



Joplin RoadRunners' Newsletter May - June 2023 Edition

First Word from your President

Fellow RoadRunners,

If I told you that each Newsletter is getting better, you'd call it a boast. But this is an homage to you, contributors to this collection of pictures and memorabilia for the ages. Your stories just seem to get better with every edition. I couldn't be more delighted to see how sharing our successes but also our pain, personal struggles, sacrifices and turn-arounds are helping the members of our club finding strength in each other.



In this issue, you will find contributions from members but also non-members if we find that their stories are inspiring and connect in some way to ours, touching us in a way our own stories touch us.

I also included stories and articles which are somehow connected with our own: the different faces of Boston, the diverse customers/participants in ultra-marathons, a virtual race you may be interested in, our Social Runs and Group Runs, a new distance race we are preparing for you, a fun event by the JTC you may want to put on your calendar. In our dog-blog of the month, I share what my great 4-legged Zen-master can teach about pain, advice strangely echoed in our book review of the month.

I am especially proud of the way members of our club (and even non-members who sympathize with our mission) came together in the past month to raise funds for our next big acquisition and major step forward in modern race-organizing. We have been working diligently to gather information, quotes and references about electronic timing systems. We hope that, by next month, we are close to making our final selection which will nicely coincide with the arrival of all the pledges we have so far been promised. See our pledge total on page 28.

You haven't contributed yet but would still like to? Every \$ helps. Let us know your pledge and we will make sure it is properly assigned to this cause.

Happy reading and see you on the trail.

Henri

Board Meeting 4/6 (present: Henri, Sheree, Casey, Aaron, Debbie, Brian, Lori, Heather)

✓ Meeting venues

Possibilities: intro to Zumba, Pilates, Yoga, HIIT, Self Defense, running movie, other ideas?

✓ Electronic timing system update

Nearing full financial viability. Need sponsor or fund raising for about \$3500 additional. Vote by board to approve moving forward with electronic timing system.

✓ New race for JRR?

15k/30k race? Time of the year? Charity? Preliminary discussions.

✓ Ruby Jack

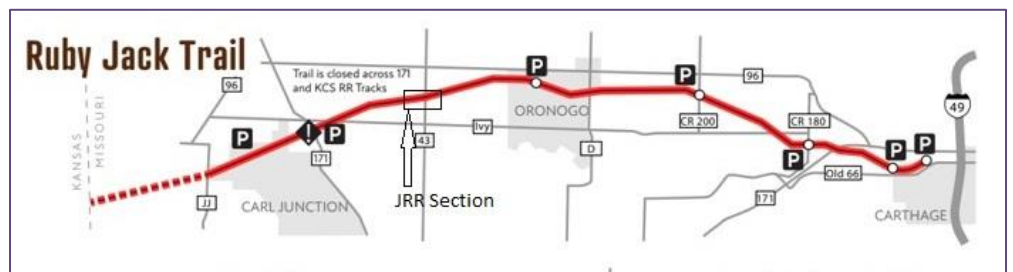
JRR adopting part of Ruby Jack trail for cleanup. Henri will provide map of area (see JRR section in map below includes the 3 bridges).

✓ Frosty Trail 5K

Charity check to be presented next meeting.

✓ Social Run

Neosho's Westside Social.



Board Meeting 5/10 (present: Henri, Sheree, Casey, Aaron, Debbie, Brian, Lori)

✓ Timing system update

\$1121.60 from Henri's Boston Marathon fundraiser, coming from JRR and non-JRR (even non-running) contributors. Henri received feedback from references about different systems. Discussion over options. Leaning towards user-friendly system, quick to set up and easy to use and with integrated software.

✓ Frosty Trail

\$1500 from Ozark Community Foundation will be applied for funding of Kid's Classic. Excess funding from the Kids Classic could be applied to JRR's new timing system. JRR will be submitting further grant proposals. Approved by unanimous vote of board.

✓ Newsletters

Articles should primarily come from/written by JRR members. Guest contributions will continue to be accepted if in the interested of the members. Same with articles. All at editor's discretion.

✓ Pumpkin Run

Date and location for Pumpkin run and feedback from Heartland Pet Foods. Heartland decided against a run from their parking lot and on surrounding public roads for safety considerations. Looking at alternate courses. Maybe Duenweg or back to Ruby Jack on modified course. Re-certification is needed in any case.

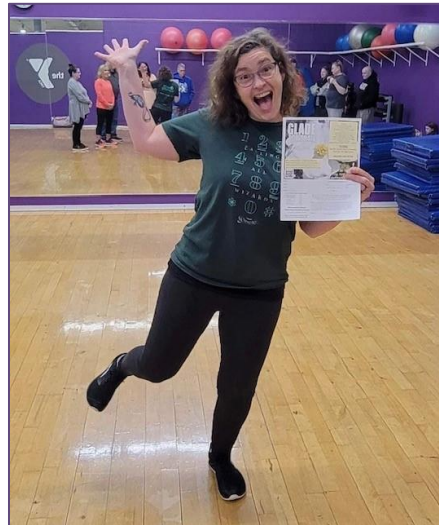
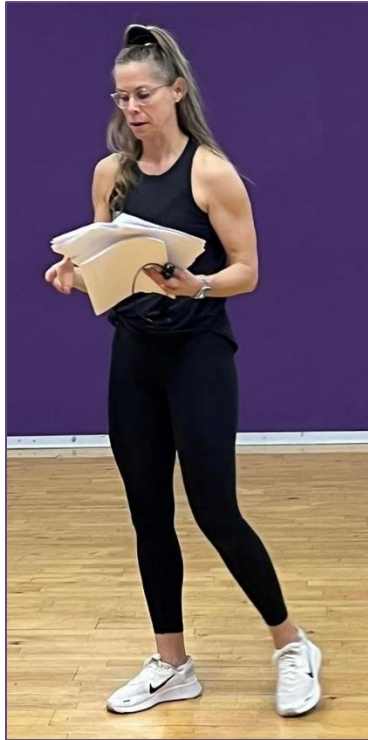
✓ New Races & Charities

5k/15k/30k possibly race in early December. Villa Nova Village selected as charity for this race. See page 31.

Humane Society - run-along. Adopt a dog and run a lap. Maybe for later Club meeting.

Ruby Jack Jamboree June 17. See page 25 of this Newsletter for details.

JRR Club Meeting – March 9
Core Training with Nikki Phillips



Cathy winning the door prize: free race entry to Glades Top Trail run



\$1,000 Charity donation from JRR's Frosty Trail 5K to Neosho Hope Kitchen for a second year running!

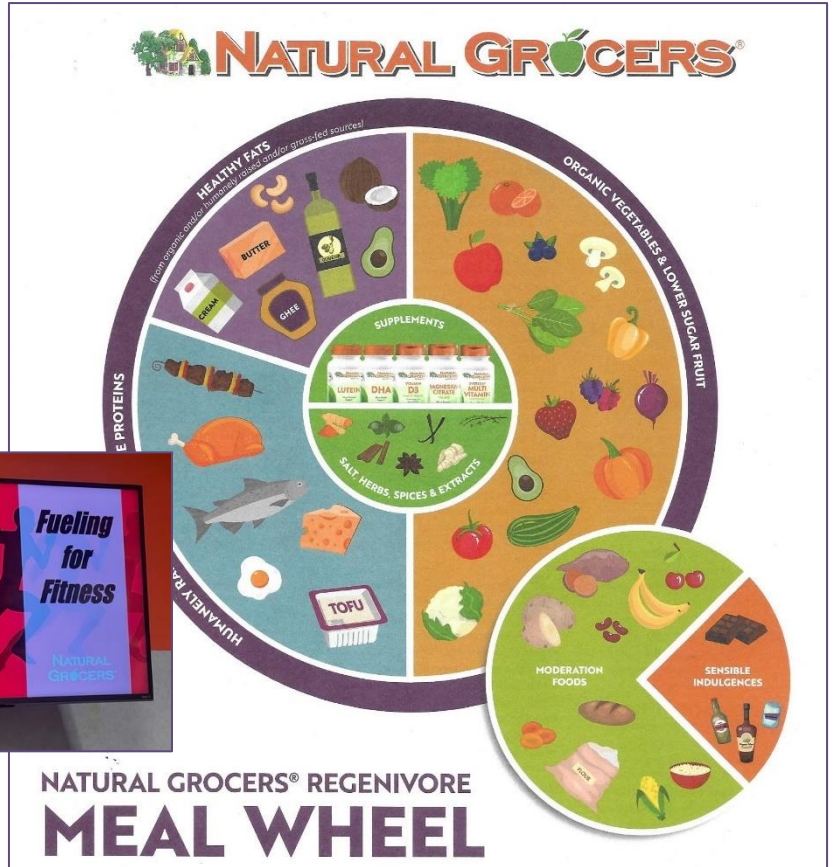
JRR Meeting – May 11 – Zumba with Casey Henson



Who are those guys by the door??
They look tired; give them a chair please!



Bonnie Chastain giving a very detailed presentation on nutrition and supplements.



- ✓ The "Regenivore" Meal Wheel: for nourishing and environment sustaining health
- ✓ Importance of supplements such as EPA, DHA, Glutamine, Probiotics, Vitamin D, Branched Chain Amino Acids, HMB, ZMA, Beetroot, Beta-Alanine, Adaptogens, Electrolytes, Phosphatidylserine, Turmeric, Whey protein.

