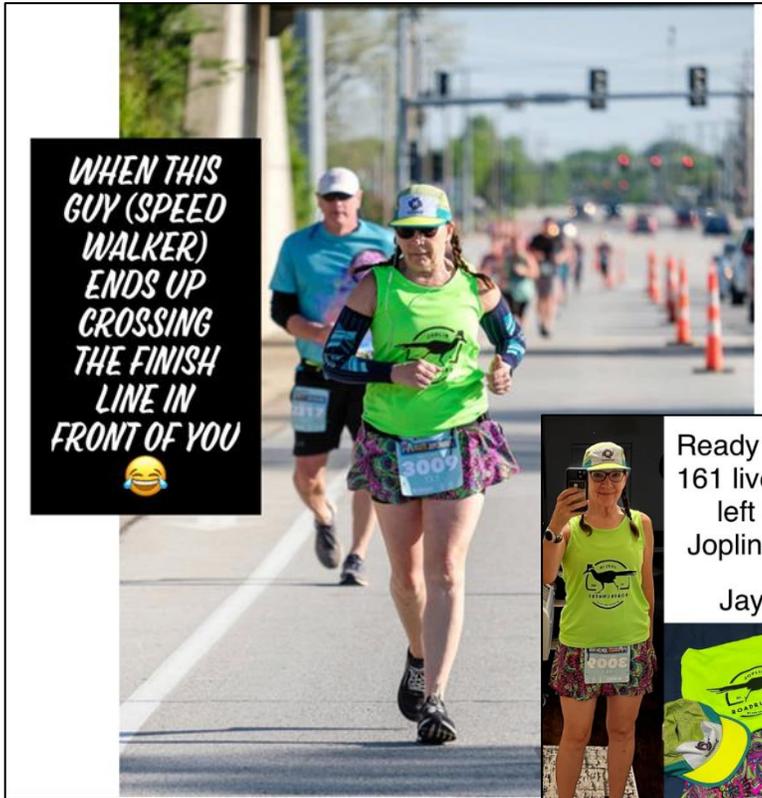
Wonderful race that I look forward to every year!  
Love the 5k, but I especially love seeing all of the friends I know in our running community. I managed to snag 3rd in my AG.

Following a dear friend of mine who placed 2nd, and another friend who placed 1st.

I joked there was no way we could ever make that happen again so perfectly!



(by Sheree Wilson)



Everyone loves the Joplin Memorial Run right?

Well I love it too. We all have our reasons that we run this race. It's very special to most of us. Every year I vow to never run it again and every year I run it again.

This year I made a couple of rookie errors. I have a very finicky digestive system and I typically use Honeystinger gels and I ALWAYS use Tailwind.



Ready to go honor the 161 lives of those who left us too soon!  
Joplin Memorial Run  
Jay Adam John

This year, I decided I wanted the freedom of not carrying anything with me. Let's just say this is not a choice I will make again. It's not that gels and hydration weren't provided they just weren't my choice.



We could not have asked for better weather. This was the best weather I recall having for this race over the years and I was so thankful for it. Overall, it was a great race and I love the *Bocogear* hats.

We don't need to talk about the fact that I finished behind a speedwalker. Lol! Kudos to that gentleman though. I believe it was his 100th half marathon! Wow! Happy running



Delynn and family, crossing the JMR finish line.  
Four generations hand-in-hand!

## Heartland 39.3 – March 26, April 9, May 14 – Liberty, Rock the Parkway, Run w/t Cows Half Marathon

Heartland 39.3, also called three times the sweat for the same one trophy. The competition is to run the lowest combined time over three half marathons in the Kansas City area. Some, like the Parkway race, attract over 2000 runners, the other two just under a thousand. The three races are less than a month apart, so not everyone runs all three.

Two races in, I was ahead in my group over 60. The final (Run w/t Cows) is normally a long jog in the countryside. Hardly any hills; just an easy roll. But this year was a different matter. The organizers had pushed all three races back a month, so this final leg now fell in mid-May with weather well in the 80's, not a single spot on the course to run in the shade and our bodies still in cold-weather mode.

I let go of the 1:35 pacer early on. Not the right pace for me today. Next thing, my buddy Jerry passes me by in his typical erect-chin-up-hand-up style. Jerry had always been the faster of us two, and today was not going to be an exception.

Jerry had beaten me, each time we met, at the summer Frisco trail evening races in Joplin.



Halfway, he had a quarter mile on me. On any given day, that would have closed the door.

Now in the mid-eighties and in full sun, the race was beginning to take a heavy toll on all. For once, starting slower turned out the better tactic. Jerry kept losing his advantage with every passing mile. With three miles to go, he stops at a water station and drinks several bottles of water, pouring a few more over his head and body. By now, he was running shirtless and his skin was turning beet-red. I shouted something at him about shade and sunburn, but he paid no attention to anything other than to more water.

Dozens of runners had, by now, stopped racing and, while jogging, desperately looked for shade where none could be found.

The end came none too soon with people stumbling over themselves while crossing the finish line.

Jerry must have started back up eventually, and arrived almost 10 minutes later, all advantage lost in the final two miles. He disappeared as soon as he stopped, driving off to cooler shelter.

