



## Joplin RoadRunners' Newsletter March-April 2022 Edition

### First Word

Follow Runners,

Many subjects, this month, since we are covering both the February and the March meetings. Also, quite a bit to report from members' race calendars. Good to see a growing number of you submit (even short) race stories. Nothing like hearing it first-hand from the ones who were there and lived to tell the story, right?

Obviously, our Run w/t Wind race dominates this edition. This wonderfully successful event showed the Joplin RoadRunners at their very best: cooperating in a common goal no one could have achieved alone; all volunteers contributing with their own unique talents and commitments. An event well worth remembering in the following pages.

But more than that, I also looked back at previous years' events. After all, this race was ran about 40 times, going back to the early 80's. Photos, stories and results from those early days bring perspective and color (even though in black-and-white) to today's event.

In this edition, we also start a new column, checking out some books and magazine articles for you; sharing what we can learn from others about our favorite sport. Hope you like this first installment.

And finally, a word about our Facebook groups, both the open Joplin RoadRunners pages as well as the private Joplin RoadRunners Members' Lounge. I understand how we all want to share all our concerns and empathies with each other. And since most of our friends (and mine) are runners, we do share a lot of ourselves with other runners. As such, we readily share also our political and charitable concerns and opinions. However spontaneous and well-meaning this may be, we easily diverge into subjects no longer related to our club. If you have any charities or events you want other runners and friends to know about, feel free to share those on our public JRR pages. JRR will however limit itself to only endorse the charities we specifically target in our organized races.

As for other politically sensitive subjects such as transgender swimmers, the Chinese Olympics, or the latest Russian doping scandal, I, like you, have some strong positions on these and will gladly share those with you on an individual basis, face-to-face, while sharing a friendly beer. I am however reluctant to have similar conversation on faceless Facebook exchanges where well-meaning and intelligent conversation are rarely the norm. Let's keep those pages just for our running activities. And on that note, read the first book excerpt in our new column, a few pages down, about socially nudging and shoving ourselves into ever better achievements and examples of healthy human beings.

See you all at Neosho's Dogwood run!

Henri



## February Meeting – Feb 10, 2022 @ Beast & Barrel

(by Chasity Marine)

### Brian Cole – Featured Speaker

Our February meeting was held at Beast and Barrel with as featured speaker Brian Cole. Brian has been a Road Runners Club of America running coach for 6 years, Run Smart Program for 5 years, and Jay Backman for 4 years. Brian started running before the tornado at Murphy track only being able to run a .25 mile at a time. His first race was a 4 mile run at Portland City Zoo. After doing that race, he learned he needed to improve his speed work. From there he did a half marathon which he finished in 1,027<sup>th</sup> place, only to go back the next year and finish 3<sup>rd</sup> in his age group. Brian then started to train for full marathons but learned quickly he was undertrained for his first at the Joplin Memorial Run. He ran the LA marathon in 3:05 which was his first Boston qualifier. Growing tired of speed work, he then ventured into ultra-running, quickly questioning his life choices after his first 50 miler. Now Brian trains for 1 to 2 full marathons a year.

### Some of his tips:

- Start to run by doing 1 minute on and 1 minute off until you reach 40 minutes.
- Run a 10k at an easy pace to build overall speed.
- Never do back-to-back long runs when training
- Never run over 2 ½ hours, even when preparing for marathons



### Chilly Trail 5K

At the meeting, we proudly presented Neosho Hope Kitchen with a \$1,000 check: our net proceeds from the Chilly Trail 5K at Morse Park, held on Jan 15. That day, 90 runners had registered (and contributed); 50 brave souls had shown up because of the “wintery” conditions. Kyle Bridges, husband of Desiree, manager of the kitchen, was present to receive the check.

With this donation, Joplin RoadRunners contributed the equivalent of nearly 700 meals to the kitchen. Something to be really proud of, gang!!





### **Dogwood 5K**

This year marks the 40th year the Dogwood race will take place. Brady Beckham was present to introduce the event. After last year's move to the Morse Park trail, this traditional run will be back on the road in '22, albeit on a different course, starting and ending at Big Spring Park. This is quite an important and significant move; a true graduation for this race, moving from the traditional start/finish spot at the Neosho High School, now to the heart of "Dogwood City". As usual, there will be a 5K and a 1K fun walk.

Brady also announced he'd have bigger trees for the finishers as well as special race bibs to commemorate the race and first-time runners.

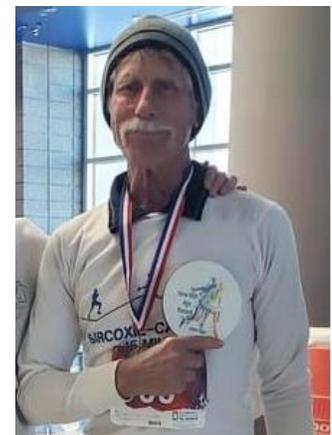
Joplin RoadRunners, meanwhile, decided to co-sponsor the race and the bibs.



