



## Joplin RoadRunners' Newsletter September-October 2023 Edition

### First Word from your President



Fellow RoadRunners,

As I write this, the hot summer months are finally over. Somehow, they felt hotter than any other year, making us run for the shade, the trail and the cool creeks for relief for both man and dog.

No summer edition, this year, because of the lack of stories and information. But somehow, while putting together this fall edition, there was just this abundance of news that make this, once again, a super-size Newsletter. Nothing in this Newsletter is anything I

would dare to cut, so read to your heart's desire.

All your submitted stories are included, which is the part I personally enjoy most as all of you so generously bear your souls, pain and successes to your fellow runners. But you may also find the article about our new timing system informative. Especially when you see what it can do with the click of a mouse (of course, this mouse needed a lot of practice before it was click-proof, as you will read).

We are also closing in on the last months of the year. That means, cooler weather, more enjoyable group runs and more JRR races. You will find info on our two upcoming races: Pumpkin Run and the new Jack-Is-Back long-distance run. Right around the corner is our annual Kids Classic under the RD-direction of Chanti Beckham. The year will end with OMRR's Run for the Ranch for which we have two free tickets for JRR members: so stay tuned on how to win!

And finally, December is our annual Christmas meeting and Board election. More news later as we close in on that date, but we promise another memorable event! Think about joining your Board and contributing to JRR's continued success.

*Henri*



## Board Meetings – July, August, September

### ✓ **Electronic timing system** update

Equipment was selected, ordered, software ordered and tested. Henri passed the timing certification and will first-time test the system in real race scenario at the September Prediction 5K run. All systems, plus generator and canopy were purchased within set budget and monies collected for this purpose.

### ✓ **Pumpkin Run**



Designs are ready; some shirts are made to sell and display at Joplin's 3<sup>rd</sup> Thursday. We will have 2 races: one on 10/15 open for all, one on 10/22 for Blue Buffalo employees only who are working the day-shift on 10/15. Email marketing has started, Facebook event is up. Blue Buffalo scheduled a promotional video shoot at Webb City's Early Learning Center; need to contact area Y's. Race re-certification still needs to be submitted but measurements have been done.

### ✓ **Ruby Jack**

Joplin Trail Coalition and JRR may cooperate in permanent port-a-pottie at the Ruby Jack, stationed at the L&P parking adjacent to the trail. JTC will vote on this end September.

### ✓ **Jack Is Back**



New long-distance race: 5, 15 and 30K on Ruby Jack, set for Sat Dec 16; charity is Vita Nova. Email marketing, Fb event and KOAM appearances are being planned. Discounts for JRR members. USATF certification to be submitted; initial course measurements have been done.

### ✓ **Third Thursday**

Blue Buffalo is sponsoring Joplin's 3<sup>rd</sup> Thursday in September and invited JRR to occupy a stand promoting the club and the Pumpkin Run. Several Board members will attend and be at the booth.

### ✓ **Kids Classic**

\$1500 from Ozark Community Foundation and \$2,000 from Freeman have been received and will be applied for funding of Kid's Classic. Chanti printed 10,000 leaflets to be distributed among schools. Fb event and registration were created. Most Board members are volunteering for the event.



### ✓ **Newsletters**

September-October issue is in the making. A dozen member stories have already been received. Priority was given to spending time on mastering the timing system, hence the little delay of the Newsletter.

### ✓ **Wellness Week at Crowder**

JRR has been invited to have a stand at the Webb City campus on 9/19. Henri and Casey will attend.

### ✓ **Prediction 5K run**



This year's prediction run will be held on 9/14 coinciding with our monthly meeting, held at Morse Park and followed by a potluck picnic. Brady Beckham will provide the meat; a standard contribution from his revenue of the Dogwood run, earlier this year. We plan on making this year's Prediction run an open event for all and also test our timing system on that occasion.

**Next Board meetings are Oct 5, Nov 2 and Dec 7**

**Club meetings are Oct 12, Nov 9 and Dec 14 (our Annual Meeting!)**



## July Club Meeting at the Mercy Park Pavilion – Yoga by Edie

A great big thank you to Edie [Yoga with Edie](#) for showing love to all of us runners and helping us stretch out our tight runners muscles.

Yoga in the park is a favorite for many of us. We got the true meaning of hot 🥵yoga 🥵

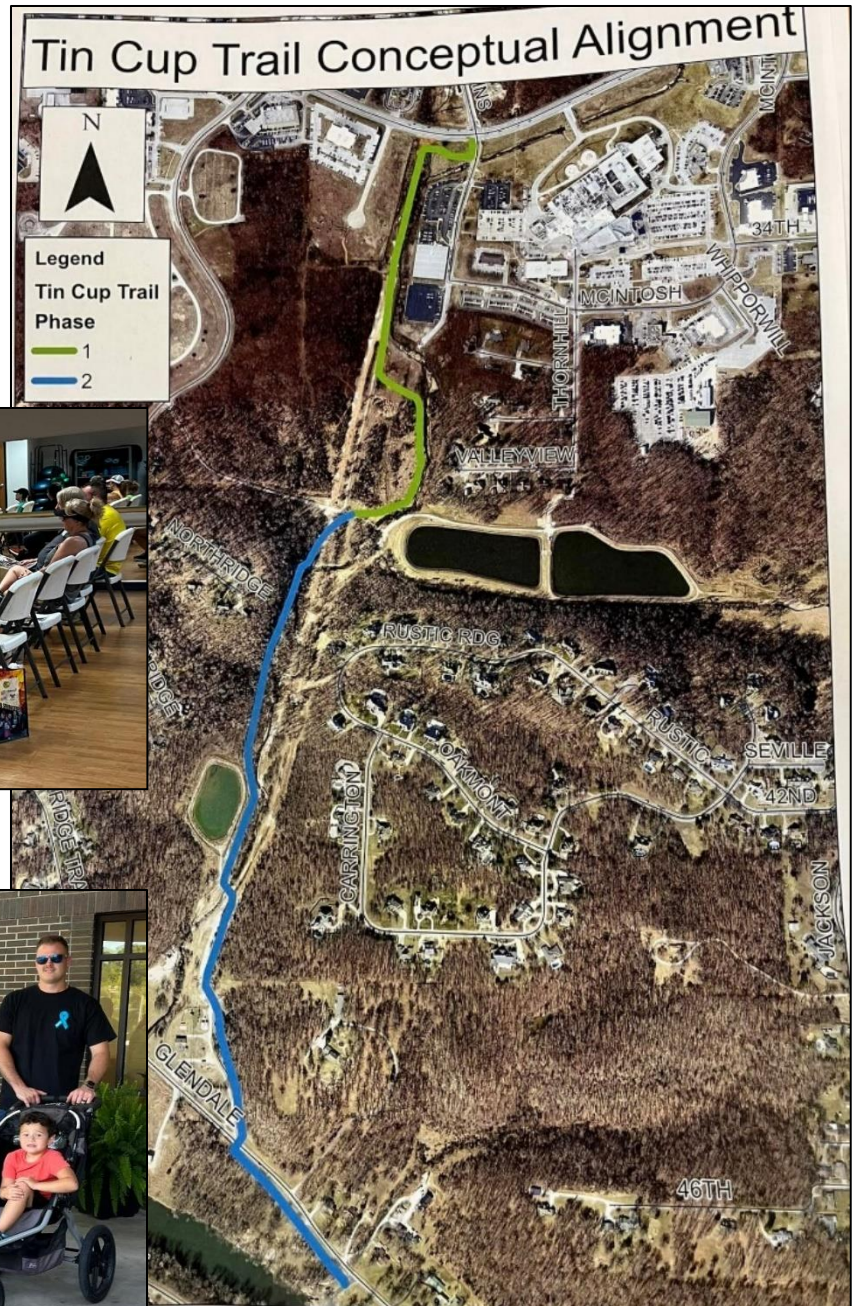


*A major donation to the Joplin RoadRunners' electronic timing project. Nick Henderson hands over a significant donation from Heartland Pet Foods in support of the project and specifically in support of our upcoming Pumpkin Run.*



## August Club Meeting at the Y – Tin Cup Trail

Dakota Rusk, Traffic Engineer at the city of Joplin, gave us a detailed description of the planned Tin Cup Trail, connecting the Y to Shoal Creek, with plans to extend that trail across the Low Water bridge all the way to the Grand Falls.





## Race Reports by Club Members

### Trifest

*(by Sheree Wilson)*

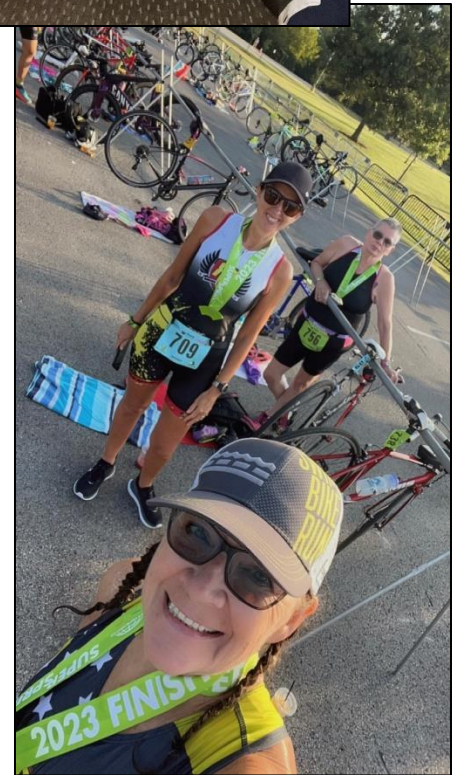
Joplin Roadrunners aren't only runners! Many of our athletes do more than run. Some of us "tri" to do triathlons.

This year I completed my 4th triathlon. You are probably thinking this is not a big deal but if you aren't a swimmer, even attempting 200 yards is actually quite a big deal. I took a few swimming lessons for my first tri but not much since then.

Every year I tell myself I am going to start going to the Y every week and work on my swimming but I never seem to follow through.

Although I struggle through this event every year, it is still one of my favorites and it's for a great cause - MS!

I am all about great causes. This year I had the honor and privilege of sharing the stay in Bentonville with 2 great friends Judy and Anne. This was Anne's first triathlon and she killed it!! Judy also had a fantastic performance!! Congrats to all that completed their races!! I sure hope I get to do Trifest again next year!!!!



### Hotter than what I signed up for

*(by Paul Wright)*



On the 9<sup>th</sup> of July, I travelled to Stephenville Texas for work. I was there to oversee a portion of an electrical installation for a very large project related to cream cheese manufacturing.

The town of Stephenville is located about an hour and a half Southwest of Ft Worth, in the heart of Texas hill country. The home of Ty Murray and Tarleton State University, it is also the self-proclaimed "cowboy capital" of the world (#1 in NFR champions).

The two most memorable things about this particular project were long hours and hot days! The average temperature for the month of July was nearly 106° with several day's highs near 110°! The town of Stephenville has a nice, fully paved trail along the Bosque River that's nearly 2-1/2 miles long. I attempted to run after work a few times, but with high humidity and temperatures over 90°, even at 10pm, I didn't go very far very often!

Even before I travelled to Texas, I signed up for the Salt, Lime, and Finish Lines 5K race in the nearby town of Comanche Texas on July 22. That Saturday morning, I woke up to “chilly” 80° weather with low humidity! The atmosphere in the Comanche town square was a festive one. Members of the Texas Beef Council Running Team were on hand (I didn’t know there was such a thing either), along with several area running clubs, and a good number of locals.

The course was relatively flat by Missouri standards, but the locals considered it to have “several big hills”! The biggest hill was at the very start/end of the out-and-back course, and it wasn’t half as bad as the 7<sup>th</sup> street bridge in Joplin! Much to my surprise, I completed course with a time of 25:12! To date, it was the fastest 5K I’ve ever ran as an adult!

I returned to Southwest Missouri on August 5<sup>th</sup> and promptly took two weeks off work! During that time, I ran a few times with the Joplin Roadrunners, and a few more times on my own. On August 19<sup>th</sup>, I travelled to Neosho to take part in the inaugural Roughrider 5K at Morse Park. As a number of JRR members can attest, the weather was miserably hot and humid! The temperature at the start of the evening race was near 90 degrees and the humidity level was near 90%! Even with a very flat course, about halfway through I had sweat dripping in my eyes, my heart rate began to spike, and my legs began to turn to jelly! I finally stumbled my way across the finish line with a time of 28:10. To date, it was the slowest 5K I’ve ever ran as an adult!