Run Like This Old Dog

(monthly blog by Henri & Miles)

Chapter 2: Run the Mile you're in

Ever been on a long, really long run? How easy is it to let the mileage get the better of you? The road seems too long, too far to contemplate the arrival. Getting home, even though just a few hours ahead, may look like it will never come any time soon, if at all.

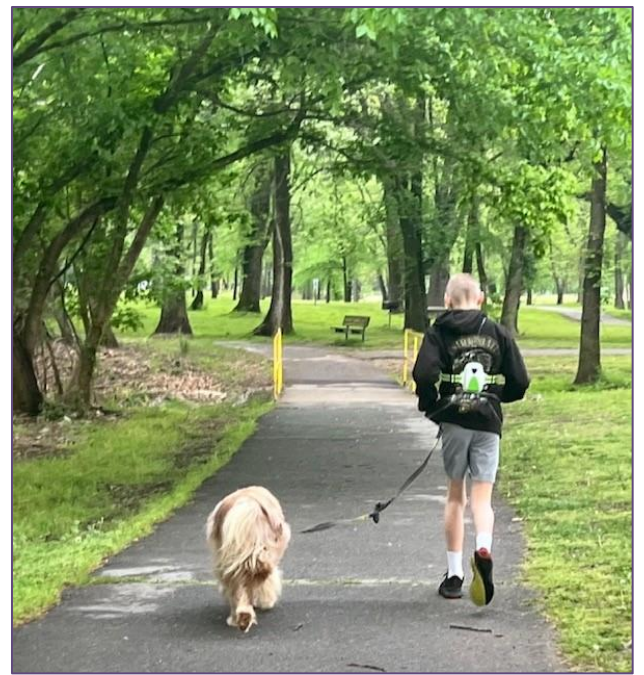
Or how about when you're in a race of some distance, say, half marathon or more. You are about halfway and that early taper, that euphoric feeling that makes you believe you can run fast forever, has worn off several miles ago. All steps are beginning to hurt but the end is too far off to anticipate crossing the finish line. This is the part where real men and women separate from little boys and girls.

At that time in the run, when I look at my 4-legged companion, I see no expression of anguish, no longing for the finish. He just gets going, one canter-step at a time, without shrugging a shoulder. I, on the other hand, am wincing and grunting with every few steps. He looks at me, quizzingly, why am I behaving so strangely? Because it's getting hard, real hard, boy, and there's many more miles to go ... far too many.

Another dog-look at me. The look says it all: *"Just suck it up. Do you see me whine?"*

How does he do it? What is his dog-Zen? Then it strikes me. He doesn't know. Dogs live only in the present. Tomorrow never comes. Everything is here and now. Eat now, sleep now, run now, play now. Never later! Later never comes! Now, now, all is now!

Me run now? Yes, run this mile, this step, this very next step, this hill, not the next, not the one at mile 20. This very mile. **Run the mile you're in.** After all, who do or can run anything in the future. Your foot hits the pavement, then the next, and the next. That's it. That's all there is. Make it a good step, never mind the next. The next step will take care of itself. And when we get there, we will take care of it then. Until that time, just leave it there.



Once I was able to follow his instruction and bring my mind to the here and now, things started to come into perspective. Not that I stopped hurting, but just focusing on the very road under my foot made that hurt seem more tolerable. Gone was that long tunnel-without-end of anguish and pain, ending up at a distant finish line in the distant future. Here and now was this very point in time and space into which he and I were stepping in, then stepping out and into the next.

"See, he said, told you so, just ignore it, and be here with me."

Dog talk can be simple. If you care to listen.

Race Reports by Club Members

Still Learning Lessons

(by Becky Mitchell)



Remember that time when Lori Thompson invited Dr. Joseph to speak to us? One of the things I took to heart but soon forgot was that if you are running plenty of miles every week you really don't need to lift weights with your legs. So, at my annual doctor visit, he ordered a bone density test. He also asked about my running, and I told him I still do half marathons, that I'm registered for Rock the Parkway and the JMR Half. He said he is registered for the JMR Half, too. Then he talked about how out of breath he is when he is running (he says he is fairly new to running and this will be his first Half).

I demonstrated chi running and shared all the benefits.

Several years ago, I was diagnosed with osteopenia, but the doctor I saw at that time said that as long as I continued to "hit the pavement" with my running, I would not need to take the prescription meds recommended. So, I kept hitting the pavement.

The new bone density report comes back saying my spine is osteoporosis, but hips are not. I read that lifting weights and weight bearing is the thing to add. So, I started a new regimen right away and included some ankle lifts and the one where you pull weights to the side. I did this regimen 3 times in the first week. The following Saturday, I go out for my long run and immediately feel a pull or *something* in my left hip that reminded me of that ankle weight. But I ran 9 miles anyway. It was a little bothersome, but not much. Later that night and the next day.... pretty bothersome. So, I stayed off the pavement for a week. Headed out to run the next Saturday. Not happening.

It's a funny ache. I can walk, bend, squat, do all the things *except* running. I didn't run for a month. I missed Rock the Parkway. Hip feels much better so, Monday 4/21, I tried a run again. The ache came back but not as bad. So here I am wishing that I had not had the bone density test, that I had not done the ankle weights and that I had listened to Dr. Joseph.

UPDATE! On Saturday, May 6th, I tried a run for the first time in weeks and did 4.2 miles and 424 elevation change! Today, May 8th, I did another 4 miles.

Hope to see you all at JMR!

It's a Big Hill ... then you get to turn around

(by Christy Oglesby Beebe – guest contributor)

The last several years have been a roller coaster with my life overall. Most have noticed I haven't raced much and haven't shown up at too many running events. Life sometimes forces us to pull away for a season. Sometimes it's a time of personal reflection and growth and other times it's to learn to be still, rest. For me, it's been all of the above.

Plagued with physical health issues this past year have sidelined me. I've been dizzy for over five months straight and then broke my foot while trail running. Finally, after over 3 months off due to my foot, this past

weekend I ran Dogwood Run in Neosho, MO. It's a hilly 5k starting with a big uphill and I thought that first big hill was the big daddy until I hit the second long hill. What a climb out of Neosho Park to the top!! The good news, we got to turn around and run it back downhill. At the conclusion of the race, I sat on the sidewalk right past the finish line with my friend, Dan Smith, and cried. It's a 5K, really not a big deal, what would evoke such emotion from 3.1 miles?

The course felt very familiar. Not because I've physically ran the course before, but I definitely have with my life. The last two years I've walked through so much: separation, moving into a camper for a while, buying a house, moving and remodeling, lived in the garage for 7 months, went on my own financially, started a new job, lost friends, divorce, my kids moved out and got married, and starting all over again at 45 years old. It's been such a climb out of the valley and the whole thing felt embarrassing, like I was a failure.



A few times I had to walk, crawl, pretty much do anything to keep my head above water. I'm pretty sure I may have sat on the side of the road metaphorically and cried a few times (ok, way more than a few times). I lost the joy of running for a while. It felt stolen from me. Running was my serenity, a space of peace and friendship. My circle of close friends have loved me through it all. Many times, they drug my tail up that huge hill, saying you've got this, you're gonna be ok.

It seems I have finally found the big turnaround. Just like the course, the pivot, the spot where you finally get to turn around, see what you just ran up and you survived. The rest won't be bad at all, as a matter of fact, pretty fun! You get to fly without the previous effort required to get to the pivot point. Not that effort isn't required now, but nothing like the climb out. It's interesting how this race went right along with a feeling I had for quite some time. I kept sensing "a pivot is coming".

The definition of Pivot: Turn on or as if on a pivot, or completely change the way in which one does something or the central point, pin, or shaft on which mechanism turns or oscillates. I have not moved, but the way I handle it has. The direction I take because of it is changed forever.

When I crossed the finish line, it was a change of direction, a fresh start, or maybe the way I look at it is changed. The big hills are going to happen no matter what we do, how we approach them is what changes us. Although physically I am not totally past the dizziness, I have learned to run slightly dizzy all the time. My



broken foot has healed but my broken heart will take more time, but the pivot that day made me realize I have climbed out of the valley and it's time to live again.

I finished the race, not only did I finish it (dizzy and all!) but I finished first overall female my first race back and only my 4th run since my broken foot. That is not to brag on anything about myself, but to give Glory to God who has given me strength to climb out of where I was at and help me to show up again. Stop hiding. Thank you to my circle, they know who they are, who have been there every step of the way. Henri, has been one of those people, constantly inviting me, trying to pull me back out again. I'm so thankful for each person I ran with on the course that day, so much encouragement that my heart needed. This is why we need community. So, for the race recap Henri asked for: it's a big hill then, thank God, you get to turn around! LOL!

Finally, Boston

(by Henri Coëme)

It almost felt comfortable.



The ground below my knees felt cold underneath the trash bag I was hunkered down on. Above me, to protect me from the cold morning breeze, was a plastic poncho Titi had urged me to include in my tiny starter's kit. Not much was allowed in the Athlete's Village (a generous description for a large tent attached to 1000 port-a-potties). At first, I had ignored her plea but, like any compromising husband, I had relented in the end. I didn't regret that decision. To keep the wind from blowing into my make-shift mini-shelter, I had tied shut the two holes for the arms and the one for the head. Because of the humidity, the outside of the poncho had turned from transparent to hazy. Perfect invisibility for the application of some cocoa butter to my sensitive areas. Perfect also for some peace away from the 30,000+ crowd around me during

the nearly two hours prior to the start; plenty of time for a pre-race breakfast, for some hydration and for tying, then untying and then tying again my running shoes until they felt just right for the 26.2 miles awaiting down the road.

