



Joplin RoadRunners' Newsletter May-June 2024 Edition

First Word from your President

Fellow RoadRunners,

We made a few modifications, recently, to the ways we meet and communicate with you. Until last year, we organized monthly club meetings, wrote monthly Newsletters and set dates for evening running groups in Joplin a few times a week. You may have noticed all that has changed.

We now meet only once every two months. The reason is that it gets ever harder to find people and subjects people want to make the trip to town for on a Thursday evening. Also, we found that runners sometimes just want to meet and make their own running stories the sole entertainment of the evening. That's what we now call our monthly Social Runs. Combined, the meetings and social runs create plenty of opportunity to share in person, which was the original purpose.

Similarly, our group runs have also changed a little. You will have noticed that group runs no longer exclusively are in Joplin. We now have weekly runs in Carthage and Neosho as well. On non-race weekends, we often move our long runs to the Joplin, Neosho and Carthage trails or even to NW Arkansas. Through our Facebook Lounge private pages we try to keep you timely informed about all these events.

Our Newsletter too has gone through some transformation. Rather than a monthly letter of a few pages of information, it has grown into a bi-monthly compilation of many of your stories. The editions we put together nowadays are written by all of us. They are written with our friends RoadRunners in mind. Stories of runs and races are not always glorious. Often, they are stories of injury, recovery and come-back. And it is exactly because you make these so real and personable that they appeal to so many of us.

Thanks to all of you who contributed. We continue our drawings for prizes among all participants of each Newsletter. All of your stories remind us of the passion we share, the fun, the adventure, the tears and the ultimate persistence.

Henri



Board Meetings – April 10 & April 29

✓ Equipment update

Our new electronic clock (compliments McKay Roofing) was used successfully for the first time at the Dogwood run. Our new JRR inflatable arch has arrived and has been tested. It will be used for the first time at the Red, White and Boom 5K in Carthage.



✓ Hit The Road, Jack!

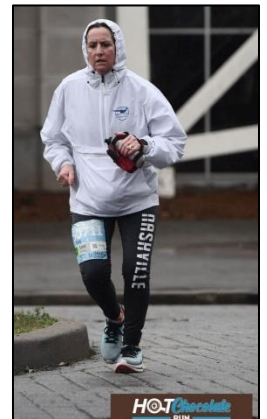
Talks have concluded between JRR and JTC for a distance trail-fest at the Ruby Jack in September. Details have been worked out and race will be opened for registration in the next few days. Net revenue will be financing Ruby Jack porta-potty and additional trail maintenance (Carthage trail head parking lot, first mile resurfacing, km-posts).



✓ 2024 JRR Shirt catalog

Shirt catalog was put on the JRR website where members can now pick and choose their new club shirts. Also, additional club attire is available on our website at special club prices. If you haven't looked at the lineup recently, please check it out at

<https://joplinroadrunners.com/club-running-gear>.



✓ Carthage Humane Society – new charity run

Board decided to enter talks with Carthage Humane Society to set up a new 5K/1M charity race. Henri and Lori contacted the organization and are finalizing the details of this November race.



✓ Weekly Group runs

JRR expanded its offering of weekday and weekend group runs. In addition to our Joplin group run, we are now organizing an alternative Monday/Tuesday run in Carthage. We are also organizing 2-3 weekday group runs in Neosho on Tuesday, Wednesday and Thursday, with a weekend long run on Saturday morning (on non-race days) and Sunday evening. Weekdays and Sunday runs always start at Morse parks trail head. Saturday run varies (check our Facebook page for weekly details).

Group Runs This Week Starting 5/14



**Carthage - Tuesday 5:30pm meet at
422 E Fairview (Calvary Hill
Vietnamese Park)**

**Neosho - Morse Park Trailhead
parking lot Tuesday, Wednesday &
Thursday - paved or dirt trail
options. Start at 6pm.**

**Joplin - Thursday 5:30pm meet at
Joplin Public Library for an easy run
before JMR.**

Everyone is welcome!!! PIC-COLLAGE

Next Board meetings are May 31, July 4, Aug 1.

Next club meeting is July 11 at a place yet to be decided.

March Social Run – at Eastside Social, Neosho

First, we met in front of Eastside Social from where some of us ran to Morse park, others were given a preview of the upcoming new and challenging Dogwood 5K course (which we mostly walked in order to slowly and fully appreciate the multiple hills – no less than seven in the first half of the race).



April Social Run – at Tropicana Bar & Grill, Joplin

Out for a run to Memorial Hall before indulging at our Social club fest.

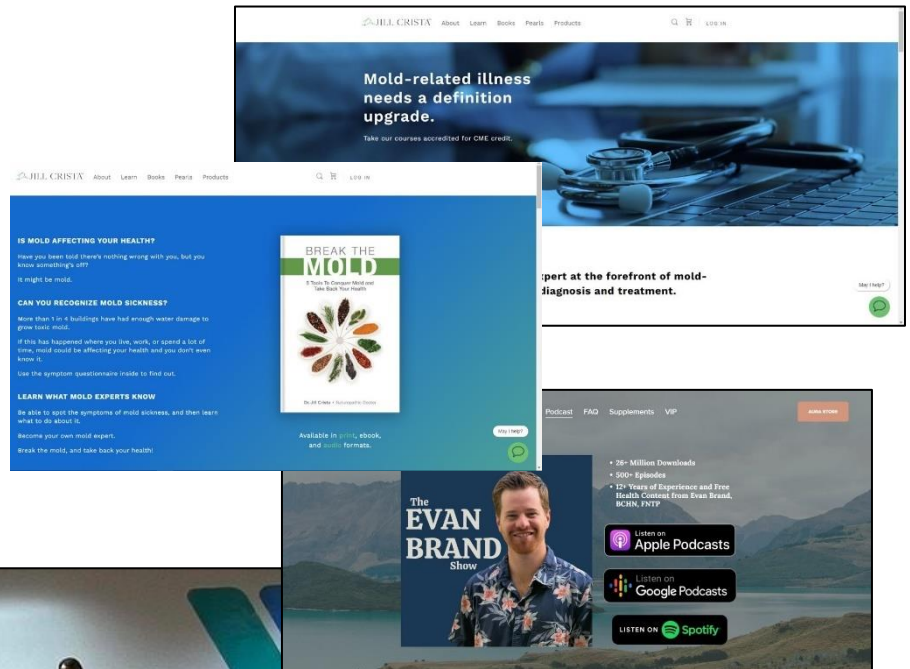


March 14 – JRR Club meeting at Joplin Y



Ruth Sawkins was our featured speaker. Ruth talked extensively about her recent health issues with house mold. All of us received a crash course in molds and how to detect, avoid, combat them.

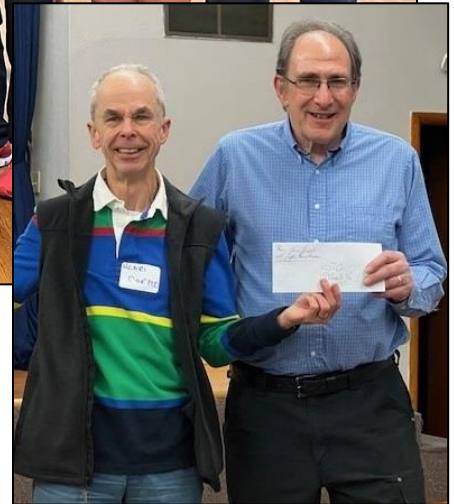
Lots of information available on the subject, but Ruth told us to specifically listen to the Evan Brand podcasts and check out Jill Crista's website (<https://dr crist a.com>) and book, and do her free questionnaire at <https://dr crist a.com/questionnaire>. All are linked below.



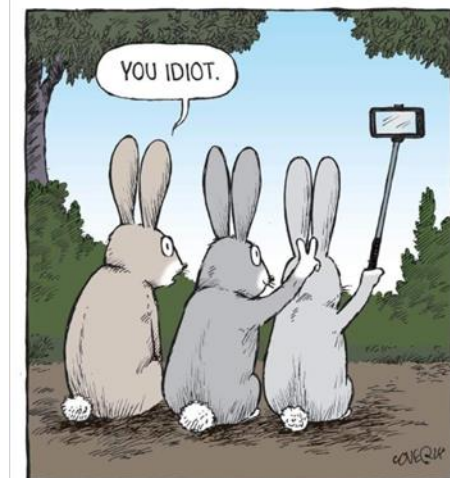
Members also heard about upcoming races and new equipment acquisitions. They also picked up remaining club shirts.

Charity

Most beginnings are small, but JRR was able to generate \$1,250 of contributions off its first Jack-Is-Back December race. Checks went to Vita Nova, the designated charity for the event, and Joplin Trail Coalition who maintains the trail where this and previous events had been held.



Frosty4 Trail Run in Neosho brought in \$500 to benefit our local charity: Neosho Hope Kitchen



May 9 – JRR Club meeting at Millennium Family Fitness, Joplin



Amy Goddard, our newest club member, gave a very captivating seminar on the importance of breathing while exercising.

Did you know that

✓ 80% of people have breathing dysfunction significant enough to impair functional movement?

✓ As a population, we are breathing twice as much as what is physiologically healthy?

✓ Faulty breathing behaviors happen unknowingly, during training and rest, setting runners up for breathing dysfunction?

Did you know the importance of nose breathing?

Do you know there are advantages to taping your mouth shut (to my great personal dismay and to delight of my wife)?