### **And finally .... Our February Raffle Winners !!!**

- 1<sup>st</sup> Jim Burns
- 2<sup>nd</sup> Cristina Jaramillo
- 3<sup>rd</sup> Anne Jiles
- 4<sup>th</sup> Cathy Slade

Door Prize-Gift Card from Beast and Barrel .... Russ Ritchhart



# March Meeting – 10 March, 2022 @ Joplin Y

(by Chasity Marine)

## Karen King – Featured Speaker

Karen began to run in 2006. In 2009 she became a running coach and started “*Anyone can run*” classes at the Y. She then started the running group *Common Grounds* and became a trainer and nutrition coach. Karen spoke about nutrition for runners and the 9 things we should focus on as runners.

### 1. Running to eat vs. eating to run

What do we value more: decadent food or health. Runners need more nutrients to build back stronger; nutrition that doesn't match the demands lead to weakened immune system, injury and poor performance.

### 2. Macronutrients, Carbs, Protein, Fat

Types of carbs you need is fiber, complex carbs; stay away from starch, sugar and other simple carbs. The big fat myth: a diet rich in healthy fats is essential for maintaining hormone health. The fats to avoid is trans-fat but it is now restricted in USA products. How much protein do you need as a runner? Find your weight in kilograms by dividing your weight in pounds by 2.2. Multiply your weight in kilograms by 1.2 to 1.6 to find your recommended amount.

### 3. There is not one best diet for all people

Focus on quality of food, eating whole, minimally processed, nutrient rich foods. Do what is sustainable, it is recommended that runners consume 60% carbs. That doesn't mean you have to avoid meat.

### 4. Indulgent Nutrition

The fuel or caloric value of food outside our body isn't necessarily the same as the value inside our body.

### 5. Food Adventure

Just like running is an adventure, food can be too. Challenge yourself, try something new any time you have a chance.

### 6. We are all on a Continuum

... between disease and optimal health. Nutrition GPA is an app that helps you build a find blind spots.

### 7. Always be practicing

Practice eating a carb-rich meal the night before a long run to find what works for you. Practice the timing of eating before a long run, practice what you will fuel with during and after a long run.

### 8. Electrolytes and Fluids

Every process in our body depends on electrolytes. When we sweat a lot, we lose enough electrolytes for it to matter.

### 9. Big Picture

Health, Habits, Sustainable.



## And finally .... Our March Raffle Winners!!!

- 1<sup>st</sup> Cindy Wilkinson
- 2<sup>nd</sup> Jim Burns (again ???)
- 3<sup>rd</sup> Cathy Slade
- 4<sup>th</sup> Debbie Smith



## Race Reports by Club Members

### 2022 Racing for Daylight - 12 Hour Ultra Event

*(by Jim Burns)*

This run takes place in Waynesville, MO on the Saturday/Sunday of the time change to Daylight Savings Time each year. This was the 6th annual. Basically a free run, all that is asked is to make a donation to One Sole Purpose to purchase shoes for school children. This year we raised almost \$1000. A large portion of this run is on the Historic Trail of Tears, right off of the Historic Route 66 Byway.



Race Director Melissa Martinez is a bundle of energy, always smiling, very active and singing the praises of the Lord. It was good to see her physically able to run with us this year.

The run goes from 6pm Saturday night until 7am Sunday morning, followed by a short church service. You can run as much or little as you wish and come and go as you wish. There is a large food/aid tent with the largest food spread of any race I have ever done.

It was 29 degrees when the run began, and windy. I met a family from Iowa that drove 6 hours just to run this race. I did the first 3 five-mile loops with the husband and son while the wife took home first place overall female. I sure enjoy running with the FROG Fitness group. They always make me feel right at home!! As the night wore on, I enjoyed running part of the run alongside the Robidoux Creek, listening to the rippling water and wind whistling through the leaves. That always seems to make me feel at one with nature and I never really felt cold.

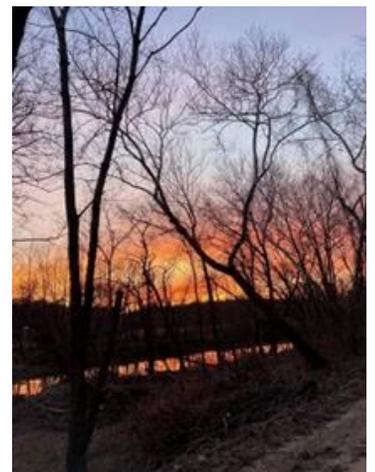


I ended the night running 26.4 miles and had no pain in my hip. I will take that considering that I was only physically able to run 23 miles the entire month of February and had not run longer than 8 miles at a time since last year's JMR Half Marathon. Because my feet started hurting so bad on gravel, I spent the last few miles running in downtown Waynesville. Loved it.