Outside the tent, the weather couldn't make up its mind between rain, drizzle, or just a wet and cold. Either way, the road ahead didn't look very inviting. Runners, of course, are a different breed. Our word for cold is "*cool*", in every meaning, while our word for wet is "*refreshing*". It is what sets us apart and make our outlook on life in general so damn original.

Time to lose the poncho and walk out of the tent and into the elements. I jumped up and down while walking with the crowd of runners to the starting line and realized now that I had waited far too long before lining up. Turned out my wave was starting in 10 minutes but the walk to the corrals was another mile, shoulder to shoulder with fellow runners. I abandoned all hopes of making it in time. As it turned out, I had left just in time to catch the following wave, the last of 4, comprised of the slowest pack of runners. I elbowed my way to the front and had only a few hundred bodies ahead of me when the starting gun sent this final horde on its merry way.

By now, my family who had been patiently waiting near the finish line since early that morning, was growing increasingly concerned when the app that was tracking me hadn't been showing any movement since 10:50am, scheduled departure of my wave. When they finally received the first bleep at 11:15, they were in the dark as to what had happened to me prior to the start. There was some relief when they saw me past the first and second 5K marker at a steady pace.

To create some room in the first mile, I had jumped to the curve and was running behind the crowd that was leaning against the barriers which lined all 26 miles on both sides of the road. A few minutes later, I jumped back onto the road where meanwhile some distance was created between runners, giving me a chance to set my own pace without tripping or weaving between runners.



For those among you who ran Boston before, you will remember the tempting nature of the course. The first 16 miles will lure the unsuspecting athlete to run all out in a net descent. I must have lost a few hundred places in those miles while coasting along.

I had been warned about Wellesley. Take some time to kiss the girls, they said. In any other circumstance that would not require an invitation, especially since most of the girls waved signs explicitly stating their intentions. But to a “dedicated marathon runner” things are never straightforward. Stopping means breaking your stride, losing your focus. Smelling the roses during a marathon race is as misplaced as drinking a beer on the run. So, faithful to wife and cause, I kissed my hand, then reached out and slapped the hand of every girl in the Wellesley line-up. I then tapped myself on the shoulder for coming up with such a grand compromise on-the-run.

Four up-hills going through Newton, the final one tricking me thinking it was Heartbreak Hill. No such luck. But now, there it was, staring me in the face like a Wall true to its reputation. Earlier today, this was where Kipchoge had lost his cool and his water bottle, and ended up walking part of the hill. I can proudly say I did one better and ran up all the way. Of course, his pace was still below 5mins/mile (mine was a pedestrian 9:33). But hey, I’ll take any victory however small.

Once over this wall, the final miles were typical at this point in a marathon: trying to keep pace without completely breaking stride.

The entire course had been barricaded to keep the million+ spectators off the streets. The crowd’s enthusiasm was without parallel and carried you well beyond your capabilities.

The final glorious stretch on Boylston street is a victory lap for each of the 30,000 runners. The crowd stands six deep and the noise lifts your feet off the ground and flies you to the finish.

In this euphoria I had overlooked one small thing. How will my family ever find me. Well, they couldn’t. Especially since by now all runners were wearing the same aluminum blanket with just their heads sticking out. It wasn’t until an hour and several desperate phone calls by bystanders later that I finally got hold of my darling Titi and could relay my whereabouts.

Tears of joy, for a great run (11th in my age group) after a year of constant injuries, and for finding each other on a cold, wet day in desperate need of dry clothes and a shower.

This one is off my Bucket list, at least for the next 5 years, until I turn 75 and enter the next age group. Who knows, victory is sometimes to the last one left standing.



Ranking	
14426 th	Place out of 27024 Overall
9852 nd	Place out of 15347 M Gender
11 th	Place out of 225 M 70 to 74

Enjoy the Race, Run your Pace

(by Lelania Littlefield)



I was never a runner or athlete, but my son and daughter ran cross country in High school. My husband and I were always at all their races and loved the sport. Now that my kids are older and I have three very active grandkids, I wanted to try running myself.

About seven years ago I ran in my first half marathon but injured myself by not training then, I have ran occasionally but have just committed to running again and this time, I strength training also. I decided to join Joplin January to help myself stay committed to an lifestyle and I have ran five races since I around, I've decided to focus on 5k's to hopefully stay injury

I'm very grateful for the support from this group to keep me motivated!



correctly. Since recently am prioritizing Roadrunners in active and healthy joined. This time free.



My first race was Frosty Trail 5k and it was extremely hard since I had just started running. My second race was Second Chance Pet Rescue 5k and it was hilly, rainy, cold, and painful. My third race was Running of the squirrels 5k, it was a long drive but I decided to do it because the course went through my parents neighborhood. My goal during this race was to beat my PR but I

made the mistake of taking off way too fast and I burned myself out.

My fourth race was Jackrabbit 5k, a last minute race I decided to sign up for. I had no expectations for this race except to run my race and not take off too fast. I ended up running my personal best 22:37 and I was pretty excited. My most recent and fifth race was the Dogwood Run 5k and I definitely let the hills intimidate me and did not run the race correctly because I had a lot of energy left at the end.

I have definitely learned alot since January and every race I have ran in is for a great cause and that is what matters most!



Happy to be part of JRR

(by Paul Wright)



My name is Paul Wright, I'm 47 years old, and I recently joined the Joplin Road Runners.

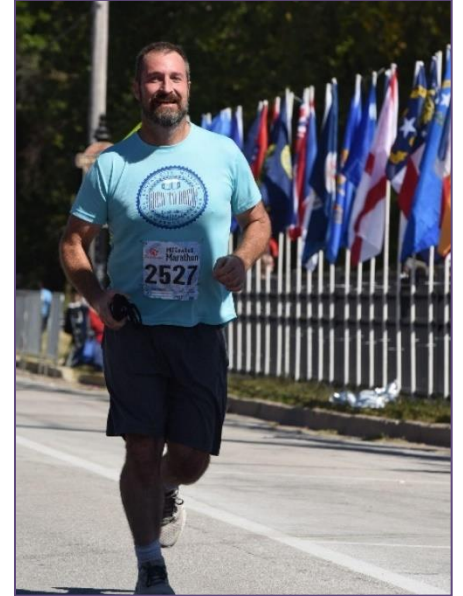
I began my running career in 5th grade (at Jasper) when our gym teacher held a 50-mile challenge. I ran a little over 60 miles that spring! I went on to compete in track in junior high and high school, specializing in the 800m. In college, I played several intramural sports, but pretty much gave up running.

In 2006, my wife convinced me to sign up and run a 5K with her. I became hooked! I ran several more 5K and 10K races in the years following that. About 2012, I met a friend of a friend who was doing 50 marathons for her 50th birthday, and that planted a seed in my mind.

Last year, I decided to run a marathon – I didn't wait to turn 50 – and I began training on my own. Most of my training occurred at home, or on the Ruby Jack trail. I ran my first

half-marathon in July and completed my first full marathon last October in a time of 4:32. I can finally check that one off the bucket list!

After my marathon last year, I also participated in the Pumpkin Run and met members of the Joplin Road Runners. The JRR has given me a new love for running! When training on my own, I found it really hard some days to make myself get up and go. Meeting up with the JRR on weeknights or on weekends gives me a sense of accountability and camaraderie that I was missing. Everyone in the JRR is very encouraging and it's just a fun group to be a part of! My next big race is the Joplin Memorial half-marathon. I plan to keep going after that, so long as my body will let me!



When I'm not running, I spend time on my family's cattle farm east of Carthage. In my free time, I enjoy gardening and building things and spending time on my tractor! To provide funding for my family and my farm, I work as an electrical and controls engineer for Schreiber Foods.

I've been married to my wife Barbara for nearly 23 years. We have three wonderful children, Olivia who is 20 and a sophomore in college at Crowder College, Elena who is 18 and a freshman in college at the University of Central Oklahoma, and William who is 15 and finishing his freshman in high school at Carthage.

Thank you to everyone in the JRR for welcoming me, I know it takes a lot of work and dedication to make the group a success, and I'm very happy to be a part of it!



Happy to Run

(by Bridget Sparlin)

I started running in 2004 as a way to stay in shape. Fast forward through the years since, I've run in many 5k's, 10k's, 15k's, half marathons and only one full marathon. These days I'm mostly into the 5k distance.

Running has been like a trusted friend for me. It's always there if I need it, sometimes it gives me the hard truth, leaving me feeling a little defeated. But, there are other times it lifts my spirits and truly makes me appreciate all my body can do. It's free, always available, and has no judgment. It's a pick-me-up on a cold winter day or a way to warm your body on a summer morning. Or simply an escape for my mind during stressful or difficult times. Any chance to run is a good thing.

My hope for all runners is that they believe in themselves. You are unstoppable if you just believe that you can do great things. Really.

Happy running!

Run With The Wind

(by Tonka Currin)



My name is Tonka Currin and 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 Casey and she ran our last leg for 5 miles!!! Our team came in second, 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 ...???



A Happy Birthday

(by Becky Currin)

Tonka: "Mom, I want to do Triathlons next summer."

Me: "Ok, but you don't know how to ride a bike or swim."

Tonka: "That's ok, I can learn."

Me: "Ok"

Tonka: "I need a bike so I can learn to ride one"

Me: "Ok, we'll see around your birthday."

