



## Joplin RoadRunners' Newsletter March - April 2023 Edition

### First Word from your President

Fellow RoadRunners,

These have been a very busy two months. Two well attended and very successful races are back on the calendar for a second year in a row. As you will read in one of our articles below (*The Return of Races*), most races that were not held during the two pandemic years will most likely never return.

At JRR, we are proud to say that our races are not on the endangered species list. The same report also states that the future is bright for races that innovate and don't stick to the old routine. At JRR, your Board is constantly showing up with novel concepts: creating our own awards and shirts, age groups but also age/gender grading, self-certification of race distances, charity, and (soon we hope) self-timing.

Aside from the race events, we are constantly wondering how to bring runners together. Our new Social JRR initiative is such an example (see Heather's introduction of this new event at the end of this Newsletter).

As always, you will enjoy the many stories you, our running family, have sent us, together with your pictures. Again, so many stories, so many different experiences you will thoroughly enjoy reading.

You will also find our article on race prediction where I tested the validity of four prediction models with hints on how to interpret these and apply them to your races.

Don't miss the Board reviews and the financials. Boring on the surface, they are a testimony that your club is alive and thriving, constantly finding ways to make our running life even more exciting than it already is.

Finally, a recap of all race results (with our own sob stories), as well as a look back on how Run w/t Wind was recorded 25 years ago. When I read these names (and gun times), the thought that comes to mind is that I hope we don't disappoint these people who went before us and in whose footsteps we walk (or run) every day.

See you on the trail.

Henri



## Board Meetings

### Board Meeting 1/5 (present: Henri, Sheree, Casey, Debbie, Brian, Lori, Heather, Aaron)

- ✓ **Welcome** to newly elected members: Lori, Heather, Aaron, Brian, Sheree (elected VP), and Henri (re-elected Pres)
- ✓ Henri explains **task delegations** to all new members and encourages them to look for tasks they would like to take charge of.
- ✓ **Next month's meeting** will be at Henri's house. Lasagna provided, with others asked to bring sides/drinks. Henri will talk about "Running like this old dog".
- ✓ **Frosty Trail 5K** will be Sat 1/14 at 9am: Awards and shirts and course signage are assigned or completed, we still need generator and hot cocoa. Volunteers are asked to be present at 7:30 for setup. Registration will start at 8am and race at 9am. Lori and Aaron will record bib #'s at finish line. Casey and Titi will help with registration.
- ✓ **Freeman Fitness Fair** will be Wed 1/11 from 10am-3pm. We will set up at 9:00. Candy or freebies on table? Casey has a table for setup. Titi has laptop and will create a rolling slide show. We will make \$5 discount coupons for race entry as giveaways. Henri, Debbie, Casey manning the table. All wear JRR shirt/jacket. We will give 3 race entries as door prizes.
- ✓ **Run With The Wind** status: Access to both high schools (either end of course) approved. Male and Female overall award done (mugs). Missouri race record medals done. Finisher awards (tiles) done. Still a few shirts and final awards to do. We decide on two port-a-potties; one for each water station. List of volunteers. Henri will write race manual and guidelines for volunteers. This year is last time for current course certification. Next year need new course certification. Ideas for new route or added distances?
- ✓ **Financials:** reimburse Casey for Canva software account \$40 for year as well as office supplies \$15 per year. Approved payment of door prizes from Christmas meeting to Henri for \$50.
- ✓ **Next Meetings:** Feb at Henri's. Following months? Board discusses options.
- ✓ **Group Runs:** only weekend (Saturday and Sunday) until end of winter. Adhoc runs on weekdays. Heather will set up Tuesday evening runs ~5pm 3-5 miles. Henri will start Tuesday night speed/interval workouts at Mercy at 6:15pm



### Board Meeting 2/2 (present: Henri, Sheree, Casey, Debbie, Brian, Lori, Heather, Aaron)

- ✓ **Run With The Wind**
  - 20 registrations, short of 23 last year at this time.
  - Short of volunteers. We have bare minimum needed for water stations and start/finish line.
  - Shirts and Awards partly complete. This weekend awards completion. Next weekend shirt completion
  - Race preview this Saturday. Starting from Carthage. Run out 1 hour, and return.
  - 7am meet at Carthage for soup setup. Hopefully wind favors finish in Carthage.
  - Drop off supplies for race at Carthage this Saturday. Brian will store in High School.
- ✓ **Frosty Trail**
  - review of financials. \$2200 gross. ~\$1520 net.
  - Neosho Hope Kitchen contribution \$1000
  - want to keep portion of race income to fund future race infrastructure
  - Pro's and con's of the race
  - complaint feedback on race length (not exactly 5k)
  - time cut off for race? No. But, have awards ceremony at "cut off time"
  - day of race registration. Price penalty for race day registration.
  - Successful participation (66 via RSU, plus 4 on race day)

✓ **Next Member Meeting**

Henri's home

*"How to run like this old dog"*

Lasagna dinner - bring a side plus your drink.

No run that day. Arrive 6:15; Dinner at 6:30; Talk at 7pm



*Lasagna is ready!*

✓ **Volunteering**

consider volunteering before signing up for race. Board members should get no penalty for late sign up so they can make volunteer decision at last minute.

Ruby Jack Trail cleanup. JRR volunteer for 1 mile section.

✓ **Freeman Fitness Fair**

3 door prizes unclaimed.

Many visits but no response so far, no coupons claimed.

Feedback is people interested in walking, not running.

Will stay in touch with Kris (Margareth) Drake @

Freeman.

✓ **Other**

Keep non-renewal members on Facebook and email newsletters? Email keep 2 separate lists (current and former members). Facebook remove former members at end of February.

Group runs. Return to T/Th runs after Daylight Savings change?

Social Run on last Thursday of the month? Start end of March.

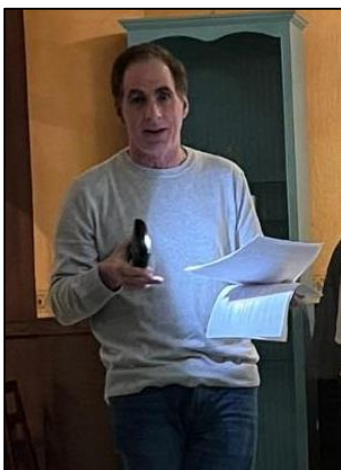
March - April meeting venues?

Registered Agent payment due \$145.



*JRR booth at the Freeman Fitness Fair*

**JRR Club Meeting – Caroline's / Griffin Building - Jan 12  
with Dr Michael Joseph**



Presentation by Dr Joseph on common knee injuries during running: cartilage, ligaments, menisci, tendons.

- **Runner's knee:** caused by imbalance in muscles and mechanical running errors (improve your running style!);
- **Cartilage** (Chondromalacia Patella): breaking down of knee cartilage due to overuse, injury or aging;
- **IT Band** connecting knee to the hip: due to overuse or biomechanical errors;
- **ACL and PCL** tears: caused by overstretching or twisting;
- **Kneecap Bursitis:** knee swelling as result of irritation;
- **Kneecap Subluxation:** dislocation caused by accident;
- **Medial Muniscus** tear: caused by twisting of the knee;
- **Plica** Syndrome: soft lining of the knee irritated;
- **Knee** stress fracture: increase of amount and/or intensity of activity;



### When to seek treatment?

First week: rest, ice and stretching. After a week: seek medical advice. Swelling or severe pain need immediate attention.

### Diagnosis:

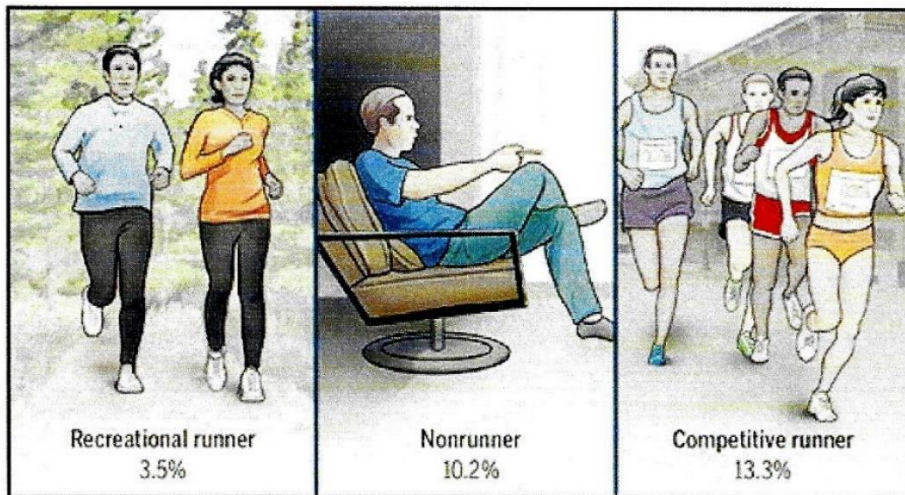
X-ray, CT scan, MRI scan, knee aspiration (draining), knee arthroscopy (telescopic look inside with minimal invasive surgery).

### Treatment option:

Rest, ice, non-steroid anti-inflammatory medication, exercise to strengthen muscles, knee tape or brace, proper footwear, surgery.



**Recreational runners have less of a chance of developing knee and hip arthritis compared to non-runners/sedentary individuals and competitive runners.** Researchers concluded that running at a recreational level for many years – up to 15 years and possibly more – may be safely recommended as a general health exercise, and benefits knee and hip joint health. Other researchers who found a link between high-volume and -intensity runners with knee and hip arthritis defined high-volume running as more than 57 miles per week.



... and then we walked out looking at these goodies at the ice cream parlor. Who could resist...





## JRR Meeting – Henri & Titi’s home – Lasagna dinner – Feb 9

Lasagna was plenty, company was great. Instead of Henri talking about his subject of the evening, everyone present reintroduced themselves again to all others and then, we spontaneously started telling stories about ourselves few people were familiar with.

What a great evening. If you missed it, we'll do it all over again, same time next year.

Henri said he would publish his talk instead. His and Miles' first installment is included in this Newsletter.



# The Return of Races: The State of the Running Industry

(by Henri, based on RunSignup – for full report, see <https://info.runsignup.com/wp-content/uploads/sites/3/2023/01/2022-RaceTrends-Online-Version.pdf>)

Entering 2022, optimism was high that events would explode with enthusiasm after the pandemic lows. The reality was more subdued: races are very much back, but the landscape of events has changed. Many races that shut down in 2020 or 2021 **will never return**, large events are struggling to reach previous participation rates, and prices have increased. Still, the gradual progress throughout the year suggests that 2022 was a success, if a slow one, and that more regrowth is coming.