The run ended with a small church service led by the son of the pastor who normally does the service. It was his first ever sermon, so it was

cool to be a part of.

As of Monday morning, the only part of me that hurts is my feet. They may be sore for a while but the whole weekend experience was well worth it!!



## Cabin Fever 20K

(by Debbie Smith)

Cabin Fever 20K showed me I can run in very cold temperatures! It was 18 degrees with a wind chill of 4 degrees!

(by Henri Coeme)

What is better than suffering through a cold 20K run? Answer: suffering through a cold 20K runs with friends suffering through a cold 20K run with you.

Other lesson learned: the blessing of hot soup on a cold stomach.

Record-hunting can be tough, but this was particularly icy.

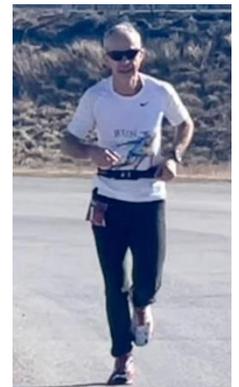


## Run with the Wind 2022

(by Henri Coëme)



After getting my RD-feet wet at Pumpkin Run '21, and my RD-feet cold at Chilly Trail 5K '22, this was my first significant road race organization. Preparations had started almost a year ago, communicating with Brian Crigger on whether, how and when we could possibly keep this race from permanently disappearing off the annual race calendar. Started in the early 80's, this iconic race had seen a few transformations but had always been true to its tradition of a point-to-point run between



Carthage and Sarcoxie.

Point-to-point races are few and far between. Organization is hard (think MotherRoad Marathon), because of the logistics involved in shuttling people to and/or from the starting point, finish line and relay points. As if that wasn't enough complexity, the final direction of the RWTW race is decided only the night before, when tomorrow morning's wind direction is known with some degree of certainty. In other words, the entire race may be run in reverse with just a few hours' notice. Not until that day did I realize what a nightmare scenario that involved.

The wonderful part of race organization is the people who decide to dedicate their time to volunteer and help out with critical tasks. You often hear it said that without volunteers nothing is possible. This is really an understatement. Without volunteers nothing really gets *started* in the first place.



It turned out to be a perfect running day. A cool 35-40F, sunny with wind from NE to E deciding the Sarcoxie-Carthage running direction. It doesn't get any better.



Thirty-five runners signed up for the 25K challenge, six for the relay, some coming from Springfield and Arkansas.

So, hats off to all volunteers: Brian Crigger at CHS for doing all the things we couldn't; providing access to the Sarcoxie and Carthage High School, planting the signs and offering support throughout the preparation process.

The entire Joplin Roadrunners Board for their assistance in the preparation and on race day: starting line, registration, relay points, finish line,

food (soup!!) and drinks.

Titi Jaramillo for designing and printing all the shirts and awards for the event, saving JRR tons of money in race expenses.

With this third race in post-Corona times, the Joplin Roadrunners showed they mean business and can make a positive contribution to the local running and road racing community.

All net proceeds will go to Eric's Memorial scholarship at CHS.



*(by Debbie Smith)*

RWTW 25K was a really fun Race! I managed to get lost and added .33 miles to my time! I have to laugh about it now!

*(by Sheree Wilson)*

After a couple of cancellations previously for this race we decided that nothing would stand in the way this year!!

NO WAY, WE WERE NOT HAVING IT!

We made up our minds this would be the best one to-date. In my mind, we pulled it off. From the race bling, clear through to the finish line with hot soup, this race was nearly flawless.

Let's talk about the race bling; tech shirts, drawstring zipper bag and cooling towel for the first 25 registrants.

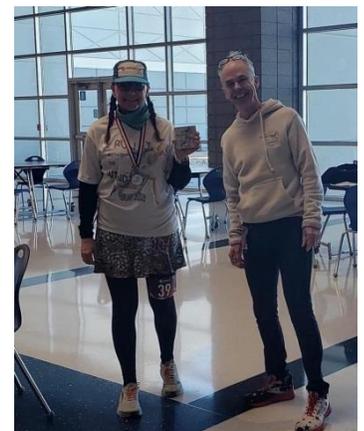
Country roads, rolling hills and a beautiful blue sky were the backdrop for the day.

Amazing volunteers and unique awards were the icing on the cake. This was the first race I have ever been to that had State Record Awards.



Congratulations to the 7 runners whose names went in the State Record books on this day.