Fast forward to April 22, 2023 . . .

We were so blessed and grateful when several of our Road Runner family surprised Tonka with a very generous gift card to Academy for his birthday tucked inside a fun card with lots of their signatures (Casey, Brian, Lori, Debbie, Henri, Nancy O, Sheree, and Heather).

He was presented with his special birthday card when he received his medal for placing at the Dogwood Run 5K, which was a complete surprise to us.



As many of you know, Tonka really doesn't go for material things or even celebrating holidays, but what he does value most is the people in his life that support and encourage him. This generous gift means way more to us than the fact that your assistance was able to help us purchase him an appropriate first bike. This was a very tangible way of showing your youngest member how much he really means to all of you, and that you want to support him in every way possible.

Many of you have gotten to know him well over the past year and a half, and he loves his running moms, crazy uncle, and the mentors that he aspires to be like. Without the support from the RoadRunners, we are confident that he would not have come as far as he has as fast as he has while increasing his enthusiasm for running.

If you told us that he would be running competitively in 10Ks a year ago, we would have thought that you were crazy, but look at where he is now. This morning he completed his second 10k, and the credit for this first goes to God for giving him the strength and health to do

it, and secondly to all of you that have come alongside him to encourage and support his goals and the journey to reach those goals. We want to thank all of you an express how truly grateful and blessed that you are in our family's life, and especially Tonka's life. Thank you, from the Currin Family (David, Becky, & Tonka)

P.S. Before anyone asks . . . Yes, we also got him a bike helmet and bike lock that day too!!! *Somebody*, made sure that he has the appropriate bike license plate too that says "2 FAST 4U".

CHCS Cougar 5K

(by Nancy Ohmart)



The CHCS (College Heights Christian School) Cougar 5-K was held on Saturday, April 15th and several Joplin Roadrunners were not only in attendance but also took home the medals!

Great job to Greg Stratton for winning first place, to Nancy Ohmart for winning second and to Jim Burns for winning third in their age groups.

The course was new this year and was a hilly out and back however, the post race food was delicious and the race support was excellent!



Bentonville Half and Neosho Sprint Triathlon

(by Amanda Schmidt)



April 1st, I ran the Bentonville Half Marathon. Out of the 23 half marathons I've ran over the last 10 years, I would rank it in the top 3. The support along the course was incredible, great swag, and fun post-race celebration!

On April 29th, my dad and I competed in the Neosho Sprint Triathlon to benefit Faithful Friends Animal Shelter. The triathlon consisted of a 300 meter pool swim, 12.5 mile bike and 3.1 mile run. This was our second time to complete in this race.

If you are interested in getting started with triathlons, this is a great race for beginners.

Just like in the running community, we've met some pretty amazing and encouraging athletes.

My dad place 1st in the 60-64 age group and I placed 3rd in the 40-44 age group.



My Story Now

(by Cora Sharrock)



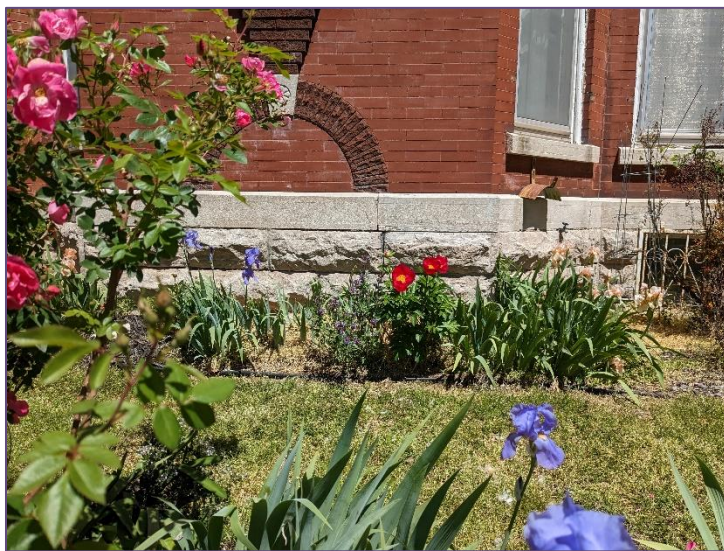
As some of you know, I started running about 8 or so years ago after having major abdominal surgery. I had gained some weight, and I was out of shape. Karen King, whom I went to Church with at the time, suggested I join the “*Anyone Can Run*” Class that was offered through the Y. I signed up for this class and trained for my first 5K with Bobby Ballard.

Since that time, I had run several 5K’s, 10K’s, Half-Marathon’s, and one full Marathon. I also crossed over to Triathlon training, which I really enjoyed. I went on to complete two Triathlons. I was in such good health. I biked, swam, and ran four to five times a week. Then, I started to have issues with my feet, which actually began right after I trained for, and ran, my first and only Marathon.

The other factor that impacted me was the onslaught of Covid. With the issues with my feet, and not being able to train with other people during the lockdown, I lost motivation. There was no one to blame but me. I let fear and stress take over, and my daily activity was eating 4-6 Peanut Butter Oreos, and whatever else I could find in the refrigerator, and in the cabinets. I worked six feet away from them in my kitchen, so it wasn’t hard! I worked long hours sitting at my work area in my kitchen, and then when I was off work late in the evening, I would go sit in my recliner. Very sedentary lifestyle for 18 months!

My only companions to walk with were my dogs. I got so used to walking with them, that it has been very difficult to rejoin any walking/running groups, after the lockdown was over. I tried a couple of times to join the group, but it felt so awkward to me. I was so much slower, and had gained so much weight, and it was painful to walk with each step I took. I also started developing some other health issues. My doctor said that I needed to start exercising and lose weight. So, instead of pursuing walking/running with any groups, I resorted back to walking with my dogs. In my mind, they didn’t judge me. If was slow, that was ok. They didn’t mind if I held them back. They didn’t care if I was overweight or had pain with every step. They were just eager to get out on a walk! They accepted me for me.

In April, my workplace started a competition in walking, running, or other exercise activities. One of the ladies in my department encouraged all of us to start walking together during lunch, or after work. After a few times of missing, I finally caved and joined them. I have been walking now with them for 2.5 weeks, and I am so glad that I have started this. It will take time, but I am starting to feel stronger, to feel better about myself, and I am gaining that confidence back in being involved with a group.



The competitive Spirit is reviving in me, and I am making sure I meet or exceed my daily step goal so that I can be further up in the leaderboard, and am doing my part to keep my Region, so far, in second place! Since this

competition began, I have also joined the Joplin Family Y. I hope to swim, walk the indoor track, and work out on the elliptical. My granddaughter has been going to the Y with me as well.

I bought a new pair of Brooks running shoes, and I am signed up to run the Joplin Memorial 5K! Four of us in my department at work are going to run/walk this race together. I hope to become more involved with the Joplin Roadrunner's run/walk groups during the week, and to keep on walking/running! I want to lose this excess weight. I want to become stronger. I want to become confident in myself, once again.

Dogwood 5k: The 10 Gallon Hat

(by Suzie Tate Crossno)



When I was training for the Dogwood 5k, I decided to run the route the weekend before the race. That Monday, Dedra Trotter (long time runner and friend) asked me about my weekend. I told her that I had run the route and that the elevation was crazy, then showed her my Strava. She said *"It looks like a 10 gallon hat!"* I laughed, but the more I looked at it, the more I decided it did!

There was great running weather for race day and my best friend, Darla was running with me, so the morning was perfect for running a good race.

I was able to better my time from last year by 1:35, which is an accomplishment for the 10 gallon hat course. I received 2nd place in my age group and was totally surprised when the announcer called my name as the winner of the DeLynn Kuhn Lifetime Achievement Award!

My question to you is, should we rename the race the "Dogwood 10 Gallon Hat 5k"?



Frisco Completamente Loco

(by Henri Coëme)



Friday 6pm: wrap up three days of working a trade show in Charlotte NC, including setup and tear down.

10:30pm: delayed red-eye flight out of Charlotte finally takes off.

Saturday morning 1am: flight arrives in Fayetteville AR

2:30am: finally rest in my own bed... 1hr

3:30am: out of bed and getting ready to go

4:00am: out the door on my way to Willard, near Springfield

5:30am: same-day registration for Frisco 50K



6:00am: start of the race

10:38am: finish the race, a quick beer with the Ritchharts, then beat it back home and straight to bed.

Wake up to realize I won the Masters (40+) instead of the GrandMasters (55+), not exactly a PR (those become rather elusive at 70) but enough to win 4th overall and beat State record for my age by 2hrs.

Oh, and \$45 of prize money! Wohoo!

Back to sleep.



A Frisco Race Recap

(by Makayla Cornelius – an OMRR guest contribution)

OMRR Springfield, at JRR's invitation, has begun to reprint some of our Newsletter articles and, in return, has invited us to do the same. Here is our selection from this month's OMRR's Running Briefs: a story of courage and endurance.



31 miles, 12 hours and 47 minutes, an average 24-minute mile, feet covered in blisters, ... ultramarathoner.

Never did I think I would be able to say I completed an ultramarathon. A 50K later and I'm here on the other side, in pain, but so proud. When I started doing 5K's that's all it was ever going to be. Then I started asking myself, "Well, what's 3 more miles, or 6 more miles." And now I've managed to defy odds and check off every distance except a marathon.