What's next? With a high churn rate over the last few years and per-race participation **still 10% below 2019 levels**, there's room for expansion in the industry in 2023. Look for energetic race directors and timers to take advantage of the lighter racing schedules with new concepts and fresh ideas. The lessons of the pandemic – be nimble and unafraid to try new ideas – should help to create a new blueprint for events.

Two key challenges may determine the success of the industry in the coming years: **attracting younger runners, and reaching the new runners** – the people who are buying running shoes in record numbers, but not showing up to races. We expect to see success from events that reach those groups: ones that are inclusive of a range of runners, welcoming to beginners, encouraging of social participation, and supportive of charities.

**Technology** is changing, too, with new tools to automate emails, distribute race photos, make race day registration and check-in faster, and allow for faster training of new timers. Racing is traditionally a slow-changing industry, but races will need to adapt to newer technologies to keep up with recent trends. Heading into 2023, we are cautiously optimistic that the endurance industry will continue to stabilize and even grow. It's a slow and steady marathon, not a mile sprint.



## 2022 Top 100 Largest Races

- A total of 408,483 finishers less in 2022 than the 1,673,712 finishers in 2019 – **down 24%**.
- Only 11 races grew from 2019

Here is the top-10

2022 Rank	2022 Finishers	2021 Finishers	2019 Finishers	Name	Change 2019 to 2022	Registration Provider 2022
1	58,852	31,836	53,519	TCS New York City Marathon + Dash to the Finish Line 5k	5,333	in-house
2	42,784	29,917	45,852	Bank of America Chicago Marathon + 5k	-3,068	Haku
3	34,877	24,391	60,636	AJC Peachtree Road Race	-25,759	Haku
4	34,545	-	42,342	Walt Disney World Marathon Weekend	-7,797	Haku
5	32,997	15,385	35,127	Boston Marathon + BAA 5k	-2,130	Custom
6	32,443	virtual	35,433	Rock 'n' Roll Las Vegas	-2,990	Active
7	28,582	5,095	41,197	Bolder Boulder	-12,615	Configjo
8	23,657	-	32,362	Disney's Princess Half Marathon	-8,705	Haku
9	22,356	virtual	24,659	United Airlines NYC Half	-2,303	in-house
10	22,590	-	25,168	Wine & Dine Half Marathon Weekend	-2,578	Haku



## Run Like This Old Dog

*(monthly blog by Henri & Miles)*

### Chapter 1: No excuses: *run in any weather, any terrain, any time*



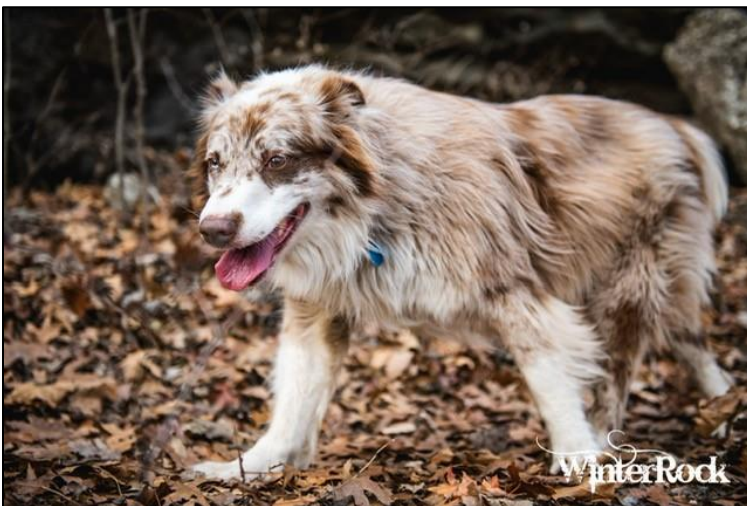
*Me ready for the 25K WinterRock 2023 trail run*

There is not a day when, upon my arrival at home from work, I am not greeted by my hyper-enthusiastic partner. He heaves, pants, and runs around in circles like his stomach is on fire. He then comes up into the door of my car, sniffs me over carefully, getting a whiff of where I have been and what I have been doing since I left home. The smells differ from day to day, but the one he hates most is the smell of sweat. It betrays my run, earlier that day, most likely with the RoadRunners or a Train-2-Run cross-training at Freeman Rehab. Any other smell is good and an invitation to crank up the pressure on his master. Excuses? None are valid.

Rain, snow, wind, heat, darkness, time-of-day be damned. His whole 70-pound body says “Let’s GO!”.

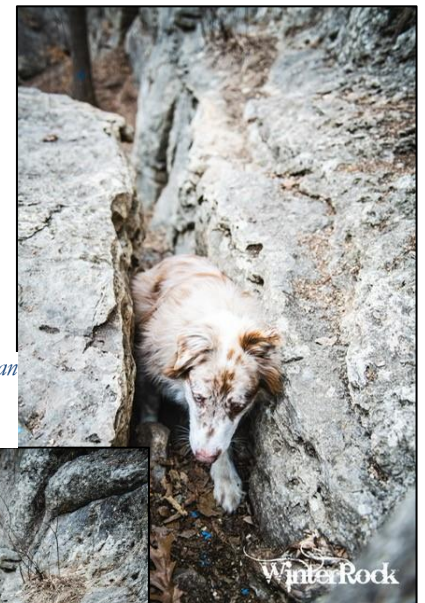
By “go” he means the road, the trail, anywhere, but right now. Next, he opens the door and watches me remove my business attire and don a more fitting set of clothes appropriate for the day, and the weather. To be sure, he sniffs me top to toe, crying in full approval, settles down on the carpet and watches my every move, adding all accessories we humans deem essential, but which he considers redundant and a waste of time.

How does one resist this yearning for adventure? You don’t. You give in. Regardless of the mood, your tired body, jet-lagged after a one-hour drive from the office, hungry and ready to just let it all hang in the coach. No chance.



town of Neosho with all its wonderful human distractions, puddles, traffic and ... more dogs (sorrily caged).

A strange and daily recurring experience follows on my way out the door. Weariness disappears, my last bit of reluctance evaporates, the road (and whatever may befall on us) is inviting, space galore.



*Me and my human master squeezing up Devil’s Toe*



So, off we go and down the road he flies as if his tail was on fire. One brief look at the bottom of the hill to see which way

we turn into the world today: turn left towards the long winding and hilly country trail with the many creeks and wildlife? Or turn right towards “civilization”: farms (all with farm dogs, on the loose!), paved roads, hills and, way beyond, the

**(Re)set your calendars now for 2023 Club Meetings**  
(with our apologies for the incorrect info in previous Newsletter)

## **Club Meeting days in 2023**

### **Thursday evenings**

March 9

April 13

May 11

June 8

July 13

August 10

September 14

October 12

November 9

December 14: Christmas/General Meeting

**For details and venue, please visit our website [www.JoplinRoadRunners.com](http://www.JoplinRoadRunners.com)**



## Race Time Predictor

(by Henri Coeme)

How can you predict the time you will probably run at your next race?

I tried out a few online race predictors to see how accurate they were. To achieve this, I used historical data of past races, checking out - in hindsight - what the predicted race time was for races I already ran.

e.g. I ran a 6:26 mile at the Maple Tree 1-2-3 on 10/29/22. With that race time in hand, I predicted my expected performance at Erick's Run 5K, Run f/t Ranch ½ Marathon, Cabin Fever 20K and Run w/t Wind 25K, (again, all races for which I now already had the results).

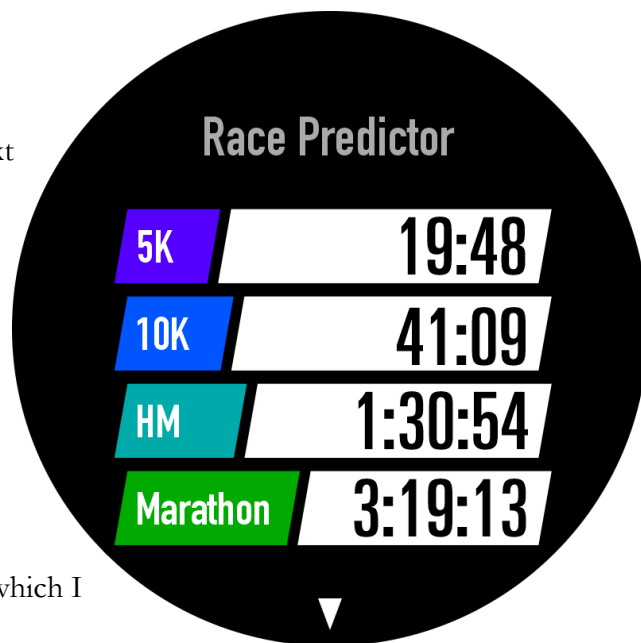
I used the race predictor in RunBundle ([www.runbundle.com](http://www.runbundle.com)). This site gives me 4 results based on four different calculation methods or models. It first calculates my age-graded performance (76.5%) and my VO<sub>2</sub>max (44.8) on my Maple Tree mile; then with those results gives me various predictions based on one or the other. Here is the list it returned.

	Riegel	Cameron	VO <sub>2</sub> Max	Age Grading
5 kilometres	21:24	22:09	21:54	22:32
10 kilometres	44:36	46:07	45:25	46:15
10 miles	1:13:52	1:16:15	1:15:22	1:16:45
Half marathon	1:38:25	1:41:42	1:40:39	1:41:52
Marathon	3:25:12	3:36:06	3:29:06	3:33:37

Now, let's see which of these 4 models were closest to the actual times I ran these races.

I finished the predicted runs as follows:

- Erick's Run 5K in 21:18, i.e. 6 seconds (2 secs/mile) faster than the most optimistic prediction;
- Run f/t Ranch 1/2M in 1:42:14, or 22 seconds (2 secs/mile) slower than even the most pessimistic prediction;
- Cabin Fever 20K in 1:32:55, or half a minute (1½ secs/mile) faster than the half marathon predicted pace, and
- Run w/t Wind in 1:57:06, or only 20 seconds (less than 1 sec/mile) slower than the best half marathon predicted pace.



Not all races are created the same. Road conditions, weather conditions, competition, personal readiness, age, injuries all play a role and make no race exactly comparable to any other. So, allowances need to be made.  
e.g.