In case you missed it: Amy's complete 9-pages of notes can be found on our website here:

<https://joplinroadrunners.com/meeting-notes>



JRR Races: 42nd Neosho Dogwood 5K

A race dedicated to the memory of Eldon Morgan, one of JRR notorious runners and Neosho resident. Like last year, the race started again at Neosho's Big Spring park but was run on a new and very challenging course.

Also new was JRR timing the event for the first time with their electronic timing system and new digital clock.

Here is Brady Beckham, race director of the event, with his comments.

"Thanks to JRR, the 42nd Dogwood Run was the easiest yet (for me)!"

Huge thanks to JRR friends who volunteered.

The chip timing system took all the stress out of results. Credit to Paul for manning that gear, Brian for leading registration, Suzy and Becky for traffic/course control, and Liz for taking pictures! This race would not have happened without you. I truly mean that, because I spent most of my time dealing with Neosho PD to address traffic concerns... the volunteers directed this event, truly exemplifying "Runners Supporting Runners."

I was also excited to see close competition for the Delynn Kuhn Award. Both the men's and women's awards were decided by less than 1 point. Congrats to the winners, Russ Ritchhart and Becky Mitchell, and their competition who are leading by example and showing us what lifetime wellness looks like.

I'm currently working with the City of Neosho to get the 2025 date on the calendar. Hope to see you all next year, for one of the area's longest running events and always the best value for your money!"

Indeed, super close contests for the Delynn Kuhn Award this year.

Less than one point difference between 1st and 2nd in Men and Women. Awesome!!

Here are the top 3!

Men: (Age - time = score)

Russ Ritchhart: $73 - 29 = 44$

David Giles: $68 - 25 = 43$

Charles Nodler: $75 - 36 = 38$

Women: (Age - time = score)

Becky Mitchell: $74 - 39 = 35$

Kathy Ritchhart: $64 - 29.25 = 34.75$

Anne Jiles: $65 - 36 = 29$

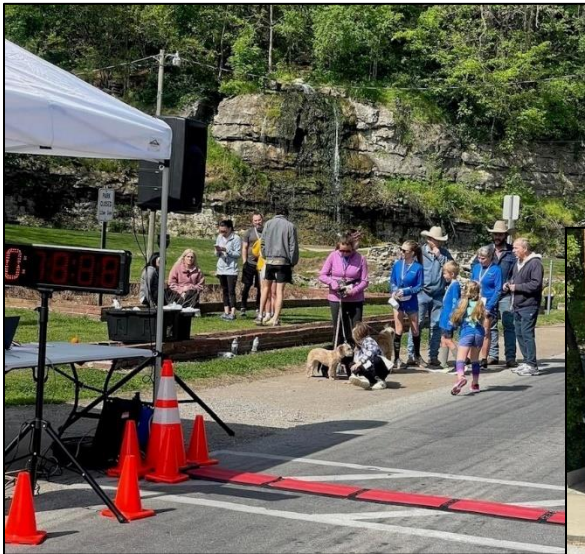


Place	First Name	Last Name	Gender	City	State	Chip Time	Pace	Age	Age Percentage	Gender Place	Age Place
1	Jaryd	Gregory	M	Carthage	MO	0:17:39.23	5:41	34	73.5	1: M	1: M Top Finishers
2	Anthony	Howard	M	Joplin	MO	0:21:43.32	7:00	54	69.4	2: M	1: M50-59
3	Tom	McKay	M	Goodman	MO	0:23:03.14	7:25	60	68.8	3: M	1: M60-69
4	Michael	Pippin	M	Noel	MO	0:23:24.01	7:32	42	58.7	4: M	1: M40-49
5	Landon	Callahan	M			0:23:59.80	7:43	39	56.0	5: M	1: M30-39
6	Paul	Wright	M	Carthage	MO	0:25:13.99	8:07	48	57.0	6: M	2: M40-49
7	David	Giles	M			0:25:16.83	8:08	68	67.4	7: M	2: M60-69
8	Tiffani	Taylor	F	Duenweg	MO	0:26:57.64	8:41	24	54.6	1: F	1: F Top Finishers
9	Arthur	Vernon	M	Joplin	MO	0:27:12.79	8:46	23	47.2	8: M	1: M20-29
10	Bonnie	Kyger	F	Carthage	MO	0:27:40.30	8:54	36	53.7	2: F	1: F30-39
11	Avery	Foreman	M	Oronogo	MO	0:27:56.65	9:00	13	49.6	9: M	1: M11-14
12	Benjamin	Pinkley	M	Carthage	MO	0:27:58.60	9:00	9	57.5	10: M	1: M01-10
13	Ally	Pinkley	F	Carthage	MO	0:28:06.31	9:03	34	52.7	3: F	2: F30-39
14	Chanti	Beckham	F			0:28:13.99	9:05	49	57.8	4: F	1: F40-49
15	Russ	Ritchhart	M	Carthage	MO	0:28:59.92	9:20	73	62.6	11: M	1: M70-99
16	Michelle	Hafle	F	Wyandotte	OK	0:29:01.27	9:20	54	59.4	5: F	1: F20-29
17	Crystal	Boyt	F	Neosho	MO	0:29:04.75	9:22	42	52.7	6: F	2: F40-49
18	Kathy	Ritchhart	F	Carthage	MO	0:29:14.17	9:25	64	66.5	7: F	1: F60-69
19	Paul	Ceselski	M	Fort Gibson	OK	0:30:04.96	9:41	62	53.7	12: M	3: M60-69
20	Randall	Reed	M	Mt Grove	MO	0:30:16.95	9:45	65	54.8	13: M	4: M60-69
21	Hannah	Hickman	F	Neosho	MO	0:30:36.19	9:51	26	48.1	8: F	2: F20-29
22	Eli	Foreman	M	Oronogo	MO	0:30:48.43	9:55	9	52.3	14: M	2: M01-10
23	Bridget	Thomas	F	Webb City	MO	0:30:49.66	9:55	49	52.9	9: F	3: F40-49
24	Ryan	Bresee	M			0:30:51.46	9:56	38	43.2	15: M	2: M30-39
25	Mira	Beckham	F			0:30:52.72	9:56	12	53.2	10: F	1: F11-14
26	Jaydon	Gregory	M	Carthage	MO	0:30:53.29	9:57	10	49.7	16: M	3: M01-10
27	Indy	Beckham	F			0:31:39.70	10:11	11	53.1	11: F	2: F11-14
28	Ariel	Lewis	F	Webb City	MO	0:31:50.68	10:15	46	49.7	12: F	4: F40-49
29	Emory	Mitchell	M	Joplin	MO	0:32:22.00	10:25	50	45.2	17: M	2: M50-59
30	Micah	Foreman	M	Oronogo	MO	0:32:49.12	10:34	38	40.6	18: M	3: M30-39
31	Madison	Mitchell	F	Joplin	MO	0:33:42.04	10:51	24	43.7	13: F	3: F20-29
32	Melodi	Pippin	F	Noel	MO	0:33:56.20	10:55	41	44.8	14: F	5: F40-49
33	Tobin	Boyt	M	Neosho	MO	0:34:09.88	11:00	15	38.9	19: M	1: M15-19
34	Jean	Reed	F	Mt Grove	MO	0:34:30.63	11:06	59	52.9	15: F	1: F50-59
35	Amanda	Schmidt	F	Webb City	MO	0:35:14.83	11:21	40	42.9	16: F	6: F40-49
36	Anne	Jiles	F	Webb City	MO	0:36:00.54	11:35	65	54.7	17: F	2: F60-69
37	Charle	Nodler	M			0:36:48.25	11:51	75	50.9	20: M	2: M70-99
38	Shanna	Mitchell	F	Joplin	MO	0:37:05.50	11:56	46	42.6	18: F	7: F40-49
39	Sarah	Newdiger	F	Neosho	MO	0:37:16.78	12:00	27	39.5	19: F	4: F20-29
40	Maddison	Gregory	F	Carthage	MO	0:37:56.73	12:13	8	48.2	20: F	1: F01-10