When I’m healthy, weather plays the largest role in my running ability. While temperature makes a dramatic difference in how I feel, humidity affects me even more! I sweat out water faster than I can replace it, and even a short 5K race is enough to push my body to its breaking point! I’ve tried several different forms of hydration, but I’ve had the best results with just plain water or Gatorade.

I generally drink a Gatorade an hour or two before training or a race, and I always have one waiting when I’m done. I also utilize every available aid station during races, even though I have to stop and walk for a bit as I’ve never mastered drinking while running! Everyone has their own method to stay hydrated, and the best way is whatever works for you!

All that said, fall is just around the corner, and I can hardly wait for cool breezes, frosty mornings, and low humidity once again!

### **Racing from May to August**

*(by Nancy Ohmart)*

May 13<sup>th</sup>, my husband, Gary, and I ran in a very popular half marathon called “*Running with the Cows*” in Bucyrus, Kansas. I really enjoy running races which are fundraisers for great causes and this one was no exception raising funds for a local school. It was a fantastic race with a tremendous amount of support AND one of the best “after-race-hospitality-areas” (lots and lots of food). AND of course, you run with the cows who literally run by you in the pastures; what fun!







May 20th, many of the Joplin Roadrunners ran in the Joplin Memorial Half Marathon run which is “Joplin’s premier and largest running event, an event to honor the 161 victims of the 2011 tornado.” I ran the Freeman Half Marathon and was truly impressed by the Joplin community’s support throughout the race; many groups had music playing or handed out water or snacks. I truly love that this year’s medals represented historical events or items from Joplin’s past.

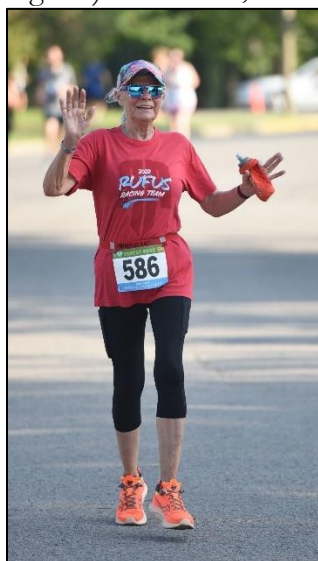


On July 4th, my oldest daughter, (Jessica) and my husband (Gary) and I ran in the 23th Annual “Red, White, and BOOM” 5-K run in Carthage, Missouri (which is a fundraiser for the Carthage Cross Country Team). It is always an easy course with again, many people in the neighborhood who are excitedly supporting



the runners by handing out water or just encouraging runners with their verbal support. This is a wonderful way to begin a very busy day in celebration of our country!

August 19th, Gary and I again ran in a local fundraiser, this time for the Crowder College Cross Country Team in Neosho, Missouri which was called, “Roughrider 5K Run.” Jake Holt did a fantastic job organizing this race and, even though it was exceedingly warm (94 degrees) at the start; the course in Morse Park was easy a scenic along the creek. The volunteers were very friendly and many Joplin Roadrunners participated and medaled in their age groups. This is definitely a race I hope they will continue and we Joplin Roadrunners can continue to support.



### Fun Summer for a Grateful Runner!

*(by Becky Mitchell)*

In my last report, I reported my hip injury and was hoping to do the **JMR Half** on May 20th. I did pain free and all! Healing happens! It was a great day!

My next event was the **Summer Roundup Triathlon** on June 25th. I did the swim, went through transition to the bike and my back tire was totally flat. I took it to the Hess Bike guy volunteering to handle these emergencies; but because my bike has an unusual derailleur, he said it was going to take quite a while. As other folks were already waiting for help, I told him not to worry about it.





This would have been my 22nd triathlon, and I soon realized how extremely lucky I am that the first 21 had no such issues. So I accepted my DNF and started cheering on the other participants. I captured this great shot of Judy Lewis finishing her bike portion!

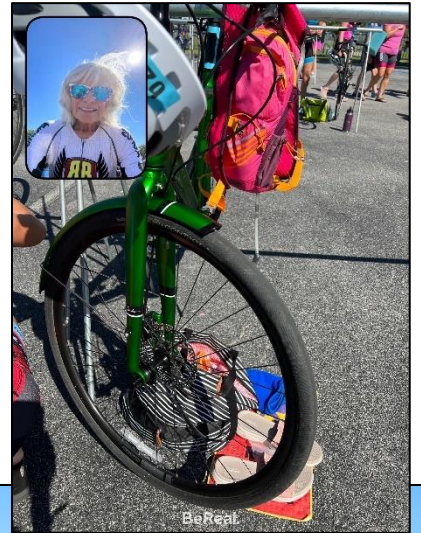
One of my favorite races is the *Red White and Boom 5K* in Carthage on July 4th. This year was the 24th. My daughter and I walked the 2nd and 3rd races when she was in college. Later, she and her husband and their 1-year old daughter would run it with me pushing a stroller. Patty Pyle and I representing the 70+ women! So many great memories!

Because my husband was scheduled to work 3 days in St. Louis with a weekend in between, I found a fun little 5K. *I Love Forest Park 5K* on August 20th took you on a

beautiful route through the park running past a lot of the iconic sites: Missouri History Museum, St. Louis Art Museum, the Muny, the Boathouse. I was 2nd out of 13 women 70+ in a field of 738 runners.



And finally, *Trifest for MS* this past weekend. I did the Sprint on Saturday and completed my 22nd Triathlon and was the only woman over 70, so trophy for me! It is another Ruth Sawkins race-directed event and those are always the best! This one never disappoints! Highly recommend!



PS. Sign up now for the 14th *Race4Hope 5K* and 1-Mile Fun Walk on Saturday, October 28th, 8 a.m. starting at Spiva Park, 4th and Main, downtown Joplin! Here's the link: <https://www.hope4youbcf.org/race4hope>



**A year of transition**  
(by Amy Cuevas)

Running has given me joy and has also helped me to relieve some stress. This year has been a life-changing one, but running has always been there for me. Through running, I have met some amazing people who have now become life-long friends.

I have not run many races this year. I kind of lost my motivation but am slowly getting it back. A few minor health setbacks, but nothing I can't handle. With the right people in your corner, anything is possible. Looking forward to







running new races and some old ones too, but also going to enjoy every step of the way. To always put one step in front of



the other. As life may give us mountains to climb to the top and reach victory. I choose to keep moving forward and to keep climbing to the top.

### First Tri

(by Anne Jiles)

I've only done 2 races this summer, *Red White and Boom* on July 4th and *Trifest super sprint triathlon* on Labor Day weekend.

The Red White and Boom run was a fun 5k in Carthage. It was my first time running that race and it was certainly a fun one. Hot and hilly, but fun. I ended up third in my age group.



Trifest was also a first for me. I'd never competed in a triathlon of any sort, so I thought I'd give the super sprint a try. I can swim, I can ride a bike, and I can run. So why not. Before the race, I was excited and a bit anxious, so much so that my heart was pounding. Turns out I had an absolute blast, especially since Judy and Sheree were there too. After I jumped in the pool, I tried just to keep my mind on the goal of finishing the whole race. I did finish, and it was exhilarating! I didn't fall off my bike (which was a 25 year old mountain bike) and I didn't trip on anything during the run. I was a triathlete!

Astonishingly, I was first in my age group. I think I may be hooked. Someday I hope to finish

an Olympic triathlon. Someday.....



## RoughRider 5K

*(by Lelania Littlefield)*

Since having surgery in May, I have primarily focused on recovery and strength training. I had initially planned to run in the Joplin Memorial Half marathon but it conflicted with my surgery, so I switched it to a virtual 5k.

I recently ran in my first race (5k) since that surgery, which the Crowder College Cross Country team was hosting. I went into it with no expectations. I knew it was going to be challenging since I hadn't been running outside and the temperatures had been so high.

The race was definitely challenging between the heat and running in the evening, but I enjoyed the race and thought Coach Holt did a great job. It was nice to have some JRR runners run the same races since I usually don't know anyone when I go.

I really appreciate all the support that comes from this running group!



## My Big Flat Nebraska Marathon

*(by Shelly Neeper)*

In January, I decided to find a run to qualify for Boston.

I searched and searched, and finally I found one in Nebraska. The Nebraska State Fair Marathon. So, the training began. I trained for months with the best running partner ever, Gina Kilpatrick. She would ride her bike beside me while I ran 20+ miles. I was very nervous and excited for this run. Gina was unable to go with me due to work, so I was going alone which made me even more nervous. At the last minute, Sharon Smith said she would love to go with me. Yay, I had someone to help encourage me and help calm my nerves.

The day came we packed up and headed to Nebraska: only a 6.5 hour drive.

The nervous poops started. If I were a non-runner and a runner said they had the nervous poops I would have laughed and said yea right that's not a thing.

It indeed is a thing my friends and I had them!

We got to Nebraska and checked into our room; then time for packet pickup. As I entered the packet pickup, I became sick to my stomach. It was all too real. Once I was handed my shirt and bib, I looked at Sharon and said I'm going to be sick. I needed to carb up chicken alfredo for the win. I had carb loaded all week.

We headed back to the room for showers and relaxation. Four AM is here. I've had my banana, some beef sticks and coffee and my nerves are all over the place from excitement to fear. This is only the second marathon I have run. What if I fail?







We got to the fairgrounds; so many people. We found the start line. I did my bathroom duty and now I wait till start time. The time has come when runners line up at the start. Here we go. The gun went off and off I went, feeling good.

My stomach is still a mess, but I feel good. I've got this.

Mile one: 7:30 pace; no I went out too fast; I have to slow down my pace.

Mile 2: 7:36 pace still going too fast. I'll never get 24 more miles in at this pace. I need to go poop! Where is the potty?

Mile 3: 8:17 pace slowed my pace down. I've got this but I still have to use the bathroom and it's starting to hurt.

Mile 6: no bathroom in sight and my stomach hurts. I have to go poop. I can't do this run anymore. I just want to stop, why did I sign up for this run? I still have 20 miles to go.

Mile 7: I can't breathe, the crying starts and then the wheezing; it's a full-blown anxiety attack. Someone help me. First call ... please pick up ... and she does ... *"Gina I need you; I can't do this. Yes, you can, you've trained so hard and so long for this run. Just treat it like any other run; you got this"* ... and then the phone hangs up

because the service there sucks very badly.

I'm not calmed down; still wheezing; the air is so thin; I didn't train for thin air; I trained for heat and it's 63\*, a nice running weather.

Next call is to my boyfriend Eric. He picks up on the first ring. "I can't breathe; I don't want to do this anymore; I wanna go home". He calmly talks to me through my anxiety attack. I can breathe normal now; the wheezing has stopped. I got this.

Mile 8. I'm going to be ok but there is still no bathroom in sight, and if I don't find one soon, there's going to be a problem.

Finally, around mile 10, I see a public pool and open shower rooms and bathrooms! It's off course a little bit but at this point I don't care, so I go off course and hit the pot. 5 Mins later and I feel better.

Mile 13: I'm almost done. I can do this with only a half marathon left. I picked this particular marathon because it's a flat course. I thought that would be great. This has been the boring-est run: no hills, no curves, nothing just flat roads. I'm tired and sore.

I'm at mile 17 now and I don't want to run anymore. I'm done with the one passion I have, the one thing I love the most and I'm done. I don't want to run anymore. I call Eric and tell him I'm done! I don't want to run anymore! I've been running and walking most of this marathon. My projected time of 3:40 is out the window.

No way am I qualifying for Boston. I never want to run a marathon again. *"Babe you got this; you can and you will finish this run. Stop thinking about your time and just go do what you love"*.



Messages from Gina and Sharon calm me down. Just run, you got this.

Ok, I can do this. 9 Miles to go.

Mile 20. Nope, I can't do this. I'm done!

I call Sharon and tell her I'm done. I'm sorry you're going to be waiting awhile for me. I don't want to run anymore. She says "Oh, you got this you're almost done".