- I was in better health at Erick's run than at the Maple Tree run (hence the better time than predicted; all else was more or less the same);
- Run f/t Ranch was very windy and cold and I had already run the 1 mile race one hour prior to the 1/2M; hence the slower result in the second race;
- Cabin Fever 20K had ideal weather conditions, was a little hillier, but I was in better shape and had excellent competition pushing me till the end; hence the better than predicted time;
- Run w/t Wind: ideal weather, more hilly, wind was neutral (as much in the back as front/side), physical condition was excellent but no competition (ran the entire race alone); hence the best time prediction was almost exact.

No matter which method you're using, you'll get the most accurate results by choosing recent races that were as similar as possible in race distance, weather, and course difficulty. A flat mile track race on a cool day isn't going to tell you much about how a hilly marathon in heat is going to go.

Also, keep in mind that training for different longer race distances looks very different from training for shorter ones, and vice versa. Just because the calculator spits out a fast time doesn't mean that you'll automatically be able to run it — you still have to put in the work.

Finally, remember that this is just a prediction, not an absolute truth. If you start running and the pace feels too quick, back off. If it feels too slow, that's probably your taper talking. Be patient. If it still feels too slow 15 miles into a marathon, then you can start speeding up.

Happy Predicting,



*Slightly ahead of predicted time at the Cabin Fever 20K*



## Race Reports by Club Members

### Tulsa Oilers Arena Challenge – Feb 4

*(by Ashley Jones-Scroggins)*



Earlier this month I participated in the Tulsa Oilers Arena Challenge in Tulsa, OK at the BOK Center. I signed up for their classic stair climb race. This race included trips around the main, top, and club levels of the BOK Center, plus climbs up and down the interior staircases, and one full trip around the lower arena bowl. The race is considered to be equivalent to a 5k run, but with lots of stairs!

Overall, I enjoyed this race/challenge. It also made for a good excuse to enjoy a weekend away, even though you could

always drive down and back just for the race. Temperature controlled environment in the middle of winter is a definite plus! The organization was great – plenty of parking, plenty of signage and volunteers to get you where you needed to go, great indoor space to wait for the race whether you were a participant or guest, and good swag that included a t-shirt and free tickets to an upcoming Tulsa Oilers hockey game. My calves definitely felt the stairs for a few days afterwards! I would be up for doing this one again.



### RWTW - First race as a JRR member

*(by Robert Hilton)*



I came, I ran and conquered for my 3rd Run With The Wind race after not having time to train. I have never not raced a race I signed up for in 11 years I've been running. Great path and setup, thank you.

Good race flat 8 miles through Sarcoxie. I placed 2nd in my age group. Thanks for putting these on and keep up scheduling races in the area. Would like to see a Shamrock run so don't have to go to Springfield every year to run it.

### Four races, four stories

*(by Anne Jiles)*

January and February each had 2 races in which I ran. Diverse races for sure. First was the Frosty 5K Trail Race in Neosho. Beautiful day for a run, and I had a good time for me, but with about a mile to go, I managed to fall and cut myself just next to my left eye. But I picked myself up and finished. Ended up with a pretty purple eye for a while 😊.







The second race was Erick's Run 5k in Carthage. Great cause and a fun, but very cold run. No falling, but I did have a PR and was 2nd in my age group.

February was the Run With The Wind 25K. My first 25K. I was a bit nervous never having run that far before, but once I got started the nerves went away and the determination to finish kept me going. The encouragement from the volunteers helped a lot. The last mile was very difficult, but I made it and crossed the finish line with tears of

joy in my eyes. I did it!

Saturday February 25<sup>th</sup>, I ran the 5K race at the Running from Yeti in Springfield. It was a chilly morning while we waited to start, but it didn't take long to warm up. It was a fun race that included many JRR friends which was the best part. I was proud of my run, as I ended up with a PR of 2 minutes and 18 seconds faster than my previous PR. I was one happy camper for sure.



## Freedom to Run

*(by Becky Mitchell)*

With the one-year anniversary of the war on Ukraine, I searched for runs there. On the same day, Nov. 6, 2022, that some of us ran Bass Pro, Ukraine's Lviv Marathon was cancelled.

<https://www.ahotu.com/event/nova-poshta-lviv-marathon>.

Many others were also cancelled. To them, it must seem frivolous compared to their profound losses. To me, running events are a privilege I don't want to see end. I hope and pray for peace for Ukraine and continued freedom for America. Grateful!



Then there are the runners who sacrifice their run day to organize a run for other runners! Race Directors: Ruth Sawkins, Ashleigh Teeter, Brady Beckham, Henri Coeme. Every race they put on is better than the last one...every time!

One of those races was the Frosty Trail 5K in Neosho in January. I walked 95% of it due to my fear of tripping and it was

3.6 miles! I dunno why I finished at a screeching halt! It's a beautiful trail and I look forward to going back for a hike on a warm spring day.





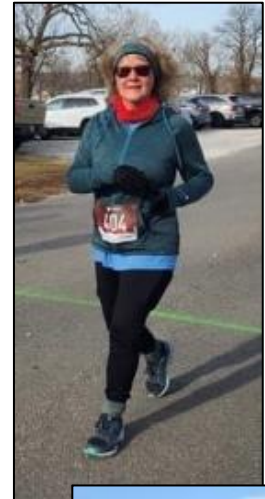
## Race Resolutions

(by Nancy Ohmart)



This year will be different; I will get my act together and I have no excuse because of a wonderful support system AND the accountability partners I have found at the Joplin Roadrunners!

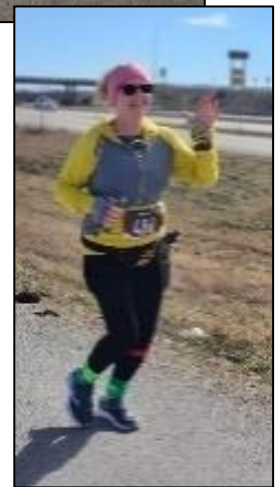
My goals progress as the year continues; first was to run a 5-K on New Year day; done! Second was to prepare for "Run with the Wind," done! Third is to complete the February challenge of a 5-K a day; almost done! Fourth is to prepare and run two half marathons in May; to be completed. Fifth is to continue to challenge myself in my fitness and wellness; a work in progress always....



was amazing, it JRR support at The JRR often schedule group runs/walk here in Neosho so please take advantage of those opportunities!



In January I participated in a JRR 5-K trail run named, "The Frosty Trail 5K," and it did not disappoint! The weather was a beautiful trail location and of course, we had excellent the beginning and finish line; thank you Debbie and Craig!!



I also ran in a local Joplin race called the "Chilly 5K" where we started at the new Cornell Art Complex and ran to the Family Y on 32nd Street. I was thrilled to see so many JRRs there and was glad to have a fellow JRR to run by (although she outran me throughout most of the race); thanks Becky! My favorite part was the last mile which was all downhill; yay! It takes many JPD officers *and* volunteers to keep us safe on the busy streets and so I was truly thankful for each and every one of them! I had not met my required miles for the day so thanks to Brian for running another 5K to my car and keeping me safe; I truly appreciate this aspect of the JRR—"leave no runner behind and alone!"

to Carthage JRR member kept me been out there determined those last few All these races have been because of training I was able to do along side the many JRR members who I have humbly been able to run with; thanks to Heather, Anne, Sheree, Brian, and others!



Finally, in February, I accomplished one of my goals for the year and that was to run in the JRR "Run with the Wind," a 15.5 mile run from Sarcoxie high school high school. Thanks to another who greatly encouraged me and running, Sheree; I would have much longer had I not had your example to just keep running miles!!!

were not as hard as they could



## Run With The Wind

(by Kathy & Russ Ritchart)



First of all, Russ and I want to give a BIG THANK YOU to Henri and Titi for all their hard work on organizing the RWTW 25k. I've never done any but I know it takes alot of time and many hours to put it together.

Also thank you to all volunteers, we couldn't have these races without your help. So thank you all so much.

Gonna brag on Russ, he did an awesome job. After getting his meniscus fixed in Nov he's made yet another come back. He hadn't been running as many long miles in his training & was afraid he might not even be able to finish. But he did & did a fantastic job at that. 2nd age group and 12th age graded. Proud of him.



I had a pretty good day and felt good considering I was having some knee issues just the week before race. Got thru it without any pain. Always happy for that. I was 1st in age group and 6th age graded. My goal was to improve my time from last year and I was able to do that. RWTW is a very

but still enjoy it and love to do this race. Ready for next year!

Was grateful for the nice weather too, God blessed us. Thank you JRR for putting on another great and fun race.

## Winter Companionship

(by Darla Pool)



During the winter months, I usually stop running because I hate the cold weather. I was determined to run as much as possible this winter because it's so hard to "start over" every spring.

My friend, Suzie Crossno, and I have been running when we can and it has helped tremendously. This winter hasn't been too cold so we go each week. We motivate each other because some days one of us does not want to go and the other will say, "We have to!"

I have also started indoor rowing every day which has helped with my stamina. I am starting to train for my first 10K so running as much as possible is the goal!



challenging course





## Hot Chocolate - Nashville

(by Debbie Yerington)



If you have never run a Hot Chocolate race you are missing out! It's all about hot chocolate and chocolate bars! As soon as you walk into the Expo, the Volunteers are there to welcome you with chocolate!

On February 23<sup>rd</sup>, 5 of us left for Nashville! It was 84 degrees! Race day was on Saturday the 25<sup>th</sup> and it was raining! The temperature was 50 but dropped to 44. It was still fun, even with the rain!

The course was harder than I thought. Lots of uphill and downhill! It ended up being around a half-mile longer than a 15K. At the finish you are handed your medal (which looks like a candy bar), and a tray with melted chocolate, pretzels, cookies, graham crackers, rice crispy treat, and a banana! And, of course, a cup of hot chocolate! I was happy with my time even if I was dripping wet and freezing!

I definitely want to do another one! Planning on running Oklahoma City in October!



## Run With The Wind

(by Sara Ibbetson)



I always appreciate a chance to run a race of an uncommon distance, and races in February in Missouri aren't easy to find, so Run with the Wind is a gem!

I have incorporated the event into 50K training the past 2 years, and plan to make it 3 in a row next year. The course is challenging and the race name "*Run with the wind part of the way and against the wind the rest of the way*" is too long to put on a shirt, but if we didn't love overcoming adversity, we wouldn't be distance runners, right?!

Two of my running buddies who I coach made me proud this year, Colin with a dominating overall win and Amy by annihilating the state record for age 51.



