



JOPLIN ROADRUNNERS' MAGAZINE

Fall-Winter Edition 2025

First (and last) Word from your CEO

Fellow RoadRunners,

I just read again the first Newsletter I put together for the Roadrunners in January 2020. We had just come out of the most debilitating year when all of us were admonished to hunker down, mask up, stay 6 feet apart-or-else, don't shake hands, stay away from others as much as possible and remain indoors!

For runners, this may have well been a near death sentence. Now, 5 years later, who among you can still imagine living a life - let alone a runner's life - in such strict isolation. To no avail, of course. Two weeks to stop the spread turned into a year or more of confinement, depending on your geography. All in all, we were blessed to live in a part of the country where those rules were not too strictly enforced. So, we Roadrunners got together and organized outdoor group runs, keeping 6 feet apart while on the run. Some of us masked up, but most understood that common sense outdoor activities would protect rather than prohibit or infect. It feels other-worldly to reflect on this again, with our five-year hindsight.

As a result of this forced confinement, all our 2019 club meetings had to be cancelled, and the Board met only online at first. Only late in 2019 did we meet again in person, at the library, and still 6 feet apart.

Our club shrunk as a result to just 20 members, 6 of which were Board members. Little money in the bank and few options to spend it on, we cancelled all our races that year. We even considered dropping our longstanding Pumpkin Run and Run w/t Wind for good.

It all seems a distant past now that we are about to start 2026 with what promises to be a third consecutive JRR-year with well over 100 members. The spring returned into our step, money is in the bank again, our equipment acquired over the past five years is considerable, and all of it loaded in our new trailer which is already too small to contain all of it. Our races have grown to an entire year-round program with nearly one race per month. As a result, net race income and charity donations have skyrocketed (see treasurer's report, page 50).

With this in perspective, it seemed an appropriate time for Titi and me to start stepping back from the active (she says overactive) management of the club and prepare for a transition to the next team of new ideas. This upcoming year will be a transition for us, passing on all our duties to a team of dedicated Board members.

A first transition will be this JRR Magazine, formerly JRR Newsletter. The issue you are about to read will be the last one we compile and edit. The next Spring edition will be in different hands and we can't wait to see what the next generation of Roadrunners makes of it; how they proceed telling the story of our club and its impact on the Joplin running community.

Every issue, still available on our website, was a joy for us to collect, read, edit and distribute. Hundreds of your stories make a most encouraging read for any new runner; they are a link and testimony to the next generation of what was achieved by all of you.

Let's keep that link alive!

Henri



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It all started with an Airedale named Blue.

THE BLUE BUFFALO STORY

When their dog, Blue, was diagnosed with cancer, Bill Bishop and his sons sought out the best pet food possible for their boy. Unable to find a natural option with high-quality ingredients, they created their own. With Blue Buffalo, they began to feed Blue like family — and have since inspired millions of Pet Parents to do the same.



Quality ingredients are only the beginning.

FOOD QUALITY & SAFETY

All of our products undergo a rigorous 6-point quality check. Learn about this important process and our two state-of-the-art U.S. manufacturing facilities.

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[Puppy](#)

[Adult](#)

[Senior](#)

[View All](#)



Explore Cat Food

[Kitten](#)

[Adult](#)

[Mature](#)

[View All](#)

Every recipe we make is backed by our family promise.

OUR FEEDING PHILOSOPHY

The promise we made to our family dog, Blue, is a promise we've kept for millions of pets — and it's what sets us apart from other brands. All BLUE foods are made with high-quality, natural ingredients with real meat first, no poultry by-product meals, and no corn, wheat, or soy. It's been that way since day one — and it always will be.

[Learn More](#)



✓ **New Equipment**

Following up on a tip from the Joplin CVB, we headed out to the city auction and, through sheer force of good fortune, were able to walk away with 12 half marathon mile marker flags, once used in the MotherRoad Marathon and Joplin Memorial Run. After some minor repairs, they are now ready to be used in some of our 2026 races.

✓ **2026 JRR Membership**

The Board decided to open up the membership drive early this year. As part of that drive, new members were offered 15 months of membership for the price of 12 (all expiring in Dec '26). This led to 60 JRR members already signed up for the 2026 season, 9 of which are new members. All new and returning members have been welcomed on our Member's Lounge Facebook page.

If you have not yet renewed your membership, don't hesitate! In return for your \$25 membership, you will receive a multiple times that amount in benefit (over \$100 of race discounts already available in the first part of 2026).



✓ **New Club Outfit options**

For 2026, we are broadening our offer of club clothing to now also include wind/rain gear. Several pieces have been added to our website which can either be purchased at club's discounted low wholesale prices or selected as your 2026 club outfit as part of your membership (using a further \$10 discount on those wholesale prices). Check the new outfits at <https://joplinroadrunners.com/club-running-gear>.



✓ **Upcoming Races**

Preparations are being made, race committees set up and dates are set for our early 2026 races. This includes Frosty4 Trail run on Jan 17, Run w/t Wind on February 14, Clover Run on March 7, Dogwood Run on April 18, and perhaps a new race for Furry Friends Neosho on May 30. These races are now available on RunSignup. Use your 2026 Member discount codes when signing up for a \$5 discount on each of these races.



✓ **Other area race discounts**

Using reciprocity for our own races, JRR is now cooperating with City of Fayetteville, OMRR in Springfield and a few other races to provide our members with discounts for a variety of area races such as Frozen Toes, Dickson Street Mile, Run f/t Ranch, Cabin Fever, Hogeye Marathon weekend etc. New races are constantly being added to the list of club-discounted races. Check our members' Lounge before signing up for any area races for possible discounts.

✓ **RRCA State Championships**



The biggest news last! We are extremely excited to announce that your club has been selected by RRCA to hold the 2026 State Championships for the 10-mile and the 50K. The 10-Mile championship will be held in concurrence with our 43rd annual Pumpkin Run on Oct 25; the 50K championship will be held as part of our Hit The Road, Jack! Runfest which, for 2026, is being moved from September to November (in search of some cooler weather for this ultra race). RRCA will provide championship medals as well as promotion across all Missouri affiliates and running clubs.

Board meetings in 2026 will be on first Tuesdays of each month

Annual Board Elections - Meet your 2026 team!