Ok, first off I'm not almost done. I have 10k left!! My legs are killing me, my mind is done, it has already decided I'm done and, yes, mile 20 I have to poop again! Where is the potty?!

Mile 21. A potty ... finally! I stop and do my business. I still don't feel great but better.

5 miles to go. I can do this. I just want to be done. I don't want to run anymore. Why is the one thing I love not fun to me right now? I can't even enjoy this run. It was not an out and back run. Really, we did a big circle except for that one road, the final road, a long, long stretch.

And here I am at mile 22 coming back on the same flat country road with no houses, no people and I see no runners ahead of me. I'm alone.

At this time, being alone completely, my phone is dead, my earbuds dead, no music just me and the road. I hear my brother whisper in my ear: *Sis, you're crazy, you have 4 miles left this is what you love. Don't think about your time; you're running a freaking marathon, that alone is a great accomplishment. I know you can and you will finish these last four miles strong.*

I straighten up and make my feet go a little faster. I am finishing this run. I just trained for 8 months and drove 6.5 hours, not for the time but for the run.

Mile 26 I hear people yelling. I'm so close to the end. I come around the corner and there Sharon is cheering me into the finish. 4h45, not even close to the time I wanted. No Boston for me but I did it! Tears, sweat, and horrible poop pains I did it!

After coming through the finish line, I told Sharon I will never run another marathon again. That was the worst run. We enjoyed the state fair and then made our way home. On the drive, I was thinking to myself what marathon do I want to do next ...



Note to self: don't put so much pressure on myself for a perfect run and a perfect time. Enjoy the run. That's why we do this .. for THE RUN.



## The Manitou Incline

(by Debbie Yerington)

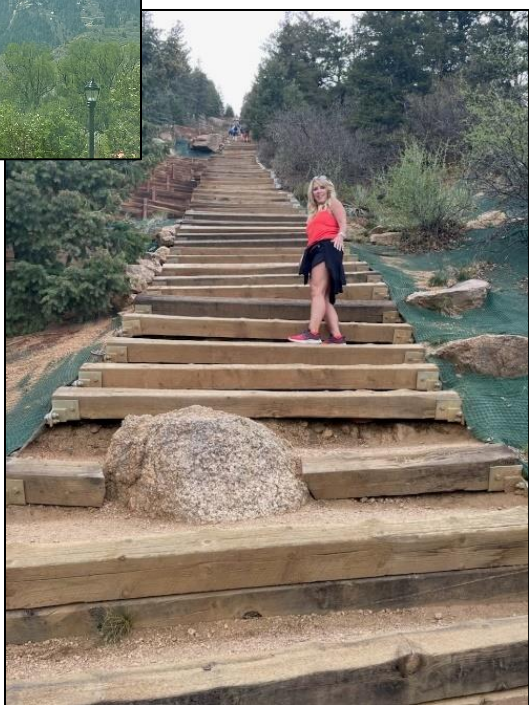
The Manitou Incline has been on my bucket list for the last few years! For those who don't know about the incline, let me tell you! It's in Manitou Springs Colorado. It's an old railroad that goes straight up the mountain! It consists of old



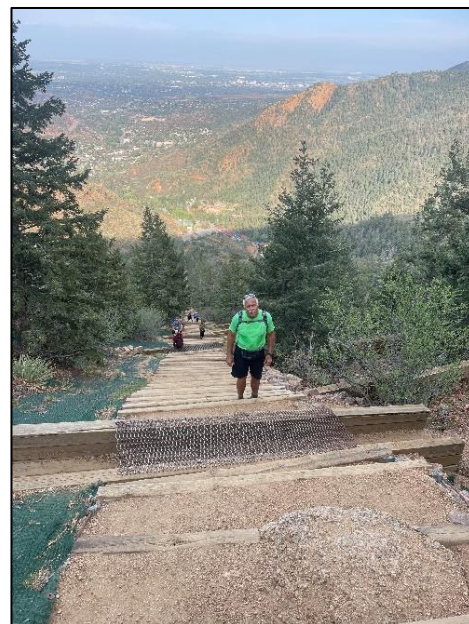




railroad ties and has 2744 steps! It's only 1 mile straight up! It is considered extreme! It can take an average person 2 to 4 hours to get to the top. It took my husband Craig and me one hour and 49 minutes. It definitely was extreme!



Once you get to the top you have to get down! It is suggested to take Barr Trail which is 3 miles. A lot of elite athletes train on the Incline. We talked to a person who was on their 13th time up for the day! It was so beautiful at the top! It was worth the extreme effort! Will I do it again.....maybe!



**Granby 5K**  
*(by Suzie Crossno)*

Darla and I have been running and racing since 2012, however we had never heard of the East Newton Lion Pride 5K held in Granby during Old Mining Days, which has been a race for almost 40 years. This was our first year to run it and it did not disappoint.

It was a fast downhill start, with most of the race on a flat road near a creek, out and back, then (ugh, remember the fast downhill start?) a grueling uphill sprint to the finish line. We did it in record time! The best part was with the help of several other Neosho runners, we represented Neosho well. We each held our age group medals with pride for our efforts and as Neosho runners!



You may recognize some of the others in the picture. I don't think any of them are JRR members yet, so if you see any of them at a race or just around town, ask them to join us! I've been after them to join and a little encouragement from all of you might just push them over the JRR edge!

L-R: Sue Bowers, Jan York, Tom McKay, Liz McKay, Suzie Crossno, Darla Pool



## Chunking Together

(by Miles "the beast" Coeme)

*Chunking: the art of breaking up long runs into shorter pieces*

My Master and I often go trail running. In fact, it is our favorite pastime together. We get to be in the great outdoors, away from the clock, the road, the interval pace, the record hunt and other dog swag.

On the trail, there is no time, just space. No road, just a path, at best. Hilly, flat, rocky, smooth or all of the above.

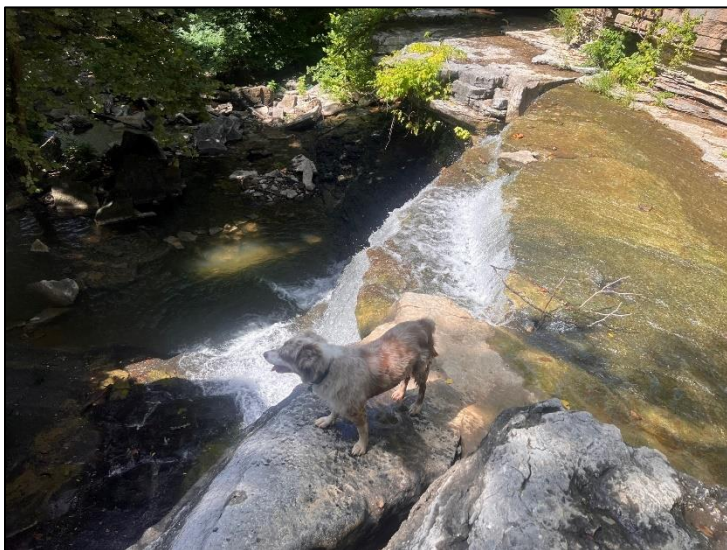
Trail is not easy. A trail mile is not a road mile.

My master tells me somewhere in his road-brain, a trail mile can equal up to 2 road miles, just going by the effort spent. So, running a 12 to 15 mile trail counts as an extra-long run. Especially on a trail, this can quickly reduce our pace to a shuffle. Not a safe way to go about a trail. So, let's pick up the pace first, then rest at the next creek.

Two miles in, I stop by the first creek, descend down to water-level, drop my belly in the water till it hits bottom and cools my jets. Drink and relax. Dooooog heaven!

In winter, Master doesn't exactly feel the urge to follow my example, even though he sometimes heats up considerably. But you get the point. Break it up, by taking a break.

A few miles into the Back-40, we stop at Brittany Dam, a large lake right on the main trail. A few early fishermen, but all else is quiet. I quickly plunge down into the mud by the side of the lake, looking at the fish leapfrog out of the water, taunting the fisherman who recast their fly. Up on the road still, Master takes in the



view, then takes a snapshot for his diary entry, later today. A few minutes in the cool mud, I get up, shake off water and mud, make my way up the dam, and off we go again, towards the Ledges.

A few miles up the ridge, a little spring spills water down a steep slope, right across our path. Step over it and you miss out. But a few steps below the path, a large puddle has formed, and renews itself with the constant trickle of the stream. More than I need. I drop down in the puddle and let the fresh water pass right underneath my belly. It feels great and if you didn't know it, you'd swear I was smiling, my tongue leaping out from behind my happy teeth. Master drops his head scarf in the

cool water and squeezes it over his head. Too cold at first, his face cringes, but then his skull quickly adjusts. A few squeezes later, the water is dripping around his ears and down his neck. He finally gets it; this is what chunking together feels like. Breaking down the big hard chunk into smaller bite-size pieces.





All refreshed and in complete disregard of the outdoor temperatures, we jump up and sprint along the ledges, down to the clearing, across to the next hill, then up to the top where a bench sits awaiting our grateful bodies for the next breather. A quick snapshot of the both of us, showing off our passage through the Ledges. Then, down the hill to the golf course. Another creek, dip, drink, rest and we're off again.

Last few miles to Blowing Springs are a breeze. We relax and feel the pace, smooth and easy. At the Springs, a final reward: water for dog and man, a clearwater spring. We wash the mud off our legs and are now allowed into the car; wet but clean and happy.

So happy, chunking together. Gol-dog happy.

Next stop: my well-deserved pup-cup!!

### New MO State Record in the Plaza 10K

(by Mike Lundgren – record keeper at [www.staterunningrecords.com](http://www.staterunningrecords.com))



It's always nice to get the world's best at our local events. . . and breaking a long-standing record, too!

Just wanted everyone to know that the MO state all-comer's record for women (33:07) set in October of 1992 (by Jody Hawkins) at the Humana Prime Health race in KC MO, was broken by the great Jenny Simpson (yes, the Olympic medalist in the 1500m) of Boulder CO with her 33:00 at the Plaza 10 km as she prepares for the US Olympic Marathon Trials in February. Yes, a record of almost 31 years!

Several single age records were set also, but it's not often that the best time ever run in MO is broken. I believe she has relatives in Columbia MO, so it was quite an opportunity to see her race in KC, and it was a perfect weather day for her run, too. Not to mention that it was run on a USATF certified course, fortunately.

### Zen and The Art of Timing

(by Henri)



What is it about timing that brings out the timeless. Not long after “mastering” the new JRR timing system, I am running out the clock at my 21-year sales management career.

No golden watch for me (timing pun intended), but something ultimately more appropriate: a running munchkin cupcake. Now, more time at home to work for JRR!







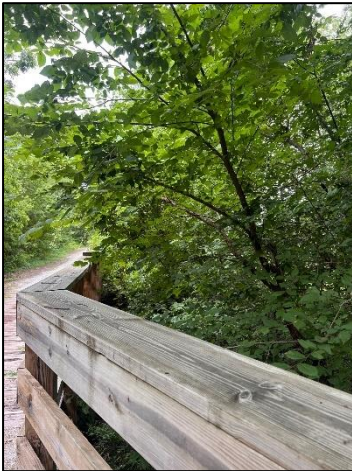
Onward to a new time-zone: one where days lose their names, running in the dark is a thing of the past, and daylight savings time is for the mere mortals, but insignificant for this retired workaholic.

Our upcoming races will be quite a bit different. See the article further down on our new timing system. Time to take JRR into the 21<sup>st</sup> Century!