## Run With The Wind – Director’s Cut

(by Henri & Titi)



Disaster was about to strike. 48 Hours till race time and our final batch of paper transfers, needed to make the last bunch of shirts and awards, had not yet arrived. They were supposed to be here hours ago. Shocking to look at the UPS website to find out our package went in the wrong direction and was now scheduled to arrive ... Monday after the race!

A few calls later, we had a backup plan and friends were ready to help out. Then, surprise, our package arrived on Friday afternoon; just in time! So here we go again, spending part of the night before the race with last minute preparations.

But adrenaline is a fuel that keeps on giving. Four hours of sleep later, we stood at the Carthage High School parking lot, picking up runners parking their cars at the finish line. Then, just like Missouri weather, the clouds cleared and the rest of the day was smooth sailing.



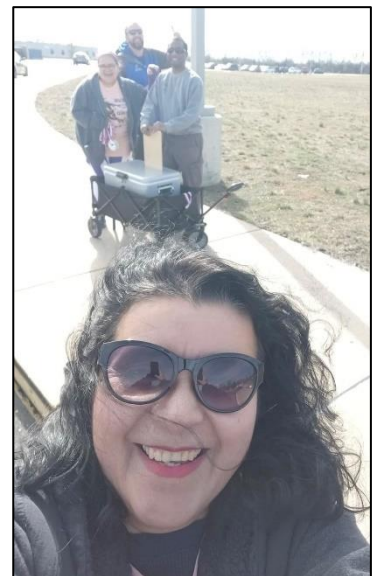
Volunteers excelled again. Without them there simply is no race. A bit like a bus without a driver; everyone wants to go somewhere but nobody to take them there. Registration, waterstops, finish line; all were properly covered.

No one got lost, no one was left behind. Everyone arrived before the award ceremony (actually, Brian and I dragged our feet starting the ceremony until all were in). A bit unusual in a time where award ceremonies are no longer part of the program. At today's races, you finish, pick up your award and walk away. I miss those ceremonies. I want to clap and cheer for people, especially people I know pushed themselves. But the award ceremony looks like yet another victim of this never-ending corona-saga.

Cobb Young, attorney in Joplin and one of the earliest RWTW runners (and winners), was at the starting line giving us a little historic perspective. He told us the race started around 1975; then a 15 mile run from Sarcoxie to Carthage. We had him blow the starting horn for memory's sake.

At the finish line, we wanted to be different, held a ceremony and waited for all to arrive. To our happy surprise, most runners stuck around till 1pm, sipping their hot soup, by which time all runners were accounted for.

We also wanted to award everybody; not just with finishers' medals but for their actual performance, in gun time, age group rank and in age/gender-graded performance. By calling up all runners in reverse order of gun time, mention their time and age group rank, then present them with an age-graded award, we wanted to cover all bases and please everyone. Let us know if we succeeded.



*finish line volunteers: Brian, Sebastian, Liliana and Titi*

On the next pages, you will find a selection of the pictures which were posted on Facebook, and some that were not. Also a recap of all results.

Again, congrats to all runners and thanks a million if you were a volunteer.





2023 starting line

Lonely Henri



Below: Debbie in pursuit



Lori volunteering at the water station



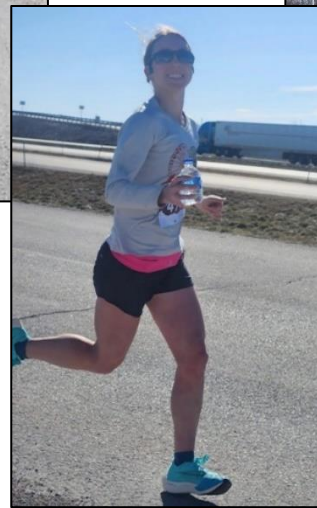
Above: Brooke and Chanti - out together, home together



Above and above left: Heather and Judy - together at water station #1



Left: Sheree just crossed 144; halfway there!



Above: Kathy and Scott at the Joplin Stockyard

Left: Katie B, smiling all the way to the finish line



**JOPLIN ROADRUNNERS - 47TH ANNUAL RUN WITH THE WIND - 2023 EDITION**

Column A: Results ranked by gun time

Column B: Results ranked by gun time and gender

Column C: Gun time

Column D: Age Adjusted Time:

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 regardless of your age  
 (e.g. A 55-year old man running today's 8K run in 36:22 would have run that same 8K in 30:32 at his peak age of 20-30yrs, making 30:32 his age-adjusted time).

Column E: Age/Gender-Graded Percentage Result:

Your speed, in %, compared to the fastest world time for your age and gender at this distance.  
 (e.g. A 43-year old man running a 5K in 27:18 runs at 53.30% of the speed of the 43-year-old world recordholder at that event). Comparing all runners to the best for their age and gender at this distance creates an even-playing-field comparison to rank all runners, regardless of their age and gender).  
 It properly highlights the results of some older or younger runners who run relatively better than expected for their age.

Column F: Age/Gender-Graded ranking

Column G: Did the runner set a MO State record?

#	BIB#	Name	Gender	age @ 18-Feb	Age Group	25K - SOLO																
						A		B		C			D		E		F		G			
						ranking	Male	Female	Hrs	mins	secs	Miles/min	Age adjtd	Time	AG%	AG% Ranking	MO Age Record?	Age Group Award				
1	477	Colin Langfitt	M	33	30-39	1	1		1	: 38	: 35	6	: 21	1	: 37	: 27	71.17%	5			overall	
2	494	Katie Blankenship	F	32	30-39	2		1	1	: 44	: 47	6	: 45	1	: 44	: 31	74.39%	2	YES		overall	
3	468	Sara Ibbetson	F	42	40-49	3		2		1	: 51	: 37	7	: 11	1	: 46	: 12	73.11%	4			1st age group
4	408	Henri Coeme	M	70	70-79	4		2		1	: 57	: 6	7	: 32	1	: 25	: 42	80.83%	1	YES		1st age group
5	484	Amy Robbins	F	51	50-59	5		3		2	: 1	: 46	7	: 50	1	: 45	: 11	73.62%	3	YES		1st age group
6	499	Ryan Johnson	M	46	40-49	6		3		2	: 5	: 5	8	: 3	1	: 52	: 56	60.43%	8			1st age group
7	479	Marisa Blackford	F	45	40-49	7		4		2	: 10	: 17	8	: 23	2	: 0	: 43	64.28%	7			2nd age group
8	474	Uriah Orland	M	45	40-49	8		4		2	: 12	: 5	8	: 30	2	: 0	: 11	56.74%	11			2nd age group
9	480	Andrew Phillips	M	44	40-49	9		5		2	: 19	: 24	8	: 58	2	: 7	: 49	53.32%	18			3rd age group
10	493	Scott Vorhaes	M	47	40-49	10		6		2	: 29	: 54	9	: 39	2	: 14	: 17	50.85%	20			4th age group
11	500	Hannah Brown	F	26	20-29	11			5	2	: 34	: 23	9	: 56	2	: 34	: 23	50.36%	22			1st age group
12	478	Kathy Ritchhart	F	62	60-69	12			6	2	: 35	: 19	9	: 60	1	: 45	: 32	66.71%	6			1st age group
13	496	Brooke Roberts-Higgins	F	50	50-59	13			7	2	: 35	: 47	10	: 2	2	: 16	: 16	56.85%	10			2nd age group
14	497	Chanti Beckham	F	48	40-49	14			8	2	: 35	: 48	10	: 2	2	: 19	: 40	55.51%	13			3rd age group
15	487	Dina Hensley	F	50	50-59	15			9	2	: 42	: 28	10	: 28	2	: 22	: 7	54.51%	15			3rd age group
16	481	William Askew	M	65	60-69	16			7	2	: 47	: 44	10	: 48	2	: 9	: 0	53.61%	17			1st age group
17	495	Russ Ritchhart	M	72	70-79	17			8	2	: 51	: 11	11	: 1	2	: 2	: 7	56.58%	12	YES		2nd age group
18	473	Brian Spencer	M	56	50-59	18			9	2	: 51	: 52	11	: 4	2	: 23	: 4	48.00%	24			1st age group
19	475	Heather Orland	F	49	40-49	19			10	2	: 52	: 15	11	: 5	2	: 32	: 33	50.80%	21			4th age group
20	485	Judy Lewis	F	55	50-59	20			11	2	: 52	: 16	11	: 5	2	: 21	: 18	54.73%	14	YES		4th age group
21	490	Martin Stahl	M	47	40-49	21			10	2	: 57	: 12	11	: 24	2	: 38	: 44	43.01%	29			5th age group
22	482	Robert Hilton	M	56	50-59	22			11	2	: 59	: 40	11	: 34	2	: 29	: 33	45.92%	26			2nd age group
23	492	Brian Ross	M	58	50-59	23			12	3	: 2	: 33	11	: 45	2	: 29	: 24	46.04%	25			3rd age group
24	471	Anne Jiles	F	64	60-69	24			12	3	: 4	: 45	11	: 54	2	: 13	: 24	57.72%	9			2nd age group
25	498	John Montazedi	M	56	50-59	25			13	3	: 4	: 52	11	: 54	2	: 33	: 53	44.63%	27			4th age group
26	483	Gary Ohmart	M	60	60-69	26			14	3	: 18	: 3	12	: 45	2	: 39	: 17	43.25%	28			2nd age group
27	472	Debbie Smith	F	65	60-69	27			13	3	: 21	: 47	12	: 59	2	: 23	: 30	53.63%	16			3rd age group
28	470	Sheree Wilson	F	66	60-69	28			14	3	: 27	: 29	13	: 21	2	: 25	: 18	52.94%	19			4th age group
29	486	Nancy Ohmart	F	61	60-69	29			15	3	: 28	: 29	13	: 25	2	: 37	: 22	49.00%	23			5th age group
30	476	Nicolette Hall	F	38	30-39	30			16	3	: 29	: 45	13	: 30	3	: 24	: 53	37.93%	30	YES		1st age group

#	BIB#	Name	Gender	age @ 18-Feb	25K - RELAY				
					ranking	Hrs	mins	secs	
1	97	Hunter Schaaf	M	19	1	3	9	14	
2	95	Lynette Emmerson	F	51					
3	96	Amber Reinecke	F	36					
4	92	Greg Stratton	M	54	2	3	42	39	
5	93	Shawn "Tonka" Currin	M	11					
6	94	Casey Grissom	F	39					



## Frosty Trail 5K – another Director’s Cut

(by Henri & Titi)



Frosty Trail (formerly Chilly Trail) 5K, second edition (third if you count the delayed '21 Dogwood Run held here because of the pandemic; but for history's sake, we'll call this the second edition).