Moving forward we will look at how to make this race even better next year. Hope to see all of you there!!!





# Run with the Wind – Official Results

## Joplin RoadRunners' RUN WITH THE WIND 25K Results

Column A: Results ranked by gun time

Column B: Gun time

Column C: Age Adjusted Results: These are the times you would have run had you made a similar effort at your peak age of 20-30Yrs

The Age-Adjusted Results allow you to compare your own PR's for a similar distance throughout your career by removing your age handicap.

e.g. A 66-year old man running today's 25K in 2:11:41 would have run that same distance in 1:40:40 at his peak age of 20-30yrs, providing a similar running effort.

Column D: Age-Graded Percentage Result (percentage and ranking): Your speed, in %, compared to the fastest world time for your age and gender at this distance.

e.g. A 41-year old woman running the 25K in 1:45:37 runs at 78.70% of the speed of the 41-year-old world recordholder at that event.

This result properly highlights the effort of some older or very young runners who perform comparatively better than expected for their age.

Column E: Ran a Missouri Age Record; still unofficial, but race results will be remitted to the [www.staterunningrecords.com](http://www.staterunningrecords.com) later today for posting later next week.

BIB#	Name			Gender	age @ 19-Feb	Age Group	25K					OVERALL AWARDS		
							Abs Rank	hrs	mins	secs	Age adjtd		AGP%	AGP Rank
87	Colin	Langfitt	M	32	M 30-34	1	1	42	39	1:42:39	69.72%	6		OVERALL MALE
86	Sara	Ibbetson	F	41	F 40-44	2	1	45	37	1:40:18	78.70%	2	YES	OVERALL FEMALE
89	Katie	Blankenship	F	31	F 30-34	3	1	48	11	1:48:2	73.05%	4	YES	AG Winner
90	Daniel	Smith	M	37	M 35-39	4	1	48	37	1:47:3	66.32%	9		AG Winner
12	Kenny	Miller	M	45	M 45-49	5	1	52	56	1:44:30	68.31%	7		AG Winner
1	Henri	Coeme	M	69	M 65-69	6	1	54	13	1:24:41	84.23%	1	YES	AG Winner
85	Amy	Robbins	F	50	F 50-54	7	2	0	0	1:42:42	76.83%	3	YES	AG Winner
69	David	Giles	M	66	M 65-69	8	2	11	41	1:40:40	70.92%	5		AG 2nd
49	Randy	Acklin	M	42	M 40-44	9	2	12	24	2:5:33	56.92%	16		AG Winner
40	Suzanne	Hope	F	47	F 45-49	10	2	23	20	2:7:22	61.83%	12		AG Winner
41	Brian	Cole	M	48	M 45-49	11	2	23	21	2:9:21	55.16%	19		AG 2nd
10	George	Kelly	M	56	M 55-59	12	2	24	13	2:1:17	58.68%	14		AG Winner
47	Brady	Beckham	M	38	M 35-39	13	2	27	31	2:24:24	49.37%	22		AG 2nd
42	Dale	Frack	M	58	M 55-59	14	2	34	28	2:7:33	56.03%	17		AG 2nd
91	Krystyna	Clarke	F	59	F 55-59	15	2	35	16	1:57:40	66.99%	8		AG Winner
44	Jonathan	Emmett	M	46	M 45-49	16	2	38	58	2:25:53	48.79%	24		AG 3rd
43	Brian	Spencer	M	55	M 55-59	17	2	40	29	2:16:12	52.35%	21		AG 3rd
88	David	Penny	M	58	M 55-59	18	2	40	41	2:12:41	53.86%	20		AG 4th
36	Kathy	Ritchhart	F	62	F 60-64	19	2	46	4	2:0:25	65.33%	10		AG Winner
37	Larry	Smith	M	75	M 70+	20	2	52	51	1:58:42	59.93%	13	YES	AG Winner
16	Lindsay	Meadows	F	45	F 45-49	21	2	56	49	2:40:58	48.88%	23		AG 2nd
15	Nathan	Meadows	M	48	M 45-49	22	2	56	50	2:39:33	44.71%	25		AG 4th
35	Russ	Ritchhart	M	71	M 70+	23	2	58	9	2:9:17	55.18%	18	YES	AG 2nd
38	Debbie	Smith	F	64	F 60-64	24	3	0	40	2:7:4	62.03%	11	YES	AG 2nd
39	Sheree	Wilson	F	65	F 65-69	25	3	17	16	2:16:35	57.62%	15		AG Winner
70	Prescilla	Jobe	F	37	F 35-39	26	4	24	40	3:20:5	30.43%	26		AG Winner