Place	First Name	Last Name	Gender	City	State	Chip Time	Pace	Age	Age Percentage	Gender Place	Age Place
41	Becky	Mitchell	F	Joplin	MO	0:38:59.50	12:33	74	57.2	21: F	1: F70-99
42	Beth	Persons	F			0:39:07.87	12:36	58	46.1	22: F	2: F50-59
43	Veronica	Gregory	F	Carthage	MO	0:40:07.42	12:55	40	37.7	23: F	8: F40-49
44	John	LePage	M	Anderson	MO	0:40:31.33	13:03	66	41.3	21: M	5: M60-69
45	Ayla	Van Da Griff	F	Webb City	MO	0:40:48.54	13:08	8	44.8	24: F	2: F01-10
46	Allison	Van Da Griff	F	Webb City	MO	0:41:00.33	13:12	38	36.5	25: F	3: F30-39
47	Lilyanne	Beauford	F	Anderson	MO	0:41:08.46	13:15	9	43.1	26: F	3: F01-10
48	Debbie	McNay	F	Carthage	MO	0:41:35.47	13:23	69	49.9	27: F	3: F60-69
49	Averleigh	Beauford	F	Anderson	MO	0:41:42.48	13:25	6	47.0	28: F	4: F01-10
50	Amber	Beauford	F	Anderson	MO	0:41:43.06	13:26	40	36.3	29: F	9: F40-49
51	Emiley	Hailey	F	Neosho	MO	0:42:43.14	13:45	27	34.5	30: F	5: F20-29
52	Michelle	Hafle	F			0:44:22.20	14:17	54	38.8	31: F	3: F50-59
53	Artaveous	Shafer	M	Ramona	OK	0:47:49.89	15:24	6	40.7	22: M	4: M01-10
54	Jeanie	Sharpton	F	Ramona	OK	0:47:52.38	15:25	56	36.8	32: F	4: F50-59
55	April	Gordon	F	Granby	MO	0:48:10.20	15:30	36	30.9	33: F	4: F30-39
56	Ryane	Pinkley	F	Carthage	MO	0:48:30.27	15:37	6	40.4	34: F	5: F01-10
57	Curt	McNay	M	Carthage	MO	0:48:30.90	15:37	75	38.6	23: M	3: M70-99
58	Emily	Adams	F	Webb City	MO	0:49:04.03	15:48	35	30.2	35: F	5: F30-39
59	Jerad	Larson	M	Noel	MO	0:50:07.45	16:08	41	27.2	24: M	3: M40-49
60	Summer	Larson	F	Noel	MO	0:50:09.30	16:09	37	29.8	36: F	6: F30-39
61	Alicia	Turley	F	Miami	OK	0:53:28.27	17:13	34	27.7	37: F	7: F30-39
62	Lorena	Tucker	F			0:53:30.16	17:13	54	32.2	38: F	5: F50-59
63	Syble	Crandall	F	Joplin	MO	0:53:55.81	17:22	36	27.6	39: F	8: F30-39
64	DeLynn	Kuhn	F	Webb City	MO	0:54:37.42	17:35	81	45.7	40: F	2: F70-99
65	Ayla	Crandall	F	Joplin	MO	0:55:40.00	17:55	10	31.0	41: F	6: F01-10
66	Harley	Shafer	F	Ramona	OK	0:55:41.14	17:55	9	31.8	42: F	7: F01-10
67	Darrik	Crandall	M	Joplin	MO	0:56:13.96	18:06	35	23.2	25: M	4: M30-39
68	Lester	Douglas	M	Berryville	AR	0:58:35.14	18:51	12	24.4	26: M	2: M11-14
69	Bradley	Douglas	M	Berryville	AR	0:58:36.59	18:52	40	23.1	27: M	4: M40-49
70	Brandy	Hagebusch	F	Anderson	MO	1:00:26.11	19:27	39	24.9	43: F	9: F30-39
71	Rebecca	Mitchell	F	Pineville	MO	1:01:38.89	19:51	40	24.5	44: F	10: F40-49
72	Raymond	Torres	M	Pineville	MO	1:01:54.91	19:56	47	23.0	28: M	5: M40-49
73	Autumn	Sanderson	F	Lanagan	MO	1:03:25.51	20:25	17	23.6	45: F	1: F15-19
74	Ariana	Craddock	F			1:03:26.98	20:25	17	23.6	46: F	2: F15-19
75	Noell	Sanderson	F	Lanagan	MO	1:03:33.85	20:28	10	27.1	47: F	8: F01-10
76	Autumn	Douglas	F	Berryville	AR	1:09:07.52	22:15	13	23.2	48: F	3: F11-14
77	Haven	Douglas	F	Berryville	AR	1:09:24.28	22:20	13	23.1	49: F	4: F11-14
78	Nicole	Douglas	F	Berryville	AR	1:09:26.02	22:21	33	21.3	50: F	10: F30-39
79	Addison	Douglas	F	Berryville	AR	1:09:31.24	22:23	12	23.6	51: F	5: F11-14





We Care Fair, Neosho – April 15, 2024

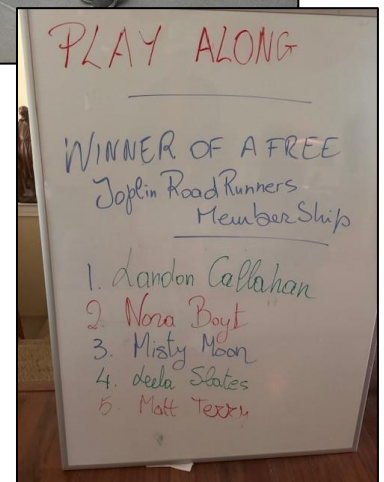


It was the first time JRR was invited to Neosho's We Care Fair, a gathering of all businesses in the area encouraging activity and a healthy lifestyle.

Since this was right up our alley, we decided to not just participate but also to put our new JRR equipment to good use by organizing an "age-graded 50-yard dash" up and down the school's sidewalk.

To our astonishment nearly 50 participants took us up on the challenge (some multiple times) and ran their small and adult's hearts out, leaving everything on the road (including some now-missing parts of their uniform).

Winners earned a free T-shirt (vintage JRR) and were placed in a drawing for a free membership.




Club Shirts and additional club outfits - now viewable on our website

Club memberships (single and family) come with a free club shirt.

Are you a new or returning member? Or just need an extra club shirt?

You can now view all available club shirts on our website at <https://joplinroadrunners.com/club-running-gear>

Also available are a number of very attractive selections of other running gear we were able to purchase and resell to you at discounted club prices. Check these out and let us know the item and size you are looking for, so we can tell you if the item is in stock or when it can be available.


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Club Running Gear


At the Joplin RoadRunners, we design and embellish our own running gear. We also design and create most of our own race awards. Below are a few sections showing what we offer our members and race participants.

In the first section below are our club shirts. Your individual or family membership includes one free club shirt. If you have not done so already, please select a shirt out.


Club Shirt Selection



Item 2: Jerseys, snow heather with V-neck #600VVR - Purple - short sleeve
- printed with white JRR logo
Available sizes: S, M, L




Club Apparel



Holloway packable quarter-zip jacket #229534

- Colors: Red, Yellow and White
- 100% polyester MicroTec soft micro denier with PU coating
- Water-resistant
- Adjustable three-piece hood
- Folds up into zippered front pocket
- Spandex bound cuffs
- Adjustable bottom hem with hidden - shock-cord closure in right pocket
- White, Blue or Black JRR logo on left breast pocket

Club price: \$35



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Joplin RoadRunners

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Race Reports by Club Members

Glades Top Trail Run

(by Sheree Wilson)



On April 8, 2024, Judy, Christina and I headed out early in the morning to drive 2 hours on a hilly and curvy road to the middle of the Mark Twain National Forest to do the Glade Top Trail Race. It was a windy and chilly morning with amazing views. We were determined to enjoy our adventure and we enjoyed every moment.



The trail is beautiful and even has a water crossing. It is out and back and looks like a V on an elevation chart.

Fellow Joplin Roadrunner Liz Kyger is the race director, and she does a fantastic job. The race is very well organized and has unique awards.

Liz was presented with a very prestigious award after the race. 2023 Women's Athlete of The Year by the Show Me State Games. A very well-deserved award.

Judy received an age group award. Congrats to her! Christina and I finished at about the same time and I was able to run with her for a little while.



We also got to see several Joplin Roadrunners at the race. Lynn was a volunteer. Russ, Kathy, Shelly and Christine were there. Each of them won awards. A great representation of the club.

Of course, the highlight of the event is the amazing BBQ Chicken dinner provided to all runners.

We also got to see Smokey the Bear.

If you haven't done this race yet, you should

check it out!!!

It is worth the drive and the challenge of the course gives you a great sense of accomplishment! I am hoping for a three-peat next year.



Ready to close down the beer tent, one last time

(by Jim Burns)

My big plan was to run my 25th half marathon at the same place that I ran my first, the Joplin Memorial Run. But my knee had a different plan. I should have known. My knee had been bothering me since last October, but I didn't listen to my body... again. Four of the last six years I have missed significant time on the roads due to one injury after another. I vowed to do things differently this time by actually listening to my body. Six years ago, I tore the meniscus in my right knee and opted for physical therapy instead of surgery. So, I knew what I needed to do this time to rehabilitate my knee. Thanks to the physical therapists at Mercy



Hospital, the instructors at the Joplin Family Y, and support from my fellow Joplin Roadrunners, I am on my way back. But it hasn't been easy.

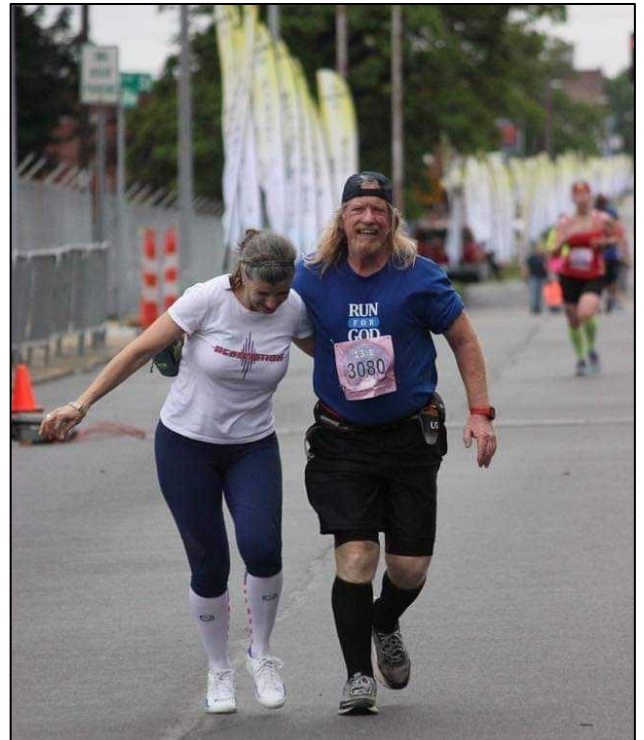
It took a few weeks to get into physical therapy, so I started taking classes at the Y that focused on stability, mobility, flexibility, balance, and strength. I had to modify my movements at first because I could barely walk. By the time I started PT I was starting to get a little stronger and it seemed that every movement that they were introducing me to I was already doing in one or more classes at the Y. After a month or so, I was actually able to walk up the stairs at the Y with minimal

discomfort. At the same time Medicare had decided not to cover my Symbicort any longer so I was forced to find a new medication for my emphysema. This caused some stress because I didn't know how well it would work once I was able to run again. The jury is still out on that.