Twelve hours before the race and panic reigned in the Henri & Titi basement printshop. A good number of runners had waited till the last minute to register and the two of us had been procrastinating the printing job. Not a good idea. We worked in our sweatshop unit 2am, went to bed and woke up again at 5am.

The weather was promising, cold but nice. The sun hadn't come up yet but the skies were clear and the trail was ready to be warmed up by a cold winter sun. Volunteers were early at our Morse Park pavilion. Bathrooms were open as promised by Neosho Park & Rec. Craig's first generator refused to kick in but



fortunately he brought a backup, which worked. Tarp up, computer plugged in, fire started. With Brady out on the trail marking the turns and crossings. The race was a little over 5K even with a last-minute short-cut (yes, I know), so we certainly didn't want runners to miss a turn and run even longer.



Desiree Bridges of Hope Kitchen Neosho, our charity for the event, was at the start blowing the starting horn. Angie Wilson was our designated biker to assist the runners along the trail; she had conned her husband Derek into running the race as well.

Les Shaeffer and Seth Brown raced to the finish for first place. So did Scott Vorhees and Neely Burkhart (1<sup>st</sup> female), for 3<sup>rd</sup> place overall. Age/gender graded awards were for the top 12. We promised an extension of this at our next race.

Hot coco for everyone at the finish. It was a great day for our charity which will be collecting a \$1000 donation as a result of the 73 registrations. A record for this young trail race in the middle of winter!



Cool shirt and awards, designed by Titi Jaramillo



## FROSTY TRAIL 5K - FINAL RESULTS (ranked by gun time)

Column

A: Results ranked by gun time

Column

B: Gun time

Column

C: AAT = Age Adjusted Time:

These are the times you would have run had you made today's effort at your peak age between 20-30yrs.

The Age-Adjusted Results allow you to compare your own PR's for a similar distance (and at a similar course) throughout your career regardless of your age.

(e.g. A 44-year old man running today's 5K run in 28:21 would have run that same 5K on a similar course in 26:00 at his peak age, making 26:00 his age-adjusted time).

Column

D: AGP% = Age-Graded Performance Percentage: Your speed, in %, compared to the fastest world time for your age and gender at this distance.

(e.g. A 63-year old woman running a 5K in 35:39 runs at 56.62% of the speed of the 63-year-old female world recordholder at that event).

Comparing runners to the best possible performance for their age and gender at this distance creates a fair level-playing field.

It especially highlights the results of some older or younger runners who run comparatively better than expected for their age, but who would easily be overlooked.

Column

E: AGP% Rank = Age-Graded Performance Percentage ranking (excluding overall male and female)

BIB#	Name		Gender	age @ 14-Jan	RACE RESULTS									
					A		B		C		D		E	
					GUN	Male	Female	mins	secs	AAT	AGP%	AGP% Rank	AWARDS	
470	Les	Shaeffer	M	44	1	1		28 : 21		26 : 0	49.62%	3	TOP MALE OVERALL	
424	Seth	Brown	M	29	2	2		28 : 27		28 : 25	45.40%	4	#2 AGP Award	
460	Scott	Vorhees	M	47	3	3		33 : 12		29 : 44	43.37%	9	#7 AGP Award	
461	Neely	Burkhart	F	48	4		1	33 : 13		29 : 47	49.72%	2	TOP FEMALE OVERALL	
467	Liz	Kyger	F	63	5		2	35 : 39		26 : 8	56.62%	1	#1 AGP Award	
462	Christopher	Guthary	M	32	6	4		35 : 42		35 : 25	36.41%	26		
439	Kendra	Cochran	F	38	7		3	36 : 26		35 : 35	41.58%	11	#9 AGP Award	
464	McKinzie	Newman	F	35	8		4	36 : 27		36 : 4	41.02%	12	#10 AGP Award	
423	Ron	Sparlin	M	62	9	5		36 : 30		28 : 51	44.70%	5	#3 AGP Award	
440	Hadley	McBride	F	20	10		5	36 : 34		36 : 33	40.47%	13	#11 AGP Award	
425	Lelania	Littlefield	F	48	11		6	37 : 50		33 : 55	43.66%	7	#5 AGP Award	
473	Chris	Shellenbarger	M	48	12	6		37 : 53		33 : 40	38.32%	21		
445	John	Montazedi	M	56	13	7		38 : 54		32 : 23	39.85%	15		
441	Braden	McBride	M	48	14	8		39 : 10		34 : 49	37.06%	25		
452	Brian	Ross	M	58	15	9		39 : 24		32 : 15	40.02%	14	#12 AGP Award	
465	Matthew	Crews	M	34	16	10		39 : 50		39 : 12	32.93%	40		
469	Derek E	Wilson	M	46	17	11		40 : 20		36 : 25	35.41%	27		
433	Indica	Beckham	F	10	18		7	40 : 45		35 : 21	39.18%	18		
446	Judy	Lewis Sandbothe	F	55	19		8	41 : 28		34 : 1	43.53%	8	#6 AGP Award	
413	Brian	Spencer	M	56	20	12		41 : 42		34 : 43	37.17%	24		
459	Brandon	Davis	M	42	21	13		41 : 45		38 : 52	33.17%	38		
434	Mira	Beckham	F	11	22		9	42 : 39		37 : 56	37.44%	23		
432	Chanti	Beckham	F	48	23		10	42 : 40		38 : 15	38.71%	20		
408	Stacey	Phillips	F	57	24		11	42 : 52		34 : 13	43.23%	10	#8 AGP Award	
443	Nathan	Meadows	M	49	25	14		42 : 52		37 : 48	34.14%	35		
418	Kreg	Selvey	M	33	26	15		43 : 15		42 : 45	30.17%	49		
471	Shawn "Tonka"	Currin	M	11	27	16		44 : 4		37 : 10	32.90%	41		
449	Jackie	Silvey	F	34	28		12	44 : 8		43 : 49	33.76%	36		
426	Marly	Ramsour	F	38	29		13	44 : 15		43 : 13	34.24%	33		
438	Jenny	Rudolph	F	38	30	14		44 : 16		43 : 14	34.22%	34		
416	Alisha	Richter	F	41	31	15		44 : 32		42 : 42	34.66%	30		
447	Gabriela	Martinez	F	27	32		16	44 : 45		44 : 45	33.07%	39		
442	Lindsay	Meadows	F	46	33		17	46 : 15		42 : 25	34.88%	29		
412	Suzie	Crossno	F	64	34	18		46 : 43		33 : 44	43.88%	6	#4 AGP Award	
428	Dana	Williams	F	46	35	19		47 : 1		43 : 7	34.31%	32		
466	Anna	Newman	F	7	36	20		48 : 35		38 : 19	32.86%	42		
472	Gary	Ohmart	M	60	37	17		49 : 1		39 : 25	32.71%	43		
421	Heather	Orland	F	49	38		21	50 : 13		44 : 28	33.29%	37		
410	Cathy	Brown	F	61	39	22		50 : 32		38 : 9	38.79%	19		
415	Ashley	Scroggins	F	42	40	23		51 : 4		48 : 35	30.45%	46		
458	Ashley	Davis	F	43	41	24		51 : 35		48 : 41	30.40%	47		
403	Anne	Jiles	F	64	42	25		51 : 49		37 : 25	39.56%	16		
419	Sidnei	Griffin	F	16	43	26		52 : 21		50 : 37	29.23%	51		
422	Sharon	Smith	F	44	44	27		52 : 47		49 : 23	29.97%	50		
420	Felicia	Griffin	F	40	45	28		52 : 49		50 : 59	29.03%	52		
411	Todd	Phillips	M	54	46	18		52 : 51		44 : 44	28.82%	53		
402	Sheree	Wilson	F	66	47	29		53 : 26		37 : 25	39.55%	17		



417	Rena	Selvey	F	39	48		30	53 : 29	51 : 57	28.48%	55	
407	Sabrina	Platt	F	31	49		31	54 : 19	54 : 15	26.36%	60	
406	Selena	Greninger	F	48	50		32	54 : 23	48 : 45	30.37%	48	
405	Robert	McKnight	M	55	51	19		54 : 23	45 : 39	28.26%	56	
437	Riker	Shallenberger	M	10	52	20		54 : 24	44 : 27	26.65%	59	
404	Nancy	Ohmart	F	61	53		33	55 : 30	41 : 53	35.32%	28	
448	Reynaldo	Martinez	M	30	54	21		56 : 34	56 : 26	22.86%	66	
463	Yana	Biryukova	F	28	55		34	58 : 59	58 : 59	25.09%	63	
436	Aurora	Hafle	F	14	56		35	61 : 12	57 : 39	25.74%	62	
435	Michelle	Hafle	F	53	57		36	61 : 17	51 : 36	28.69%	54	
429	Brian	Mattox	M	61	58	22		61 : 31	49 : 2	26.31%	61	
409	Mary	Frerer	F	59	59		37	61 : 45	47 : 57	30.85%	45	
427	Robyn	Gillum	F	50	60		38	61 : 51	54 : 6	27.35%	57	
414	Leigh	Kelley	F	62	61		39	61 : 52	46 : 1	32.17%	44	
444	Becky	Mitchell	F	73	62		40	61 : 54	38 : 38	38.31%	22	
401	Jim	Burns	M	64	63	23		61 : 57	48 : 5	26.82%	58	
450	Teena	Maitland	F	67	64		41	61 : 58	42 : 43	34.64%	31	
453	Cara	Bland	F	36	65		42	64 : 29	63 : 34	23.29%	65	
454	Mark	Miller	M	54	66	24		65 : 5	55 : 5	23.41%	64	
430	Jessica	Baugh	F	42	67		43	83 : 48	79 : 44	18.56%	70	
431	Dene	Sardella	F	32	68		44	83 : 49	83 : 36	17.70%	71	
451	Lynn	Cline	M	72	69	25		85 : 14	60 : 48	21.22%	68	
457	Reva	Paxson	F	58	70		45	90 : 15	71 : 4	20.83%	69	
456	Kathy	Williams	F	64	71		46	90 : 16	65 : 11	22.71%	67	
468	Michelle	Grimes	F	52	DNS			:	:			
455	Jaime	Jacobo	M	42	DNS			:	:			





## Run w/t Wind – Relay this ...

*(by Tonka Currin)*

I ran in the Run with the Wind 25K race as part of one of the two relay teams. I did it because I had never been on a relay team before and because Casey Grissom asked me to join her team. The race was from Sarcoxie High School to Carthage High School and that day the wind was really blowing hard from Sarcoxie to Carthage. Greg Stratton handed off the baton to me after mile 8 and I ran the second leg of the relay which was only 2 miles. It was still challenging because I was fighting off a cold, it was a very hilly portion, windy and cold. I handed off the baton to



but I was able

to run my leg in 18:14. I liked being part of a team and I could not have participated if I wasn't part of a relay team. Next year I will run a longer leg, but still as part of a team, if someone will have me, ... Casey ... Greg ???