In our November Annual Meeting, JRR members present at the meeting elected a few new Board members. Please join us in welcoming our newest (and existing) members/volunteers.



Lori Thompson - President of the Board

Upon completion of her first term as a Board member, Lori is now starting her second year as President of the Board.

She will preside over Board meetings and special appointments.



Paul Wright - Vice-President of the Board

After completing his first 2-year term as a Board member, Paul will start his second year as Vice President.

As VP, Paul assumes Lori's position and Board duties in her absence. He will also continue to act as the club's main timekeeper at our races.



Kayla Griffin - Club Treasurer

Kayla was temporarily appointed in early 2025 and this November elected as the Club's Treasurer.

Kayla handles accounts payable to various vendors, accounts receivable from members, RunSignUp accounts, and donor contributions.



Lisa Morris - Secretary of the Board

Lisa will begin her second year as the club's Secretary.

She will continue to be in charge of the monthly Board agenda, draft meeting notes and keep record of these notes once approved. Lisa is also our key person in contacts with national RRCA for membership and insurance-related issues.



Debbie Smith - General Board Member

As a 4th year Board member, Debbie is specifically in charge of our Calendar of Events, Board meeting arrangements, bi-monthly Club meeting venues & selection of featured speakers.



Tom McKay - General Board Member

Tom is a second-year Board member. In addition to this Board function, Tom will be specifically responsible for race equipment logistics: maintenance and transport of the Club's new trailer containing all race equipment.



Stephanie Durfee - General Board Member

In addition to her function as one of our new Board members, Stephanie is also our new key person to handle the Club's information distribution through social media.



Bridget Stoner-Thomas - General Board Member

As a new Board member, Bridget will be also be leading some weekday group runs.



Henri Coeme - Chief Executive Officer

Two years on the Board, followed by four years as President, Henri is the club's CEO for a second year. Henri is Race Director for all JRR-organized races, edits the quarterly JRR Magazine, updates JoplinRoadRunners.com website, creates E-mail marketing as well as handles club and race attire and merchandising.



Cristina "Titi" Jaramillo - Appointed Board Member

Now in her 5th year as an appointed Board member, Titi is responsible for the design, creation and printing of all Club outfits, race shirts, special garment orders as well as design, creation and printing of all race awards and any other club marketing material.



Miles - Mascot of the Club.

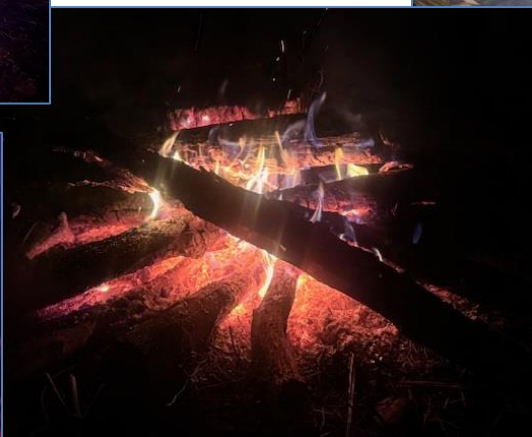
Responsible for nothing other than making a point that there is only one real "beast" in this Club. Crazy about running and sings along with the National Anthem before every race. Unstoppable (except under heavy gunfire, lightning and deer sightings).

Club Meetings and Social Runs

September Club Meeting – Yoga in the Park with Edie Pringle



Social Run in October at Paul and Barbara Wright's home, Carthage



November 20 - Annual Meeting & Christmas Party
at Big R's Joplin



JRR Race Rewards – It's Charity time

[Right] Franklin Vasquez presents JRR with Blue Buffalo's corporate sponsorship contributions for Pumpkin Run and Soles-4-Paws.



[Below] JRR's Charity checks were handed to

- \$1,200 to Joplin Trails Coalition as the recipient charity for Hit The Road, Jack Runfest - for further improvements and extensions of the Ruby Jack Trail
- \$5,000 to Community Support Services of MO, Webb City's Early Learning Center, our charity for the annual Pumpkin Run - for scholarships to children with learning disabilities
- Balance \$3,500 to Carthage Humane Society as part of their total \$6,600 event fundraiser for our Soles-4-Paws event





!!! Start the year by making good on your NewYear's resolutions !!!

FROSTY 4 TRAIL RUN

SATURDAY JANUARY 17, 11AM

**MORSE PARK – HIGHGROUNDS BIKE TRAIL
BASEBALL PARKING LOT, NEOSHO, MO
NET PROCEEDS GO TO HOPE KITCHEN NEOSHO**

ENTRY FEE:

UNTIL 1/15/2025: \$35 (\$20 FOR -14YRS) – SHIRT OPTIONAL

VIRTUAL RUN: \$50 - INCLUDES SHIRT

\$5 OFF FOR JOPLIN ROADRUNNER 2026 MEMBERS

ON RACE DAY: \$40 (NO DISCOUNTS ON RACE DAY)

Finisher's award for all participants. Awards for top male and female, top age group winners

Award ceremony upon arrival of final participant.

Event shirt optional while registering online. Race day delivery guaranteed if ordered by Jan 11.

Water, snacks, hot drinks and delicious deserts available at the finish line from our favorite Neosho vendor, A-Ray!!!

Start of the race at 11am from the baseball parking lot. Open to all ages, but younger runners may need adult company.

Trail running is different from road running. Count on running slower and be aware of your footing. Trail paths are visible and easy to follow, but have occasional rocks, debris, leaves, hills and maybe snow. Trails are unique in every season, with gorgeous surroundings, a different challenge than road running and a great

achievement when completed.

The HighGrounds RoughRider and HomeStead trails are unique in the area and a treasure for walker, biker and runner alike.

Advance registration at RunSignup (scan code)

(<https://runsignup.com/Race/MO/Neosho/JoplinRoadrunnersFrostyTrail5K>)
or in-person on race day with attached registration.

Race direction by Joplin RoadRunners.

Check our Facebook event page for latest updates and questions.



Technical Corner: Peaking

(by Henri Coeme)

This is the final chapter of my introduction to 80/20 running. For previous chapters, please see *JRR Newsletter 2024-25 Winter edition, pages 1, 7-8, 24, book extract on page 41*; *JRR Newsletter 2025 Spring edition, pages 4-6*) and *JRR Magazine – Summer edition pages 6-7*. My July talk at the Club Meeting (*page 5 in previous issue*) and coupled it with a more holistic approach, including diet and lifestyle.