Running in the heat is no joke. Racing in full sun ... don't try this at home.

With all that, only 10 runners managed to remain below an aggregate 5 hours for all three half marathon races combined. This 7<sup>th</sup> place, I won't easily forget.

Place	Name	Bib No	City St	Ag	Liberty	Rtp	Rwtc	Chip Time
1	Bryan Hahn	26	liberty mo	1:m overall	1:25:27.4	1:22:45.1	1:28:52.0	4:17:04.5
2	Matt Schmidt	40	kansas city ks	1:m 40-44	1:25:02.6	1:21:51.0	1:33:43.9	4:20:37.6
3	Jared Moore	34	leavenworth ks	1:m 30-34	1:27:43.2	1:25:50.5	1:31:28.7	4:25:02.5
4	Steven Weber	44	fort leavenworth ks	2:m 40-44	1:30:18.8	1:27:03.4	1:33:00.5	4:30:22.8
5	Nathan Uhl	46	kansas city mo	1:m 45-49	1:34:22.7	1:29:52.4	1:34:58.4	4:39:13.6
6	Andrew Komer	46	prairie village ks	2:m 45-49	1:36:17.9	1:31:38.9	1:38:25.0	4:46:21.9
7	Henri Coeme	69	neosho mo	1:m 65-69	1:38:06.4	1:34:26.3	1:38:03.4	4:50:36.2
8	John Van Duser	57	gladstone mo	1:m 55-59	1:38:21.9	1:35:37.7	1:41:35.9	4:55:35.5
9	Randy Scarborough	55	lees summit mo	2:m 55-59	1:38:55.8	1:34:31.6	1:42:49.8	4:56:17.3
10	Conn Narber	55	phillips ne	3:m 55-59	1:38:10.3	1:33:20.5	1:46:57.1	4:58:28.0

# 4 x 4 x 48 David Goggins Challenge – May 21-22, Anywhere USA (in our case, Joplin, MO)

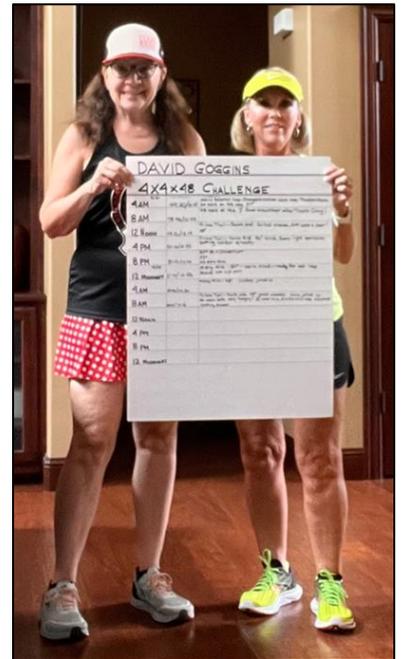


For those who have not heard of this Challenge let me explain! David Goggins, who is an ex-Navy Seal, has an over-the-top personality and likes to do very hard physical things, put this out on Social Media a couple of years ago. I was very intrigued when I first read about it!

Here's the challenge: you have to run 4 miles every 4 hours for 48 hours, adding up to a total of 48 miles! Sounded easy enough to me! So now I need someone to do this with me!

Sheree Lundien Wilson you are the best! We had a chart to keep track of everything.

We started at 4:00am Saturday morning and our last 4 mile segment was at midnight on Monday morning! We had great weather except for the first segment!



Rain, thunder and lightning! We would have never run in this but had no choice since it started storming on the last mile! Just had to get back to the car! The second segment we ran on the indoor track at the Y due to heavy rain. Several people came out and ran a 4 mile segment with us! It was challenging but not as hard as I thought it would be. We had to make sure to rest and eat between segments.



We were definitely sleep deprived! What a sense of accomplishment! I was happy when after finishing the last 4 miles I could go home and sleep! It was a great adventure and am very happy I can say "I did it"!

DAVID GOGGINS		
4X4X48 CHALLENGE May 21-22-22		
4AM	49:20/12:15	51a1 Mercy Hospital loop. Changed direction each loop. Thunder storm hit back on 4th loop. 57°
8AM	48:46/12:09	51a2 Frisco Trail - South end. Grilled chicken, diet coke & beer!
12 Noon	49:16/12:19	55° Frisco Trail - North End. 56° Wind. Some light sprinkles. Getting harder already.
4 PM	50:16/12:33	52nd St + Connecticut
8 PM	51:02/12:44	55° No more rain
12 MIDNIGHT	51:41/12:50	51a2 Mercy Mile - 54° We're tired - ready for our nap. Sheree left hip pain
4AM	51:46/12:54	51a3 Mercy Mile - 48° Lindsay joined us
8AM	50:51/13:12	51a4 Frisco Trail - North side. 48° great weather. Anne joined us. We were both very hungry! I was very dizzy this loop. very getting almost
12 Noon	52:51/13:11	51a5 Frisco Trail - North side. 57° Legs feel very tired! Sheree joined us.
4 PM	53:11/13:16	51a6 Frisco Trail - North side. 63° Time! Mentally and Physically! Henry, Miles and Craig joined us (only had her bike)
8 PM	55:20/13:48	51a7 Really a big struggle. Getting up from nap. 52nd + Connecticut. 62° Very hard loop. In a order to keep going we did 20/30 intervals
12 MIDNIGHT	51:25/13:20	We Did it !!!