Casey and she ran our last leg for 8 miles!!! Our team came in second,



## Erick's Run 5K

*(for Dave McCoy)*



Dave McCoy was making his last strides to the finish line.

If ever there was a man who inspired more people that nothing is impossible, at any age, it is Dave, now at 92.

We are proud to have him as a JRR member. When he joins a race, it sure is a good day for all of us.

He didn't break a record, he didn't win the race, he didn't run the entire 5K, but when he arrived, the entire group of runners, all of whom had arrived well before him, ran out the school doors and down to the entrance ramp where





## Hot Chocolate 15K – Nashville

(by Lori Thompson)



Most people post how wonderful their races were. How they had a PR or what a beautiful day it was. Well, not me! This hits #2 on the worst race list for me.

The weekend of Feb 25, some girlfriends and I headed to Nashville to celebrate one friend's birthday. While we were there, we thought we'd run in the Hot Chocolate 15k.

These races are normally a lot of fun, great atmosphere, great volunteers and a great expo.

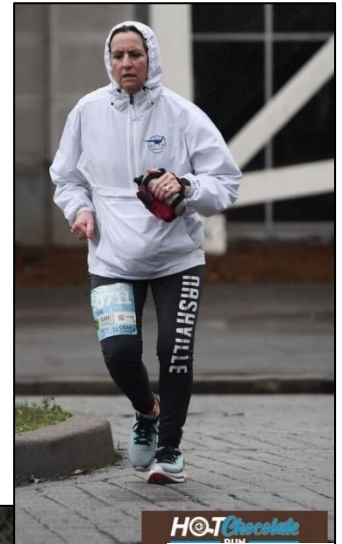
It started out great, we headed out there on Thursday 23rd, it was 80° in Nashville. Enjoyed walking up and down Broadway, ate dinner on a rooftop. Friday, we toured the city on a bus in the rain, still not too bad.

Then Saturday came...with 40° temps, more rain. I left some of my running gear at home, so that sucked! The race started out ok, then the rain came down pretty hard and we were quite soaked!

My earbud fell out of my ear so I had to stop and look for it, luckily another runner saw it and picked it up for me, but I couldn't get it to stay in my ear. So, I ran with no music.

It was so wet that my running pants sagged and I had to keep stopping to pull them up or I would moon the people behind me. Then my hip started to hurt, ugh! The route ended up being a half mile longer than it was supposed to be so ... there's that.

Overall, it was a fun weekend as I got to spend it with my closest friends, sister and mom. The race ... I would like to forget.



*Don't see your story? Wished you did?*

*Please participate in our next edition and send in your story and pictures to [info@JoplinRoadRunners.com](mailto:info@JoplinRoadRunners.com).*

*We are not looking for only success and glory pictures (although we love to read those); we are looking for stories you would tell your fellow runners who know what it takes to win but also to lose, to feel great but also to have an off-day or race.*

*This is the place where you share with the people who sweat, cry, scream, yell and celebrate just like you. Join us again, or next time, with your stories of passion and courage.*

## 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. This page is from the April '97 Newsletter: results of Run w/t Wind (at that time still a 15 mile race)

### Sarcoxie to Carthage 15 Mile Run

Feb. 2, 1997

1:33:17	Lullel Hickman	overall male		
1:42:53	Tim Blankenship		30-39	1st
1:42:59	Allison Medlin	overall female		
1:44:43	Tris Diggs		19+under	1st
1:46:38	Hopkins/Myers/Still	Male Team		1st
1:47:25	Randy Jordan		40-49	1st
1:47:46	Rob Darnell		30-39	2nd
1:55:49	Warren Wisner		40-49	2nd
1:57:22	Donald Loden		40-49	3rd
1:58:18	Mike Hutchison		50-59	1st
2:01:24	Wendell Tisdale		50-59	2nd
2:02:17	<sup>1</sup> Noland/Hutchison/Sachan	Coed Team		1st
2:02:24	<sup>2</sup> Noland/Hoover/ <sup>3</sup> Beckham			
2:03:03	<sup>4</sup> Myers/Myers/ <sup>5</sup> Beckham			
2:04:16	Raul Ceron			
2:05:36	Jim Westwick		50-59	3rd
2:07:40	Debbie Smallwood		40-49	1st
2:07:48	Carroll Poage			
2:08:28	David Utter			
2:08:51	Jerry Tomerlin			
2:09:33	David Curry		30-39	3rd
2:10:34	Eldon Morgan		60+	1st
2:13:51	Sue Bowers		40-49	2nd
2:13:57	Gary Esson			
2:16:23	Steve Patterson			
2:17:03	Cooper/Cooper/Pierson			
2:17:17	Kim Moffatt	F	20-29	1st
2:17:18	Jim Stiles		60+	2nd
2:17:47	Bowers/Jennings/Mathews/Lovealls			
2:17:59	Sharon Coffee	F	30-39	1st
2:18:12	Cindy Hughes	F	30-39	2nd
2:19:45	Cathleen Garrison	F	30-39	3rd
2:29:11	Annette Rowe			
2:31:04	<sup>1</sup> Kuhn/Kuhn/Gallemore			
2:41:37	Spence/McGuire/Watson	Female Team		1st



## TWO-MONTHS' RACE CALENDAR

(by Heather Orland)

### March 2023

11<sup>th</sup>~ Nutty Runner 5k, Fayetteville, AR - [Nutty Runner 5k \(runsignup.com\)](#)

11<sup>th</sup>~ Second Chance Pet Rescue 5k, Grove, OK - [Second Chance Pet Rescue 5k \(runsignup.com\)](#)

18<sup>th</sup>~ Lily's House 5k, Adrian, MO - [Lily's House 5k \(runsignup.com\)](#)

18<sup>th</sup>~ Nixa March Madness 5k, Nixa, MO - [Nixa March Madness 5K \(runsignup.com\)](#)

18<sup>th</sup>~ Shamrocks Shuffle (15k, 5k, 1M), Springfield, MO - [Shamrock Shuffle | Fleet Feet Springfield \(runsignup.com\)](#)

25<sup>th</sup>~ Beer & Bagel – Arkansas 4M Trail Run, War Eagle, AR - [Beer & Bagel Run - Arkansas \(runsignup.com\)](#)

25<sup>th</sup>~ Run the Ville 10k, Bartlesville, OK - [KLIFE Run the Ville 10k \(runsignup.com\)](#)

25<sup>th</sup>~ Running of the Squirrels, Marionville, MO - [18th Annual Running of the Squirrels \(actnowracing.com\)](#)

25<sup>th</sup>~ Sock & Undie Rundie 5k, Springfield, MO - [Sock and Undie Rundie \(runsignup.com\)](#)

25<sup>TH</sup>~ NMB Half, Relay & 5k , North Myrtle Beach, SC - [Run North Myrtle Beach 2023 \(runsignup.com\)](#)



### April 2023

1<sup>ST</sup>~ CC Camp 5k, Stilwell, OK - [CC Camp 5K and Fun Run/Walk \(runsignup.com\)](#)

1<sup>st</sup>~ Claremore Hope Race 10k, 5k, 1M, Claremore, OK - [Claremore Hope Race 5k & 10k \(runsignup.com\)](#)

1<sup>st</sup>~ Glade Top Trail Run 10M, 4M, 1M Trail Runs, Brownbranch, MO - [Glade Top Trail Run - Home](#)

1<sup>st</sup>~ Robot Run 5k, Springfield, MO - [Robot Run \(runsignup.com\)](#)

1<sup>st</sup>~ Run Bentonville Half Marathon, Bentonville, AR - [Home - RunBentonville](#)

8<sup>th</sup>~ Springfield Easter Run 10k, 5k, kids run, Springfield, MO - [Springfield Easter Run \(runsignup.com\)](#)

15<sup>th</sup>~ Cherishing Children Glow Run 5k, kids run, Rogers, AR - [Family Fun Festival and 5K | Children's Advocacy Center of Benton County \(cabentonco.com\)](#)

15<sup>th</sup>~ Cougar Run 5k, 1M, 0.3M Run, Joplin, MO - [Cougar Run \(runsignup.com\)](#)

15<sup>th</sup>~ Go Girl Run 13.1, 5k (WOMEN ONLY RACE), Springfield, MO - [Go Girl Run | Springfield, MO \(runsignup.com\)](#)

15<sup>TH</sup>~ Happy Hills 5k, Tahlequah, OK - [Happy Hills 5k \(runsignup.com\)](#)

15<sup>th</sup>~ Jackrabbit 5k, Bentonville, AR - [The Jackrabbit – Hosted by the Flagstone Church of Christ \(flagstonecoc.org\)](#)

15<sup>th</sup>~ NARMC A Better Me in 23 5k, Harrison, AR - [NARMC "A Better Me in 23" 5K \(runsignup.com\)](#)

15<sup>th</sup> and 16<sup>th</sup> ~ Hogeys Marathon 26.2, 13.1/26.2 relay, Fayetteville, AR - [Hogeys Marathon and Relays | The One For All!](#)

21<sup>st</sup>~ Paint the Run (kids run), Springfield, MO - [Paint the Run \(basspro.com\)](#)

22<sup>nd</sup>~ Chadwick School Foundation 5k, Chadwick, MO - [Chadwick Flyer 5k \(runsignup.com\)](#)

22<sup>nd</sup>~ Freeman 5k, Joplin, MO (USATF CERTIFIED RACE) - [Freeman 5K & 1-Mile Walk for Autism \(runsignup.com\)](#)

22<sup>nd</sup>~ Iron Pig Festival Duallython Sprint/ Sprint Relay, 5k Run Fayetteville, AR - [Iron Pig Festival \(runsignup.com\)](#)

22<sup>nd</sup>~ Light it Up Blue 5k and Fun Run, Bartlesville, OK - [Paths to Independence](#)