AGE GROUP AWARDS		
F 0-19		
F 20-24		
F 25-29		
F 30-34	Katie	Blankenship
F 35-39	Prescilla	Jobe
F 40-44		
F 45-49	Suzanne	Hope
F 50-54	Amy	Robbins
F 55-59	Krystyna	Clarke
F 60-64	Kathy	Ritchhart
F 65-69	Sheree	Wilson
F 70+		
M 0-19		
M 20-24		
M 25-29		
M 30-34		
M 35-39	Daniel	Smith
M 40-44	Randy	Acklin
M 45-49	Kenny	Miller
M 50-54		
M 55-59	George	Kelly
M 60-64		
M 65-69	Henri	Coeme
M 70+	Larry	Smith

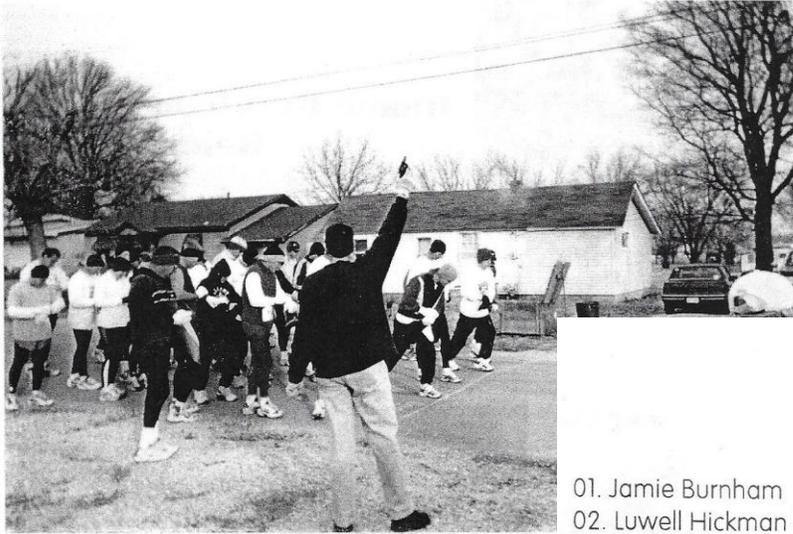
BIB#	Name			Gender	age @ 19-Feb	Age Group	RELAY					AWARDS	
							Abs Rank	hrs	mins	secs	Age adjtd		AGP%
79	Jennifer	Niewald	F	47	RELAY		:	:	:	:			Relay Winner
80	Abby	Zeb	F	36	RELAY		:	:	:	:			Relay Winner
81	Judy	Sandbothe	F	54	RELAY	1	2	29	55	2:1:47	64.77%	1	Relay Winner
82	Anne	Jiles	F	63	RELAY		:	:	:	:			Relay 2nd
83	Becky	Mitchell	F	72	RELAY		:	:	:	:			Relay 2nd
84	Lynette	Emmerson	F	50	RELAY	2	3	17	17	2:48:51	46.73%	2	Relay 2nd

AWARDS		
Relay	Jennifer	Niewald
Relay	Abby	Zeb
Relay	Judy	Sandbothe

It wasn't so different, 20-some years ago.

Ok, maybe a little faster, and they ran in black-and-white those days.

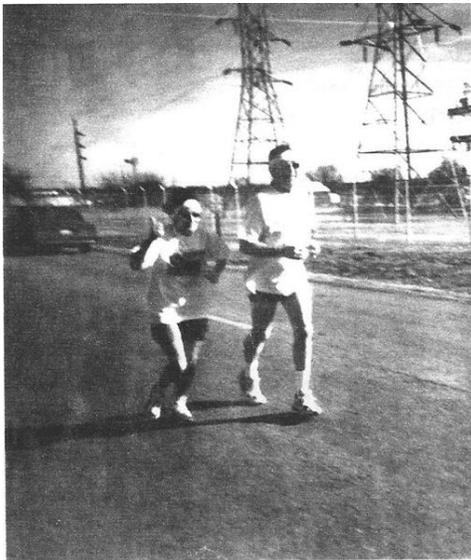
## Sarcoxie to Carthage



*Their Off*

### Sarcoxie to Carthage 15 Mile February 7, 1999 Individuals

01. Jamie Burnham	33 M	1.24:22
02. Luwell Hickman	36 M	1.30:52
03. Ron Bouchard	32 M	1.33:38
04. Don Archer	31 M	1.38:06
05. Tom Goss	43 M	1.44:31
06. C.J. Moeller	33 M	1.44:39
07. Allen Cook	37 M	1.49:22
08. Lee Stubblefield	43 M	1.51:30
09. Raul Ceron	45 M	1.53:50
10. Mike Hollis	45 M	2.00:05
11. Reina Probert	35 1st F	2.00:09
12. Carroll Poage	53 M	2.09:29
13. Pat Anderson	53 M	2.10:27
14. Debbie Smallwood	42 F	2.17:05
15. Chris Nicholas	38 M	2.17:50
16. Mark Taylor	38 M	2.17:51
17. Scott Springer	47 M	2.21:49
18. Kelsey Lamb	18 F	2.25:12
19. Jenny Prichard	18 F	2.25:50
20. Craig Stone	47 M	2.25:52
21. Brenda Jennings	38 F	2.23:12
22. Becky Gallamore	49 F	2.23:27
23. Ric Mann	39 M	2.29:55
24. Hailey Hartman	19 F	2.30:10