I conquered the David Goggins Challenge! Sheree, I can't thank you enough for doing the hard things with me!

**"We did it"!**



## IronMan Tulsa – May 22, Tulsa OK

*(by Les Shaeffer)*

Ironman Tulsa 2022 was an experience to say the least.

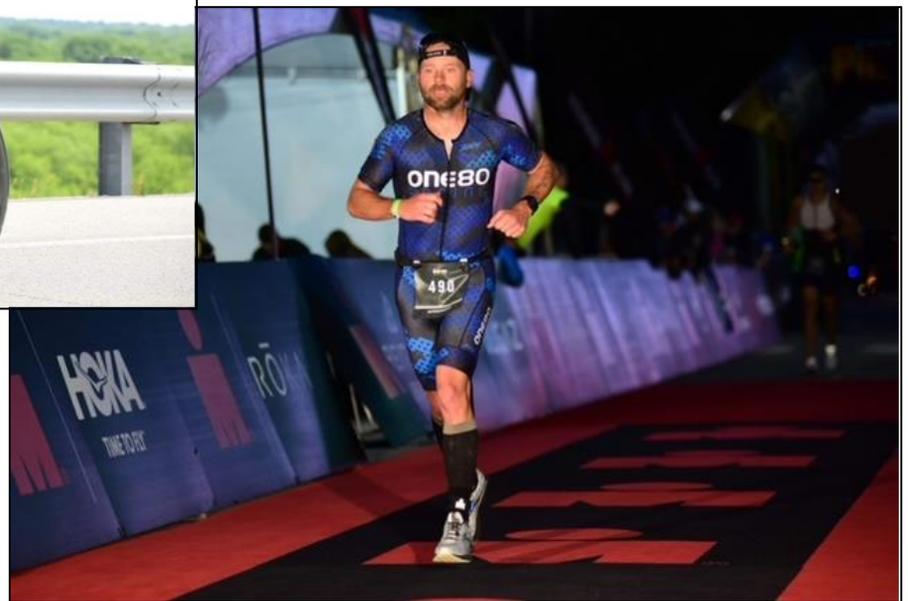
I originally signed up for Tulsa back in 2019 but with Covid, then my son's high school graduation, I was unable to do the event until this year. Waiting for and training for Tulsa for 3 years burned out my training.

So, I went into Ironman with very little training this year. I was better prepared for Waco in 2021. While I know I am capable of a much faster time, I was very happy with the results.

The 2.4 mile swim went as expected, and I was having a good bike for the first half of the race. The start of the second lap was a climb that zapped the legs of just about everyone I spoke to. The wind and temps also began to rise to it took a toll on the 112 mile course.

Heading into the run, I was fortunate enough to find some legs and pull together a decent marathon. My coach's nutrition strategy was simple, mix coke and water together and take a gulp, then keep going.

Tulsa was an amazing experience. The volunteers and community were energetic and positive all night. I finished Ironman Tulsa with a time of 13:58:30 which was over an hour faster than my Waco time. For weeks I contemplated on skipping the event, but I am glad I was able to pull myself together and face the challenge head on with success.





### Run for the Blue – May 30, Joplin MO

Recent months have demonstrated that there is a thin line between anarchy on the one hand and law & order on the other, ... a thin *blue* line.

To express that sentiment to local law enforcement, a good number of Joplin RoadRunners joined Nathan and Jenna's initiative and ran between the Library and Memorial Hall, halting briefly by the monuments honoring fallen local heroes in foreign wars.

A nice tradition to preserve.

### MO Senior Olympics & MO Senior Games – June 4 & 11, Springfield & Columbia MO

*(by Kathy & Russ Ritchhart)*



Well friends, summer is here and so is the heat.

Not running any half marathons right now, so we have focused on running at the state senior Olympics.

Three weeks ago, we went to Springfield to run the Senior Games. I (Russ) am much faster at the short sprint races and Kathy is better at the longer distance. I took 1st place in the 50 meter & 400 meter dash, 2nd in 200m dash. Kathy took 2nd in 400m & 1500m & 1st in 200m.

The following weekend we decided to drive to Columbia & run MO State Senior Games. It's a 4 hour drive from our house but enjoyed the trip.

I took 1st in 400m & improved my time by 5 seconds. I felt like I had pulled a muscle in my leg so decided not to run any more races.

Kathy got 2nd in the 1500m & 1st in 200m. She also hurt her hamstring so decided not to run 800m.