80/20 Recap

If there's one piece of running advice that can truly transform your progress, it's this: run your easy runs slower. And yes, I mean much slower than you probably think is necessary.

The biggest mistake most runners make is going too fast on their recovery or easy days. They think *every* run needs to feel like a challenge for the books (or Strava).

In this final section, I want to talk about *peaking: the art of being the best on a day when it really counts*.

Peaking: the art of reaching your best possible running performance at the right time

Too often, we run year-round, the same weekly mileage, the same routes, the same pace, maybe taking off a few weeks during the heat of summer or the crest of winter. For most of us who just want a regular exercise program, this is more than sufficient. However, there are a few among us (yes, I'm in that club) who build their entire season around a few key races. This may be a Boston Marathon you finally qualified for, a vacation race you have been saving for and want to excel in, a State, Regional or National Championship you want to peak for, or a new and longer distance you want to complete.

Running regularly, increasing your mileage gradually, then tapering off a week or two prior to the race is how I and most people I know prepare to peak for that special race day. Recently, however, I have taken a somewhat different approach, again following the recommendations of the book "*Primal Endurance*" (see book review *JRR Newsletter, Summer edition*).

Instead of reducing mileage in the last few weeks prior to the key race, I gradually work in at least one and often two short interval trainings per week. The idea in those training runs is to, after a short warmup, repeat a number of high-speed sprints, always on solid and even surface, with minimal recovery time between speed bursts. The length of those speed laps vary. Rather than counting seconds (hard to keep track of at high speed) I count breaths. So, I will run for 20, 30 or 40 breaths (about 30, 45 or 60 seconds); never longer since running longer means a drop in speed and a loss of anaerobic benefit. How many speed repeats? I let my form of the day dictate quantity: i.e. I stop as soon as the last interval is slower than the one before. In other words, as soon as I start slowing down in my next interval, I stop, cool down and go home. The principle here is: *Go all out or go home*.

These interval trainings continue until the week prior to my peak race. Meanwhile, my base runs (slow and fully aerobic) shorten significantly and I add a few walking days to make sure I am fully recovered by race day.

I have used this technique a few times recently: once prior to the BassPro Marathon (running a 3:19 race) and once at St. Jude Memphis Half Marathon (finishing in 1:31 as age group winner). In between those races, I also ran the Joplin Turkey Trot in 19:56, proving to myself that my final weeks' preparation were adequate for many distances: from 5K to Marathon.

And as a final piece of advice: always *enjoy the run*. Yes, there will be good and not-so-good days but always listen to your body-talk. Once out the door, your body will no longer fight to keep you on the couch but will honestly tell you what you're capable of today. Obey. Don't force it. And always end by feeling you could have done more and faster. Keep some in the tank for tomorrow. Except on race day when all systems are GO!

From our Website www.JoplinRoadRunners.com

Check out our new selection of clubware, now including several wind and rain jackets. All these are being embellished with our JRR logo.

Jackets can be ordered by club members at our discounted wholesale price. They can also be selected instead of your annual JRR membership shirt (receive a \$10 off our website listed wholesale price).

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

NEW!!! Club Apparel, Wind & Rain Jackets



#H
Champion - Unisex Packable Anorak Jacket - CO200
• Item #: 63264- Safety Green

alphabroderStyle #: CO2002.8 oz./yd² (US), 4.7 oz./L yd (CA), 100%
polyester micro poplin
*Wind- and water-resistant
*Half-zip hood with adjustable bungee cord
*Dyed-to-match coil zipper
*Encased elastic cuffs
*Adjustable waist drawcord
*Front entry hidden pouch pocket
*Packs into mesh lined pouch pocket
*Champion "C" patch on left sleeve

S30



Joplin Parade

(by Nancy Ohmart)

Tuesday December 2nd, the Joplin Roadrunners participated in the Joplin Christmas Parade and we had a blast! Anne energetically entertained the young crowd with hugs and “high fives” from “Frosty.” Kevin was all smiles greeting the parade attendees as the “Christmas

Tree.” Thanks to the many members who graciously walked the parade, waved, and wished ”Merry Christmas” to all! I took lots of photos and posted them to Facebook for everyone to enjoy.





42TH ANNUAL RUN WITH THE WIND – 25K

ONLY POINT-TO-POINT DISTANCE RACE IN THE AREA
USATF-CERTIFIED COURSE – QUALIFIES FOR MO STATE RECORD

CARTHAGE HIGH SCHOOL ↔ SARCOXIE HIGH SCHOOL
(START/FINISH DEPENDS ON WIND DIRECTION AND WILL BE DECIDED THE EVENING
PRIOR TO THE RACE – POSTED ON OUR FACEBOOK EVENT PAGE)



RACE SUPPORTS
MEDICAL LOAN CLOSET, JOPLIN &
ERICK GROVE'S SCHOLARSHIP
AT CARTHAGE HS



RACE TIME: SATURDAY FEBRUARY 14, 9:00 AM
REGISTRATION FEES:

SOLO RUN: \$40 (TILL JAN 31); \$45 (TILL FEB 12), \$50 (RACE DAY) OR
RELAY TEAMS: TEAMS CONSIST OF 3 RUNNERS EACH
\$30/PERSON (TILL JAN 31), \$35/PERSON (TILL FEB 12),
\$40/PERSON (RACE DAY)
VIRTUAL RUN: \$50 TILL RACE DAY (VIRTUAL RUN DOES INCLUDE SHIRT)
DISCOUNT: \$5 TO JRR 2025 MEMBERS WITH DISCOUNT CODE;
NO DISCOUNTS ON RACE DAY

Cash prizes: \$100 for top male and female Solo runner; gift certificates for Relay Team winners

Participation awards for all finishers. Shirt or hoodie optional and guaranteed if signed up by Feb 8.

Awards to top relay teams (all-male, all-female & mixed), top male and female, 10-yr age group winners and to top 3 in Age-Graded Performance (AGP) ranking.

Relay legs are 8mile/2mile/5mile so that runners of all ages, young and old, can participate by running the distance of their choice and capability.