While at an aid station, with the most amazing husband and wife duo who patched my feet up for me, we were talking about my journey. About how I just started doing the longer distances to see if I could. The odds are stacked against me, and most people take one look at me and count me out from the start. The great thing about the running community, they don't care if you run, walk, or crawl across that finish line. They help you get there; they cheer for you every step of the way.

I've never once been judged at a running event for my size, only accepted and encouraged. That's why I keep doing this, to meet all of these amazing people who don't judge but instead bond over their love for the races. I have the biggest gratitude and thanks to give to the amazing volunteers both at the aid stations and the finish. By the turnaround I had blisters so bad I was in massive pain.

Melissa and Larry, the most adorable newlyweds I might add, did not hesitate to help me and lift me up. They bandaged my feet for me, encouraged me on my way, and left a lasting impression on me that I will never forget. 7.5 miles from the finish I get to another aid station where they plop me in a lawn chair get me pumped with salt, caffeine, rest for my blisters and encouragement.



When I get to the finish line, I'm greeted by some of the same aid station volunteers as well as other volunteers who get up and walk with me to the finish. Congratulating me along the way, as I limped to the finish. As soon as I crossed that finish line, they went straight into getting me a place to sit, a crate to prop my feet up, and cold water. They all continued to check on me and encourage me to never stop doing races.

If you set your mind to it, you can do it. It can be the most physically painful thing you've ever done, but the pride you feel at the end makes it all worth it. The people you meet will fill your heart and soul while keeping you going. Now on to recover from this one and find my next great race adventure.



Don't see your story? Wishbed you did?

Please participate in our next edition and send in your story and pictures to 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 hurt, 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.

Running Fake Boston

(adapted from JP's Instagram and MarathonInvestigation.com)



Every year after The Boston Marathon, some runners take to social media to report on some form of bib stealing. In the days following the marathon, runners flock to Marathonfoto.com to look at their photos, only some runners find photos of another runner with their bib #.

It is unknown how many runners lied, cheated or stole their way into the 2023 Boston Marathon, but it is clear that they had an impact on the race. It has been well publicized that the B.A.A. ran out of medals. Many legitimate finishers were not given their medals at the finish line.

Jo (pictured on the left) ran The Boston Marathon legitimately.

She took to social media after seeing another runner wearing her bib number.

As Jo mentioned, this is an issue this year, in particular because of the medal shortage. Photos clearly show that “Fake Jo” did take a medal. The imposter has not been identified.

Here is what JP wrote on her Instagram account from where I chipped these pictures as well.

I can't even believe I'm writing this but the lady on the right ran Boston with my bib!

I didn't realize that fake bibs were a thing until I got my marathon photos and I have more of someone else wearing my number than me. Thankfully this imposter doesn't affect my results as it was my chip that was tracked but I'm still appalled. This woman proudly got a medal and even posed for the photographer (see later photos). Boston ran out of medals and many of the runners crossing the line after 5 hours didn't receive their prized unicorn medal.

I worked frickin' hard to run my BQ and earn my place on that start line. I spent a lot of money on my entry, flights and accommodation and yet people think it's acceptable to then clone bibs and run for free when they haven't qualified.

I've reported this to B.A.A. 3 days ago and await a response. But I'm just writing this to raise awareness as I've never heard of it happening before. I don't get it! If it's not your bib! If you've not earned your place, then why would you run knowing your running under someone else's name?



Fancy Ultramarathons Vex Traditionalists With \$11,000 Entry Fees and Private Butlers

Long-distance races roll out luxury amenities to tempt runners, confounding traditionalists

(adapted from The Wall Street Journal – April 30, 2023)

Danielle Zhao was clawing at rocks and crying as she scrambled up a hillside in the Scottish highlands, battling against her fear of heights to complete her first-ever ultramarathon. One thought kept her going.

“I knew that after that I had a nice, nice coffee waiting for me,” said Mrs. Zhao, who competed in the 2022 event alongside her new husband, Ricky Zhao. The hard-running honeymooners were also racing toward a dinner of venison noodles and a couple’s massage.

The Zhaos are among a new breed of long-distance runners confounding traditionalists. These competitors want the challenge of running across deserts and up mountains over many miles without having to rough it, and are willing to spend thousands of dollars for the privilege.

The couple will head back to the Highland Kings luxury ultramarathon again this year, joining up to 40 runners aiming to cover 120 miles over four days. An \$11,000 entry fee includes nutritionally tailored food from a Michelin-starred chef, butler service and private sleep pods.

Energetic vacationers can choose from a range of other offerings from specialist travel companies. “Be prepared for some of the most breathtaking trails you’ve ever run (due to their beauty and elevation) while being pampered in some of the most luxurious four-star hotels of Sud-Tyrol,” urges one such company specializing in tours of the Dolomites.

Definitions of ultramarathons vary, but it is most commonly understood to involve anything longer than the 26.2 miles of a marathon. Some races take athletes from one point to another, while others involve repeating a single circuit on an hourly basis until the last person standing is declared the winner.

Phil Gore’s idea of a fun run is a backyard ultra, in which runners race a lap a little longer than 4 miles every hour until only one person is left. Thirty-nine hours into his debut, doing loops around a lake in Australia’s remote west, the 36-year-old collapsed in the dark and managed to lift himself off the brick path to complete his final circuit only after his wife dropped to her knees to whisper encouragement into his ear. He has since run loops for 76 hours and refuses to enter a regular marathon because it’s too short.

Mr. Gore compares runners who pay to ease the pain to climbers who hire help to get them up Everest. “*All they want to do is get from the base camp to the top of the mountain and get their photos showing that they have done it,*” he mused.

Lifelong runner Chris Ord founded a luxury trail-running tour company after letting go of the all-or-nothing mentality almost a decade ago.



The Highland Kings ultramarathon in Scotland offers spacious tents for weary runners





A runner on the Tour de Trails United Kingdom coast-to-coast trek.

On assignment as a travel journalist in the Himalayas, Mr. Ord said he overcame his reservations while soaking in a spa overlooking Bhutan's picturesque Paro Valley.

"I was literally sitting in this blond-wood spa with herbs floating around me," said Mr. Ord, whose Tour de Trails business offers running holidays in countries including France, Greece and the U.K. *"I thought, there's got to be someone else like me who still loves adventure, still wants to go and hurt themselves during the day, but then wants a really good Shiraz at the end of the night."*

Mr. Ord said most of his clients are professionals aged between their mid-30s and mid-60s. He believes that socializing and sightseeing are at least as

important to them as the run.

For Stephen Redfern, an ultrarunning enthusiast who celebrated his 50th birthday last year by grinding his way around one extended New York City block almost 5,000 times over 52 days, hardships are the point. (He took extended leave from his job as an aircraft maintenance worker to run in the event, the Sri Chinmoy Self-Transcendence 3,100-Mile Race—though he ended up at 2,728 miles after losing four days to foot injuries.) Swapping war stories adds to the camaraderie of events often held in the wilderness or dire conditions, he said.

He conceded luxury races could be a gateway to the real thing. *"I guess not everyone's got the inclination to do it on their own,"* said Mr. Redfern.

Kellie Emmerson, a three-time Australian national long-course trail-running champion, said many ultramarathon runners pack in as many events as possible. That's a significant financial burden, prompting them to cut costs where they can, which adds to the challenge.

One way to keep costs down is to take part in races offering zero perks—just a start line, a finishing post and a chip to automatically log runners' times.

"At lots of stage races, you actually have to carry your own gear, which is a lot and changes the way that you race," Ms. Emmerson said. *"You're trying to live in the clothes that you ran in the last three days."*

Others are intrigued by the cushier offerings. *"I would definitely consider it,"* Enrique Klix, a two-time veteran of the trans-Andes El Cruce multiday race, said of the Highland Kings ultra. *"Being with like-minded people in that kind of environment is something I would value. And the novelty factor is appealing."*

Even the most skeptical runner likes the occasional luxury. Mr. Gore said he aims to be as comfortable as possible at backyard events. After completing a lap, athletes can choose to refuel, stretch or rest while waiting to start the next loop at the top of the hour.



Tents in the Highland Kings ultramarathon.

"I like to bring in some of the comforts of home: two different chairs," he said.