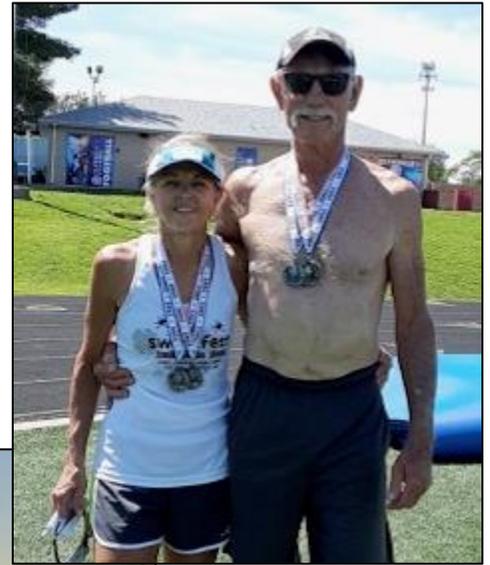
Was disappointed but that comes with running.

We will probably run some 5K's now till cooler weather. Planning on going to Topeka, KS in September to run their Senior Games, maybe Oklahoma and Little Rock, AR Senior Games.

Well, I guess that's all for now. Hope to see you at the next meeting!

## Garry Bjorklund Half Marathon – June 18, Duluth, MN

*(by Judy Lewis)*



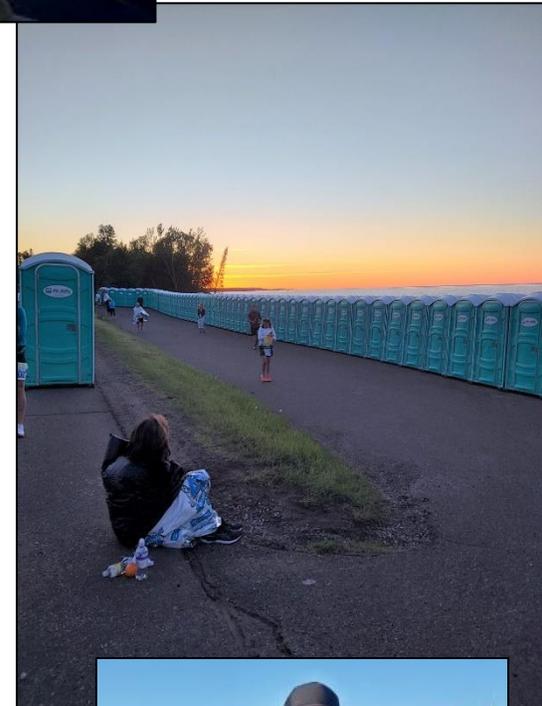
I competed in the Garry Bjorklund Half Marathon in Duluth, MN June 18<sup>th</sup>. I was peer pressured into signing up back in October and at the time, I'd never run more than a 5K.

I found a 10-week training plan and started at it. One thing about going into a race with 7,004 other people, it definitely alleviated any nervousness or stress. I knew I wasn't going to be winning anything, so my only competition was myself and the goal I had set.

What I was most nervous about was wandering the streets alone at 4am trying to find the bus pickup location. You were not allowed to drive to the start. The busses picked up about a half mile from our hotel and I was planning to take the skywalk that passed over the streets and through the buildings. It ended right at the bus pick up. Guess what? It wasn't open at 3:45 am!

I was the only one in the group doing the 1/2, everyone else was doing the full and they started an hour later than me. Dora was sweet enough to get up earlier than she had to and walk halfway there with me. Anyway, I found the busses and mine was the first to the drop location, 1/3 mile from the actual start line.

Jodi (a lady I met on the buss) and I walked to the start line to take pictures. It was pretty cool because there was hardly anyone there. Rows and rows of porta potties for days! Within about 30 minutes, the entire 1/3 mile chute to the start line was a



complete sea of people. We fought the crowd and got back to around the 2:20, 2:30 pacers.

When we crossed the mat and started running, I learned a pretty valuable lesson. I never typically warm up, I just...start running. And it never feels great. Always awkward and a little stiff. That day, it felt great! Obviously, cool temps (low 50's) and no humidity was a tremendous help, but I had already walked about a mile before I started running. Lesson learned. Warm up! I've always wanted to conserve my energy for the race, but I know now, it won't hurt.

The course was very pretty. Much of it was along the shore of Lake Superior, which looked like an ocean. You could hear the waves crashing, very calming. It wasn't nearly as hilly as I had heard. Some easy rolling hills, but only one big one around mile 11. There were aide stations every couple of miles starting out, and then almost every mile near the end. Even a station with fruit and Gatorade.



The furthest I'd run up to this point was 12 miles and at a slower pace. I felt good up until around mile 9. Then some muscles started getting a little tight. I.T. band and lower back. My toes felt a little tingly. A little discomfort, but nothing that slowed me down much. My goal was to finish in less than 2 hours 20 minutes. Around mile 8 or 9, I realized I'd caught up with the 2:15 pacer! I was pretty stoked! I think more adrenaline must have kicked in.

As usual, the last 1/2 mile was the hardest. I always feel like I'm going to throw up once the finish line is in sight. I guess I start pushing harder.

At any rate, I crossed the mat at 2:14:57 and I'm super happy with it! I was number 1875 out of 4278 females and number 3727 overall out of 7004.

All in all, a great race and I just may do it again!