*DeLynn & Larry Kuhn*



*Leon Noland,  
Steve Noland,  
and Randy  
Hopkins...  
At the Finish  
Line.*

# Running From Yeti

*(By Melissa Antone)*

What do you get when you cross ice skating, a trail run, brilliant blue skies and 20 degree temperatures? First place running from Yeti! What a delightful surprise!

This race was small, which I love best. The race crew and volunteers were kind (they stood still in freezing temps!) and though the course had a few confusing turns, it was lovely. The park through which we ran was serene and beautiful with peaceful woods, trickling creeks, and a picturesque prairie sporting a quintessential red barn. The sun was shining, which made the last half of the race even more challenging with the melting ice, but spirits were high. I managed to stay upright with the help of my traction cleats strapped to my shoes and a strategic butt-slide down one particularly ominous slope. The post-race hot chocolate and great race swag was a nice bonus to the camaraderie.

Ok, so there was no actual Yeti and yes, the course was short, but even factoring in an additional 6 or 7 minutes, it seems winter running agrees with me. Best of all, I got to share the experience with my amazing JRR friends and my wonderful friend Cathy. I can't wait to do it again next year!



*(by Debbie Smith)*

Running From Yeti Marathon was another fun adventure! The paved Trail was covered in snow and ice! I bought yak-trax's to wear even though I have never ran in them before! It took me a while to trust them! They actually worked great! A fun day with so many Road Runner Members running!



*(by Sheree Wilson)*

Marathon #5  
This is one run that will be a memory spoken about for years!



Ice, snow ❄️ hills and friends!

Joplin Roadrunners made another great showing on this Saturday!!!

I'm not sure how anyone without yaktrax stayed on their feet (some didn't stay on their feet). Some people looked at the course and went back home and I don't blame them one bit.

This was a whole new challenge for me. The mileage came up a little short but I'm ok with that. I know Debbie Yerington-Smith & I were ready to be done!!! It was a training run for us.

It was great to see everyone before the race and out on the course!!

Rock Stars 🌟 each one of you!!



## Little Rock Marathon and Half Marathon

*(by Kathy & Russ Ritchhart)*

Russ and I went to Little Rock, AR, March 6, and ran the legendary Half Marathon. Could't believe the weather for March: over 70F with a 83% humidity at the start of the race. Then it got warmer still. Our bodies hadn't adjusted to the temperature change yet; too warm. I'd rather run in 20-30F than in heat and humidity.



The course wasn't too bad; it had some hills. We didn't do as well as we wanted but still had fun. Everyone was so friendly and we made some new friends. We love going to Arkansas. They really put on some good races and do a great job.

Hope to go back next year and we love the medals!



*(by Henri Coeme)*

As a last minute after-thought, I decided to fit this marathon into my early season schedule. The plan, this year, is to qualify for Boston and to actually participate in 2023. With that in mind, I didn't want to risk a late season qualification running the chance of a last-minute injury, jeopardizing my plans. So, without any recent long runs on my running roster, I signed up for this race just two weeks prior to the start. One thing never to do again...

The morning of the race, it quickly heated up into the low seventies. Once the race started, temperature climbed to the upper seventies and the sun even came through a few times. None of the promised, cooling rain to be seen. Halfway, I was still going strong, but marathons are not decided halfway, as any other runner will tell you.

Then came mile 14 and the 4 mile long hill from the Capitol up to the church. Tempo dropped to less than 10 minute a mile with no one passing me by. Bodies along the way, dropping on the sidewalks, gasping for air, grabbing any water bystanders would hand out. Then, a sharp downhill and the final 6 miles along the Arkansas river. With nothing left in the tank, all of us were now running on fumes, grabbing whatever drink and sweeteners we could hold in our hands while running (make that stumbling). One more mile to go and here come the final two killer hills. Time for a few morbid jokes with others who can no longer muster any facial expression, let alone a smile. Then to ultimate relief, the finish line in sight, always further than you wish.

Time? 3h55, oh boy. I had just finished the slowest marathon in my life. But hey, mission accomplished: 20 minutes below the BQ time for 70-plussers and, incredibly, first in my age group by almost half an hour. I could have sworn people much older than me had passed me by, but then again, in today's weather I too probably looked over 100.