41st Dogwood Run – Neosho, April 22, 2023 - Results

Overall	Bib	Min	Sec	Name	Gender	Age	Age GP Rank	Age Group	DKLAA score
1	140	19	42	DJ Painter	M	22	1	1st Male	2.3
2	95	21	07	Dan Smith	M	39	1	M 30-39	17.9
3	106	21	47	Henri Coeme	M	70	1	M 70 & Over	48.2
4	94	22	08	Christy Beebe	F	45	1	1st Female	22.9
5	876	23	57	Mathias Moua	M	15	1	M 15-19	-9
6	119	23	59	David Giles	M	67	1	M 60-69	43
7	117	24	05	Tom McKay	M	59	1	M 50-59	34.9
8	96	24	12	Lelania Littlefield	F	48	1	F 40-49	23.8
9	122	24	16	Jez Green	M	54	2	M 50-59	29.7
10	105	24	24	Logan Willis	M	55	3	M 50-59	30.6
11	129	25	46	Chanti Beckham	F	49	2	F 40-49	23.2
12	133	26	17	Paul Wright	M	47	1	M 40-49	20.7
13	125	27	27	Brian Spencer	M	57	4	M 50-59	29.6
14	103	28	39	Evan Parrott	M	65	2	M 60-69	36.4
15	124	28	47	Rebecca Inkanish	F	36	1	F 30-39	7.2
16	121	28	48	Tracy Green	F	51	1	F 50-59	22.2
17	111	29	37	Lydia Swift	F	34	2	F 30-39	4.4
18	870	29	47	Christopher Brown	M	9	1	M 10&under	-20.8
19	130	29	49	Indica Beckham	F	10	1	F 10&under	-19.8
20	131	30	00	Mira Beckham	F	11	1	F 11-14	-19
21	104	30	27	Sydney Brooks	F	60	1	F 60-69	29.6
22	128	30	38	Talissa Ortega	F	32	3	F 30-39	1.4
23	875	30	45	Alexander Moua	M	13	1	M 11-14	-17.8
24	102	31	18	Bridget Thomas	F	48	3	F 40-49	16.7
25	126	32	15	Tammy Toepfer	F	57	2	F 50-59	24.8
26	113	32	18	Amanda Schmidt	F	39	4	F 30-39	6.7
27	93	32	23	Kevin Mahurin	M	45	2	M 40-49	12.6
28	107	32	53	Susy Crossno	F	64	2	F 60-69	31.1
29	98	33	07	Shawn Currin	M	12	2	M 11-14	-21.1
30	878	33	12	Kylie Smith	F	14	2	F 11-14	-19.2
31	873	33	35	Logan Britt	M	27	1	M 20-29	-6.6
32	101	33	42	Anne Jiles	F	64	3	F 60-69	30.3
33	127	33	44	Amber Mullin	F	34	5	F 30-39	0.3
34	877	34	06	Harper Wilson	M	9	2	M 10&under	-25.1
35	134	34	09	Craig Wilson	M	38	2	M 30-39	3.9
36	115	36	00	Christine Thomas	F	42	4	F 40-49	6
37	116	36	01	Steve Thomas	M	42	3	M 40-49	6
38	108	36	11	Darla Pool	F	56	3	F 50-59	19.8
39	99	36	44	Debbie Smith	F	66	4	F 60-69	29.3
40	123	36	45	Beth Persons	F	57	4	F 50-59	20.3
41	100	36	47	Sheree Wilson	F	66	5	F 60-69	29.2
42	867	37	46	Emelyn Mahurin	F	10	2	F 10&under	-27.8
43	868	37	47	Mackenzie Motley	F	14	3	F 11-14	-23.8
45	141	39	55	John Hill	M	62	3	M 60-69	22.1
46	879	40	30	Ruby Pelt	F	23	1	F 20-29	-17.5
47	110	40	42	Diana Hesson	F	51	5	F 50-59	10.3
48	869	41	25	Benjamin Brown	M	12	3	M 11-14	-29.4
49	97	41	33	Nathaniel Brown	M	35	3	M 30-39	-6.6
50	880	41	40	Rose Creel	F	15	1	F 15-19	-26.7
51	143	41	58	Liz Gathright	F	28	2	F 20-29	-14
52	142	41	59	Leah Parrott	F	28	3	F 20-29	-14
53	872	46	15	Daniel Cooley	M	9	3	M 10&under	-37.3
54	109	46	18	Luke Blackburn	M	30	4	M 30-39	-16.3
55	137	46	34	Luciana Buren	F	46	5	F 40-49	-0.6
56	138	46	34	Rachell Hoover	F	53	6	F 50-59	6.4
57	871	48	13	Kathy Cross	F	57	7	F 50-59	8.8
58	144	50	08	Allison Van Da Griff	F	37	6	F 30-39	-13.1
59	145	50	09	Ayla Van Da Griff	F	7	3	F 10&under	-43.2
60	114	52	44	DeLynn Kuhn	F	80	1	F 70 & Over	27.3
61	132	52	50	Scott Springer	M	70	2	M 70 & Over	17.2
62	146	54	19	Tori Cox	F	31	7	F 30-39	-23.3
63	882	54	32	Robby Cox	M	40	4	M 40-49	-14.5
64	120	54	43	Julie Reel	F	59	8	F 50-59	4.3
65	881	54	44	Jessie Creel	F	17	2	F 15-19	-37.7
66	874	54	46	Ciarra Warren	F	30	8	F 30-39	-24.8



ELDON MORGAN'S
DOGWOOD RUN 5K



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 '98....

DOGWOOD RACE RESULTS

15 th Annual Dogwood Run - April 26, 1998

Neosho, Missouri

Bates, Hutchison win Neosho Dogwood Run

The 15th Annual Neosho Dogwood Run was held on Sunday. There were 41 runners competing in the 5K run that started and finished at Neosho High School.

Joel Bates of Joplin earned top honors in the men's division with a time of 18:08 over the 3.1-mile course and Jane Hutchison of Webb City was the top female runner with a time of 21:08.

Terry Biers took first place in the men's 19-and-under division with a time of (18:32) while Jonathan Foster finished second (19:19) and John Boyt



JANE HUTCHISON

was third (25:28).

Sean Johanson took first place (23:56) in the men's 20-29 division while Alan Cook won the men's 30-39 division with a time of 19:26, Joe Perez took second (19:53) and Jim Stuart was third (19:54).

Duane Beckham won the men's 40-49 division with a time of 21:15, Rod McFarland took second (21:27) and Tim Thompson was third (21:38) while Brock Watson took first place (24:33) in the men's 50-and-over division, Jerry Hobson finished second (25:29) and Richard Sachan was third (26:49).

Dina Boyt won the women's 19-and-under division with a time of 22:55 and Julie Colvin was second (24:11) while Paula

Ward took top honors in the women's 20-29 division with a 24:06.

Reina Probert took first



JOEL BATES

place (25:02) in the women's 30-39 division while Kelly Houck finished second (27:35) and Gretchen Guitard was



CHELSEY COLE

third (28:38).

Patricia Banks took first place (24:15) in the women's 40-49 division while Dana Neidert finished second (25:30) and Earlene Cole was third (29:50).

Delynn Kuhn won the women's 50-and-over division with a time of 30:28 while Chelsey Cole of Neosho took top honors in the one-mile walk.

1. Joel Bates	18:08
2. Terry Biers	18:32
3. Jonathan Foster	19:19
4. Alan Cook	19:26
5. Joe Perez	19:53
6. Jim Stuart	19:54
7. Jane Hutchison	21:08
8. Duane Beckham	21:15
9. Rod McFarland	21:27
10. Tim Thompson	21:38
11. Dick Linn	21:45
12. Mick Ward	22:40
13. Dina Boyt	22:55
14. Steve Noland	23:46
15. Sean Johanson	23:56
16. Doug Skaggs Jr.	24:00
17. Risk Kezzer	24:01
18. Paula Ward	24:06
19. Julie Colvin	24:11
20. Patricia Banks	24:15
21. Brock Watson	24:22
22. Reina Probert	25:02
23. John Boyt	25:28
24. Lester Allison	25:29
25. Jerry Hobson	25:30
26. Dana Neidert	25:31
27. Tyler Wilson	25:40
28. Kent Wilson	26:18
29. Marsha Thompson	26:30
30. Richard Sachan	26:49
31. Kelley Houck	27:35
32. Troy Neidert	27:38
33. Brock Hauser	28:12
34. Doug Skaggs	28:13
35. Larry Kuhn	28:25
36. Gretchen Guitard	28:38
37. Ken Cope	28:52
38. Earlene Cole	29:50
39. Brad Myers	29:59
40. Delynn Kuhn	30:28
41. Kathleen McGuire	30:32
42. Tom Thorne	43:11

TWO-MONTHS' RACE CALENDAR

May 2023

- 12th~ Prairie Series, Miami OK active.com
- 13th~ A Run For The Berries, Stillwell OK, [A Run for the Berries 5k \(runsignup.com\)](http://A%20Run%20for%20the%20Berries%205k%20(runsignup.com))
Cape Hero, Branson MO, [CAPE HERO 5k \(runsignup.com\)](http://CAPE%20HERO%205k%20(runsignup.com))
Kendrick Fincher, Rogers AR, kendrickfincher.org
Matt's Run, Stockton MO, [Matt's Run \(runsignup.com\)](http://Matt's%20Run%20(runsignup.com))
Run with the Cows, Bucyrus KS, Half Marathon
- 18th~ Run & Remember, Springfield MO, lostandfoundozarks.com
- 20th~ Crawdad Days, Harrison AR, [Crawdada Days 5K \(runsignup.com\)](http://Crawdada%20Days%205K%20(runsignup.com))
[Joplin Memorial Run, Joplin MO, Freeman Joplin Memorial Run 2023 \(runsignup.com\)](http://Joplin%20Memorial%20Run%20Joplin%20MO%20,Freeman%20Joplin%20Memorial%20Run%202023%20(runsignup.com))
Race to End Duchenne, Rogers AR,
[PlayStrong Pediatric Therapy presents the Race to End Duchenne 5k \(runsignup.com\)](http://PlayStrong%20Pediatric%20Therapy%20presents%20the%20Race%20to%20End%20Duchenne%205k%20(runsignup.com))
Rooster Days Run, Broken Arrow OK,
[Rooster Days Run presented by TTCU Federal Credit Union \(runsignup.com\)](http://Rooster%20Days%20Run%20presented%20by%20TTCU%20Federal%20Credit%20Union%20(runsignup.com))
- 27th~ Superfest Superhero, Harrison AR, [SuperFest Superhero 5k Fun Run and Walk \(runsignup.com\)](http://SuperFest%20Superhero%205k%20Fun%20Run%20and%20Walk%20(runsignup.com))
Trail of Honor, Fort Gibson OK, [Trail of Honor Memorial Run \(runsignup.com\)](http://Trail%20of%20Honor%20Memorial%20Run%20(runsignup.com))
Wings Refuge, El Dorado Springs MO, [Wings Refuge Second Annual 5K \(runsignup.com\)](http://Wings%20Refuge%20Second%20Annual%205K%20(runsignup.com))