## Grandma's Marathon – June 18, Duluth, MN

*(by Brandon Smith)*

I drove and it was about 11 hours. 35 from KC all the way, pretty smooth! We stayed at a hostel right by the finish which was very convenient! Hostel wasn't the nicest but I'm pretty simple.

This was my first time to venture to Duluth Minnesota and it did not disappoint!



The past couple months of training in the heat have been agonizing and I generally start my runs before 5am.

I have been excitedly looking at Duluth's weather for the past several weeks knowing that even if it is hot there it will be cool by my standards.

I generally procrastinate and sign up for races last-second, but had multiple friends doing this marathon so I signed up way in advance. Besides the heat, training was going really well.



Unfortunately, during a hard workout 3 weeks before race day I stepped wrong and sprained my ankle. My ability to compete in the race was in question, but I did everything in my power to be race ready in time. Fortunately, my ankle was feeling better each day and I ultimately decided to go for it. If nothing else I was going to go have a good time with friends and walk/jog the marathon.

Race day arrived and the weather was absolutely perfect! The rolling hills along Lake Superior were breathtaking! To top it all off we had a steady breeze at our back giving a nice cool push. The only race day thing that really threw me off was getting race ready so many hours before the race and waiting.

We opted to take the scenic train ride to the starting line which was also an amazing experience! The thousands of participants lining up was also a little overwhelming, but we positioned ourselves pretty close to the front which took off at a good pace.

When the gun went off we were off and cruising. Dora Eastin and I had been training hard together, both of us being coached by Brian Cole. We had made a plan to stick together as long as we could but also not to hold each other back.

The first half marathon felt effortless. We were managing to keep under a 6:30 pace while conversing and talking to other runners.

The second half of the race did not go so well for me, but it was still an amazing experience. Once the pain set in, I backed off and watched Dora continue to cruise ahead and run an amazing race!

Overall, it was an amazing trip with an amazing bunch from Joplin!





### Hospital Hill 5K – June 4

*(by Bridget Sparlin)*

This was a fun race too! Over 3300 in all of the events!

We were heading to KC to visit my son, who was flying in from DC for the weekend to see friends. The timing of everything worked out great for our plans that weekend.

Love the atmosphere at this race! Next year will be their 50th anniversary! It would be fun to have a group from Joplin head up for that!

*(by Lori Thompson)*

June 11<sup>th</sup>, I participated in my first ever duathlon.

It was an experience I will never forget, but don't know if I'll do a repeat.

I trained for it somewhat but didn't train on hills and prayed there wouldn't be any....in Fayetteville.

The event was very well organized, volunteers and event staff friendly and helpful. Beautiful scenery!

I enjoyed my time with my friend but really didn't enjoy the race. It probably would have been different if I had a bike built for road racing and not cruising.

### Ladies Du - Duathlon – June 11, Fayetteville, AR



### Color Run – June 18, Neosho Morse Park

*(by Amy Shaeffer Cuevas)*



“For the first time in my life I finally did a Color Run and let me tell you it was a very colorful experience 😊 I haven't been running lately, I just haven't been feeling it.

So I did this race to just have fun. I could not believe I took second, but I did and it felt pretty good. ❤️

I think everyone should do a race like this. For life is not always black and white and we need color in our lives. 🦋🌈

## HighGround TrailFest – Neosho MO, June 25

(by Henri Coëme)

Starting a race at 9am in summer is never a good idea, even if it's a trail run plenty of shade. The heat had scared a lot of people, and rightfully so. No one should try this unless well trained in hot weather or treadmill-trained inside a sauna.

Bikers had the cool slot at 8am. By the time they were done, we were all sheltering in the shade of the nearest tree to the starting line.

Dogs don't get to run in too many races nowadays, especially off-leash, so my partner's heart lept when he understood he could join me. Morse trails are our weekly hunting grounds and there is not a spot that he hasn't sniffed and, most importantly, not a shortcut he didn't know, even on a moonless night.

Gun time, and typical, Miles's adrenaline goes "ape" and he jumps on me the first 50 yards as if he wants to get a piggyback ride. By the time we hit the trail, he goes all out. From here he knows the path, takes all the shortcuts, even finds time to pee, and more (but never on the trail).



Halfway up the first hill in the first of two loops, we are alone, as always when running in the woods. After one loop, at the 5K point, Titi stands by the side of the trail and takes him for a deserved dip in the creek. His 5K is done while his handler, now without escort, drudges through the second loop.

For once, and to great hilarity of my wife, I don't get lost on the trail without my dog.

My first-place trophy was a nice cooler flask which Titi immediately confiscated and put to good use. It is now part of her daily lunch package.

She said she'll buy me a dog bowl instead. Not funny.

I love trail running and racing but, Neosho Chamber, can we please do this a little earlier in the day, next year, when we Celebrate Neosho 2023.