So I rather post a picture of me before the race. Still smiling for the photo, not knowing yet what tomorrow would bring. Sometimes ignorance is bliss.





# **FITNESS** Series

SPRINGFIELD MISSOURI

## **Registration for 2022 events opens at noon, March 9th!**

**Special registration rates available for some events  
from noon-1PM only!**

**Discounts available on most events on March 9th only!**

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### **2022 Events**

**Recycle Run- June 11**

**\*Run the Rock 3 & 6 Mile Runs- Sept. 10**

**Tour De Bass Cycling- Oct. 2**

**Zombie Run for Kids- Oct. 15**

**Marathon Weekend Expo- Nov. 4, 5**

**Marathon, Half, Relay, 5K- Nov. 6**

**Dogwood 25K & 50K Trail Runs- Nov. 12**

**Dogwood 15K Trail Run- Nov. 13**

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## From our Runner's Library ...

Who among you still has time to read, with all that running who does, right? Then, when we *do* take the time to read, guess what we read about ... Yes, more running.

In this new, recurring column, we want to highlight some writings we came across, last month. That might interest you.

### About Nudges and Shoves

*(from the book Exercised by Daniel E. Lieberman)*

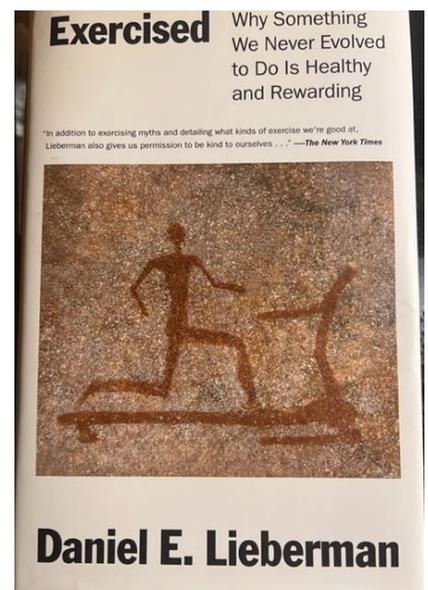
*Nudges* influence our behaviors without force, without limiting our choices, and without shifting our economic incentives. Typical nudges involve changing default options (like opting out of being an organ donor instead of opting in) or small changes to the environment (like placing healthier food prominently at the front of the salad bar). Predictably, many would-be exercisers are advised to try various nudges to make the act of choosing to exercise more of a default, simpler, and less of a hassle. Examples include

- Put out your exercise clothes the night before you exercise so you wear them first thing in the morning and are ready to go (alternatively, sleep in your exercise clothes).
- Schedule exercise (*and keep notes in your diary!*) so it becomes a default.
- Use a friend or an app to remind you to exercise.
- Make the stairs more convenient than taking the elevator or escalator.

*Shoves* are more drastic forms of self-coercion. They are unobjectionable because you do them to yourself voluntarily, but they are more forceful than nudges. Examples of shoves include

- Schedule exercise with a friend or a group beforehand. You then become socially obligated to show up.
- Exercise in a group such as a Crossfit class (*or our JRR Group Runs!*). If you waver, the group will keep you going.
- Sign a commitment contract with an organization like StickK.com that sends money to an organization you dislike if you don't exercise (a stick) or to one you like if you do (a carrot).
- Sign up (and pay) for a race or some other event that requires you to train.
- Post your exercise online so others see what you are (or are not) doing.
- Designate a friend, a relative, or someone you admire or fear as a referee to check up on your progress.

Note that all of these methods share one essential quality: they involve social commitment. Whether you plan to exercise with a friend, a yoga class, a team, a platoon of CrossFitters, or fellow runners in a 5K race or report your exercise accomplishments (or lack thereof) online, you are pledging to others that you will be physically active. In return, you get both carrots in the form of encouragement and support as well as sticks in the form of shame and disapprobation.



## Upcoming Races



### Come help the Dogwood Run celebrate turning 40!

Started in 1983 by Eldon Morgan, one of JRR's original members, this 5K run is back on the road, now with a new course starting and ending at Big Spring Park in Neosho. This low-key event is great for families, first time runners, and veterans who don't need another T-shirt or finisher's medal.