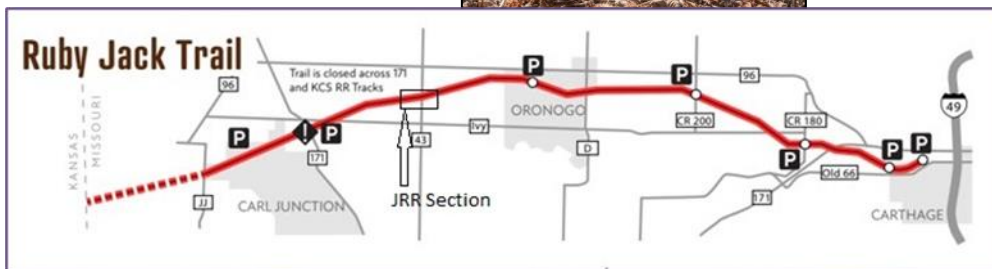
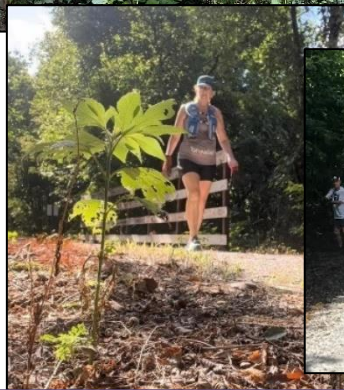
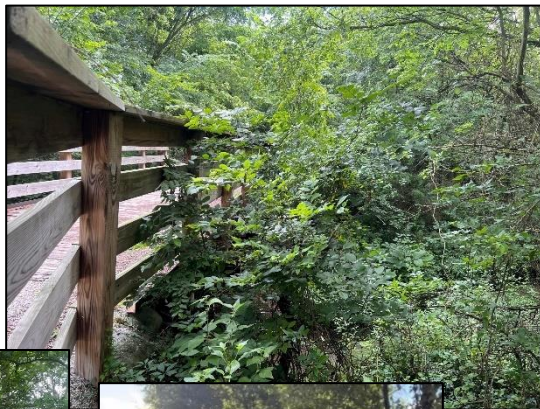
Bear with me as we are still coming to grips with this new technology. It is no surprise that timing companies charge arms and legs for this service. The preparation and knowledge this requires are significant and add a great service to running clubs around the world. "Time" to retire our manual chronometer and attached printer, or use it as a backup, just in case the master-timer goofs up.

### Ruby Jack Volunteering

*(by JRR's Ruby Jack Volunteers)*



JRR volunteered to "adopt a section of the Ruby Jack trail; the section between the 3 bridges (see map). This summer was our first cleanup assignment: removing all the growth away from the bridges and keep the path wide. As you can tell, this didn't go without a fight.





## JRR at Crowder College, Webb City, on 9/19

Joplin RoadRunners at the annual Wellness week at Crowder College in Webb City, talking to students about why we run.



## Third Thursday – Joplin 8/17

August's 3<sup>rd</sup> Thursday in Joplin was sponsored by Blue Buffalo who graciously invited us to put up a stand and promote JRR and the Pumpkin run in particular. A chance for us to show off our newly designed Pumpkin shirts.





So many RoadRunners ran the RoughRider's 5K in Morse park on hot evening August 19<sup>th</sup> that we thought it would be worth posting a few pictures and the results. How many RoadRunners can you find?

<b>Roughrider Run 5K</b>											
<b>Male Overall Winner</b>											
Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	161	SAM MORALES	00:15:48.90		Runner		5:05/M	11.8mph	1	19	
<b>Female Overall Winner</b>											
Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	170	KYIA WEISBROD	00:21:30.36		Runner		6:55/M	8.7mph	22	19	
<b>Male 14 &amp; Under Runner</b>											
Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	201	JAXSON BILLINGS	00:20:16.78		Runner		6:31/M	9.2mph	15	14	
2	198	ISAAC LANKFORD	00:20:17.44		Runner		6:32/M	9.2mph	16	13	
3	217	COOPER FRITCHEY	00:21:56.73		Runner		7:04/M	8.5mph	24	14	
4	260	SEAN ROYE JR.	00:26:00.60		Runner		8:22/M	7.2mph	38	11	
5	259	BRAYDEN ROYE	00:26:17.44		Runner		8:28/M	7.1mph	39	12	
6	190	MAX MEJIA	00:33:52.98		Runner		10:54/M	5.5mph	59	11	
7	266	KNOX WEISBROD	00:33:55.71		Runner		10:55/M	5.5mph	60	11	
8	230	XAVIER GOLDEN	00:35:50.32		Runner		11:32/M	5.2mph	66	14	
9	193	COLTEN GILREATH	00:43:40.44		Runner		14:03/M	4.3mph	81	10	
10	245	EZRA CANDLER	00:51:56.35		Runner		16:43/M	3.6mph	88	13	
<b>Female 14 &amp; Under Runner</b>											
Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	218	MACKENZIE VICE	00:28:33.30		Runner		9:11/M	6.5mph	48	13	
<b>Male 15 - 19 Runner</b>											
Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	186	TREA MELTON	00:16:36.10		Runner		5:21/M	11.2mph	3	17	
2	160	CADEN UTHE	00:16:54.34		Runner		5:26/M	11.0mph	4	19	
3	164	RIDGE SMITH	00:17:31.13		Runner		5:38/M	10.6mph	5	18	
4	162	CHRISTIAN LONG	00:17:31.60		Runner		5:38/M	10.6mph	6	19	
5	228	FORSYTH HAYSE	00:17:43.70		Runner		5:42/M	10.5mph	7	19	
6	168	JOHN EZELL	00:18:01.38		Runner		5:48/M	10.3mph	8	18	
7	166	DAUNTE SMILES	00:18:13.45		Runner		5:52/M	10.2mph	10	19	
8	167	KOLLIN TIDMAN	00:18:13.50		Runner		5:52/M	10.2mph	11	18	
9	163	CHRISTIAN CHURCH	00:18:16.83		Runner		5:53/M	10.2mph	12	18	
10	165	AIDEN MCCRACKEN	00:18:37.64		Runner		6:00/M	10.0mph	13	18	
11	169	DALTON MCCLAIN	00:19:47.77		Runner		6:22/M	9.4mph	14	18	
12	264	MUJTABA KHAN	00:20:53.00		Runner		6:43/M	8.9mph	17	16	
13	229	CHANCE GOLDEN	00:20:55.56		Runner		6:44/M	8.9mph	19	15	
14	226	KAMERON REYNOLDS	00:25:53.38		Runner		8:20/M	7.2mph	37	18	
15	244	ELIJAH CANDLER	00:30:36.43		Runner		9:51/M	6.1mph	51	15	
<b>Female 15 - 19 Runner</b>											
Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	172	DAKOTAH MEDOWS	00:21:51.98		Runner		7:02/M	8.5mph	23	19	
2	175	DEEJ JARAMILLO	00:22:44.30		Runner		7:19/M	8.2mph	25	18	
3	174	LIBBY LAKEY	00:22:50.03		Runner		7:21/M	8.2mph	26	18	
4	173	CYLEE GILREATH	00:22:56.56		Runner		7:23/M	8.1mph	28	18	
5	171	KANDYCE REYNOLDS	00:23:12.64		Runner		7:28/M	8.0mph	30	19	
6	176	MADDIE COFFELT	00:24:17.45		Runner		7:49/M	7.7mph	32	18	
7	205	MADISON BURTON	00:24:22.94		Runner		7:51/M	7.7mph	33	17	
8	177	DALISIA REED	00:24:27.90		Runner		7:52/M	7.6mph	34	18	
9	270	NAOMI KNORPP	00:38:10.13		Runner		12:17/M	4.9mph	72	15	

# Roughrider Run 5K

## Male 20 - 29 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	267	BLAINE JIMERSON	00:18:06.81		Runner		5:50/M	10.3mph	9	24	
2	232	ELIJAH NORD	00:21:06.38		Runner		6:47/M	8.8mph	20	21	
3	242	JONATHAN OVIEDO	00:27:02.78		Runner		8:42/M	6.9mph	42	23	
4	185	MAREK SMITH	00:27:22.26		Runner		8:49/M	6.8mph	44	22	
5	271	CALEB KNORPP	00:30:09.84		Runner		9:42/M	6.2mph	50	23	
6	233	TONY PAYTON	00:32:29.99		Runner		10:27/M	5.7mph	55	24	
7	265	MURTAZA KHAN	00:32:41.03		Runner		10:31/M	5.7mph	56	22	
8	207	BENJAMIN SAWYER	00:38:35.34		Runner		12:25/M	4.8mph	74	21	

## Female 20 - 29 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	225	KAITLYN REYNOLDS	00:32:24.91		Runner		10:26/M	5.8mph	54	24	

## Male 30 - 39 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	253	JARYD GREGORY	00:15:56.21		Runner		5:08/M	11.7mph	2	34	
2	258	SEAN ROYE	00:20:55.18		Runner		6:44/M	8.9mph	18	36	
3	255	DANIEL SMITH	00:22:59.53		Runner		7:24/M	8.1mph	29	39	
4	257	JASON DITTMER	00:24:10.21		Runner		7:47/M	7.7mph	31	38	

## Female 30 - 39 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	214	TERRA OXENDINE	00:28:00.29		Runner		9:01/M	6.7mph	46	35	
2	240	TALISSA ORTEGA	00:31:14.12		Runner		10:03/M	6.0mph	53	33	
3	200	AMBER MULLIN	00:34:56.03		Runner		11:15/M	5.3mph	62	34	
4	219	JORDAN DICKEY	00:37:42.06		Runner		12:08/M	4.9mph	71	32	
5	192	CHRISTY GILREATH	00:44:05.93		Runner		14:11/M	4.2mph	82	38	

## Male 40 - 49 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	211	KODY BATES	00:24:53.84		Runner		8:01/M	7.5mph	35	43	
2	188	PAUL WRIGHT	00:28:10.24		Runner		9:04/M	6.6mph	47	48	

## Female 40 - 49 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	189	LELANIA LITTLEFIELD	00:25:02.66		Runner		8:03/M	7.4mph	36	49	
2	179	AMY PAYNE	00:26:43.93		Runner		8:36/M	7.0mph	41	41	
3	256	SUSIE ANDERSON	00:27:21.14		Runner		8:48/M	6.8mph	43	41	
4	241	BRIDGET THOMAS	00:31:13.64		Runner		10:03/M	6.0mph	52	49	
5	224	DELLACA REYNOLDS	00:35:15.59		Runner		11:21/M	5.3mph	63	44	
6	234	SUMMER UTHE	00:35:32.61		Runner		11:26/M	5.2mph	64	40	
7	247	AMY MCCRACKEN	00:35:35.98		Runner		11:27/M	5.2mph	65	42	
8	208	GWYN OSBORNE	00:37:30.39		Runner		12:04/M	5.0mph	69	40	
9	209	MELISSA VANTREASE	00:38:51.84		Runner		12:30/M	4.8mph	75	49	

## Male 50 - 59 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	263	GHULAM KHAN	00:26:28.88		Runner		8:31/M	7.0mph	40	55	
2	251	BRIAN SPENCER	00:30:07.80		Runner		9:42/M	6.2mph	49	57	



# Roughrider Run 5K

## Male 50 - 59 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
3	269	JACOB KNORPP	00:33:08.72		Runner		10:40/M	5.6mph	57	53	
4	203	LANCE WINDSOR	00:44:54.30		Runner		14:27/M	4.2mph	85	52	

## Female 50 - 59 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	215	KATHY JORDAN	00:34:32.05		Runner		11:07/M	5.4mph	61	57	
2	235	DONELL EVANS	00:36:18.69		Runner		11:41/M	5.1mph	67	50	
3	182	DARLA POOL	00:36:52.39		Runner		11:52/M	5.1mph	68	56	
4	206	BONNIE PAYTON	00:38:15.51		Runner		12:19/M	4.9mph	73	53	
5	210	ALICIA ARCHER	00:38:53.05		Runner		12:31/M	4.8mph	76	55	
6	202	ANNE WINDSOR	00:43:14.31		Runner		13:55/M	4.3mph	79	56	
7	262	CRISTINA JARAMILLO	00:44:53.39		Runner		14:27/M	4.2mph	84	54	

## Male 60 - 69 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	187	TOM MCKAY	00:22:51.16		Runner		7:21/M	8.2mph	27	60	
2	237	GARY OHMART	00:39:23.52		Runner		12:41/M	4.7mph	77	61	

## Female 60 - 69 Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	268	KATHY RITCHHART	00:27:28.66		Runner		8:50/M	6.8mph	45	63	
2	181	SUZIE CROSSNO	00:33:21.43		Runner		10:44/M	5.6mph	58	64	
3	236	NANCY OHMART	00:39:23.61		Runner		12:41/M	4.7mph	78	61	
4	194	MARY FRERER	00:43:14.41		Runner		13:55/M	4.3mph	80	60	
5	250	PAM MCCRACKEN	00:44:19.21		Runner		14:16/M	4.2mph	83	63	

## Male 70+ Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	261	HENRI COEME	00:21:21.20		Runner		6:52/M	8.7mph	21	70	
2	213	JERRY PYLE	00:37:30.47		Runner		12:04/M	5.0mph	70	73	
3	252	DAVID UTTER	00:46:47.73		Runner		15:03/M	4.0mph	87	77	
4	243	LARRY WALTER	00:51:56.56		Runner		16:43/M	3.6mph	89	80	

## Female 70+ Runner

Place	Bib #	Name	Time	Class	Type	Hometown	Pace	Speed	Overall	Age	ID Number
1	212	PATTY PYLE	00:46:21.72		Runner		14:55/M	4.0mph	86	70	



SWMO Racing

Page: 3 of 3

## Such an Ironman! 80-year old Colombian from my home town of Medellin is the new World Champion Triathlon!

(by Titi Jaramillo)



They cross a lake 1,9K long, pedal 90K and then run from downtown Medellin to the furthest metro station: 21K.