By the time the city set off the fireworks, the three of us are in bed, dreaming of cooler days, with the AC on for a good night sleep.



in

A Glimpse of the past

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

**Enter Now**

Granby Lions Club/Old Mining Town Days  
**5K (3.1 miles) Run**

7:00 a.m. Saturday, June 29, 1996

**Free Pancake and Fruit Breakfast**

(to all finishers)

Served by Lions Club & Granby Forum Club



Free T-Shirts to the first 100 entrants

**Pre-Register Now**



•**Pre-registration by Mail:**  
Tammy Yost  
Rt. 2, Box 2243  
Granby, MO 64844

•**Registration Day of Race**  
First Baptist Church  
South Main, Granby



**DIVISION**  
**Men** - 1-12, 13-19, 20-29,  
30-39, 40-49, 50-59,  
60 and over  
**Women** - 1-12, 13-19, 20-29,  
30-39, 40-49, 50-59,  
60 & over  
Ribbons for all kids 1-12

TROPHIES FOR FIRST, SECOND and  
THIRD PLACE IN EACH DIVISION

**TROPHIES TO WINNERS OF EACH DIVISION**

AWARDS IMMEDIATELY AFTER RACE - RESTROOMS, WATER PROVIDED

•**Pre-registration by Mail:**  
Tammy Yost  
Rt. 2, Box 2243  
Granby, MO 64844

**ENTRY FORM**

**ENTRY FEE**  
\$8.00 - Pre-registration  
(until 4:00 p.m. June 28)  
\$10.00 - Day of Race  
Please attach payment

Name \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Age \_\_\_\_\_ Sex \_\_\_\_\_

In consideration of the acceptance of this entry in the Old Mining Town Days 5K Run, June 29, 1996, I, the undersigned, hereby waive, release and forever discharge any and all rights and claims for myself, my heirs, and executors against the Old Mining Town Days Committee or any of its affiliates, agents, servants, and officers: The city of Granby and its agents: The Granby Lions Club, and all other persons and entities associated with the running event from any and all injury, illness, or damage which may directly or indirectly result from my participation in the run.

MUST BE SIGNED BY ALL PARTICIPANTS

For anyone under 18 years of age, parent's or guardian's signature is required. \_\_\_\_\_

# Treasurer's Report

*(by Casey Grissom)*

<b>Beginning Balance 1/1/2021</b>	<b>\$ 5,875.74</b>
Income	\$ 9,949.75
Expenses	\$ 8,936.56
Charity Donations	\$ 1,650.00
	=====
<b>Ending Balance 4/30/2022</b>	<b>\$ 5,238.93</b>
	=====

<b>Beginning Balance 5/1/2022</b>	<b>\$ 5,238.93</b>
Income	\$ 172.94
Expenses	\$ 231.00
Charity Donations	\$ -
	=====
<b>Ending Balance 6/30/2022</b>	<b>\$ 5,180.87</b>
	=====

## From our Runner's Library ...

### Running Past Fifty – Advice and Inspiration for Senior Runners

*(extract from the book by Gail Waesche Kislevitz)*

Jeff Galloway – DOB July 12, 1945; residence: Atlanta, GA

Jeff transformed himself from an overweight thirteen-year-old to an Olympian through focused determination and dedicated training. He was named by a recent USA running poll as the most recognized person in the sport of running. For all his accomplishments, he is without ego. Now retired from professional running, he is best known for his signature Galloway Run/Walk method. He has coached more than a million walkers and runners to their goals through this program. What better coach to discuss how we can still reach our goals and even run PR's into old age!

Due to constant moving while growing up, he never had time to get involved in sport programs. “I was the last one picked when choosing up sides for games”, he says. When his father retired from the Navy, he finally was able to stay in a school long enough to participate on a sports team. He chose track, not because he was good at it, but because the kids were funny and accepted him. That social aspect was just as important to him as the running.

In Florida, Galloway started training with Frank Shorter and Jack Bachelier in preparation for the 1972 Olympics. All three made the Olympic team that year: Shorter and Becheler in the Marathon and Galloway in the 10,000 meters. He could have made the Marathon team, but he helped his friend Becheler who had run the 5000 meters for the US team at the 1968 Mexico City Olympics, secure a spot instead.

Here is how that happened.

Galloway and Shorter had already qualified for the Olympic team at the 10,000 meters the week before. Becheler also ran the 10,000 meters at the trials but didn't make the team. Galloway was at peak training for the marathon, his preferred event., but he wanted his friend to be part of the 1972 Olympics and was prepared to give up his spot for Becheler. His plan was to pace Becheler, stay steady, and aim for third place behind Shorter and Kenny Moore, who were out in front for most of the race.

At mile 21, Becheler started slowing down and struggled. Galloway stuck with his friend, and through encouragement, sheer will, and expert cheerleading, kept him on pace. They entered the stadium neck and neck, and the crowd went wild. At the last second, Galloway stepped back and let Becheler finish in front of him, ceding third place on the 1972 Olympic team.

“Helping my friend make the team was and still is one of the greatest joys of my career”, Galloway says.

That's just one example of why runners flock to Galloway at events, standing in line for hours.

His calming manner and soft southern tone reassure even those with the worst cases of the jitters that they can succeed.

## Upcoming Races



### 23rd ANNUAL RED, WHITE AND BOOM RUN - 5K

*(by Brian Crigger)*

Sign up at <https://runsignup.com/Race/MO/Carthage/BoomRun> and get a \$5 discount with the code JRR2021 (forgot to change the year in the code but it still works!) so the total cost for JRR members would be \$25 plus the RunSignup fees.