22<sup>nd</sup>~ Neosho Dogwood Run 5k, 1M, Neosho, MO - [41st Neosho Dogwood Run 5K and 1 mile fun walk \(runsignup.com\)](#)

22<sup>nd</sup>~ Potters House Celebration 5k, Springfield, MO - [Potters House 5k & Fun Run - Celebrating Steve Proffitt \(runsignup.com\)](#)

23<sup>rd</sup>~ Go Bro Half Marathon 13.1, 5k, Rogersville, MO - [Grit & Guts | 5k & 15k Challenge Run \(runsignup.com\)](#)

29<sup>th</sup>~ Breaking the Silence 10k, 5k, Joplin, MO - [Breaking the Silence of Sexual Abuse 5K & 10K \(runsignup.com\)](#)

29<sup>th</sup>~ Dogwood 5k, Siloam Springs, AR - [Dogwood Race 2023 \(runsignup.com\)](#)

29<sup>th</sup>~ Frisco Railroad Run 50M, 50k, 26.2, 13.1 and 8k, Willard, MO - [Frisco Railroad Run](#)

29<sup>th</sup>~ Making an Impact 5k, Coffeyville, KS - [Making An Impact 5K in Coffeyville, KS - Details, Registration, and Results | ITS YOUR RACE](#)

30<sup>th</sup>~ Super Mom 5k/10k, Rogers, AR - [Super Mom 5K/10K/Virtual Half - Rogers \(fivestarntp.com\)](#)



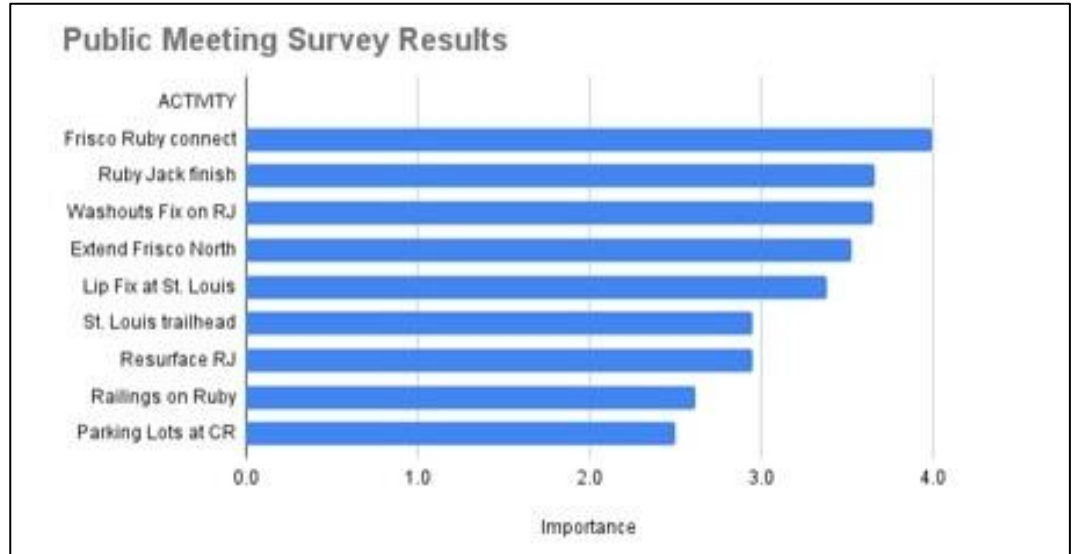




I attended the annual JTC meeting, and voiced some of the requests that would be of interest to the JRR. Following the meeting, I received this report from Robert Herbst, president of JTC, which I share with you, below (*Henri*)

(by Robert Herbst)

We received 30 responses from attendees at the public meeting, and those who took part virtually. We thank you for the time and effort to come to the meeting, and for making the effort to view it online and following up with your comments.



There were two parts to the survey: (1) respondents were asked to rate the importance of several activities on a scale from 1 to 5, and (2) most had some write-in comments aside from or adding to the rated activities.

As you can see both the trail development activities, connecting the Frisco Trail to the Ruby Jack Trail, and extending the Ruby Jack trail were rated highly, with the connection between the two trails rated the highest.

**Public Comments:**

- Porta potty on Ruby Jack
- Vehicle barriers at trail access
- Zebra crossings at road crossings
- Zebra (stripe) crosswalks
- Signage for cross traffic
- Pennsylvania Ave. Bridge - foot-bike traffic
- Township signs
- Signage crossings RJ, Frisco
- Cross street labels
- Crossing signage consistency
- Signage for cross traffic
- Cross street labels
- CR-140 bike lane
- Emergency apps/services
- Signage (general)
- General Signage, kiosk maps
- Street crossing (improvement?)
- Signage- at intersections + services

- No motorized vehicle signs north of 171 (Frisco)
- Paint/repair existing signs
- Emergency locator - crossroads
- Crosswalks striping
- Standardized Trails signs in N. & Jasper County (including city/rail to trail)
- Bike lane South Main St. (wildcat)
- Pedestrian crossings at crossroads
- Single track development (with landowners) near Frisco North St.
- Save small projects for boy scouts-eagle scouts- civic groups
- Repair railings on Boy Scout Bridge - Frisco Trail

There were many excellent suggestions at the meeting, especially related to improving safety at crossings, including signage and other methods. We will be using this feedback at our upcoming meeting and look forward to reporting on plans for implementing these ideas, other trail developments, as well as other ways and opportunities to become more involved in trail development.

### Contact Us

We welcome your ideas and feedback at any time.

There are many ways you can contact us:

Email: [joplintrailscoalition@gmail.com](mailto:joplintrailscoalition@gmail.com)  
 Facebook/messenger: <https://www.facebook.com/JoplinTrailsCoalition>  
 Volunteer group: <https://www.facebook.com/groups/483280338966111>  
 Mail: PO Box 2102, Joplin, MO 64803

### National Trails Day Jamboree – Oronogo April 22

*(by Robert Herbst)*



Joplin Trails Coalition will be hosting a spring time jamboree and fun run/ride to celebrate National trails Day on April 22. Location will be the city park in Oronogo, located on Grant street.

The Phil Cook bluegrass band will play from 12:00 to 12:30 and the Cliff Walker band will play until 1:10.

Culver Creek from Alba and Kona Snow Cones have agreed to do a drive

through as vendors for the occasion.

Joplin RoadRunners are invited to participate.

Runners will start running at 10am, run one hour out on the Ruby Jack Trail, direction West. Then turn around and run back to point of origin by 12pm.

If you want to bike instead, we will ride East till the trail head and back again.

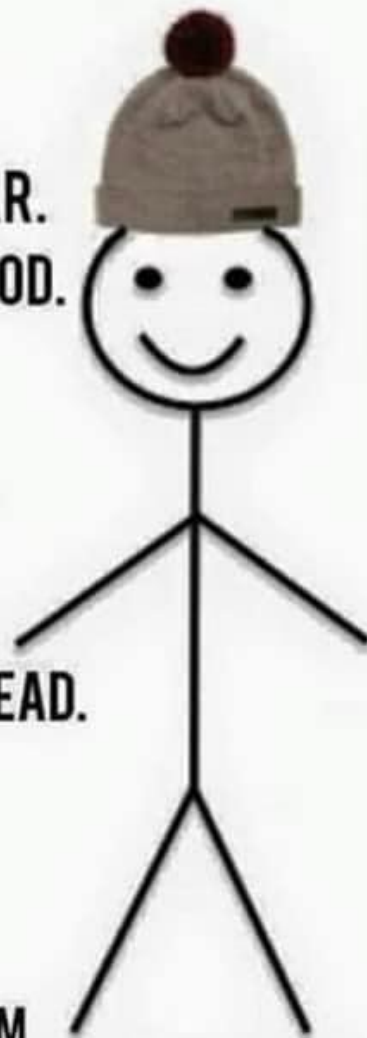




**THIS IS A RUNNER  
RUNNERS LIKE TO RUN**



**RUNNERS SUPPORT EACH OTHER  
NO MATTER WHAT YOUR PACE IS.  
RUNNERS LIKE TO ENTER RACES,  
BUY RUNNING SHOES AND RUNNING GEAR.  
RUNNERS ALSO LIKE TO EAT ALL THE FOOD.  
THIS MAKES US HAPPY.**



**RUNNERS DON'T POST ANNOYING  
BE LIKE BILL MEMES TO FACEBOOK  
WE POST OUR RUNS TO ANNOY YOU INSTEAD.**

**RUNNERS ARE AWESOME.  
BE A RUNNER.**

[WWW.RUNNERDSROCK.COM](http://WWW.RUNNERDSROCK.COM)



## 2023 Membership Form

Membership fees are \$25 for individual membership or \$40 for a family membership (2 people).  
Additional (3<sup>rd</sup> and 4<sup>th</sup>, ...) 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)

<b>Beginning Balance 1/1/2023</b>	<b>\$ 3,652.81</b>
Income	\$3,931.00
Expenses	\$1,123.18
Charity Donations	\$1,000.00
	=====
<b>Ending Balance 2/28/2023</b>	<b>\$ 5,460.63</b>
	=====

This ending balance still includes our upcoming donation to the Erick Grove's Memorial Fund as a result of our net revenue at Run w/t Wind. The amount of this donation is pending.

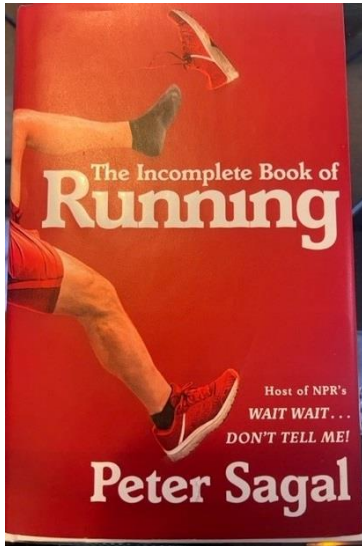


## From our Runner's Library ...

### The Incomplete Book of Running

(by Peter Sagal)

*Not a person I would politically align with, but whose book I found highly amusing. Proof that running makes road-mates of the most unlikely people. This extract describes something the writer and I have in common: running anywhere and getting nowhere, on purpose (Henri).*



“In the midpoint of life, I found myself lost, in a dark place. So I tried to figure out exactly how many miles I had run to get there.

There are obsessive runners who record every fraction of every mile in log-books piled years high on their shelves, but I, a distracted, undisciplined person, who is lucky if he remembers to write his name down on a check, am not one of them. I've subscribed to various digital services in recent years that supposedly automatically upload all my mileage to websites for exercise community, but no service will let me use my preferred login password, “IFORGOT”.