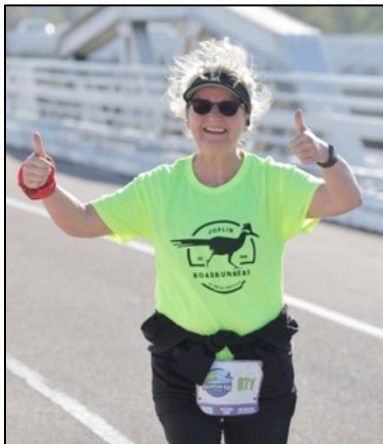
I built myself up to walking 30-40 minutes of walking every day. When I was able to walk up the stairs at the Y, I knew I was going to be okay and not need surgery.

I was released from PT on April 4 and given permission to start running again. My first runs were very short and slow, but I felt at one with my surroundings. That, and the people I meet and spend time with, are the main reasons I keep coming back to running after so many injuries. Plus, running keeps me from having to take any medication at all for my diabetes and may be the reason that I don't have to carry around an oxygen tank.

At a JRR social run, Henri guided some of us on the Dogwood Run course. I walked with Michelle Haffle. She had lived in Neosho and told me stories of different places she remembers and showed me the spot in Big Spring Park that she and Shane got married at. Things like that are what mean the most to me about this running journey. I wouldn't trade that or anyone reading this article for anything.



I have been a part of every JMR, having run my first race in the 21st century and my very first half marathon at this event. So being able to participate in the final one means a lot. That and being able to close down the beer tent one last time!!



My Aquarium Run (by Nancy Ohmart)

In April, I had the opportunity to take part in the 19th Annual Aquarium Run held at the colorful and educational Aquarium in Jenks, OK. It was an exhilarating experience as I managed to earn second place in my age group (60-69) in the 10k race. Although there were some obstacles along the way due to ongoing construction, it didn't dampen the spirit of the event or discourage

those along the way supporting the runners. The route itself was absolutely breathtaking, with a scenic river walk path alongside the Arkansas River, providing a beautiful backdrop for most of the run. I will recommend this event to anyone interested or anyone who would like to have free access to the aquarium the rest of the day!

Flip the Script – Empower the Survivors!

(by Nancy Ohmart)



On the 27th of April in the year 2024, a group of Joplin Roadrunners humbly took part in the "Flip the Script" Breaking the Silence 5K or 10K race, which began and ended at Landreth Park in Joplin. The event aimed to shed light on the alarming statistics that reveal how many children are affected by abuse, emphasizing the importance of “breaking the silence” surrounding this issue.

It was truly heartwarming to witness the camaraderie and support shown towards the survivors of abuse during the race. The participants not only ran alongside them but also provided encouragement and motivation. It was a morning filled with smiles, laughter, and a sense of unity as everyone came together to raise awareness and show solidarity with those who have endured such hardships.

By acknowledging the harsh realities of abuse and standing up against it, we can create a safer environment for our children and ensure that survivors are no longer burdened by the weight of their secrets. It was a day of empowerment, compassion, and a shared commitment to protecting the most vulnerable members of our community.

Thank you, Joplin Roadrunners, for your support of our community.

MIA – for now ...

(by Darla Pool)

I've been very disappointed the last few months because I have a foot issue and haven't been running. I thought it may be plantar fasciitis because the arch of my foot has been giving me pain every so often. I've had to miss two races that I always run every year (Neosho Dogwood 5K and the Tower-to-Tower 5K in Carthage).

Suzie Crossno and I had been running several times per week and it abruptly went to ZERO, so we're both itching to start back before we lose every bit of progress that we have gained (she probably has PF because her heel has been giving her trouble, as well).

I finally went to a podiatrist, and she thinks I do NOT have plantar fasciitis but provided some exercises to do and a special insole. I also realized how important it is for runners to strengthen our muscles and work on stability in addition to “just running.”

Hopefully these will do the trick and I can resume running and join some of the Neosho group runs again!



St. Jude with my dad

(by Crystal Boyt)

Finally, a long overdue recap of my 8th full, the St. Jude Children's Research Hospital marathon. It was nothing short of amazing. I knew this was going to be an emotional training cycle and race for me, but it became a very



necessary step I needed to take to face my feelings and grieve the loss of my dad.

From the start, I began to draw parallels between this race and Dad's cancer journey. The first few miles, I was full of hope and optimism, amazed at how strong I felt, and how positive I was that this would be easy-ish and enjoyable. It brought back to mind summer of 2021 when Dad first got his lung cancer diagnosis. After the initial shock and anxiety, we all felt confident he would beat it quickly and we would celebrate his victory. After all, he's always been so strong and resilient; we couldn't imagine any other outcome.

Mile 5ish- through St. Jude's campus. Signs like *"I'm alive because of you"* and *"Smile. Jake always did,"* along with children and babies undergoing treatment took my breath away. I cried because my dad should have been here. He deserves to see the good that he supported with his donations and the miraculous hope that this hospital spreads.

Miles 6 - 13, as my body began to work harder, I reflected on how hard radiation and chemo were on Dad's body that first round, but how he smiled through it all, kept fighting, and trusted God and his doctors with every step. I reflected on the hours of quality time my siblings and I got during the drives with him to his doctor appointments, the belly laughs, the goofy moments with his chemo brain, and all the serious conversations we had.

Miles 13 - I felt so happy and accomplished, just like Dad and my family did when we learned his lung cancer had been zapped and he was in the clear.

Miles 14 - 18, as the pain in my legs got progressively worse, I began to doubt I could do this. It reminded me of Dad, and his never-ending doctor visits. When we talked, he was always mentioning a previous or upcoming appointment and resolved that this was just how his life would be now. There was a constant undercurrent of anxiety to his life now. He also felt undeserving of his beating cancer. He often mentioned the injustice of him being ok, *"when those St. Jude babies were fighting for their lives"*.

Miles 18 - 19, I contemplated the time my siblings and I spent the evening with Dad in the hospital after some stroke indicators, and we found out together about the two brain tumors. We were absolutely gutted, but Dad was steadfast and strong and jumped right into a new and rigorous treatment plan. We tried so hard to be strong for him, but the words "brain cancer" are terrifying and our optimism took a hit.

Mile marker 20 - the last time I smiled during this race. During a regular marathon, this is the point you just put your head down and do the work. A 10k is nothing compared to the 20 miles you've already covered, but it begins to feel impossible.

Miles 21-23 - I contemplated Dad's 2nd round of cancer treatment and how many ugly side effects he spared us from, how he kept showing up and kept being our rock through it all. How he once again made it through

to the “okay” side of a cancer diagnosis for a few months, only to end up right back in the ugly a few months later. I began to talk out loud to Dad, about how much I missed him, about how mad I am that cancer stole him from us, about how much I wished he was there with me to celebrate this finish line and celebrate his journey. I was walking/talking/crying/jogging/hyperventilating/breathing this whole chunk.

Mile 23ish- cue the massive St. Jude flags with pictures of current and previous patients. I walked and read every single one. Every baby, every child, every now adult who St. Jude takes/took care of. It's so beautiful what can happen when people come together to help one another. I thought about my cousin's time at St. Jude and my dad's dedication to their mission. I thought about my own two children and how I couldn't fathom them experiencing the journey these children and their Papa endured. I ugly cried through this whole mile.

Mile 24: Cried and prayed for all people I know and don't know dealing with the hideous, stupid, frick-fracking vicious C word.

Miles 25-26, I walked and cried more as I reflected on Dad's last month and all our gradual acceptance of having to say goodbye. On May 24th, he called a family meeting and told us he had 3-6 months left to live. Of course, we all fell apart again, but he put on a brave face and talked about all the memories he wanted to make and all the quality family time he wanted to have. We clung to every bit of hope we could, even seeking a second opinion, which actually solidified the bleak prognosis. We were actively grieving, while trying to cling to and make the most of every moment. He was fighting for his life, while his mental and physical health rapidly declined. During these miles, I allowed myself to revisit the days of my siblings and Becky going from his children/wife to his caretakers literally overnight and all the "save it for later" trauma that invoked. I allowed myself to relive his final words, hours, and breath on June 23rd. So-much-ugly-crying. Well-meaning spectators assumed it was marathon pain, told me to stop crying and assured me I was almost done. I wished that's all it was.

Last .36 (course was long) - I ran as hard and fast as I could, tears streaming down my face. I ran for my cousin, Jessie, for Dad, for Gma Thomas, for all those babies and kids at St. Jude's and for all people who couldn't experience this finish line moment. I ran hard and pictured Dad happy, free of pain, and watching from heaven.