All money raised from this race goes to help support our cross-country team for the upcoming season.

We always use our money to ensure that every runner has everything they need for the upcoming season and that they are supported throughout the

year.

This includes paying for running shoes and meals for runners that might have a financial need. Our goal is that money is never a limiting factor for kids to join the Carthage Cross Country team and hopefully develop a lifelong love of running.

Any support would be appreciated!



2021 RWB participants

Now also check out upcoming races on our new website:

Coming Race Events



Check out these coming races around the area

[FIND OUT MORE](#)



HOME WHO WE ARE GROUP RUNS  WHY YOU SHOULD JOIN? [MORE](#) ▾

## Coming Race Events

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

<b>6/25/2022</b>	<b>Weekend Races</b> Celebrate Neosho - Highground Trailfest Bike race, 5K and 10K - Neosho MO	<b>8am</b>
<b>7/4/2022</b>	<b>Weekend Races</b> Independence Day Monday 23rd Red, White and Boom Run 5K, Carthage MO Use JRR discount code for registration	<b>7am</b>

## Group Runs

*(by Brian Spencer – day 1)*

You wake up ... what time is it ... 12am ... you fall asleep ... and wake up ... it's 2:39am ... roll over toss and turn ... it's 5am ... please just one more hour of real sleep ... 5:45am ... man this sucks ... just a little more, it's just me today ... oh man what's that bright light, crap it's 7:08am! ... ok let's get this over with: feet, there's the floor, you know what to do.

Thirty-eight minutes later you're out the door and figure out what that bright light was. It's the sun and it's 82° already! Ok, here I go ... man that's a long mile ... another mile later: Why did I sleep in?? ... Ok, almost there: 3 miles done and only 1 to go ... ok, four miles done and I'm not dead but I wish I was ... almost 9am and I'm dead tired ... ok just grab a shower and off to work I go.

*(by Brian Spencer – day 2)*

The alarm goes off ... ok let's do this.

You get up, get dressed and drive to a predetermined location, preferably with a lot of hills. A few minutes later, you see headlights coming your way. Right away you know who it is, even though they are still several blocks away. There is only one person crazy enough to be up this early, especially with the rain coming. They pull in and you say good morning.

- So, what time did you wake up? Oh, I slept in a little, 4:05am, how about you? 4am, didn't want to be late. Ok, are you ready? Yup, let's do it.

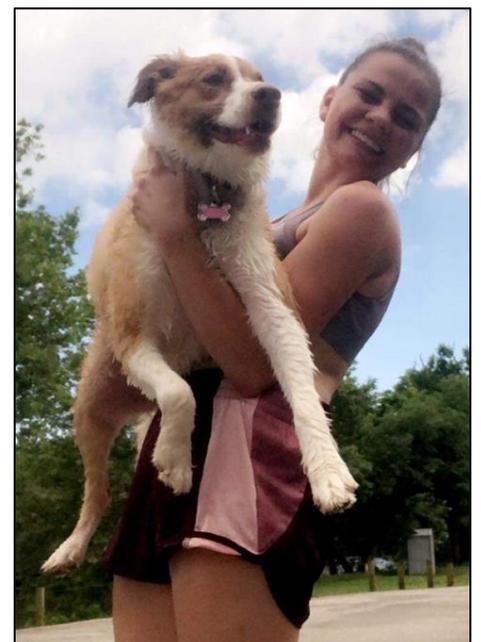
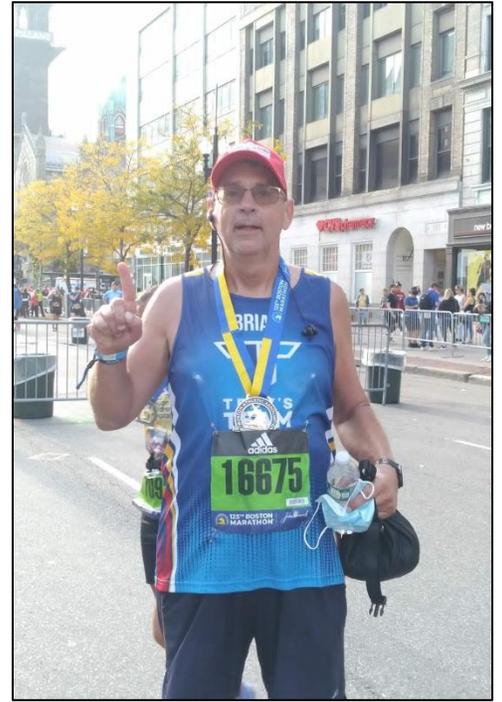
So off you go, you talk about this and that. After a few miles the rain starts.

- Remember that time we ran that Marathon from Salem to Rolla up hill in the Rain? Oh yeah, I remember that you could see the breath of everyone up ahead going up the hill, it was so cold. Yeah, that was a fun one. Ok, we're almost back how many miles do you have? 14.8 miles, what do you have? 15 miles, oh great, I get to run around the parking lot a couple times to catch up. See you Tuesday!