If visiting a city, I would head for the city center, or if in a state capital, I'd orient towards the building with the golden dome. If in a university town, I'd head for the campus and head for the leafy pathways in the quad, then look for the football stadium, and once there, rattle the door handles. Sometimes I got lucky.

But I have also ended up in ugly industrial strips, like the one outside Virginia Beach and the one north of Charlotte, North Carolina, and I have become lost in endless, anonymous suburban housing developments, and in Cobb County, north of Atlanta, a bizarre wasteland of shiny empty office towers next to lonely 1950's era suburban houses on little islands of lawn, victims of a zoning plan devised by lunatic libertarians. I have passed hulking remnants of the industrial past, like the General Electric plant in Schenectady, New York, and felt an odd reverence, as if visiting a giant tomb.

I have conducted running expeditions into my own history, running the three miles from my childhood home to my junior high school – a feat I never could have accomplished when I was required to make that journey every day – and once a six-mile mission to the address of my father's childhood home in Highland Park, Texas, only to find it had been scraped away years prior and replaced by a Greco-columned McMansion. So I just stood in front of the site, put my hand on a tree old enough for my father to have known it, and like he once did, headed off to the northeast at a deliberate pace.

I have stood sweating and panting in front of stores and schools and waterfalls and vistas and garbage dumps. I have run to the tops of hills only to find piled trash and graffiti, or another higher hill beyond, the second in a seemingly infinite rise of obstacles. I have entered the curved streets of new housing developments, like the one I grew up in, and gotten hopelessly lost, as I always worried I would as a child. I have had to end my runs and come back long before I made it anywhere interesting, and I have kept going to get to some fantastic view, only to get back so late I arrived at a cocktail party still sweating into my dress shirt, apologizing to everyone and worrying about the smell.



## Group Runs

Group runs will start again on weekdays and continue on weekends.

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!



## Introducing the JRR Social

*(by Heather Orland)*

What is this you may ask? Well, it's an event held by the JRR on **every last Thursday of the month**, starting in March, and will include meeting for a run or walk at 6pm at a planned location with a follow-up at 7pm to start our social hour.

We want to bring in everyone to include the athletes and the family. Without our family's support a lot of us couldn't do what we love. The support of our friends and loved ones should be celebrated also and they should feel like a part of the JRR family. Some of us can't make all the runs due to work or family life so this way it's a great chance to hopefully be able to make the social hour.

The social hour will change locations monthly to try to get out and about in Joplin and Neosho. We want to make this as easy as possible for all our athletes and families to attend.

The location will be mentioned towards the end of the month once the location is set. The routes will be provided for our runners/walkers. We hope to make this an event where we can let ourselves have a great time meeting each other, connecting, and just having a great night of laughter and companionship.

Check out our March JRR Social on Facebook for details and venue.

See you there!!





[Race Info](#) ▾

[Lodging](#)

[Volunteer](#)

[Results](#)

[FAQ & Contact](#)

## Race Start Times

### No Late Starts!

**6:00am** - 50-Mile and 50K start  
*\*Optional 4:00am start provided*  
**7:00am** - Marathon start  
**7:30am** - Half Marathon start  
**7:45am** - 8K start

All events arrive to the Start Line 10 minutes before the start time. 50-Mile and 50K runners, please check in at least 30 minutes prior to your race.

*\*50-Mile and 50K participants have the option to start at 4am instead of the regular 6am start time. Email us at [omrrultra@gmail.com](mailto:omrrultra@gmail.com) if you plan to take this option. Please note, facilities will not be open and aid stations will not be setup until 6am so plan on self-support until then. If you choose the 4am start time, you will not be eligible for awards.*

## Location & Parking

Willard Middle School  
205 N Miller Road  
Willard, MO 65781

There will be ample parking at the middle school parking lot, as well as port-a-potties.

All races will start and finish in the parking lot.



[See our Sponsored Hotels](#)

## Packet Pick-Up

**Thursday, April 27**  
3:00pm to 7:00pm at Fleet Feet  
(1254 E Republic Rd, Springfield, MO)

**Friday, April 28**  
3:00pm to 7:00pm at Fleet Feet  
(1254 E Republic Rd, Springfield, MO)

**\*Race Day (for out-of-town runners)**  
Inside the middle school from 5:00am to 7:30am

**\*Race Day pick-up is for out-of-town participants only**

## Awards

All ultra finishers (50-Mile and 50K) receive a unique Frisco Railroad Run belt buckle.



All Marathon, Half-Marathon, and 8K finishers receive a custom Frisco Railroad Run medal.

First overall male and female, as well as Masters (40+) and Grand Master (55+), in each event receive a Frisco Railroad Run trophy.

*\*Overall winners will be recognized at the finish line.*

The top 3 male and female finishers in the Marathon, Half Marathon, and 8K receive age group awards in the following age groups: (<20, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).

*\*There are no award ceremonies for age group winners. When the official results are posted, winners can pick up their individual awards inside the OMRR tent.*

## Prize Money

Prize money is awarded to top overall male and female, as well as for top overall male and female masters. Bonus cash prize for course records! Prize money can be stacked.

Course Record for any distance: \$50

### 50-Mile

1st Overall Male & Female: \$150 each  
1st Overall Masters M & F: \$50 each

### 50K

1st Overall Male & Female: \$135 each  
1st Overall Masters M & F: \$45 each

### Marathon

1st Overall Male & Female: \$120 each  
1st Overall Masters M & F: \$40 each

### Half Marathon

1st Overall Male & Female: \$105 each  
1st Overall Masters M & F: \$35 each

### 8K

1st Overall Male & Female: \$60 each  
1st Overall Masters M & F: \$20 each

## Swag & Post-Race

Each registrant receives a Frisco Railroad Run shirt!  
**\*Sign up by April 13 to be guaranteed a shirt.**

Following your event, enjoy free food, drinks, awards, and fun at the Start/Finish line area! The beer tent is just a short walk toward the Frisco Bike Shop, down along the gardens. Sponsored by Wil Fischer Companies, we'll have Michelob Ultra, our local Green Ghost from SBC, and the non-alcoholic Budweiser Zero. Must be over 21.

*\*Please park in the gravel lot next to the trailhead or park at Willard Middle School and walk to the trailhead.*

**Note: Alcohol is not allowed at the school or on the trail.**



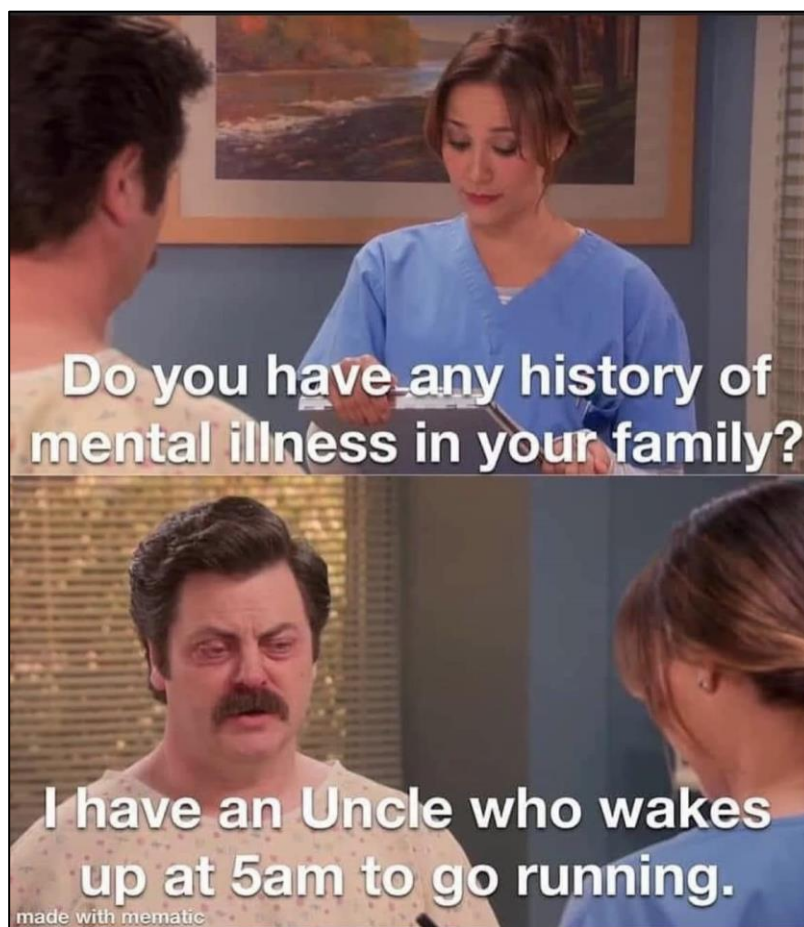
## COMING UP!

### March 9: Club Meeting - 7:00pm at YMCA Joplin (upstairs)

Speaker will be Nikki Phillips, personal trainer at the Y, who will be demonstrating core strength exercises in the upstairs exercise/dance room.

We will also donate our charity contribution to Neosho Hope Kitchen, a result of our Frosty Trail 5K race in January.

### April 13: Club Meeting – 7pm at location tbd





**Club Officers**

[info@joplinroadrunners.com](mailto:info@joplinroadrunners.com)

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

President - Race Directing, Merchandising, Communication & Networking, Website and Newsletter, 401c3 compliance

Henri Coëme (417) 622 8912 [hcoeme@hotmail.com](mailto:hcoeme@hotmail.com)

Vice-President - Weekly Group Run Organization & Social Media

Sheree Wilson [wilson7907@sbcglobal.net](mailto:wilson7907@sbcglobal.net)

Treasurer – Accounting & Financing

Casey Grissom [r3d4um.19@gmail.com](mailto:r3d4um.19@gmail.com)

Secretary – Board Agenda and Club Meeting Reporting

Aaron Orland [ahorland@hotmail.com](mailto:ahorland@hotmail.com)

**General Board Members**

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

Brian Spencer [spencercarco@yahoo.com](mailto:spencercarco@yahoo.com)

Lori Thompson [ldolores1@yahoo.com](mailto:ldolores1@yahoo.com)

Heather Orland [ahorland@hotmail.com](mailto:ahorland@hotmail.com)

**Appointed Board member**

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

**Club Maskot**

Miles - the only Beast, all others are pretend only ([miles@hotdog.com](mailto:miles@hotdog.com))