Transportation provided from finish line to starting line prior to the race.

Check our Facebook event page for latest information and questions: [Facebook.com/joplinroadrunners](https://www.facebook.com/joplinroadrunners)

All race details at <https://joplinroadrunners.com/upcoming-race-events>

Race Results

For complete results, see our website at <https://joplinroadrunners.com/race-results>

Results shown here are ranked by age-grade%, for a change 😊



Hit the Road, Jack Runfest: 5K, 10K, 15K, 30K

5K

Name	Age	City	State	Chip Time	Age Grade
Colton Gaddis	11	Ash Grove	MO	20:16.64	71.31
Sheree Wilson	69	Webb City	MO	35:03.01	58.78
Benjamin Pinkley	10	Carthage	MO	26:00.99	57.82
Karen Fitzsimmons	56	Carthage	MO	30:16.53	57.32
Miranda Clark-Selby	32	Nevada	MO	24:30.57	57.24
Rosa Mercado	47	Neosho	MO	27:29.19	56.93
Marjorie Carter	33	Carthage	MO	25:14.22	55.77
Ally Pinkley	35	Carthage	MO	26:00.99	54.56
Ivan Moreira	30	Joplin	MO	23:35.13	54.35
Niki Weber	56	Monett	MO	31:59.67	54.24
Joyce Deeser	44	Reeds	MO	29:15.90	51.78
Alexis Mercado	25	Neosho	MO	24:46.35	51.74
Malikai Tuller	22	Carthage	MO	25:15.12	50.75
Lacey Kirkpatrick	17	Neosho	MO	27:58.32	50.65
Hania Hernandez	26	Joplin	MO	27:38.85	50.28
Bonnie Daniel	43	Neosho	MO	32:09.00	46.68
Chris Obert	26	Joplin	MO	27:34.35	46.48
Kameron Keith	23	Neosho	MO	27:54.48	45.92
Alysha Crumpacker	32	Carl Junction	MO	30:41.34	45.71
Caroline Whitmore	46	Carthage	MO	33:55.77	45.62
Brooklyn Cunningham	22	Girard	KS	30:31.32	45.54
Rayleigh Harrell	22	Pittsburg	KS	30:31.29	45.54
Julie Blanchard	56	Cartersville	MO	38:36.10	44.96
Hannah Reed	26	Carthage	MO	30:56.22	44.93
Brian Spencer	59	Joplin	MO	35:17.61	44.58
Rachel Young	30	Monett	MO	31:52.71	43.78
Justin Russell	49	Altamont	KS	36:03.63	40.18
Cale Ellison	16	Neosho	MO	33:26.07	38.86
Thomas Christie	79	Carthage	MO	54:32.02	37.1
Ashley Munoz	22	Monett	MO	37:45.27	36.82
Stephanie Mazariegos	26	Joplin	MO	39:03.55	35.59
Eder Aguirre	23	Monett	MO	37:44.85	33.95
Skyler Buck	24	Carthage	MO	43:35.19	31.89
Melody Andrews	56	Webb City	MO	54:32.59	31.82
Justin Buck	26	Carthage	MO	43:31.57	29.45

10K

Name	Age	City	State	Chip Time	Age Grade
Gina Atteberry	56	Joplin	MO	54:31.57	64.14
Debra Hillsman	63	Schell City	MO	1:07:37.96	56.49
Andrew McGinty	38	Joplin	MO	48:56.10	55.24
Madeleine Miller	29	Monett	MO	53:13.72	54.09
Benjamin Sawyer	23	Carthage	MO	53:01.17	49.79
John Motazedi	59	Joplin	MO	1:06:04.48	48.66
Matthew Adams	53	Goodman	MO	1:03:40.84	47.87
Becca Diskin	49	Carl Junction	MO	1:07:44.20	47.6
George Andrews	71	Webb City	MO	1:21:46.84	44.17
Maryola Stica	15	Mount Vernon	MO	1:10:40.54	43.49
Rick Smith	53	Nevada	MO	1:10:08.14	43.46
Jackariah Stica	13	Mount Vernon	MO	1:09:25.80	43.24
Christina Stica	40	Mount Vernon	MO	1:10:40.39	42.3
Ashley Ayers	29	Saint Joseph	MO	1:23:02.50	34.67
Tasha Hicks	36	Joplin	MO	1:24:50.77	34.53
Jason Shumny	55	Joplin	MO	1:30:50.89	34.14
Emily Savage	27	Joplin	MO	1:24:50.59	33.91
Cristina Jaramillo	56	Neosho	MO	1:59:31.85	29.26

15K

Name	Age	City	State	Chip Time	Age Grade
Henri Coeme	72	Neosho	MO	1:06:43.81	84.07
Tom Blazi	64	Washburn	MO	1:07:45.22	76.15
John Atteberry	57	Joplin	MO	1:09:40.51	69.29
Katelyn Drollinger	31	Pierce City	MO	1:13:07.78	60.14
Robert Newman	60	Bella Vista	AR	1:23:37.69	59.37
Sloan Taylor	56	Tulsa	OK	1:32:29.41	57.95
Bryan Riddle	51	Broken Arrow	OK	1:22:42.40	55.33
Tammy Bledsoe	60	Butler	MO	1:43:53.33	54.3
Whitney Snyder	35	Pittsburg	KS	1:22:43.66	53.76
Paul Wright	50	Carthage	MO	1:25:40.12	52.96
Rhonda Carnagey	60	Carl Junction	MO	1:48:32.48	51.97
Robert Cole	71	Lamar	MO	1:59:41.98	46.3
Taylor Brown	41	Joplin	MO	1:31:28.21	46.03
Franki Brines	29	Diamond	MO	1:40:34.10	43.61
Stefani Pyle	30	Webb City	MO	1:40:45.47	43.58
Ryan Bresee	39	Joplin	MO	1:36:33.29	42.93
Monica Mckee	42	Carl Junction	MO	1:51:22.01	41.49
Elisha Gillming	38	Anderson	MO	1:51:01.67	40.6
Edmund Baye	41	Webb City	MO	1:54:15.53	36.85
Kathryn Roush	24	JoplinJoplin	MO	2:00:27.86	36.37
Linda McClain	39	Galena	KS	2:15:21.83	33.48
Kelsie Smith	33	Joplin	MO	2:15:21.81	32.64