June 2023

- 2nd~ Memorial Park Glow, Bentonville AR, runbentonville.com
- 3rd~ Downtown Dog Run, Springfield MO, [Downtown Dog Run & Summer Pet Party \(runsignup.com\)](http://Downtown%20Dog%20Run%20&%20Summer%20Pet%20Party%20(runsignup.com))
Dubtown Dawg Run, Wagoner OK, [Dubtown Dawg Run \(runsignup.com\)](http://Dubtown%20Dawg%20Run%20(runsignup.com))
Medical Mile & 5k, Springfield MO, [CoxHealth MedMile & 5K Walk/Run \(runsignup.com\)](http://CoxHealth%20MedMile%20&%205K%20Walk%20Run%20(runsignup.com))
War Eagle Trail, Rogers AR
Hospital Hill, Kansas City MO, Half Marathon and 5K
- 10th~ Bandit 5K, Rogersville MO, [The Bandit 5k & the "Hot Lap" \(runsignup.com\)](http://The%20Bandit%205k%20&%20the%20Hot%20Lap%20(runsignup.com))
MO Senior Games, Columbia MO
Cancer Challenge, Bella Vista AR, cancerchallenge.com
Crazy Socks 8K, Inola OK, [Crazy Socks 8k Run \(runsignup.com\)](http://Crazy%20Socks%208k%20Run%20(runsignup.com))
Ice Cream Social 5K, Berryville AR [Grandma's House Ice Cream Social 5K \(runsignup.com\)](http://Grandma's%20House%20Ice%20Cream%20Social%205K%20(runsignup.com))

- Fit Kids, Pryor OK, [Mayes County HOPE Fit Biz 5K and Fun Run \(runsignup.com\)](https://runsignup.com)
- Run For A Vet, Branson MO ["Run For A Vet" \(runsignup.com\)](https://runsignup.com)
- Rock Island Road Race, Eldon MO, 5K, 10K and 15K
- 16th~ Raptor Run, Springfield MO, actnowracing.com
- 17th~ Clinton Historic Half & 5K, Clinton MO, [Clinton Historic Half Marathon & 5K \(runsignup.com\)](https://runsignup.com)
- Duck Waddle, Ozark MO, [Duck Waddle 5k \(runsignup.com\)](https://runsignup.com)
- Heritage Run, Joplin MO,
[EastTown Dreams District presents Joplin Juneteenth Heritage Run \(runsignup.com\)](https://runsignup.com)
- John Brown Jamboree, Osawatomie KS, [John Brown Jamboree 5K \(runsignup.com\)](https://runsignup.com)
- Run The Line, Branson MO, [Run the Line 5k 10k \(runsignup.com\)](https://runsignup.com)
- 5k Freedom, Springfield MO [Juneteenth 5k Freedom Run & Walk Celebration \(runsignup.com\)](https://runsignup.com)
- [Ruby Jack Trail Jamboree, Oronogo MO \(see next page\)](#)
- 24th~ Rat Race, Green Forest AR, [Rat Race 5k \(runsignup.com\)](https://runsignup.com)

July 2023

- 1st~ Big Bang, Dewey OK, [Big Bang 5k/10k \(runsignup.com\)](https://runsignup.com)
- Huckleberry Run, Jay OK, [Huckleberry Run 5k \(runsignup.com\)](https://runsignup.com)
- Olde Glory Days, Clinton MO, [Olde Glory Days Patriotic 5K and Fun Run \(runsignup.com\)](https://runsignup.com)
- [Hannibal Cannibal, Hannibal MO, 5K, 10K and 15K](#)
- 4th~ [Red White & Boom, Carthage MO, 24th ANNUAL RED, WHITE AND BOOM RUN 5K \(runsignup.com\)](https://runsignup.com)
- Firecracker 5000, Branson MO, [23rd ANNUAL FIRECRACKER 5000 \(runsignup.com\)](https://runsignup.com)
- Four on the 4th, Springfield MO, [Four on the 4th | Fleet Feet Springfield \(runsignup.com\)](https://runsignup.com)
- Stand & Salute, Miller MO, [Stand and Salute 5K and 1 Mile Fun Run \(runsignup.com\)](https://runsignup.com)



Spring Time Jamboree - Oronogo June 17

(by Robert Herbst – Joplin Trail Coalition)

Joplin Trails Coalition will be hosting a Spring Time Jamboree and Fun Run/Ride on June 17. Location will be the city park in Oronogo, located on Grant street.

A fun run starts at 10 am. Run ½ hour out on the Ruby Jack Trail, direction West. Then, turn around and run back to point of origin by 11am. Joplin RoadRunners are

invited to participate.

Bike riders and walkers are encouraged to go east towards Carthage.

Live music starts at 11:00 am with Dr G and the Poor man. Phil Greer band will play from 12:15 to 12:45 followed by Just Jake Trio from 1:00 to 1:30.

Food will be available. Culver Creek from Alba and Kona Snow Cones have agreed to do a drive through as vendors for the occasion.



Charity: Giving and receiving



After a very well attended Frosty Trail 5+K, back in January, JRR was able to clear \$1,000 check for a second year in a row to benefit Neosho Hope Kitchen.

Desiree Bridges was in attendance at our March meeting to receive our charity donation.



With the help of Chanti Beckham who applied for the grant, JRR received a \$1,500 donation from Community Foundation of the Ozarks. The final interview for the grant was with Pete Ramsour, affiliate manager of the Foundation’s Joplin Regional Center, after which we were handed the check.

The grant will be earmarked for the Kid’s Classic event, later this year.

Beyond Barkley

If any of you are familiar with the Barkley marathons and wished they could join one day, here is your chance. Laz Lake opened this one as a virtual race and kept registration low as well. Did you want the Joplin RoadRunners to enter as a team? Let us know if you're interested.

From Canadian Running Magazine

<https://runningmagazine.ca/tag/running-news/>

Gary Cantrell, a.k.a. **Laz Lake**, says he hopes to set a “new standard” in virtual races when he kicks off his latest multi-month running event on May 1. The Great Virtual Race Across the Trace is a 1,000-km challenge that invites participants from around the world to cover a virtual course between New Orleans and Nashville by the end of August.

The virtual route is based on the Trace trail, a route Laz says was travelled by Indigenous populations thousands of years before becoming a popular trade route for settlers known as the Kaintucks.

Laz, race director of the [Barkley Marathons](#) and creator of the Backyard Ultra format, says the Trace’s history offers rich material for a more immersive virtual race than has been offered before.

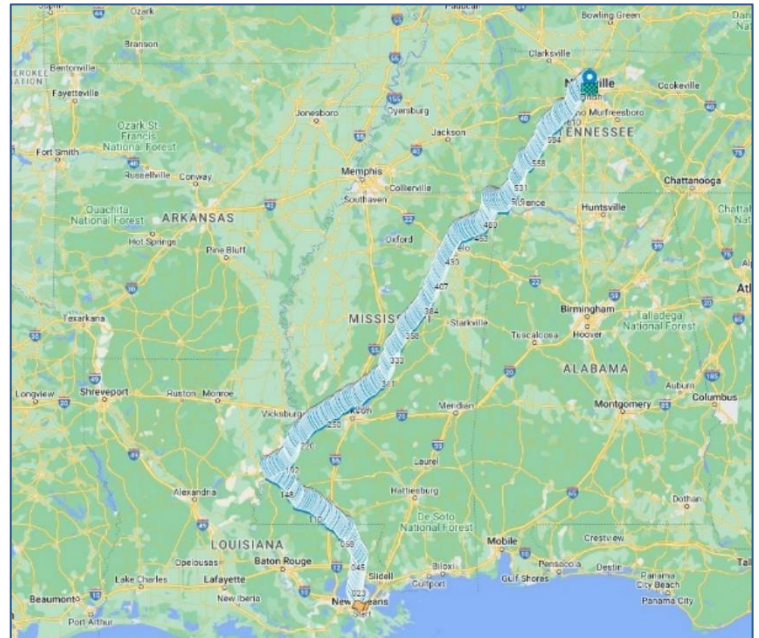
“We want this to have not only the logging miles and keeping track of your place, but to bring some of the fun that goes with an actual journey run,” he wrote in a recent email to past and current race-series registrants. “As you pass the different points of interest along the way you will get emails about where you are traveling. History, geology, scenery, a variety of tidbits that at least I think are interesting. Fun facts that you did not know.”

This year’s race is the fourth in the [Great Virtual Race Across Tennessee](#) series that Laz introduced in 2020. Launched amid the sweeping cancellation of live running events due to COVID-19 restrictions, the series looks to have the momentum to outlast the pandemic.

Laz says he’d like his latest virtual race to act as a gateway to real-world exploration. “I am really excited about seeing this get off the ground, and hoping it sets a new standard for virtual journey runs,” he says. “I want people to come away after they reach the state capital in Nashville feeling like they almost were really there every step of the way!”

The cost to enter the Great Virtual Race Across the Trace is US\$35 plus a \$3.50 sign-up fee.