If you haven't done the Dogwood Run before, get this: **SUPER CHEAP ENTRY FEE** (\$10 advance registration)

- ✚ **Course:** hilly but beautiful with our state tree in bloom
- ✚ **SWAG:** Dogwood trees to the first 150 entrants
- ✚ **Awards:** Overall and top 3 in age groups from 10 & under to 70+
- ✚ **Special Awards:** Delynn Kuhn Lifetime Achievement Award. Highest scoring male and female. Your age minus your time (e.g. a 75-year old who finishes in 35 minutes scores  $75 - 35 = 40$  points)
- ✚ **Benefits:** all proceeds go to local projects to support active lifestyles in Neosho

Sign up today at: <https://runsignup.com/Race/MO/Neosho/40thAnnualNeoshoDogwoodRun>

Here is just a sample of what was accomplished with previous years' net revenues:

- ❖ 100 Dogwood trees in Morse Park and Big Spring Park,
- ❖ partnered with TLC cycles to buy a bicycle maintenance stand and air pump for the Morse bike trail
- ❖ replaced picnic tables in the large shelter in Morse Park after the previous tables were destroyed by flooding
- ❖ purchased nine bike racks that were placed around Neosho
- ❖ and remember the countless JRR potluck parties at Morse park ...

## Other Upcoming Races

- 03/26 - Prairie Spirit
- 03/26 - Liberty Hospital Half Marathon
- 04/02 - Bentonville Half Marathon
- 04/02 - Glades Top Trail run
- 04/09 - Rock the Parkway Half Marathon
- 04/16 - Neosho Dogwood Run
- 04/30 - OMRR Frisco races

## JRR Club Outfit Selection

Don't forget to submit your order for deep-discounted JRR gear. All these pieces are sold exclusively to our JRR members and embellished, for free, with the JRR logo.

Here is a selection of what is offered. All orders close on March 31.



# 2022 JRR Outfit Order Form

Name: \_\_\_\_\_

I am selecting

2022 Club T-shirt **ONLY** Cost: \$0.00

2022 Club T-Shirt

**AND**

**Option 1: Holloway – Range packable quarter-zip jacket - White** Cost: \$25.00  
Circle Size: S – M – L – XL – 2XL – 3XL

**Option 2: Holloway – Range packable quarter-zip jacket - Blue** Cost: \$25.00  
Circle Size: S – M – L – XL – 2XL – 3XL

**Option 3: J. America – Vintage Zen fleeced hooded sweatshirt – Dark Smoke** Cost: \$25.00  
Circle Size: S – M – L – XL – 2XL – 3XL

**Option 4: Weatherproof – Vintage sweater-fleece quarter-zip sweatshirt – Grey** Cost: \$30.00  
Circle Size: S – M – L – XL – 2XL – 3XL

**Option 5: Badger - Sideline Fleece Hooded Sweatshirt – Silver/Graphite** Cost: \$35.00  
Circle Size: XS - S – M – L – XL – 2XL – 3XL

**Option 6: Holloway - Packable Quarter-Zip Jacket – Royal & Athletic Grey** Cost: \$20.00  
Circle Size: S – M – L – XL – 2XL – 3XL

**Option 7: Holloway - Packable Quarter-Zip Jacket – Scarlet/Athletic Grey** Cost: \$20.00  
Circle Size: S – M – L – XL – 2XL – 3XL

**Option 8: Zippered drawstring backpack – Blue** Cost: \$ 5.00

**Option 9: Chill Towel – Blue** Cost: \$ 5.00

*Note: Not all sizes are available at all times. If unavailable at the time of ordering, garment will be reserved for delivery as soon as available.*

For my selections above, I owe a total of \$ .....

Pay by  Cash  Check  Balance to Pay \$ .....

## Group Runs

### 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. As we transition (yes, we do!) to the next season, venues are about to change for the Spring-Summer season.

- ❖ Tuesday & Thursday morning 5-6am  
JHS track (not JRR affiliated)
- ❖ Tuesday evening 6-7pm
- ❖ Thursday evening 6-7pm
- ❖ Saturday morning 7-9am
- ❖ Sunday trails  
TBD

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

### And finally ...



Proud to welcome our oldest member (ever?).

90-year young Dave McCoy (do 90-year olds even have an age category?) has joined our ranks.

At the recent Eric's 5K Run in Carthage (the tall guy in the picture to the left), Dave told me he was going to join JRR. True to his word, a week later, his check came in the mail.

Looking forward to welcoming him at some of our monthly meetings and would love to see him break the 90+ record at the 5K!

Wish him well!

## April Meeting

Next Meeting will be on April 14 at Social BTB.

Featured speaker will be Dale Frack, chiropractor from Webb City, talking about how to keep our bodies aligned as runners to prevent injuries.

See you all there!



### Club Officers

President - Race Directing, Merchandising, Communication & Networking: Henri Coëme (417) 622 8912 [hcoeme@hotmail.com](mailto:hcoeme@hotmail.com)

Vice President – Social Media: Cathy Slade [catherinemarycatherine@gmail.com](mailto:catherinemarycatherine@gmail.com)

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

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

### Board Members

Sheree Wilson – Weekly Group Run Organization [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 Real Beast