Name	Age	City	State	Chip Time	Age Grade
Katie Smith	35	Webb City	MO	2:26:44.81	62.75
Connie Wilkinson	60	Independence	MO	3:18:14.74	58.42
Liz Cox	39	Tulsa	OK	2:42:24.73	57.69
Sheila Johnson	49	Edna	KS	3:05:45.45	54.51
Luke Snively	36	Joplin	MO	2:37:04.17	53.14
Alysia Weil	42	Edna	KS	3:05:44.73	51.36
Emily Colin	24	Joplin	MO	2:59:43.86	50.67
Dan Smith	41	Webb City	MO	2:52:00.54	50.1
Lauren Fisher	24	Webb City	MO	3:07:40.41	48.52
Tyler Ansley	20	Lamar	MO	2:59:43.49	46.37
Jeremy Gripka	45	Mount Vernon	MO	3:13:14.61	46.12
Keylee Peavler	27	Webb City	MO	3:18:12.37	45.83
Chris Stauffer	52	Carl Junction	MO	3:32:02.47	44.72
Sarah Phillips	32	Joplin	MO	3:37:36.94	41.96
Adil Kamran	23	Joplin	MO	3:18:39.90	41.78
Miguel-Angel Gonzalez	47	Bella Vista	AR	3:49:53.44	39.45





41st Annual Pumpkin Run: 2M, 8K and 10M



	First Name	Last Name	Bib	Age	2M rank	2M time	AG 2M
1	Henri	Coeme	15	72	3	0:12:57	85.59%
2	Colton	Gaddis	1345	12	1	0:11:56	76.41%
3	Justin	Gaddis	1346	45	2	0:12:10	71.45%
4	Nigel	Ricketts	1268	54	8	0:15:17	61.15%
5	Becky	Mitchell	1264	76	34	0:26:42	59.24%
6	Paul	Wright	99	50	9	0:15:23	58.79%
7	Jeremy	Parker	1287	37	6	0:14:01	58.41%
8	Allan	Cibert	1284	71	14	0:18:45	58.31%
9	Jeremy	Gripka	960	45	7	0:15:04	57.70%
10	Carson	Foreman	1349	25	4	0:13:44	57.60%
11	Hunter	Bennett	1271	21	5	0:13:52	57.27%
12	Rachel	Jahraus	1272	39	11	0:16:25	57.06%
13	Nancy	Ohmart	1286	63	26	0:22:45	55.68%
14	Rebecca	Mold	1336	24	10	0:16:15	55.54%
15	Suzie	Crossno	1249	66	29	0:24:40	53.85%
16	Belk	Brad	1348	70	20	0:20:10	53.55%
17	Gary	Ohmart	1347	63	16	0:19:27	51.93%
18	Matt	Foreman	1338	45	12	0:16:55	51.39%
19	Bonnie	Daniel	1283	43	15	0:19:01	51.06%
20	Ashley	Jones	1257	45	18	0:19:55	49.87%
21	Marly	Ramsour	1259	41	17	0:19:55	47.81%
22	Zoe	Myers	1292	34	19	0:19:05	47.75%
23	Darla	Pool	1248	58	30	0:24:45	47.54%
24	Caroline	Whitmore	1260	46	21	0:21:20	47.11%
25	Meghann	Winchester	1269	46	22	0:21:50	46.03%
26	Karla	Shumny	1317	55	28	0:24:38	45.81%
27	Katrina	Bennett	1270	45	23	0:21:51	45.46%
28	Brian	Spencer	1	59	24	0:22:30	44.33%
29	Kami	Giraldi	1303	55	33	0:25:50	43.68%
30	Barry	Linduff	1289	43	13	0:19:38	43.60%
31	Elaina	Garcia	1279	40	25	0:22:38	41.71%
32	Janet	Cibert	1285	70	40	0:34:42	40.87%
33	Katelyn	Western	1341	33	27	0:22:49	39.80%
34	Cristina	Jaramillo	87	56	37	0:29:05	39.37%
35	Violèt	Wilson	1312	9	45	0:46:14	38.91%
36	April	Fritts	1320	50	35	0:27:18	38.71%
37	Ellie	Wilson	1307	8	44	0:46:12	37.68%
38	Kalleigh	Richardson	1302	32	32	0:25:45	35.18%
39	Jason	Shumny	1274	55	36	0:27:24	34.39%
40	Cassie	Rogers	1295	42	38	0:29:32	32.54%
41	Jose	Mainardi	1293	39	31	0:25:05	31.85%
42	Ryan	Hole	1308	45	39	0:32:05	27.10%
43	Jacque	Smith	1299	45	41	0:45:05	22.03%
44	Melanie	Haines	1306	47	46	0:46:16	22.01%
45	John	Pace	1301	44	42	0:45:07	19.12%
46	Lindsay	Cibrian	1335	32	48	0:48:21	18.73%
47	Johnnie	Ellis	1337	26	43	0:45:10	17.51%
48	David	Cibrian	1331	32	47	0:48:20	16.49%