I crossed the finish line, smiled for a picture, then hyperventilated cried again, realizing that Dad wasn't here waiting for a hug, as he was at my first full. I felt so alone and so indescribably sad.

I also had a dead phone and Garmin alone in the middle of downtown Memphis, so I grabbed a water, a bowl of soup and slowly walked to the exit, regaining control of my emotions and breathing, and began to make my way home, empty and cleansed. And still so sad.

But nevertheless, I persist. Because he would.

#LarrysLegacy
#stjudemarathon



Inspired by the best!

(by Becky Mitchell)



What a fun year 2024 has been so far! So many races from 5K to 10K provided training for the final JMR Half this weekend 5/18/24!

The year started out with the always fun Chilly 5K and I was able to run this “mostly flat” course in 36:16! The next day I was bitten by the neighborhood German Shepherd and no running for 3 weeks.

Fast forward to last weekend’s CWEP Tower2Tower and, with inspiration provided by my pacer friend Sheree Wilson, finished in 35:50!

Highlight race has to be the 42nd Annual Dogwood Run in Neosho with new hills to climb! What a challenge and my time was 38:59:50. At the end, Brady

Beckham announced the DeLynn Kuhn Lifetime Achievement Award. Second place, he said, is Kathy Ritchhart with a time of 29:14:17. First place, he said, is Becky Mitchell?

Wait. What?

Brady said I had won by 15 seconds. But in this age-graded category, I also beat Kathy by 10 years of age! It didn’t seem right at all that I should get this award, but right away I accepted it from the namesake herself!

I first became aware of DeLynn Kuhn 10 or more years ago at a Joplin Pumpkin Run. My running friend and I, both in our 60s, anticipated one of us had won our age group. Much to our surprise a woman 6 years older had won, by several minutes! That was DeLynn Kuhn!

DeLynn ran the Dogwood Run that day at age 81 and finished 64th out of 79! What a wonderful inspiration she is!

Thanks, DeLynn!

Thanks, Brady Beckham!

Thanks, Joplin Roadrunners!



Listen to your Body!

(by Anne Jiles)

I've resigned myself to the fact that 2024 will not be a great year for me as far as running is concerned. It started in late December 2023 when I caught a cold that turned into bronchitis. Knowing I was sick, but not wanting to waste an entry fee, I started the Run for the Ranch 6-hour endurance race. I only ran about half when I threw in the towel. Not an easy task.



I did listen to my body and didn't run the Chilly 5k that I had signed up for on January 1st. There was no way I could have started let alone finished the race.

Fast forward to April when I had a hamstring injury and couldn't run, and walking wasn't all that easy. But my stubbornness and my ego told me that I could start running again after a week or so of not running. How wrong I was. I didn't even make it half a mile before the hamstring said nope not today. So, I went home and decided that I should listen and take as much time as I needed to heal properly. I pouted and felt sorry for myself, but I did it and now I'm well on my way to recovery.

I've most definitely learned to listen to the aches and pains and not to assume they'll just go away.
So, listen to your body!



Cycles

(by Katie Smith)



Running always comes with challenges to overcome; whether it be injuries, sickness, life changes, lack of sleep, or no motivation, or any other set-back. The last few months of running in my life have not come easy. Many mornings I have pushed the snooze button too many times, been sick at least twice, gotten married, moved, and mostly been running alone in the dark. However, it's those mornings when I struggle that I find myself enjoying the most, lost in my own mind, full of thankfulness, and loving the smell of dew soaked honeysuckles.

Running also always goes through cycles; from performing your best, building fitness, maintaining fitness, to recovering. The last few months of my running I have been recovering from winter races and focusing on maintaining my fitness. I am excited to run in the last Joplin Memorial run, remembering the Joplin tornado, the lives lost, and the destruction. This summer I am planning to pick a fall race to begin working towards and building fitness.

No matter what challenge or cycle you are going through, you can grow to become a stronger, tougher runner.

The Races I didn't Run

(by Lori Thompson)

This story is not about a race I ran, but about two races I did not get to run.

I trained over the winter and spring for two half marathons. Running From Yeti and Rock and Roll Half Marathon in Nashville.

My training was consistent, I gradually increased my speed. I was on track to PR for both races.

The week of Run From Yeti I caught COVID!

Then! The week of Rock and Roll I developed a fever of unknown origin that put me out all week.

I was devastated to have missed not one but two events!!

My takeaway from this was even though I didn't get to do them, I was prepared. I trained hard and consistently. I can run 13.1 miles at a comfortable pace and not feel like death when done.

I trained with the best group of people who not only encouraged me but made training fun and held me accountable when I wanted to quit. They are the reason I run.

Now I have two races to look forward to for 2025.

Lost Twice but still a Winner

(by Debbie Smith)



Breaking the Silence 10K will be one race I won't forget anytime soon! It started out warm and windy. We took off and the route wound through a neighborhood then to Frisco Trail. Four miles of the race was on the trail.

I was doing good until I got back to the neighborhood to run back to the finish. I was following the blue arrows then suddenly I realized something wasn't right. I made a wrong turn and got off course! I turned around to go back until I saw a runner up ahead! What a relief!

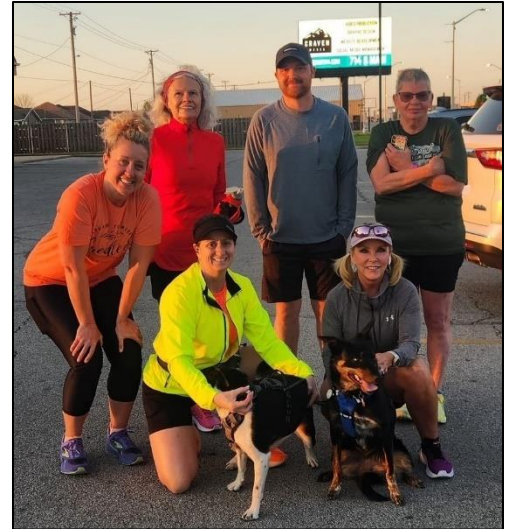
I crossed the finish line in first place in my age group! Yay me! I went to scan the race code to get my official time, but no info came up!

I looked down at my bib to put in my race number and discovered my bib was missing! What the heck?!!! My bib was folded up under my race belt like an accordion! How did this happen?!!

I had finished several minutes earlier and as soon as I unfolded my bib the timing mat picked up my time! This put me in last place! Really!!

Oh well it was over at this point.

A great race for a great cause and lots of my fellow Roadrunners to tell my sad tale to.



Power of Pink

(by Henri Coeme and Elizabeth Wilkinson McKay)

Wheaton, MO is a town of less than 700 souls I had never heard of until a few weeks ago. It's a town I would have found only if I was lost on my way to Arkansas and kept going, refusing to turn around as my GPS voice told me to. Now I know exactly where it's at and I am sure I will be back there. Here's why.

In 2010, a few big-hearted people decided to do something special for a few women from around the area battling breast cancer. They had a local auction and came up with about \$1000 which they split between the two women they intended to help. The following year, they added a walk/run and the idea kept growing year after year: more auctions, and a banquet, and it keeps growing every year. Until this year, the town had helped 40 women and had raised a total of just over \$360,000 in those 14 years.

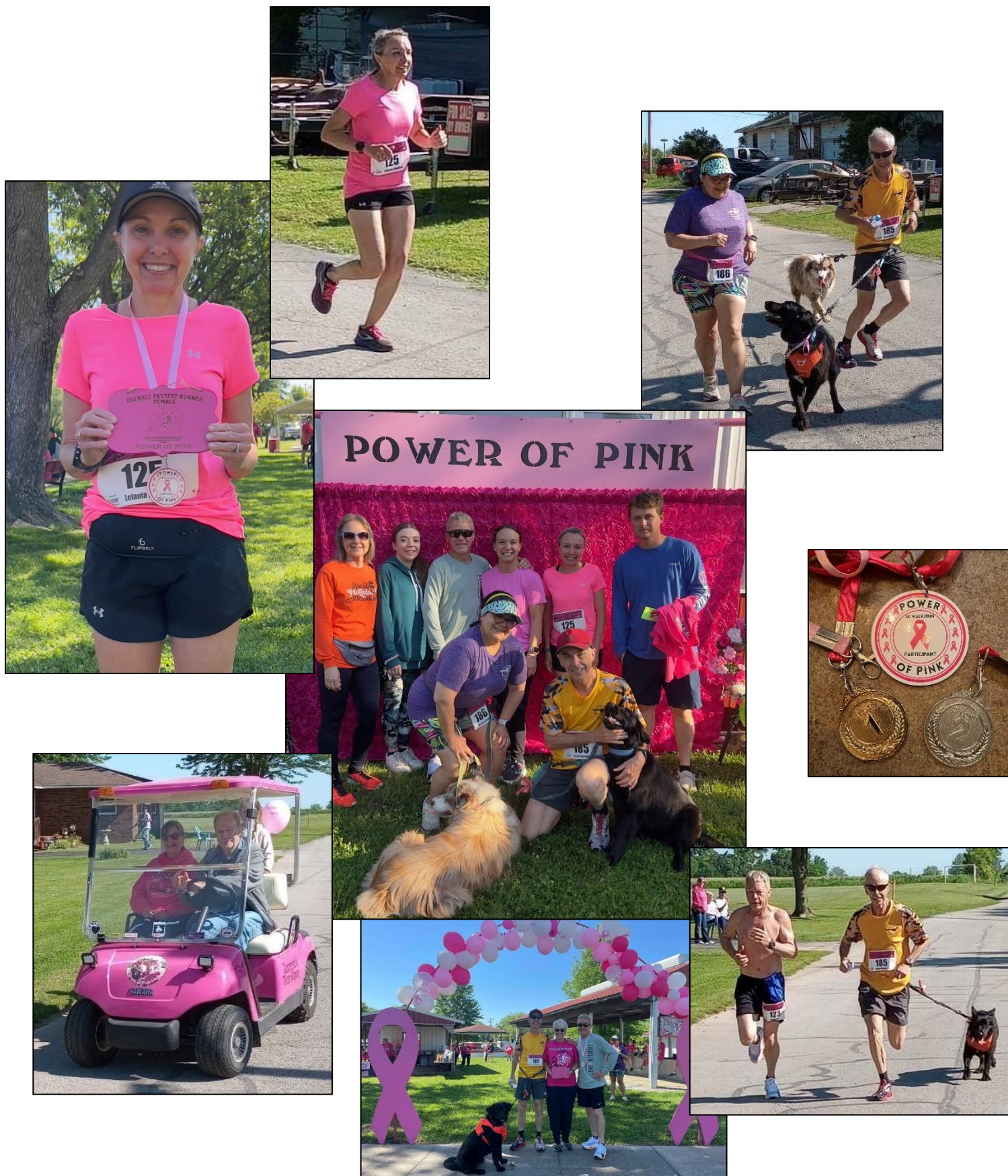
Then, this year, they blew up all previous records and collected over \$53,000! In a town of less than 700 people!! The four lady-recipients, this year, each walked away that Sunday with a \$13,000 check to cover some of their medical expenses.