Efrain Delgado is an 80-year old Colombian with the energy to not just compete in a triathlon but also to win it while competing in the Senior category of the 70.3 Ironman in Finland.

“At 8 degrees centigrade, the lake was ice-cold, the roads treacherous after constant rain and the run was uphill all but for 2 K downhill” said Delgado. With 8K to go, his son called him to tell him he was ahead of the rest of the pack.

“That’s when I know this was going to be my year”, he said.

After participating in the world championships in Chattanooga, Utah, Port Elisabeth (S.Africa), Nice (France), and now Finland, Delgado shows how perseverance ultimately pays off. Born in 1943, he started participating in triathlons since the 80’s and has been world champion in his age category a number of times.

This was the best present for my two sons and their five kids, all of whom would ride, swim and run with me during training.

### Why I run

(By Brady Beckham)

Not everyone will love the music, but there are some lyrics I enjoyed and thought the group might also. I hope you like the story.

Dr. Shen prescribed me beta-blockers  
And recommended taking daily  
exercise  
So I've started jogging  
To my own great surprise  
Hundreds of miles going nowhere

People don't smile anymore  
There's no such thing as a quick-  
fix  
But jogging has provided me  
A base on which to mould my  
time  
And let my worries go awhile



[https://www.youtube.com/watch?v=UGiQ\\_-Ktpvc](https://www.youtube.com/watch?v=UGiQ_-Ktpvc)









**October 1 is coming up soon! Come join us and volunteer in this JRR-sponsored event!!**

**GRADE - REPORTING TIME - RACE TIME**

Grade 6 - 1:45 pm - 2 pm

Grades 4-5 - 2:10 pm - 2:40 pm

Grades 2-3 - 2:40 pm - 3:10 pm

Grades K-1 - 3:10 pm - 3:40 pm

pre-K - 3:40 pm - 4:10 pm

**GRADE DISTANCE TO RUN**

Grade 6 1 mile

Grades 4-5 1 mile

Grades 2-3 ½ mile

Grades K-1 ¼ mile

pre-K length of the field



**Train 2 Run**

*(by Kendra Cochran)*

We still have spots in our 5:45 Monday T2R class. Class starts on 10/2. Hope to see you there! Registration link is below.

<https://www.freemanhealth.com/train2run>



## 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 2000 ....

### **“You’re As Young As You Feel”**

*by Bill Hoover*

Last month several from the Joplin Roadrunners Club went to Rogers, AR for the 5K “Run for the Green”. On a certified course with ideal conditions, I’m sure everyone came home delighted with their efforts and results. Some PRs were set, but almost as important was the feeling that this is going to be a good year for our runners.

I was especially excited to run into an old friend I had met and ran with when we lived at St. James, MO from 1983-1987. Jack Gentry was in his mid-fifties and was a newcomer to running at that time--just started because his son suggested he try it. He ran local races around St. James and Rolla as well as traveled to St. Louis and other areas. I felt I was in my prime running age then, but it didn’t take long for me to realize that this man was serious competition. How could someone nearly 25 years older than me be so fit?

Jack, now 72, ran the Rogers 5K in 20:21. I asked him if he was pleased with his time, and he replied that it was probably about right but he was still recovering from the 3:39 marathon he ran in Austin, TX three weeks earlier.

I understand Runner’s World has him ranked #2 in the world as a runner of all distances in his age division. He has been a big inspiration to me, as well as just a really nice guy!

Another runner who inspires me is Gerald Glass, soon to be 62. He has beaten me in every race we’ve run together. And right here in the JRR, I can be challenged and encouraged by people like Leon Noland, Larry & DeLynn Kuhn, and Eldon Morgan. I’m actually looking forward to moving into the 50+ age bracket in about a year and a half--there are way too many runners in my 40-49 age group.

What does all this mean to me? I look forward to the opportunity to share running experiences--the fun & the pain--with others who are willing to listen. Maybe I can inspire someone else to reach a new level of fitness; maybe not run faster, but run when you feel like it and sometimes when you don’t.

Call me sometime, and we’ll go for a run. But not right now, I need a nap to recover from my last run.



**NEXT JRR MEETING**  
**MONDAY, JUNE 8TH**  
**At Mike and Jane Hutchison's**

**PREDICTION RUN (WITH PRIZES) AT 6:30 PM**

**BRING A COVERED DISH, OR SALAD OR DESSERT.**

**BRING FAMILY AND GUESTS, SWIMSUITS AND TOWELS.**



## Timing a JRR Race

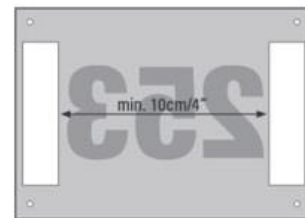
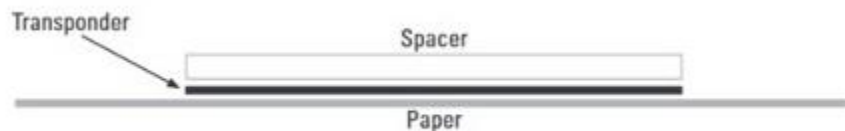
Joplin RoadRunners recently acquired a complete timing system. In a few paragraphs, I will try to explain the basic operation of this system and its capabilities. I understand, no one wants to be promoted to “nerd” after reading this article, so I’ll just stick to the basics, enough to understand the complexity and capabilities of the system we now proudly own.

The system consists of

- Hardware: transponder bibs, decoder, timing math antennas, my own laptop and cables connecting everything
- Software: timing software which operates the decoder, and scoring software which manipulates the raw timing data
- Generator: to run the entire system without connection to main power



1. **The transponders:** Bib transponders are made for running events or other events where the bib is worn close to the body. A foam spacer on the bib is there to provide some distance between the transponder and the human body as the human body’s moisture normally absorbs the radio frequencies used in timing systems. Bibs can contain one or even two transponders, placed on the back of the bib. These transponders contain a code which is communicated to the decoder as the runner approaches any of the antennas.



2. **Antenna:** These can be mats, stand-up devices, overhead devices or (for redundancy) a combination of all three and are designed to capture the information located on the transponders on the back of the runners’ bibs. Our mat is composed of 8 segments, each 2ft in length and each containing one antenna, for a total of 8 antennas. Each of these will capture the bib information of runners passing over the mat.



3. **Decoder:** The Decoder receives the signals from the transponders using antennas, then calculates and saves the final detection time, based on a very precise clock and the transponders’ signal strength when crossing the timing line. It provides these passings (bib number, time, and additional information) to the timing software.

The decoder does NOT perform further calculations such as calculating the net time, lap times, age groups, etc. All this will be done, next, by the scoring software.

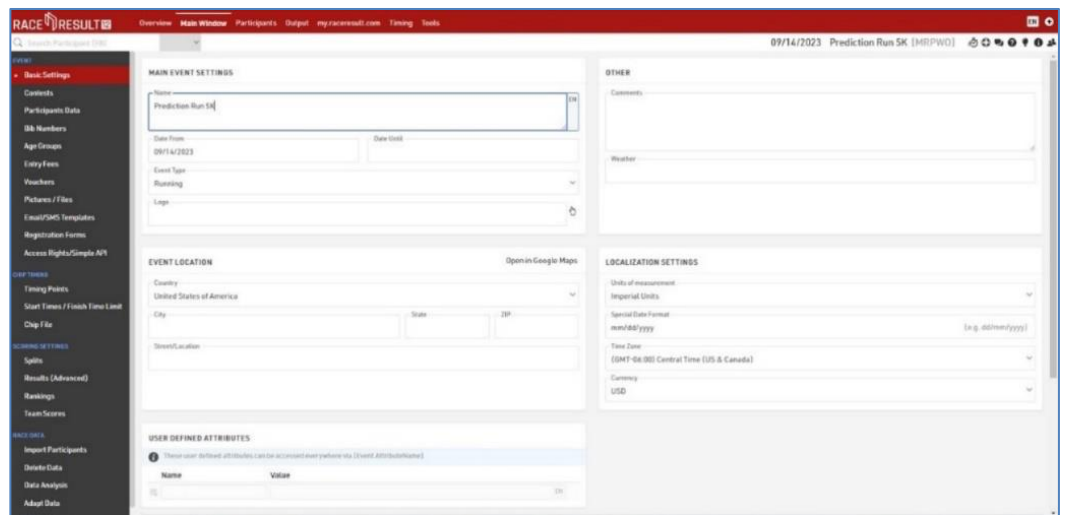
It also guarantees uninterrupted operation as it runs independently from a computer and external power supply. All passings information is automatically stored on the device.

- 4. **Cable connections:** coaxial cables connect each segment of the mat (i.e. each of the 8 antennas) to the decoder.

The decoder, mat antennas and bibs we selected are manufactured by the (German) company Race Result.

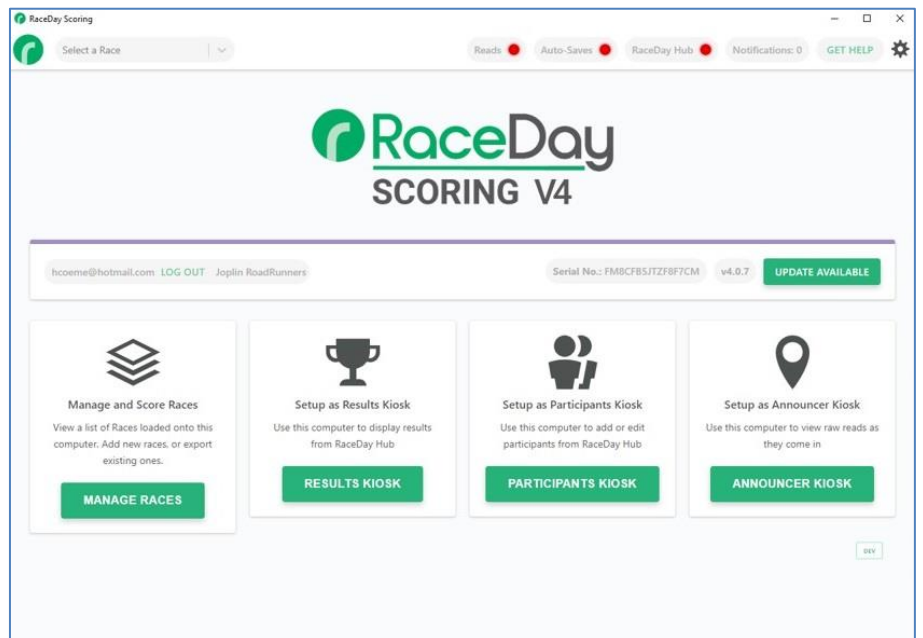
- 5. **Timing Software:**

The Race Result hardware comes with timing and basic scoring software (called Race Result 12). Timing software converts all the raw data collected by the decoder and matches bib numbers with the times of their passings by each antenna. The software collects this key time/bib information, discards the redundant data (the same bib information is collected by each antenna within reach of the bib), then connects this time/bib information with each participant and lists it in a format we can read and understand as runners cross the finish line.