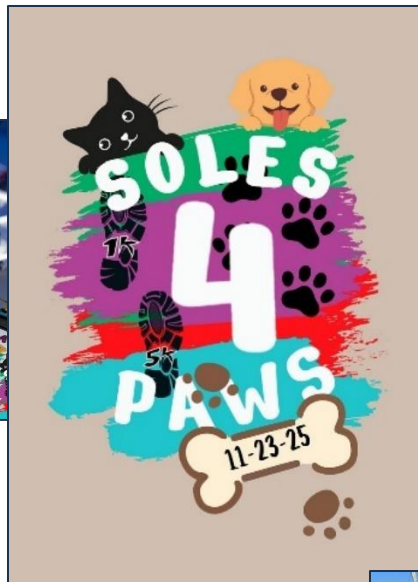


	First Name	Last Name	Bib	Age	8K rank	8K Time	AG 8K
1	Shanda	Stepp	1250	50	2	0:36:30	74.16%
2	John	Atteberry	1031	57	1	0:34:45	73.05%
3	Kathy	Ritchhart	1351	65	11	0:46:51	69.87%
4	Russ	Ritchhart	1350	75	10	0:46:51	65.60%
5	Anne	Jiles	1267	66	19	0:50:40	65.53%
6	Allan	Cibert	1284	71	14	0:49:40	58.36%
7	Karl	Keczkemethy	1278	40	3	0:38:43	57.17%
8	Gina	Atteberry	999	56	18	0:51:22	56.62%
9	Jeremy	Gripka	960	45	7	0:41:36	55.29%
10	Diana	Main	1273	70	27	1:04:00	55.00%
11	Joshua	Arzt	1316	22	4	0:39:50	53.22%
12	Blake	Hern	1342	20	5	0:39:51	53.20%
13	Kyle	Barrett	1334	37	6	0:41:21	52.44%
14	Jessica	Mildfelt	1290	31	9	0:46:27	51.74%
15	Mark	Myers	1275	55	12	0:48:20	51.62%
16	Stephanie	Durfee	1247	43	13	0:48:53	51.62%
17	Sarah	Phillips	1313	32		0:49:45	48.34%
18	Emily	Cannon	1343	29	16	0:51:00	47.12%
19	Hunter	Blount	1319	30	8	0:45:20	46.80%
20	Perry	Workman	1353	64	23	0:58:02	46.55%
21	Troy	Reynolds	1311	47	15	0:50:40	46.12%
22	Sharon	Smith	1282	46	24	0:58:03	44.65%
23	Janelle	Pyle	1291	31	20	0:54:50	43.83%
24	Emily	Savage	1262	27	22	0:56:56	42.21%
25	Barry	Linduff	1289	43	21	0:54:55	41.21%
26	Lisa	Bailey	1254	39	25	1:02:02	39.63%
27	Kamille	Hancock	1255	21	26	1:02:04	38.72%
28	Karla	Shumny	1317	55	28	1:14:12	37.22%
29	Cristina	Jaramillo	87	56	32	1:18:08	37.22%
30	Nellie	Perez	1298	51	31	1:17:21	35.40%
31	Jason	Shumny	1274	55	29	1:12:25	34.45%
32	Eddie	Ramirez	1297	24	30	1:12:49	29.11%



	First Name	Last Name	Bib	Age	10M rank	10M time	AG 10M
1	Henri	Coeme	15	72	1	1:13:25	82.93%
2	Greg	Kelley	1266	33	2	1:25:23	51.63%
3	Paul	Wright	99	50	3	1:29:45	49.34%
4	Brian	Smith	1344	62	7	1:54:21	48.01%
5	Sarah	Phillips	1313	32	6	1:43:37	47.74%
6	Mikey	Armour	1265	24	4	1:34:12	46.71%
7	Logan	Markley	1330	35	5	1:36:42	45.79%





Race/Running Reports by Club Members

Write that Bucket List

(by Liz Kyger)

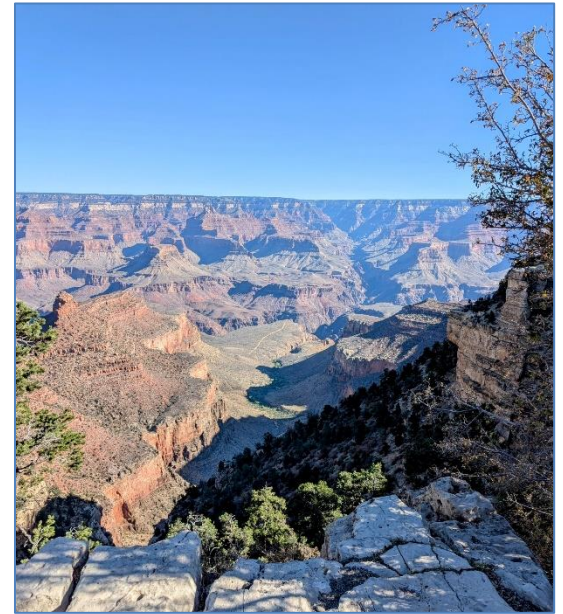


Today I ran 2 miles! Now, while that doesn't seem like it should be on a bucket list. It definitely has been on mine since February.

Being on the slightly dramatic side, I tell people that I tore my meniscus, MCL and fractured my tibia by cowgirling. I can imagine they are thinking I was wrestling a steer or getting bucked off a bull, where in fact I was just dismounting off our sweet little angel mule named Ruby. Nothing exciting; no bucking, no spooking no bad behavior on her part - just me stepping out of the stirrup the wrong way!

Recovering from that mishap has been my main

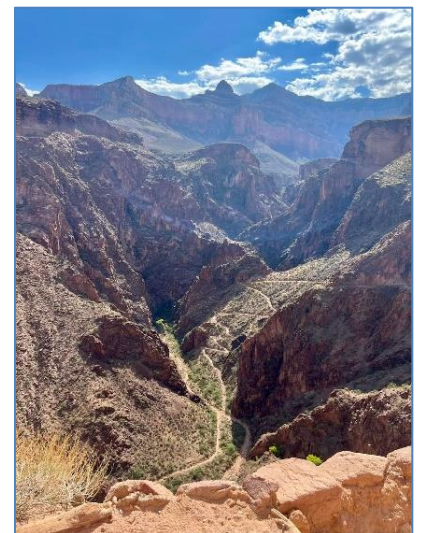
focus for the past nine months, though it's been anything but easy. After countless setbacks and re-injuries, running two miles today—even with lots of huffing and puffing, poor form, and zero heel lift—felt like a huge accomplishment.



I feel incredibly fortunate to have checked off some major bucket list goals. Just last year, my daughter and I hiked rim-to-rim across the Grand Canyon—29 miles in 13 hours. That was a big one! Honestly, if you ever get the chance, I believe this adventure deserves a spot on everyone's list.

The beauty is extraordinary – truly beyond words. The challenge was tough, but the reward made every step worthwhile. We tackled it on the first weekend of October 2024, which locals say is the busiest time of year for hikers. The day began at a brisk 40° on the North Rim and soared to a scorching 105° at the canyon floor.

The heat seemed to cling to the depths, but that only made the ice-cold lemonade at Phantom Ranch taste like pure heaven.





The gratitude we felt for experiencing the Grand Canyon became even deeper when we later saw news reports of devastating fires that destroyed so much of its beauty and history. The century-old lodge near our campsite was reduced to ashes, along with countless cabins, homes, and acres of pristine nature. Trails were closed for months. We felt incredibly fortunate to have witnessed such natural and man-made wonders before they were lost. It was heartbreaking and so unnecessary. Thankfully, the trails have reopened, and we hope the historic structures can be rebuilt.