Reading their individual stories, I am sure that money was more than welcome. But equally important was the moral support they received from the community. During the walk/run on Saturday, I looked like the whole town had come out. And everyone was wearing their pink event T-shirt. What a powerful sight to see everyone walking down Main Street. No one was standing at their doors or windows because ... everyone was walking through town, in a sea of pink.

I can't think of a more uplifting running story lately than watching this community outpouring of support for a few. It reminded me why I love the Heartland, and this country with its abundance of generosity.



And then, of course, there was the 5K walk/run. Joplin RoadRunners were out in force, sweeping all pink plaques and medals.



My Joplin Memorial Run – one and done

(by Miles Coeme)



This weekend, my master will run the final Joplin Memorial Run. I'll be in the backseat of his car, the window half open (enough to breathe but not enough to escape), listening to the man with the bullhorn followed by the national anthem (my cue to start singing, but this time, all by myself).

It hasn't always been this way. On May 19, 2018, I was still in my prime: an 8-year old Aussie running around like I owned the world. The road was mine, all mine, and all neighborhood dogs knew it.

My master and I lined up at Memorial Hall for the JMR Half, that early morning. Running with me had not been outlawed yet. That would come next. No wonder, after what happened that day. I admit, I had a serious paw in that.

Ruth Sawkins made sure we (I) were not a hindrance on the course, so she let master and I start 2 minutes ahead of the pack. No other dogs in the pack; only two-leggers. So off we went, all by ourselves, with the entire pack looking on as we ran through the middle of a completely cleared Joplin Ave, as far as they eye could see. And then it happened.

Still well within sight of the pack behind us, I felt it coming. First slowly, but then unmistakably. Finally, it became too much. No way I was going to carry this any further. I came to a screeching halt and let it all go right in the middle of Joplin Ave. It never felt so good. I got up, looked down approvingly; it was perfect. Master didn't look quite as satisfied. He looked in panic at the pack who had been witnessing my entire "business". I had never had so much encouragement from so many and felt quite proud of myself. Master uttered a 4-letter word and scrambled to look in his pockets for a doggie bag. I could have told him there was nothing in his pockets. We never run with doggie bags because I am always very careful where I leave my business cards: properly hidden in some high grass. But there was no high grass in the middle of Joplin Street and there was no time to look for any.

Coming up empty-handed, master decided to make a run for it. Fine with me. I was ready.

Being a dog, I never know how long we will be running for. I don't know how long a "memorial" is. In previous years, we ran over three hours in what they called a marathon. I would take a dip in the creek about halfway. But today was quite a bit shorter: about half that long. So, my promised dip in the creek came at the end of the race, after I got my medal. And guess what the medal was! A tree!! How appropriate. If I had seen that tree in the beginning of the race, I wouldn't have made such a splash in the middle of Joplin.

You guessed the outcome. No more dog runs down Joplin Ave after that. No more "Memorials" for me, or any other 4-pawer. So, blame it on me. I closed that door shut for good.

Since that day, master always took me out for a warmup before each race giving me a chance to leave my business along the side and well hidden where the sun doesn't shine.

I feel sorry for all those two-leggers who had to jump over my business, that fateful day. But then again, I jump over their trash all the time. We went back to that spot, later that day; probably to save what could be saved. But to no avail. It had already been messed up thoroughly. Not to worry. I can come back any time to produce a copy. Just not today. For one more time, today, the two-leggers can all run in peace.



My First Race

(by Mafalda & Titi)



Hi y'all, I am Mafalda, the youngest member (1yr) of the Joplin RoadRunners.

I am so excited to tell that I ran a race with a bunch of friends I wanted to say hello to, but my papa didn't let me because it was a race and in a race, he says, we run to win something, not to play with other furry friends.

I enjoyed running the Fast & Furriest race and winning 2nd overall dog (stopping for "dog business" a few times). As a price, I got a very fancy bowl and plenty of treats to share with my grumpy big brother Miles.

Hope to be back in a dog race sometime soon!



Fast & Furry

(by Mags & Lori)

Mags and I ran the Fast and Furriest 5K this morning! I came in 3rd in my age group. Mags and I came in as 4th dog/owner team.

We let a little 15lb chihuahua beat us. If it were not for our potty and puddle breaks, we probably would have come in ahead! We still had a lot of fun!! She's the best!



Furry but no longer Fast

(by Miles & Henri)

Lots of Joplin Roadrunners present, some with 2-legs, some with 4.

Young Colton won the 5K race (solo – no dog), Maffie was second dog and got a bowl, dog food and treats (which we told her she had to share with Miles).

Miles used to win this race in the past but this year decided to just walk it. We old men sometimes don't know how to stop.

Thanks to Joplin Humane Society for putting on a great event, the Runaround Running & Lifestyle for timing, Joplin Roadrunners for the course measurement and Blue Buffalo for the sponsorship (and the dog treats!!).



Joplin Memorial Run – the final curtain?

(By JRR)



So many good memories! From 2012 till this year, JMR has been a homecoming for all that was good in the aftermath of the May 22 tornado. The rebuilding by so many, coming from every corner of the country; the remembering of 161 souls, caught off-guard on that fateful day; and the running by thousands of us over these years, contributing to numerous Joplin charities instrumental in the rebuilding, all while promoting an active lifestyle.

We miss it already.

Let's see what we Joplin RoadRunners can do about that ...



This Common Running Shoe Myth Might Be Costing You Money

Instead of unthinkingly replacing your sneakers every 300 miles, familiarize yourself with the ‘Twist Test’

(by Daniel Varghese – *Wall Street Journal*)

If you’re a runner, you’ve probably heard the conventional wisdom about the lifespan of running shoes: namely, that they should be replaced every 300 to 500 miles. I’ve long accepted this dictum, parroting it to friends who run in worn sneakers to prove that, even if I log fewer miles than they do, I am smarter and more thoughtful when it comes to gear.



WELL TREAD A pair of new Veja Condor 3s, next to a pair that's logged 50 miles

Recently, at a press event for Veja, a French brand known for its sustainably produced everyday shoes, I had the opportunity to run in a new release, the Veja Condor 3, under the watchful eye of Jean Pourrat, the company’s sport development manager.

While discussing the sneakers’ testing process, Pourrat mentioned that Veja had a preproduction pair in which someone had run over 600 miles. The shoes, he claimed, were still in good condition for running.

Six hundred miles! Having dealt with a lot of breezy PR claims over the years, I found this dubious. And this tale appeared nowhere on the brand’s website.

Yet when I followed up with the broader Veja team, they confirmed it was true. They even sent me the actual shoes from France.

While awaiting their arrival, I reflected on my former cockiness. Had I been needlessly roasting friends about their battle-scarred kicks? Sort of, said Dr. Nicole Freels, a podiatrist based in Lexington, Ky. She told me that many different factors affect how quickly a person wears out a pair of shoes—including that runner’s weight, gait and the shoe itself. “There’s no system to calculate all these variables and spit out a number,” she said. As for the “300 to 500 miles” benchmark I’d been blindly perpetuating: “Nobody knows where that number actually came from,” said Richard Kuchinsky, a Toronto-based shoe designer who’s worked with companies like Fila, Keen and Altra. It has been accepted as fact for “forever,” in his words, though the materials and processes used to build shoes have changed.

Freels introduced me to the **Twist Test**, a more useful way to gauge if sneakers are ready for retirement. “Take the heel with one hand, then take the toe in the other and twist it,” she said. If there’s any bend in the midfoot or arch area, very few runners could use the shoes long term without pain, she explained. You want that area to feel stiff and firm.

Soon after, a box containing the well-used Vejas, in an all-white colorway the company decided not to produce, arrived at my desk. The box was visibly dinged from its travel overseas, and the shoes didn’t look much better. The uppers were stained and the treads along the bottom were far more worn than the two newer pairs the company sent us as points of comparison. (The 600-mile shoes also stunk, but I expected that.)