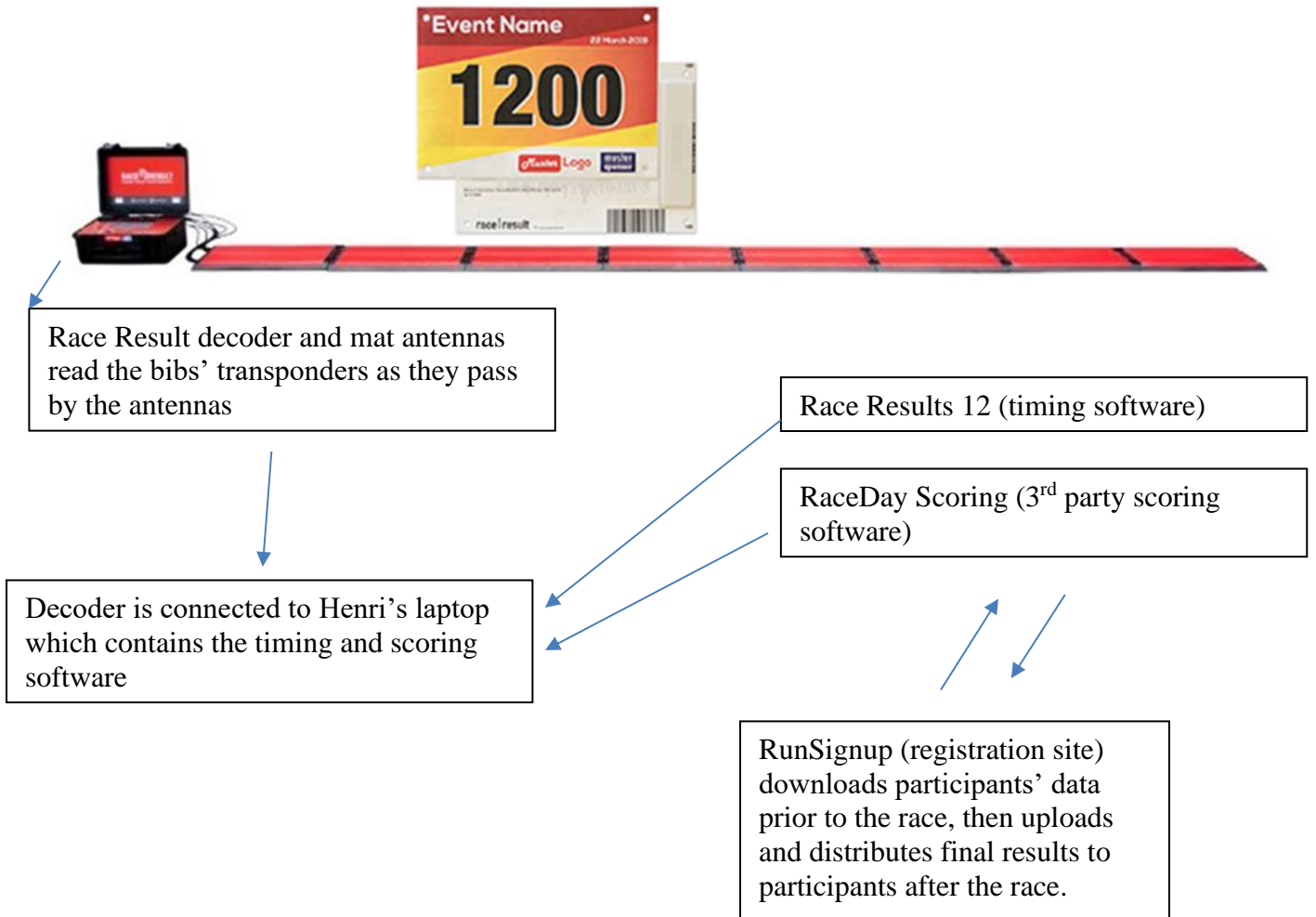
- 6. **Scoring software:**

Even though Race Result 12 already includes some basic scoring capabilities (overall ranking, gender ranking, age group scoring), it is not sophisticated enough to do more advanced scoring, such as prediction run scoring or age/gender-graded performance scoring. To do this, we acquired a 3<sup>rd</sup>-party software developed by RunSignup, called RaceDay Scoring. RaceDay Scoring has the additional advantage of easily connecting with RunSignup, both for the downloading of participants information (information you key in online when you register), and for the uploading of your results after the race and distributing those results to you and all the other runners.



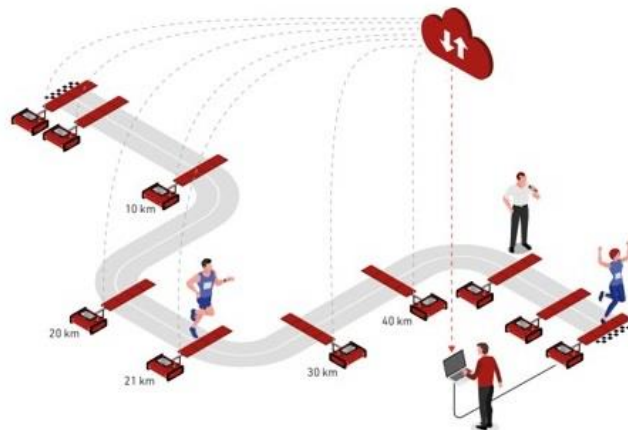


Here is a diagram of how our entire system fits together



For simple races (ours), only one timing mat is used which records both start and finish (for looped or out-and-back courses).

More complex races, with separate start and finish or with multiple intermediate timing points along the course, decoders are connected through the cloud via WIFI or Sim cards.



**So here are the results of our annual Prediction Run**

1. First the **Overall Results**, showing all participants in the order they crossed the finish line (ranked by chip time).

5K Prediction Run Overall Results											
Place	Bib	Name	Gender	Gender Place	Age	Age Place	City	State	Clock Time	Chip Time	Pace
1	42	Littlefield Lelania	F	1: F	49	1: F40-49	Pineville	MO	26:21.98	24:57.63	8:02
2	69	Wright Paul	M	1: M	48	1: M40-49	Carthage	MO	27:18.20	25:53.85	8:20
3	1	Coeme Henri	M	2: M	70	1: M70-100	Neosho	MO	42:38.87	30:01.17	9:40
4	22	Crossno Suzie	F	2: F	64	1: F60-69	Neosho	MO	33:02.69	31:36.97	10:11
5	13	Jiles Anne	F	3: F	64	2: F60-69	Webb City	MO	33:26.12	32:02.08	10:19
6	2	Wilson Sheree	F	4: F	67	3: F60-69	Webb City	MO	37:08.66	35:43.53	11:30
7	48	Currin Shawn "Tonka"	M	3: M	12	1: M01-19	Neosho	MO	37:29.60	36:05.77	11:37
8	9	Jaramillo Cristina	F	5: F	54	1: F50-59	Neosho	MO	47:32.96	45:09.52	14:32

Chip time is the elapsed time between the moment the runner crosses the starting line till the moment the runner crosses the finish line. Chip time differs from Clock time which is the time between the start of the race and the moment the runner crosses the finish line.

For this Prediction run, the Clock time started at 6pm with participants able to start at any time between 6pm and 6:20pm.

Fastest competitors were Lelania for the women and Paul for the men. Great pace you two!!



2. Next are the **Prediction Results**. Here the scoring software calculated the Predicted Time Offset (the difference between the participants’ predicted time and their actual finish chip time).

As you can see, our winner missed her predicted time by just over 9 seconds (which is why she is never late for work!). **Great job Titi!!**

5K Prediction Run Results													
Place	Bib	Name	Gender	Gender Place	Age	Age Place	City	State	Clock Time	Chip Time	Pace (Not Rounded)	Predicted Time?	Predicted Time Offset
1	9	Jaramillo Cristina	F	1: F	54	1: F50-59	Neosho	MO	47:32.96	45:09.52	14:32.11	45:00.00	00:09.52
2	69	Wright Paul	M	1: M	48	1: M40-49	Carthage	MO	27:18.20	25:53.85	08:20.13	26:28.00	00:34.14
3	22	Crossno Suzie	F	2: F	64	1: F60-69	Neosho	MO	33:02.69	31:36.97	10:10.57	32:46.00	01:09.03
4	42	Littlefield Lelania	F	3: F	49	1: F40-49	Pineville	MO	26:21.98	24:57.63	08:02.04	26:27.00	01:29.36
5	2	Wilson Sheree	F	4: F	67	2: F60-69	Webb City	MO	37:08.66	35:43.53	11:29.93	38:00.00	02:16.46
6	13	Jiles Anne	F	5: F	64	3: F60-69	Webb City	MO	33:26.12	32:02.08	10:18.65	35:36.00	03:33.92
7	48	Currin Shawn "Tonka"	M	2: M	12	1: M01-19	Neosho	MO	37:29.60	36:05.77	11:37.09	40:00.00	03:54.23
8	1	Coeme Henri	M	3: M	70	1: M70-100	Neosho	MO	42:38.87	30:01.17	09:39.74	26:00.00	04:01.17



3. Then we have the **Age Group Results** all of you are familiar with, showing all participants in their age/gender groups. Prior to running the report, I pre-set the age groups in brackets of 10 years. I can list top 3 in each group or simply all contestants.

#### 5K Prediction Run Female 40 - 49 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	42	Littlefield Lelania	F	1: F	49	Pineville	MO	26:21.98	24:57.63	8:02

#### 5K Prediction Run Female 50 - 59 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	9	Jaramillo Cristina	F	5: F	54	Neosho	MO	47:32.96	45:09.52	14:32

#### 5K Prediction Run Female 60 - 69 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	22	Crossno Suzie	F	2: F	64	Neosho	MO	33:02.69	31:36.97	10:11
2	13	Jiles Anne	F	3: F	64	Webb City	MO	33:26.12	32:02.08	10:19
3	2	Wilson Sheree	F	4: F	67	Webb City	MO	37:08.66	35:43.53	11:30

#### 5K Prediction Run Male 1 - 19 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	48	Currin Shawn "Tonka"	M	3: M	12	Neosho	MO	37:29.60	36:05.77	11:37

#### 5K Prediction Run Male 40 - 49 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	69	Wright Paul	M	1: M	48	Carthage	MO	27:18.20	25:53.85	8:20

#### 5K Prediction Run Male 70 - 100 Results

Place	Bib	Name	Gender	Gender Place	Age	City	State	Clock Time	Chip Time	Pace
1	1	Coeme Henri	M	2: M	70	Neosho	MO	42:38.87	30:01.17	9:40

4. And finally, I generated an **Age/Gender graded report**.

Here, I decided to show both the age graded time as well as the age/gender graded performance%.

**Age graded time** is the time that contestant would have ran had he/she made a similar effort during his/her peak performance years (generally somewhere between ages of 20 and 30, depending on the distance). Lelania's age-graded time of 22:32 was the time she would have ran at the age of 20-30 had she made a similar effort at that age. This comparison helps a runner compare him/herself between any two performances of the same distance in their running career.

**Age/gender graded performance%** is the participants' relative performance when comparing it to the world's top athlete's best performance of the same gender and age.

This %-score allows a comparison between any one athlete and any other athlete, regardless of gender, age or distance ran. The world's fastest 49-year old woman runs the 5K in 16:34, so Lelania ran at 65% of that speed. Great job!

Suzie ran at 61% of the fastest 64-year young woman, ending right behind Lelania despite being 7 minutes slower.

Any result over 60% is considered "Local Class level".