Lessons from Gain and Loss

Bucket lists aren't just for dreaming—they're for doing. Whether it's a once-in-a-lifetime adventure or something you've loved for years but had to pause and then rediscover, every item should push us beyond our perceived limits.

These challenges become the stories we

cherish most—the unforgettable highlights of a life well-lived.

The Worst Race

(by Kevin Harrold)



At the start of 2024, I wanted to do some sort of physical training to get into shape, and I chose running. At first, I dipped my toe in the water. Running 2 to 3 miles once or twice a week. It was only something I did if I had the time or a place. I signed up for my first ever race, I joined the Road Runners, then another race, and slowly started to enjoy the run.

In 2025, I got in a little deeper. I created a spreadsheet to track every run, every workout, and every race. Running was now something I scheduled time to do, not just waiting for a convenient time. I signed up for more races, and the effort became easier, and the PR's started flowing.

Then in April, I did the Dogwood Run 5K. I thought for sure another PR was coming, and I was going to go out with the leaders and really crush it. And then that first hill hit, immediately followed by the next 5 or 6. I wanted to quit. When I finished, I was crushed. When I entered my results into my spreadsheet, I was almost embarrassed seeing that time compared to my other finishes. I was discouraged by the poor result. I considered selecting only flat races, or worse: quit running all together.

I left that race and I thought "I hate that race". The more I replayed the race in my head, the more I knew that I had work to do. The next week, I happened to find a workout video designed for runners. About 3 minutes into the workout, I started to feel the burning in all the same muscles that burned during the Dogwood



Run. I learned another lesson: Whenever those run experts talk about weight workouts, cross training, and all the non-running stuff that makes you a better runner ... it turns out they usually know what they're talking about.

By the summer, I tried to go even deeper. I tried to mix in non-running workouts, and cross training. I started eating not because I was hungry, but to fuel the next run. I've tried to go from a casual runner to a running lifestyle. Because of running, I joined a gym and started doing other types of workouts. I would still look at the Dogwood Run and think "I hate that race".

Being around runners has shown me the runner's mindset. Runners put in the work, do the hard thing, and don't quit. That running mindset has helped me to embrace failure, and push through adversity. Now whenever I look at my spreadsheet and see the Dogwood Run I think "I hate that race, and I can't wait to run it again next year".

Never Count Me Out!

(by Holly Rogers)



Greetings to all of you! For those that don't know me, my name is Holly Rogers.

I was born on Christmas hence the name Holly, lol. Anyways, I was asked to write an article for the JRR magazine, so I agreed even though I've never done this before, so bear with me!

I've always been into being athletic from an early age: horses (barrel racing), dogs, running track in school, to lifting weights later on in life. Back in middle school, I started running track in 6th grade, 440 & 880 relay (I think they're called something different these days), and 100 meter hurdles. I broke two records in hurdles at one of those meets. But the running bug bit me back in younger years.



I've ran off and on as I got older but then gave it up as life took hold. I sold my horse this July, then had nothing else to do with my time. The only thing I had started this spring was hiking. With ticks during summer, I wasn't going to hike nor take my dogs into the woods, so I started kayaking and I fell in love with it. But then summer ended and again I had nothing to do.



So, I was scrolling on Facebook when a Joplin Roadrunners' post popped up and I





out or short of breath. I was so excited & so proud of myself.

Thank u JRR for giving me the boost to get back into running, I love it and am addicted now. I'm looking forward to meeting more of you and entering more races next year.

I hope you all have a wonderful Christmas 🎄 and a Happy New Year. So until then keep pounding the pavement and God bless to us all.

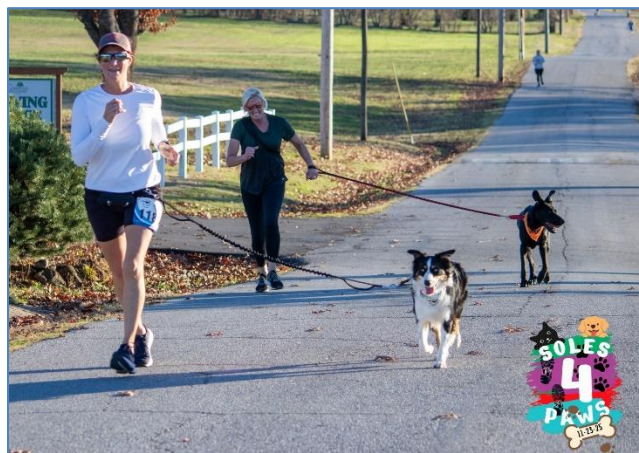
To God be the glory!!

decided to join and try it. Though I'd only run with Henri and Titi a few times, I decided that running could fit back into my life. Darkness has set in now, and I'm not much for running in the dark so I run during the day, twice a week or so, at Morse Park.

Since September, I've met a few new people and continued running even though I wasn't ever thinking of it.

Until I entered my first race at Soles4Paws with my dog Willow; some of you may have seen us there or seen pics of us.

When I started running, I couldn't even run a mile due to my breathing and hoping I could figure out my problem. Then yesterday, Dec 3rd, I ran over 2 miles without stopping & without being



Darla & Suzie's COMEBACK RACE

(by Suzie Crossno)



we would reduce our walk time by 5 - 10 seconds and we would increase our run time by 5 seconds every other week (when we say slowly, we mean slowly!). By race week we were at a ratio of :40/:30 and decided that with race adrenaline we were ready for :30/:30 on race day.

Then race day came. We woke up to a bit of rain which The Weather Channel guaranteed would be over and out of the area by 1pm. The race was at 2pm, so we felt confident that we would be running in fair weather with only a few puddles to dodge. Mother Nature had other ideas. Hahaha!!

After both of us had been nursing plantar fasciitis for a year, it was finally gone...at least for the most part with only an occasional ache or pain. In August, we decided to start training for a race and we felt confident that we could train up to :30/:30 walk/run ratio for 2 miles before it would be time for the Pumpkin Run, so we both sent in our registration to set our training into motion.