You can find sign-up details and more information about the race at <https://gvrat.racing/>



Treasurer's Report

(by Casey Grissom)

Beginning Balance 3/1/2023	\$ 5,476.20
Income	\$ 355.00 (*)
Expenses	\$ 386.05
Charity Donations	\$ - (**)
	=====
Ending Balance 5/8/2023	\$ 5,445.15
	=====

(*) Does not include timing system donations

(**) Our \$500 charity donation earmarked for CHS's Erick's Memorial Fund, following JRR's Run w/t Wind race, was donated back to JRR as CHS's contribution to our new timing system fund drive.

The \$1,000 charity contribution to Neosho Hope Kitchen was accounted for prior to 3/1.

JRR TIMING SYSTEM FUNDRAISER

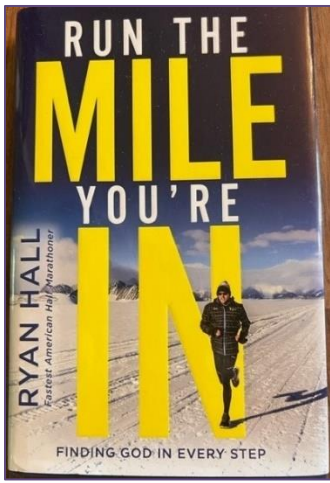
Individual pledges from JRR members	\$638.60
Individual pledges from non-members	\$483.00
Pledge from Brady Beckham/Dogwood Run	\$500.00
Pledge from Brian Crigger/Erick's Memorial fund	\$500.00
Pledge from Heartland Pet Foods	\$5,000.00
=====	=====
TOTAL	\$7,121.60

How your club shirts were manufactured

Ever wonder how JRR printed your club shirts.
Check it out ...

https://youtu.be/RAHTxwL6_9I





From our Runner's Library ...

Run the Mile You're In (Finding God in every step)

(by Ryan Hall)

Ryan Hall, a renowned Olympic athlete, who has the fastest marathon time ever run by an American, shares behind-the-scenes stories of his astounding journey and the principles he discovered to pushing beyond the limits and living a life of God-given purpose.

Mile 15: Pain

Often, I describe my job as a professional runner as being a professional pain manager. That's how I felt when I was twenty miles into a marathon and everything in my body was on fire and I still had more than six miles of hard running to do. I vividly remember

being at the top of the Boston Marathon's famed Heartbreak Hill and thinking, *There has got to be an easier way to make a living than this!* Despite the pain, I usually could manage to focus on what felt good, rather than focusing on all the muscles that were screaming at me to stop, a tactic I learned from my dad when I was getting into the sport. I could always tell when I didn't have much left – my forearms would start to hurt, and that was usually the last muscle group to give out. I often felt that the level to which I could perform was determined by the amount of pain I could overcome. Thus, much of my running career was spent learning to overcome pain.

I tried a lot of strategies to push harder when confronted with immense pain. I tried listening to really loud music when I ran. I tried focusing on my goals. I tried telling myself over and over that I needed to push myself harder than I'd ever pushed before. I tried reverse psychology, attempting to convince myself that I loved pain. I tried reciting Bible verses, praying, focusing on the positive. I even tried to zone out, emptying my mind in an attempt not to think about the pain. Some of these strategies were effective to a certain level – and they rightfully have their place in the business of pain management – but the most effective way for me to manage my pain was something I discovered much later in my career.

When I was running, I often felt myself wondering how Jesus was able to endure the unimaginable pain He experienced on the cross. I found myself asking God how to handle pain, and eventually I felt He led me to Hebrews 12:1-2: “Therefore, since we have so great a cloud of witnesses surrounding us, let us also lay aside every encumbrance and the sin which so easily entangles us, and let us run with endurance the race that is set before us, fixing our eyes on Jesus, the author and perfecter of faith, who for the joy set before Him endured the cross, despising the shame, and has sat down at the right hand of the throne of God.”

I found this passage to be an answer for how to handle suffering. “For the joy set before Him” was the best way for Jesus to overcome pain, and it is also the best way for us to overcome suffering. We overcome pain by finding joy. But how do we find joy while we're suffering? These seem like two very different – contradictory, even – experiences. And what was that joy that Jesus had set before him? I am not sure anyone on earth knows the answer to these questions, but I believe the joy that Jesus had set before him was his love for you, me and all of humanity, and what his death would accomplish for us. [...].

Bad things happen when we look too far down a hard road. I always tell people that my least favorite part of a marathon is standing on the starting line, because it's so easy to partner with fear when you're anticipating the many painful miles that lie ahead. I need to remind myself to **just run the mile I'm in**. Forget about how hard the hill at mile twenty is going to be, forget about the pain I'm going to feel at mile twenty-five, because on the starting line, I don't yet have the grace to handle the hill at mile twenty or the pain of mile twenty-five. I only have the grace to handle the moment I'm in, so I need to stay present with Jesus, fixing my eyes on Him so I can endure the pain.



Group Runs

Group runs will continue on weekdays and weekends.

For your weekly update, please check our private Facebook pages

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.

We leave no one behind!



April's JRR Social

(by Heather Orland)

This new JRR initiative, held **every last Thursday of the month**, which started in March, includes 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 SWMO. We want to make this as easy as possible for all our athletes and families to attend.

The location will be posted towards the end of the month once the location is set. The routes will be provided for our runners/walkers. We will continue making 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 May JRR Social on Facebook for details and venue.

See you there!!



Preparing for a new race on the JRR Race Calendar

JRR is making early preparations for a new distance run. Probable date for the race is early December, with distances possibly including a 5K, 15K and 30K, all will be USATF certified. Location will most probably be the Ruby Jack trail.

As with every race, this event will be dedicated to a specific charity: the one we selected for this race is Vita Nova Village. I spoke with Rhonda Thompson, executive director, and Noel Holland, board member, and asked them to introduce their charity to JRR.

The following is a summary of the information they provided and the conversation we had over a coffee at Zinc.

(Henri Coeme)



The Founders of Vita Nova Village began meeting in August of 2021 to develop a solution to the rising homeless population in Joplin Missouri. Their goal was to identify a missing resource in our community that bridged from the homeless shelter to housing permanence. Once built, Vita Nova Village will provide homeless individuals with a private living space while assisting with employment and targeted education for a path to housing stability and a productive & meaningful life.

This community will utilize partnerships with existing organizations to provide educational opportunities, vocational skills, mental and physical health services, and relationship skills.

A first village will begin with 24 tiny homes and a community building. With only 24 single adult residents, a team can focus on developing a program that works well before growing the community.

A community building will be utilized for counseling, educational classes, and social activities.

“We Are Not a Shelter”

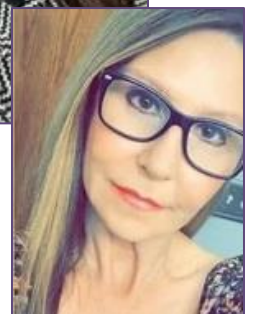
“Our plan is to provide targeted training and education along with their own private living space their own individual home with no connecting walls. So, they can go in and lock their door at night and, like we do every night, be at home,” said Rhonda.

The village will consist of six, one-bedroom homes that are 430 square feet.

“It sounds super tiny, but when you walk in one you would be amazed at how spacious they look and how homey they feel,”

The nonprofit is looking for several acres to build the village along with volunteers and sponsors to build each \$35,000 home.

JRR is looking forward to contributing to this very worthy and local cause.

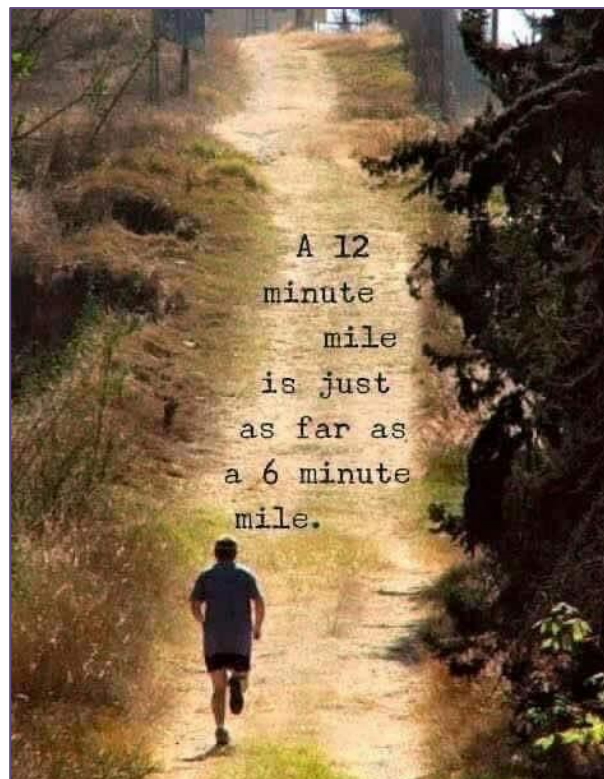


COMING UP!

Working on our June and July Club Meetings – locations and activities to be posted soon.
Check our Facebook page for latest updates.



and remember ...





info@joplinroadrunners.com
www.JoplinRoadRunners.com

Club Officers

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

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

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

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

General Board Members

Debbie Smith – Calendar of Events, Venues & Featured Speakers, debbieann57@yahoo.com
Brian Spencer spencercarco@yahoo.com
Lori Thompson ldolores1@yahoo.com
Heather Orland ahorland@hotmail.com

Appointed Board member

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

Club Maskot

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