But when I tried to twist the shoe in my hands, the midsole did not bend. I also subjected the Nikes I have at home, which have logged roughly 200 miles, to the same test. And though those shoes are so dirty the filth

obscures the swoosh logo, and they sport a visible (if small) puncture hole in the midsole, they also withstood the torquing. I suppose that means I have a lot more running to do.



Your president's shameless shoe line-up, ready for the twist test. From left to right: Merrill GoreTex, Altra Lone Peak, Brooks Cascadia 16, Brooks Adrenaline, Brooks Launch, Altra Olympus, Brooks Ghost 15, Saucony PWR Run. Note: All still passed the twist-test.

A quality pair of running shoes is important. After all, everything runners do begins with their footwear, says Hiruni Wijayaratne, a certified running coach, 10-time Sri Lankan record holder and 2:34 marathoner. Where to start, though, with so many options on the market? It's easy to get caught up in the newest and most exciting piece of running shoe technology, or lace up the most stylish pair.

But every one of the nine experts we spoke with agreed that the most important factors in choosing a shoe are comfort and fit. Other considerations include how cushioned a shoe is, what the offset is (how much the shoe “drops” from the heel to the toe, measured in millimeters), whether a shoe has a carbon fiber plate—a top pick for serious racers—and the shape of the foot.

Our experts—coaches, a division record holder, physical therapists, a running journalist, specialty store managers and shoe buyers—weighed in on their top running shoe picks for every type of run, noting that getting fit at a store that specializes in running shoes is the best way to ensure you're choosing a shoe that works for you. They also emphasized the importance of rotating your running shoes, whether it's stocking up on the same pair, or wearing different shoes for different workouts. This allows your feet (and your shoes) to recover and work in different ways. Plus, it helps prolong the lives of your purchases.

For the full article and shoe comparison: *The 20 Best Running Shoes For the Newbie, Competitor and Everyone in Between*, by Heather Mayer Irvine of the WSJ, click [here](#).



!!! Certified long-distance races are back!!!



**JOPLIN ROADRUNNERS &
JOPLIN TRAIL COALITION PRESENT**

HIT THE ROAD, JACK RUN FEST

SATURDAY SEPTEMBER 14, STARTING AT 6:30AM

25/50K STARTS AT 6:30AM

10/20K STARTS AT 8AM

5K STARTS AT 8AM

RUBY JACK TRAIL HEAD – CARTHAGE, MO

NET PROCEEDS TOWARDS EMBELISHMENT OF RUBY JACK TRAIL

ALL DISTANCES USATF-CERTIFIED; ELECTRONIC TIMING

ENTRY FEE (UNTIL 6/30): \$25 FOR 5K, \$35 FOR 10/20K, \$45 FOR 25/50K

ENTRY FEE (UNTIL 8/31): \$30 FOR 5K, \$40 FOR 10/20K, \$50 FOR 25/50K

ENTRY FEE (UNTIL 9/12): \$35 FOR 5K, \$45 FOR 10/20K, \$55 FOR 25/50K

RACE DAY: \$40 FOR 5K, \$50 FOR 10/20K, \$60 FOR 25/50K

VIRTUAL RUN: ANY DISTANCE \$40

**JRR/JTC MEMBERS AND COMPANIES REGISTERING 10 OR MORE RUNNERS:
\$10 OFF WITH DISCOUNT CODE ON RUNSIGNUP (NO DISCOUNTS ON RACE DAY)**

QUALITY LONG-SLEEVE TECH SHIRT IS OPTIONAL

SAME-DAY RACE REGISTRATION STARTS AT 6AM AT RUBY JACK TRAIL HEAD



← Scan to register (race registration opens on 5/31)





!!! Come join your Joplin RoadRunners to celebrate one of the oldest races in the Joplin area !!!

BLUE BUFFALO
41ST ANNUAL PUMPKIN RUN
SUNDAY OCTOBER 13, 3PM & 4PM

2MILE (STARTS AT 3PM) AND 8K/5MILE (STARTS AT 4PM)

LEGGETT & PLATT PARKING LOT – 1 LEGGETT RD, CARTHAGE, MO

NET PROCEEDS GO TO

THE CSS EARLY LEARNING CENTER'S CEREBRAL PALSY SCHOLARSHIP

2 MILE AND 8K USATF-CERTIFIED DISTANCES

ENTRY FEE (UNTIL 10/10): \$30 FOR EITHER RACE, \$50 FOR BOTH RACES,

RACE DAY REGISTRATIONS: \$40 FOR EITHER RACE, \$60 FOR BOTH RACES

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QUALITY TECH SHIRTS ARE OPTIONAL AND CAN BE ORDERED AT A DISCOUNT DURING ONLINE REGISTRATION

SAME-DAY RACE REGISTRATION STARTS AT 2PM AT L&P PARKING LOT

Prizes are pumpkins, big and small, decorated by the Joplin Early Learning Center! Participants will receive a certified time for either or both distances and qualify for listing on MO staterunningrecords.com and on MaraRunning.org.

Largest prize-pumpkins for the top male and female clock-times in both races, medals to age group winners, top age-graded winners as well as any MO age record set.

Age groups: 1-19; 20-29; 30-39; 40-49; 50-59; 60+

Both races will start and end at the Leggett & Platt parking lot and held almost entirely on the Ruby Jack trail.

Course is flat, fast and beautiful this time of the year (should you care to walk or run/walk).

Advance registration at RunSignup.com

(<https://runsignup.com/race/mo/carthage/JRRPumpkinRun>),

at our monthly JRR meetings or on race day.

Race direction by Joplin RoadRunners with financial support from Blue Buffalo.

Check our Facebook event page for latest updates: facebook.com/JoplinRoadRunners

Race registration opens on 5/31



Community Support Services of Missouri
Early Learning Center



!!! All dog and cat lovers, unite !!!



SOLES 4 PAWS

5K RUN

1M DOG/CAT-WALK

SUNDAY NOVEMBER 17, 3PM

CARTHAGE MUNICIPAL PARK

NET PROCEEDS GO TO

CARTHAGE HUMANE SOCIETY

ENTRY FEE 5K: \$25 UNTIL 11/14/2024; \$30 ON RACE DAY

ENTRY FEE 1MILE: \$20 (\$25 ON RACE DAY)

- ✓ Run or walk the 5K or the 1M with or without your dog or cat. Non-retractable leashes only.
- ✓ 5K Run/walk: Finisher awards for all participants. Awards to top male and female, to age group winners and to top-3 Handler/Dog teams. Dog bandanas to all furry finishers. Electronic bib and timing. No duplicate awards.
- ✓ 1M walk: Dog bandanas for all furry finishers. Baby joggers/strollers welcome.
- ✓ Race-tech shirts and dog bandanas optional while registering online; guaranteed if ordered by Nov 5.
- ✓ \$5 discount for JRR members (with discount code)
- ✓ Advance registration at RunSignup (or scan code below)
(<https://runsignup.com/Race/MO/Carthage/Soles4Paws5K>)
or in-person on race day.
- ✓ Race direction by Joplin RoadRunners.
- ✓ Check our Facebook event page for latest information and questions: [facebook.com/joplinroadrunners](https://www.facebook.com/joplinroadrunners)
- ✓ Sponsored by Blue Buffalo



**Scan me
to
register**

Race registration opens on 5/31





Sign up for Carthage High School's annual fundraiser for the Carthage Cross Country team.

July 4, 2014 at 7am at Carthage Municipal Park

- ✓ 1 mile fun walk and 5K run
- ✓ Discounted price until June 1: \$25
- ✓ Shirt guaranteed if signed up before July 1
- ✓ Use JRR promo code for additional \$5 off
- ✓ Electronic timing by Joplin RoadRunners



OMRR – Springfield: upcoming race

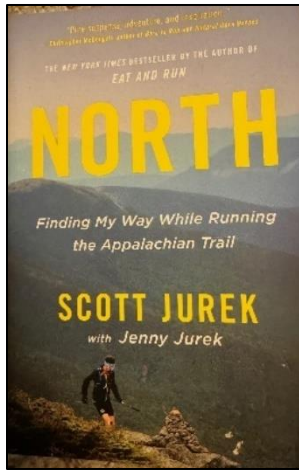
The FREE Sweatfest Dirt 66 Trail Run presents a 10K and 5K option. Enjoy beautiful views on an out-and-back course along the Fellow's Lake Marina Trail System! This section of trail was just added in March of 2021 to help improve the surrounding area. Soon the trail will consist of over 30 miles of trail around the lake. This course is great for beginners and experienced runners alike!

The 10K will start at 10am, the 5K at 10.30am.

The OMRR Members' picnic will be held at 11.30am after the races have concluded.



From our Runner's Library ...



North

(by Scott Jurek)

In July 2015, ultramarathoner legend Scott Jurek broke the speed record for running the Appalachian Trail, running in a northern direction for nearly seven weeks, covering around 50 miles every single day. This is a tale of physical exertion, endurance, and the extraordinary lengths to which we can push our bodies and our minds. Here is a short preview.

Where is he? He should be here by now.