*(by Lauren Fisher – group runs)*

I have been running since I was twelve years old.

Don't get me wrong, it's been many things; challenging, amazing, and a bonding experience in itself. However, I don't think any amount of running could have prepared me for the wonderful, wacky world of college training. All week, every week without fail, long runs, tempos, exaggerated hill workouts, sprints. The team atmosphere is so strangely different. You're disposable, yet valuable. If you mess up badly in a race, you worry if they're finding someone to replace you because they can with a snap of their fingers. It causes a lot of pressure on an athlete to do well every time. You almost feel like you have to have a perfect race, or the pressure will overtake everything. Nevertheless, though the team atmosphere is important in college, it is important to have a buffer. It's important to have a way to calm the racing thoughts of failure and replacement. Having the Roadrunners for long runs on the weekends alleviates some of that pressure off my shoulders. No matter



what happens, no matter how bad or great a race is, I know I always have a place to come home to. My long runs, for now, are seven miles long and I couldn't do it every Saturday morning without the fine ladies and gentlemen to accompany me on my journey to find speed and endurance.

*(by Shawn "Tonka" Currin)*

My name is Shawn "Tonka" Currin. I am 11 years old, I have been running in 5K's for 2 years and have recently joined the Road Runners. I enjoy running because it helps me to clear my head and get in shape for wrestling. I love wrestling. I enjoy challenging myself with new goals and meeting them. Currently, my goal is to run a 10K by the end of the summer.

I also, want to go to USNA Annapolis, MD to become a Marine Corps officer. I also spend lots of time with family, including my church family. I try to be Godly and be an example to others. In my spare time I like to go camping, cook and play with my three dogs, Millie, Brooklyn and Rosie. My favorite color is Neon green so you can find me at any race.



Recently I challenged myself to run 2 x 5K's in one day. My parents thought that I would back out, but I am not a quitter. I ran the Cancer Challenge in Bentonville in the morning and set a personal best at 26:43 with a 3<sup>rd</sup> place in my age group. I have been trying very hard to get under 27 mins. This race was different than any that I had ever run because it was half road and half trail running. That night I ran in Joplin at the Starry Night 5k, and it was horribly hot, but I finished 1<sup>st</sup> in my age group.

Last weekend I ran the Roughrider Challenge in Neosho which was a very difficult trail run in the heat. I like running with the Road Runners on group runs too because everyone is so nice and encouraging. I feel safer and have others to talk to while running, which makes it more fun. Thank you all!

I'm going to have a very busy summer with at least two more 5K's and two more wrestling camps, plus a few more camping trips. I also have a great trainer, Macy, who works with me three times a week. I look forward to spending time wrestling, running, spending time with family, and reading.

### **NEW!!! Group Run Incentive!!**

In May the JRR board introduced a new group run incentive. The objective is to encourage club members to join us for our organized weekly group runs.

What you need to do:

- 1) show up to an organized group run (see our Facebook and website for



venues and times)

- 2) Sign in. Each sign-in is another chance to win. The more times you come and sign in, the greater your chances of winning
- 3) Wait until the next monthly meeting and hope you win

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

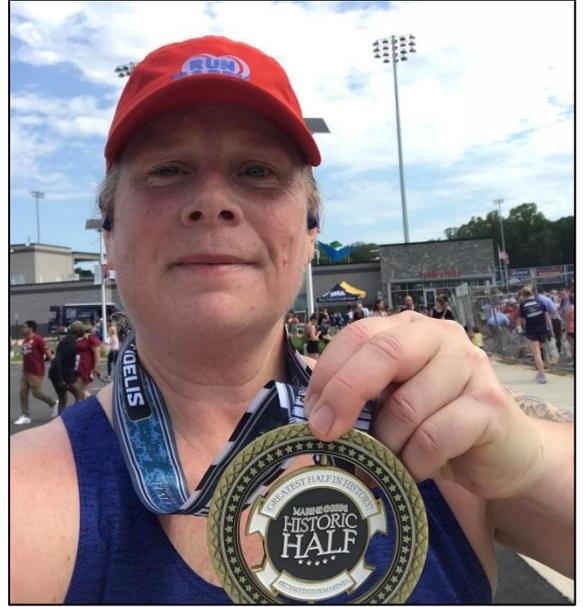
The prizes are approximately a \$25 value. Prizes could be race entries, free JRR membership, club gear, photo reproduction of your favorite run, etc.

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

The winner for May was **Heather Orland**. She chose \$25 towards her entry fee for Run With The Wind 2023.

**CONGRATS HEATHER!**

Any questions just let us know!!



### Group Run Schedule

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

Be sure to stay up to date by following our Facebook pages and JRR website. Venues and times are changing for the summer season.

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



**And finally ...**



**Next Meeting on July 14: run at 6pm, meeting at 7, at  
Freeman Rehabilitation & Sports Center  
Kendra Cochran will be speaking about running injuries**

**Club Officers**



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

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

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

**Board Members**

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

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

**Provisional Board member**

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

**Club Maskot**

Miles the only Beast (all others are pretend)