Results over 70% are "Regional class level";

Results over 80% are "National Class level";

Results over 90% are "World Class level" and

Results of 100% (or more) are at world record level

**5K Prediction Run Results**

Place	Bib	Name	Gender	Gender Place	Age	Age Place	City	State	Clock Time	Chip Time	Pace	5K Prediction Run Entire Race Age Grade Time	5K Prediction Run Entire Race Age Grade
1	42	Littlefield Lelania	F	1: F	49	1: F40-49	Pineville	MO	26:21.98	24:57.63	8:02	22:32.96	65.34
2	22	Crossno Suzie	F	2: F	64	1: F60-69	Neosho	MO	33:02.69	31:36.97	10:11	23:57.33	61.5
3	13	Jiles Anne	F	3: F	64	2: F60-69	Webb City	MO	33:26.12	32:02.08	10:19	24:16.36	60.7
4	1	Coeme Henri	M	1: M	70	1: M70-100	Neosho	MO	42:38.87	30:01.17	9:40	22:07.28	58.09
5	2	Wilson Sheree	F	4: F	67	3: F60-69	Webb City	MO	37:08.66	35:43.53	11:30	26:01.78	56.6
6	69	Wright Paul	M	2: M	48	1: M40-49	Carthage	MO	27:18.20	25:53.85	8:20	23:08.52	55.53
7	48	Currin Shawn "Tonka"	M	3: M	12	1: M01-19	Neosho	MO	37:29.60	36:05.77	11:37	32:29.62	39.55
8	9	Jaramillo Cristina	F	5: F	54	1: F50-59	Neosho	MO	47:32.96	45:09.52	14:32	38:36.09	38.17



## RACES WITHIN 100 MILES OF JOPLIN

### OCTOBER

10/7	Big Red Shoe 8k & Kids	Joplin	<a href="https://register.chronotrack.com/r/72890">https://register.chronotrack.com/r/72890</a>
10/7	Pryor Rotary 5k,1m	Pryor OK	<a href="https://runsignup.com/Race/OK/Pryor/PryorRotary5k">https://runsignup.com/Race/OK/Pryor/PryorRotary5k</a>
10/7	Race of The Redeemed	Fair Grove	<a href="https://runsignup.com/Race/MO/FairGrove/RaceoftheRedeemedWhiteHorse">https://runsignup.com/Race/MO/FairGrove/RaceoftheRedeemedWhiteHorse</a>
10/7	Fast & the Furriest 5k, 1m	Springfield	<a href="https://runsignup.com/Race/MO/Springfield/AnnualFastandFurriest5khttps">https://runsignup.com/Race/MO/Springfield/AnnualFastandFurriest5khttps</a>
10/8	Trailfest 13.1,10k,5k trail	Highlandville	<a href="https://runsignup.com/Race/MO/Highlandville/FleetFeetTrailfest">https://runsignup.com/Race/MO/Highlandville/FleetFeetTrailfest</a>
10/14	Hero Half 13.1,6.6m,2k	Fayetteville AR	<a href="https://runsignup.com/Race/AR/Fayetteville/TheHeroHalfMarathon">https://runsignup.com/Race/AR/Fayetteville/TheHeroHalfMarathon</a>
10/14	Oktoberfest HRD 5k	Ozark	<a href="https://runsignup.com/Race/MO/Ozark/OktoberfestHRD5k">https://runsignup.com/Race/MO/Ozark/OktoberfestHRD5k</a>
10/14	Nowata Halloween 5k,1k	Nowata OK	<a href="https://runsignup.com/Race/OK/Nowata/NowataHalloweenBOOYAH">https://runsignup.com/Race/OK/Nowata/NowataHalloweenBOOYAH</a>
10/15	Pumpkin Run 8k,2m	Carthage	<a href="https://runsignup.com/Race/MO/Carthage/JRRPumpkinRun">https://runsignup.com/Race/MO/Carthage/JRRPumpkinRun</a>
10/20	Maple Leaf	Carthage	<a href="https://runsignup.com/Race/MO/Carthage/FairAcresFamilyYMCAMapleLeaf5k">https://runsignup.com/Race/MO/Carthage/FairAcresFamilyYMCAMapleLeaf5k</a>
10/21	Pumpkin Holler 100m,100.50,25k,10m	Tahlequah OK	<a href="https://www.ph100.run/">https://www.ph100.run/</a>
10/21	Run for Your Life 5k,1m	Rogers AR	<a href="https://runsignup.com/Race/AR/Rogers/PEARLsRun4YourLife5k1mileFunRun">https://runsignup.com/Race/AR/Rogers/PEARLsRun4YourLife5k1mileFunRun</a>
10/21	Neewollah 5k,10k	Independence KS	<a href="https://www.neewollah.com/p/events/510k--fun-runwalk">https://www.neewollah.com/p/events/510k--fun-runwalk</a>
10/21	Woolaroc 8k,1m	Bartlesville OK	<a href="https://runsignup.com/Race/OK/Bartlesville/Woolaroc8k">https://runsignup.com/Race/OK/Bartlesville/Woolaroc8k</a>
10/21	Devils Den 9m,5m,3m trail	West Fork AR	<a href="https://runsignup.com/Race/AR/WestFork/DevilsDenTrailRace?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/AR/WestFork/DevilsDenTrailRace?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>
10/22	Walk for Life 5k	Grove OK	<a href="https://runsignup.com/Race/OK/Grove/WalkforLife5kand1MileFunRun?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/OK/Grove/WalkforLife5kand1MileFunRun?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>
10/23	Katy 225m	Clinton MO	<a href="https://ultrasignup.com/register.aspx?did=100187">https://ultrasignup.com/register.aspx?did=100187</a>
10/28	Gorilla Grind 5k	Pittsburg KS	<a href="https://runsignup.com/Race/KS/Pittsburg/GorillaGrind5K?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/KS/Pittsburg/GorillaGrind5K?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>
10/28	Halloween Hustle 5k	Harrison AR	<a href="https://runsignup.com/Race/AR/Harrison/HalloweenHustleHarrison?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/AR/Harrison/HalloweenHustleHarrison?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>
10/28	Howling 5k Run	Fayetteville AR	<a href="https://www.eventbrite.com/e/howling-halloween-5k-and-dog-walk-tickets-686283932717">https://www.eventbrite.com/e/howling-halloween-5k-and-dog-walk-tickets-686283932717</a>
10/28	Race 4 Hope 5k,1m	Joplin	<a href="https://runsignup.com/Race/MO/Joplin/RACE4HOPEJoplinMO">https://runsignup.com/Race/MO/Joplin/RACE4HOPEJoplinMO</a>
10/28	Purple for a Purpose 5k,1m	Fayetteville AR	<a href="https://www.juniorleaguenwa.org/purpleforapurpose5k/">https://www.juniorleaguenwa.org/purpleforapurpose5k/</a>

### NOVEMBER

11/4	Beast of Burden 25Htrail or relay	Fayetteville AR	<a href="https://runsignup.com/Race/AR/Fayetteville/BeastofBurden?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/AR/Fayetteville/BeastofBurden?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>
11/4	Miles4Missions 3m, stair climb	Owasso OK	<a href="https://runsignup.com/Race/OK/Owasso/Miles4Missions2017?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/OK/Owasso/Miles4Missions2017?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>
11/4	Will Rogers Memorial 5k	Claremore OK	<a href="https://runsignup.com/Race/OK/Claremore/WillRogersMemorial5k?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw">https://runsignup.com/Race/OK/Claremore/WillRogersMemorial5k?aflt_token=vkmwDmweQ4iCYn8otSOOnKQ3vCO8buOw</a>

11/5 Bass Pro 26.2,13.1,5k,relay Springfield <https://fitness.basspro.com/events/marathon-weekend-events/conservation-marathon.html>

11/11-12 Dogwood Canyon 50k,25k,15k trail Lampe <https://fitness.basspro.com/events/marathon-weekend-events/conservation-marathon.html>

11/18 Girls on the Run 5k Bentonville AR <https://www.gotrwa.org/5k>

11/18 Turkey Trot 5k,1m Siloam Springs AR [https://runsignup.com/Race/AR/SiloamSprings/TurkeyTrotParksandRec?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/AR/SiloamSprings/TurkeyTrotParksandRec?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

11/18 SLS Dash for Neurodiversity 5k,fun run Fayetteville AR <https://www.raceentry.com/sls-dash-5k-for-neurodiversity/race-information?affiliate=7c28459054a715e79cc5bc7d4cf7f16363470bc7>

11/23 Joplin Turkey Trot 5k,1m Joplin [https://runsignup.com/Race/MO/Joplin/JoplinTurkeyTrot?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/MO/Joplin/JoplinTurkeyTrot?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

11/23 Pitt Turkey Trot 5k Pittsburg KS [https://runsignup.com/Race/KS/Pittsburg/2023PittTurkeyTrot5k?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/KS/Pittsburg/2023PittTurkeyTrot5k?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

11/23 Turkey Scramble 10k,5k Ozark [https://runsignup.com/Race/MO/Ozark/TurkeyScramble?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/MO/Ozark/TurkeyScramble?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

11/23 Turkey Trot 5k Springfield <https://www.parkboard.org/624/29th-Annual-Turkey-Trot>

11/23 Turkey Trot-n-Trek 5k,1m/5k trail Fayetteville AR [https://runsignup.com/Race/AR/Fayetteville/TurkeyTrotnTrekpbUnilever?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/AR/Fayetteville/TurkeyTrotnTrekpbUnilever?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

## DECEMBER

12/2 Fayetteville HALF 13.1,10k,5k,1m Fayetteville AR [https://runsignup.com/Race/AR/Fayetteville/FayettevilleHalfMarathon10K5KFunRun?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/AR/Fayetteville/FayettevilleHalfMarathon10K5KFunRun?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

12/2 Flint & Steel Trail 25k,10k,5k Colcord OK <http://www.newliferanch.com/flintandsteelrun/>

12/2 Freedom Frosty 5k Bentonville AR <http://www.runbentonville.com/race-series/frosty-5k/>

12/2 Wizard Run 5k,1m Springfield [https://runsignup.com/Race/MO/Springfield/WizardRunSpringfield?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/MO/Springfield/WizardRunSpringfield?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

12/9 Springfield Santa Run Springfield [https://runsignup.com/Race/MO/Springfield/SpringfieldSantaRun2018?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/MO/Springfield/SpringfieldSantaRun2018?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

12/9 White Elephant 5k, 1m Fayetteville AR <https://www.fayetteville-ar.gov/4056/White-Elephant-5K-1-Mile>

12/15 Santa's Christmas Explosion 10k,5k,1m Springfield [https://runsignup.com/Race/MO/Springfield/SantasCHRISTMASEXPLOSIONRun?afit\\_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw](https://runsignup.com/Race/MO/Springfield/SantasCHRISTMASEXPLOSIONRun?afit_token=vkmwDmweQ4iCyn8otSOOnKQ3vCO8buOw)

12/16 Jack is Back 5k,15k,30k Carthage <https://runsignup.com/Race/MO/Carthage/JackisBackhttps://runsignup.com/Race/MO/Carthage/JackisBack>

12/30 Run for the Ranch 6h,26.2, 13.1, 1m,relay Rogersville <https://www.run4theranch.com/>



# Treasurer's Report

(by Casey and Henri)

Budget Electronic Timing System		
	Budgeted	Spent
Timing system: RACE RESULTS incl mats, decoder and software	\$5,620.11	\$5,620.11
Additional scoring software	\$400.00	\$150.00
<b>Total Timing System</b>	\$6,020.11	\$5,770.11
Inverter/Generator	\$549.00	\$503.40
Awning plus weights	\$255.00	\$211.84
<b>Total Shelter/generator</b>	\$804.00	\$715.24
Cap Press & Oven (Henri)	\$595.75	\$645.75
<b>TOTAL</b>	\$7,419.86	\$7,131.10
<b>TOTAL FUNDS COLLECTED FOR THIS PROJECT</b>	<u>-\$7,183.60</u>	<u>-\$7,183.60</u>
<b>To Add from JRR General Fund</b>	\$236.26	-\$52.50

Beg. Balance, 05/09/23	\$ 5,445.15
Income	\$ 10,019.16
Expenses	\$ 8,827.36
Charity Donations	\$ -
<b>End. Balance, 09/24/23</b>	<b>\$ 6,566.38</b>

<b>General Fund</b>	\$ 1,101.96
<b>Timing System</b>	\$ 228.96
<b>Frosty Trail</b>	\$ 1,159.60
<b>RWTW Fund</b>	\$ 1,610.83
<b>Kids Classic Fund</b>	\$ 1,508.64
<b>Pumpkin Run Fund</b>	\$ 806.39
<b>Jack is Back</b>	\$ 150.00
<b>Total JRR Funds</b>	<b>\$ 6,566.38</b>



Courtesy photos

Parsons runner Larry Smith qualified for the Boston Marathon in April 2024. He's also pictured in 1987, when he ran the marathon.