He should have emerged from the sea of trees and met me at the road crossing more than an hour ago. It's been pouring all day, a bona fide deluge, and I'm not sure if he's twisted his ankle in the mud or taken a bad fall and is sitting on a rock waiting for me to find him. I call him "Big Thump" for a reason – he's constantly catching his size 11 ½ feet on some root or rock, sending his six-foot-two frame crushing to the ground with a resounding thud. Somehow, maybe thanks to his twenty-five years of trail-running experience, he always manages to avoid serious injury. But maybe his luck has finally run out.

I last saw him at a parting between two mountains, which out here in the Deep South they call a gap. Being from the West, I had never heard the term before. What Southerners call a gap is what I call a pass and the French call a col; the lowest point of a ridge, or a saddle between two peaks. At Sams Gap, I noticed he had the slightest limp, but I shrugged it off because he started every morning stiff as a board until his muscles loosened up around midday.

According to our calculations, he should be able to cover the 13.4 miles of trail to Spivey Gap in just over three hours. But what I've come to realize over the past seven days is that every section is taking a lot longer than we expected and that a steady pace of four miles per hour is surprisingly hard to maintain, even for him.

On the Appalachian trail he goes by El Venado, Spanish for "the deer". It's the spirit animal bestowed on him in the Copper Canyon by the late Caballo Blanco for the style of his running gait. But almost everyone knows him as Scott Jurek, one of the greatest ultramarathon runners ever, they say. To me, he's always been Jurker, starting way back in 2001 when we met in Seattle. That's what his friends called him, a play on his last name and a jab at his stereotypical Minnesotan niceness. He has accomplished things that no other male runner has ever attempted., like winning the Western States 100-Mile Endurance Run seven years in a row. One year, he sprained his ankle mid-race; one year he chased a bear up a tree; and one year, less than two weeks after he won, he set a course record at the Badwater 135. He ran laps on a one-mile loop for twenty-four hours straight to set an American record. He won the Hardrock Hundred on a sprained ankle, and he holds three of the fastest times (behind only the great Yiannis Kouros) in the 152-mile Spartathlon race. But now he's taking on a challenge that could permanently damage his body, not to mention our marriage. He said he wants this to be his masterpiece, but secretly, I wonder if he means it.

Jurker, where are you?

A Glimpse of the past

(by the previous JRR generation)

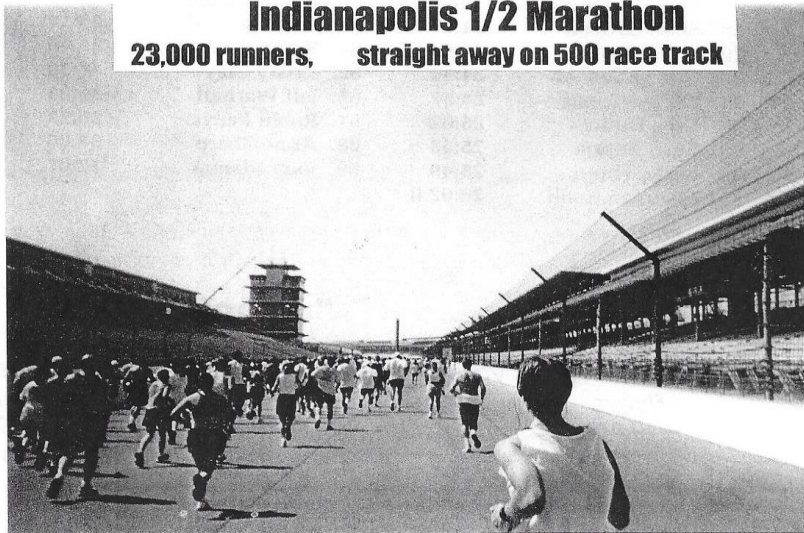
Just to remind ourselves that there were RoadRunners before us, and there will be more after you and I are done running. This page is from 2000, when the Dogwood Run was still run from the High School and along Neosho Blvd, then up the hill on Daugherty and Estella and back along the top of the hill on Oak Ridge.

17th ANNUAL DOGWOOD RUN ORDER OF FINISH

1.	Joel Bates	18:27
2.	Abe Davis	18:39
3.	Alan Cook	20:23
4.	Duane Beckham	21:00
5.	Mick Ward	21:05
6.	Jonathan Foster	21:31
7.	Jim Stuart	21:50
8.	Stephen Baich	23:10
9.	Doug Adams	23:20
10.	Julie Colvin	23:28
11.	Rod McFarland	23:34
12.	Steve Tucker	23:35
13.	Art Boyt	23:46
14.	Rick Keezer	23:48
15.	Earl White	24:13
16.	Steve Noland	24:44
17.	Charles Nodler	25:51
18.	Brock Watson	26:11
19.	Darol Franks	26:51
20.	Tammy Jones	27:02
21.	Amber Flowers	27:22
22.	Mike Honeywell	27:33
23.	Julie Bussey	27:35
24.	Bob Honeywell	27:36
25.	DeLyn Kuhn	29:02
26.	Richard Sachan	29:19
27.	Scott Flowers	29:26
28.	Shannon Branham	
29.	Rhonda Fanning	
30.	Tammy Barrett	
31.	Gidge Cole	
32.	Becky Gallemore	
33.	Kacie Kuhn	
34.	Todd Hollars	
35.	Larry Kuhn	
36.	Tracy Guppy	
37.	Denita Douglas	
38.	Rick Wallace	
39.	Linda Beckham	
40.	Jim Fanning	
41.	Gretchen Guitard	
42.	Dan Boyt	
43.	Turner Capp	
44.	Michelle Guppy	
45.	David Kennedy	
46.	Leon Noland	
47.	Tom Thorne	
48.	Terry Thorne	

*Keep smiling so when you're old ,
the wrinkles are in the right
places.*

Indianapolis 1/2 Marathon 23,000 runners, straight away on 500 race track

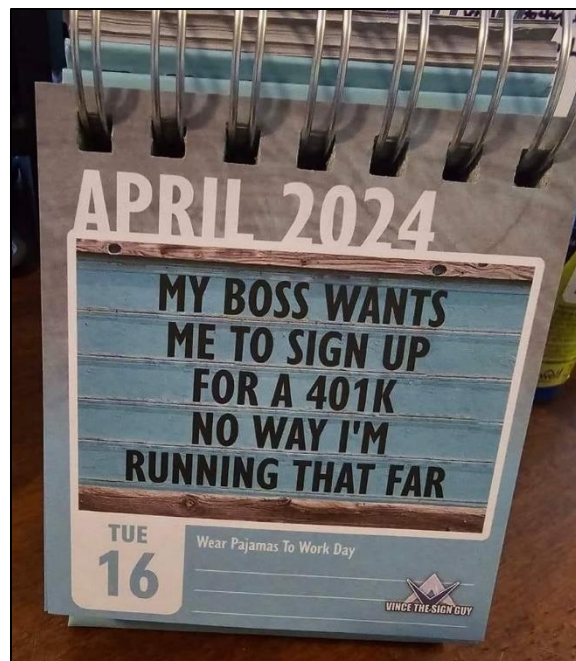


Treasurer's Report

(by Casey and Henri))

Joplin RoadRunners - Cash Flow 2024

Jan 1, 2024 bank balance		\$10,091.29
Income		
Incoming donations		\$850.00
Membership Fees		\$1,045.75
Race Revenue		\$2,953.82
Total Income		\$4,849.57
Expenses		
Equipment purchases		\$4,322.69
Charity donations		\$2,000.00
General club expenses		\$1,566.24
Race Expenses		\$2,868.83
Total Expenses		\$10,757.76
May 18, 2024 Net bank balance		\$4,183.10



Group Runs

Group runs will continue on weekdays and weekends, now with scheduled runs in Joplin, Carthage and Neosho.

For your weekly update, please check our private Facebook pages (see latest entry below).

www.facebook.com/groups/joplinroadrunnersmemberslounge

We welcome everyone to join our runs, no matter your ability or pace: runners, joggers, walk/runners or just walkers, in-towners, out-of-towners, members and non-members.

AND

We leave no one behind!

Group Runs This Week Starting 5/20



Carthage - Monday 5:30pm meet at
422 E Fairview (Calvary Hill
Vietnamese Park)

Neosho - Morse Park Trailhead
parking lot Tuesday, Wednesday &
Thursday - paved or dirt trail
options. Start at 6pm.

Joplin - Thursday 5:30pm meet at
Landreth Park. Parking is available
on Pool Street.

Everyone is welcome!!! PIC•COLLAGE



Joplin Roadrunners





info@joplinroadrunners.com
www.JoplinRoadRunners.com

new mailing address: PO Box 283 Duenweg MO 64841

new shipping address: Joplin RoadRunners, Mailbox Express, 3101 Lusk Dr. Ste 112, Neosho, MO 64850

Club Officers

President - Race Directing, Merchandising, Communication & Networking, Auditing, Website, Email Marketing and Newsletter, USATF Course Certification, 401c3 and IRS compliance
Henri Coëme (417) 622 8912 hcoeme@hotmail.com

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

Treasurer – Treasury & Bank Deposits
Casey Grissom r3d4um.19@gmail.com

Secretary – Board Agenda, Board Reporting, Volunteer Coordinator
Lori Thompson ltdolores1@yahoo.com

General Board Members

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

Brian Spencer – Volunteer Coordinator spencercarco@yahoo.com

Anne Jiles ajiles58@outlook.com

Paul Wright – Race Timing and Equipment Management paulnkc@yahoo.com

Appointed Board member

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

Club Maskot

Miles - the only Beast, all others are pretend only (miles@myhotdog.com)