### Parsons runner qualifies again to run Boston Marathon

On Aug. 24, Parsons resident Larry Smith ran the Sioux Falls (South Dakota) Marathon in a time of 4:34:57, which qualified him to participate in the Boston Marathon on April 15, 2024. This was Smith's 20th time qualifying for the oldest marathon in America. The Sioux Falls race was Smith's 89th race and his appearance in Boston will be his third time running the race. The first three times were in 1987, 1988 and 2002.

The 76-year-old runner made the 800-mile drive after training for the last five months on the streets of Parsons. He gives some credit to the Parsons runners group, whom he calls "a wonderful group of people." Smith is the third person to qualify for the Boston Marathon from Parsons. Barry Heavrin and Wayne Gilmore have also qualified. Rob Darnell, Chetopa, ran the Boston Marathon in 1995.



Two of our JRR members were in the press recently. Larry Smith for qualifying for Boston 2024 and El Presidente in the Show-Me magazine, again, telling the readers how he came to running (through cigarettes and accidents).

## 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](http://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!**







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

# BLUE BUFFALO 40<sup>TH</sup> ANNUAL PUMPKIN RUN

**SUNDAY OCTOBER 15, 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; ELECTRONIC TIMING (YEAH BABY!!!)**



**ENTRY FEE (UNTIL 10/12): \$30 FOR EITHER RACE, \$45 FOR BOTH RACES,  
RACE DAY REGISTRATIONS: \$40 FOR EITHER RACE, \$55 FOR BOTH RACES  
JRR MEMBERS AND COMPANIES REGISTERING 10 OR MORE RUNNERS: \$10 OFF  
WITH DISCOUNT CODE ON RUNSIGNUP (NO DISCOUNTS ON RACE DAY)**

**QUALITY LONG-SLEEVE TECH SHIRTS ARE OPTIONAL AND CAN BE ORDERED  
AT A DISCOUNT DURING ONLINE REGISTRATION ONLY  
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 top-3 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](https://facebook.com/JoplinRoadRunners)





# Registration Form

PARTICIPANTS FIRST / LAST NAME: \_\_\_\_\_

[if not a JRR member, please fill out below contact info]

ADDRESS: \_\_\_\_\_

CITY/STATE/ZIP: \_\_\_\_\_

PHONE: ( \_\_\_\_\_ ) \_\_\_\_\_

EMAIL ADDRESS (in CAPS please): \_\_\_\_\_

BIRTHDATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

GENDER: MALE  FEMALE

RACE:  2M ... \$30 (\$20 for JRR members)  8K ... \$30 (\$20 for JRR members)

Combo 2M + 8K ... \$45 (\$35 for JRR members)

Shirts are optional at \$15 for S, M, L and XL, \$20 for 2XL and 3XL

Shirt size (circle your selection):      S      M      L      XL      2XL      3XL      No Shirt

Paid for shirts:                                      \$15                                       \$20

Cash       Check

## WAIVER

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Race Director, The Joplin RoadRunners, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

This event follows the standard running industry policy: All entry fees are non-refundable. We reserve the right to postpone or cancel the event due to circumstances beyond our control such as a natural disaster or emergency or as required to protect the safety of participants and staff. No refunds will be issued under these circumstances. We reserve the right to change the details of the event without prior notice. I understand that my entry fee is nonrefundable and bib numbers are non-transferable.

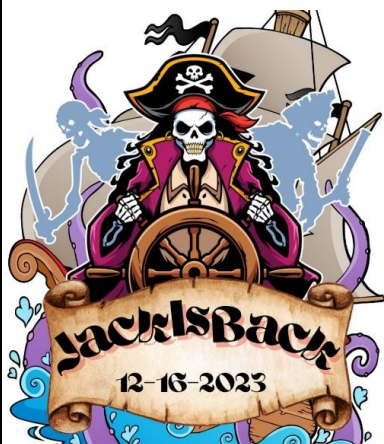
By signing this waiver, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_



**!!! Certified distance races are back in the Joplin area !!!**



## JOPLIN ROADRUNNERS PRESENT **JACK IS BACK**

**SATURDAY DECEMBER 16, 9AM & 10AM**

**5K (STARTS AT 9AM); 15/30K (START AT 10AM)**

**RUBY JACK TRAIL HEAD – CARTHAGE, MO**

**NET PROCEEDS GO TO VITA NOVA, JOPLIN**

**5K, 15K AND 30K USATF-CERTIFIED DISTANCES; ELECTRONIC TIMING**

ENTRY FEE (UNTIL 8/31): \$25 FOR 5K, \$35 FOR 15K, \$45 FOR 30K, \$60 FOR ANY COMBO  
ENTRY FEE (UNTIL 10/31): \$30 FOR 5K, \$40 FOR 15K, \$50 FOR 30K, \$65 FOR ANY COMBO  
ENTRY FEE (UNTIL 12/13): \$35 FOR 5K, \$45 FOR 15K, \$55 FOR 30K, \$70 FOR ANY COMBO  
RACE DAY: \$40 FOR 5K, \$50 FOR 15K, \$60 FOR 30K, \$75 FOR ANY COMBO  
VIRTUAL RUN: ANY OR ALL DISTANCES A FLAT \$40



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

**QUALITY LONG-SLEEVE TECH SHIRTS OPTIONAL**

**SAME-DAY RACE REGISTRATION STARTS AT 8AM AT RUBY JACK TRAIL HEAD**

Runners can pick any single race or a combination of 5/15K, 5/30K. The 5K is run separately (starting at 9am); the 15K and 30K both start at 10am and run concurrently with 30K runners receiving both a 15K time and a 30K certified time. 5K run is 2.5K out-and back; 15K is 7.5K out-and back; 30K is twice the 15K course.

Participants will receive a USATF-certified time for any of the distances. Any MO age record set in to 5, 15 or 30K receives a special MO-record award, an online MO-record certificate and a MO age/gender record listing on MO staterunningrecords.com and on MaraRunning.org.

**5K prizes:** custom-designed trophy to top male/female; 10-year age group awards (age groups: 1-19; 20-29; 30-39; 40-49; 50-59; 60+).

**15K and 30K prizes:** custom-designed trophy to top male/female; awards to top-10 age/gender-graded runners (Age-Graded Performance % creating a level-playing field for all participants, regardless of gender or age).

**Virtual runners** (or non-runners who would like to contribute to the cause) receive a participation medal and a free shirt as soon as they submit their time.

All races are run entirely on the Ruby Jack trail. Course is flat, fast, and beautiful this time of the year. Advance registration at RunSignup.com (<https://runsignup.com/race/mo/carthage/jackisback>) or on race day. Race direction by Joplin RoadRunners.

Check our Facebook event page for latest updates: [facebook.com/joplinroadrunners](https://facebook.com/joplinroadrunners)





# Registration Form

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EMAIL ADDRESS (in CAPS please): \_\_\_\_\_

BIRTHDATE: \_\_\_\_ / \_\_\_\_ / \_\_\_\_

GENDER: MALE  FEMALE

RACE:  5K ... \$30 (\$20 for JRR members)

15K ... \$40 (\$30 for JRR members)

30K ... \$50 (\$40 for JRR members)

Any Combo ... \$65 (\$55 for JRR members)

Shirts are optional at \$15 for S, M, L and XL, \$20 for 2XL and 3XL

Shirt size (circle your selection):      S      M      L      XL      2XL      3XL      No Shirt

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Cash       Check

## WAIVER

In consideration of you accepting this entry, I, the participant, intending to be legally bound do hereby waive and forever release any and all rights and claims for damages or injuries that I may have against the Race Director, The Joplin RoadRunners, and all of their agents assisting with the event, sponsors and their representatives, volunteers and employees for any and all injuries to me or my personal property. This release includes all injuries and/or damages suffered by me before, during or after the event. I recognize, intend and understand that this release is binding on my heirs, executors, administrators, or assignees.

I know that running a road race is a potentially hazardous activity. I should not enter and run unless I am medically able to do so and properly trained. I assume all risks associated with running in this event including, but not limited to: falls, contact with other participants, the effects of weather, traffic, and course conditions, and waive any and all claims which I might have based on any of those and other risks typically found in running a road race. I acknowledge all such risks are known and understood by me. I agree to abide by all decisions of any race official relative to my ability to safely complete the run. I certify as a material condition to my being permitted to enter this race that I am physically fit and sufficiently trained for the completion of this event and that a licensed Medical Doctor has verified my physical condition.

In the event of an illness, injury or medical emergency arising during the event I hereby authorize and give my consent to the Event Director to secure from any accredited hospital, clinic and/ or physician any treatment deemed necessary for my immediate care. I agree that I will be fully responsible for payment of any and all medical services and treatment rendered to me including but not limited to medical transport, medications, treatment and hospitalization.

Further, I grant permission to all the foregoing to use my name, voice and images of myself in any photographs, motion pictures, results, publications or any other print, videographic or electronic recording of this event for legitimate purposes.

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By signing this waiver, I acknowledge (or a parent or adult guardian for all children under 18 years) having read and agreed to the above release and waiver including the no refund policy.

Name \_\_\_\_\_ Date \_\_\_\_\_

Signature \_\_\_\_\_



**Run for the Ranch**  
 TBA  
 SPRINGFIELD, MO • MARATHON, MARATHON RELAY, 1/2 MARATHON, 6 HOUR ENDURANCE, 1-MILE

Saturday, Dec 30, 2023

WEBSITE CALENDAR DIRECTIONS WATCH

Register

Registration closes: Wed, Dec 27 @ 11:59PM CT

**Results**

2022	2021	2020	2019
------	------	------	------

**Start Times**

1-Mile	9:15 AM
Marathon	10:00 AM
6 Hour Endurance	10:00 AM
Marathon Relay	10:00 AM
1/2 Marathon	10:00 AM

Ask a Question

**Returning to Springfield MO**

In 2021 we had to move the race due to road construction but in 2023 we want to bring it back to Springfield MO.

**Benefactor of this race**

Run for the Ranch grants a 6-hour Endurance race, Marathon, Half Marathon, and 1-Mile race. It began in 1999 as a fundraiser for the Good Samaritan Boys Ranch and other local charities!

**Race Start Times**

9:15 am - 1-Mile start  
 10:00 am - All other events start

**Marathon Relay Info**

The marathon may be run as a relay with 4 people on each team. Teams may be single or mixed-gender. Each relay member will run 2 loops of the course. The relay exchange zone will be next to the finish line.

**Course Maps**

All distances are USATF certified. The Marathon is a Boston Qualifier!

**Awards**

All Marathon, Relay, and Half-Marathon finishers receive a Run for the Ranch participant medal.  
 6-Hour Endurance Run finishers receive a unique Run for the Ranch trophy.  
 There are no participant medals for the 1-Mile race.

First overall male and female, as well as Masters (40+) and Grand Master (55+), in each event, receive a Run for the Ranch trophy. The top three males and females as well as the top male and female Masters & Grand Masters in the 6-hour Endurance Run and 1-Mile Race receive a trophy.

The top 3 male and female finishers in the Marathon, Half Marathon, and 8K receive age group awards in the following age groups: (<14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+).

**Race Fees**

6-Hour Endurance: \$105  
 Marathon: \$95  
 Marathon Relay: \$185  
 Half Marathon: \$75  
 1-Mile: \$10  
 OMRR Members receive a discount

## COMING UP!

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

*and remember ...*



*... post your upcoming runs on our new Facebook race calendar (if you don't know how, let Sheree know and shell add you to the calendar)*

*And...*

*Thursday evening Sep 28 is our monthly **Social Run**. Check our Member's Lounge on Facebook for details.*





[info@joplinroadrunners.com](mailto:info@joplinroadrunners.com)  
[www.JoplinRoadRunners.com](http://www.JoplinRoadRunners.com)

#### Club Officers

**President** - Race Timing & Directing, Merchandising, Communication & Networking,  
Website and Newsletter, USATF Course Certification and 401c3 compliance  
Henri Coëme (417) 622 8912 [hcoeme@hotmail.com](mailto:hcoeme@hotmail.com)

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

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

**Secretary** – Board Agenda and Club Meeting Reporting  
Aaron Orland [ahorland@hotmail.com](mailto:ahorland@hotmail.com)

#### General Board Members

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

#### Appointed Board member

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

#### Club Maskot

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