We started slowly with a 2:00/:15 walk/run ratio, so that we would be sure not to reinjure ourselves. Each week

As we drove from Neosho to Carthage, the weather went from mist to rain, but we were still confident that it would end before the race started. When we went up to packet pickup, it started raining even harder. We just laughed and were still confident that we would not be running in the cold rain. Boy, were we wrong!!

As the race began, the rain came down. As the race progressed it came down harder. As we neared the finish line, we could hardly see because so much rain was pelting our faces. Then we made it!! We held our :30/:30 ratio for the entire race and we crossed the finish line one right after the other.

All in all, it was an amazing come back! If we had been 50 years younger, we would have been begging to go out and play in the rain, so the Pumpkin Run brought back a little child's play into our lives as well as getting us back into racing!



Quite a running schedule!

(by Nancy Ohmart)



Race for Hope 5K (10-19-25) - This race was a wonderful way to “raise awareness and connect with the community for Breast Cancer Awareness Month”. I am genuinely grateful to participate in fundraisers for truly worthy causes and this was definitely one of those worthy causes with many cancer survivors there to meet and greet. The race began and ended at the beautiful and quaint Spiva Park in downtown, Joplin and

was a fairly easy out and back run out to Maiden Lane with a couple of rolling hills and lots of community support. I have ran this race several years and really appreciate the community spirit welcoming all ability levels and ages. I was pleasantly surprised as I earned first place in my age category.



Woolaroc “Run the Streets” 8K in Bartlesville, OK. (10-25-25)

This was a bucket list race and was the first time (however will not be the last time) I ran it. The weather was rainy and chilly however, the surroundings were beautiful throughout Woolaroc, a historic 3,700-acre museum and wildlife preserve in the Osage Hills of Oklahoma. This was created by Frank Phillips as a private retreat and now includes exotic animals (like bison, elk, llamas, ostriches) in a

preserve, extensive art collections (Western, Native American), a museum with historical artifacts, and scenic trails for visitors. It's a destination for education and



runners to take advantage of the hot beverages. The delicious desserts were provided by “A-Ray” and truly were exceptional after a hard ran race. Thanks to Joplin Roadrunners for supporting community and providing outstanding opportunities to encourage the running and walking community to continue to stay active!!

Frisco Turkey Trot 5K on Thanksgiving Day (11/27/25)

This was a free race Sheree and her brother, Frank, patiently planned and enthusiastically implemented for family and friends along the Frisco Trail and neighborhood. They truly were completely gracious host and even provided



hot drinks for all who attended (it was a cold morning, so the hot drinks were truly appreciated). I was exceedingly excited to run with the hubs and friends before heading to Kansas to enjoy the rest of the day with my mom, siblings, and extended family eating lots and watching football. Sheree even gave at participation medals which just shows her true commitment to encouraging others in their running journeys. Thanks so much, Sheree and Frank, for all your hard work.



On the mend again

(by Jim Burns)



2025 has been quite an up and down year for me. When the year started, I was having extreme difficulty breathing and my energy levels were very low. I had been struggling with this since mid-2024 and it had gotten progressively worse.

The weekend before my cardiologist appointment I ran 31 miles at the Racing For Daylight Ultra Endurance Run in Waynesville. My cardiologist told me that I had a heart flutter ablation and scheduled a procedure for me. She thinks that I am a couch potato and told me that I should be more active and walk some. I didn't have the heart to tell her that I had run 31 miles two days earlier.

A few days after my procedure I started a 2.2 miles-a-day for Veterans Suicide

Awareness challenge. I was able to start running the last few days of the challenge and decided to sign up for the Paradise Found 5k Trail Run in Bentonville AR. I had been wanting to check out the Coler Mountain Bike Preserve trails and this was my opportunity.

Just my luck — about 100 yards into the race, I hit a rut and wrenched my left knee, the same one where I tore the meniscus last year. I finished the last 3 miles in severe pain, but I wanted to check out the trail and have never had a DNF.



About the time that that healed, I tweaked my right knee doing box jumps in my HIIT class at the Y. I had torn the meniscus in my right knee back in 2018, but it still bothers me from time to time, so I wear a patella band on my knee when I run to keep it in place. I no longer do box jumps. About the time that was healing, I somehow pinched my sciatic nerve.

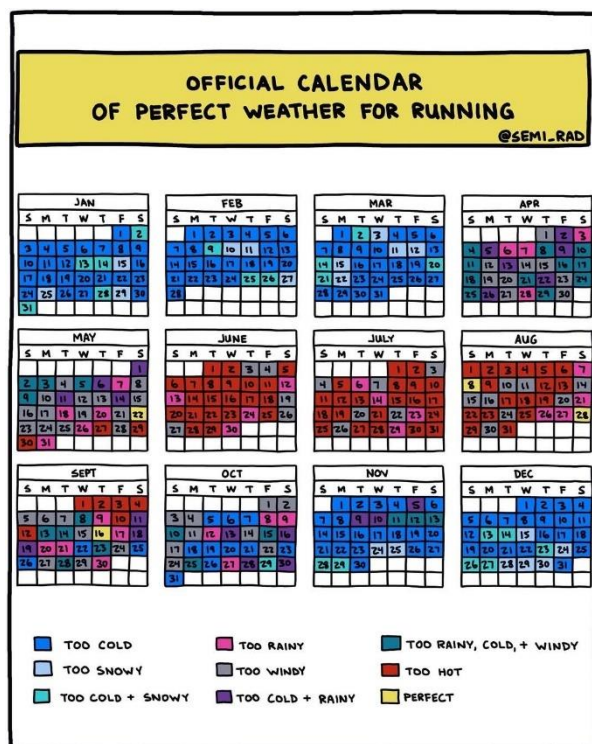
Not knowing what was going on (I could barely move), I went to the Mercy ER. The first thing they did was take my vitals. They noticed my heart rate was unusually low, ran an EKG, and were puzzled when the results came back normal. It never occurred to them that this overweight, elderly man might be in good shape. They just assumed that I had something bad going on until I told them that I run a lot and take exercise and strength classes at the Y.



At my follow up with my cardiologist, she put me on a 1500 calorie a day diet, wanting me to lose 30-35 lbs and explained to me that because of my previous heart problem that I was at a high risk of stroke if I didn't get the weight off. That got my attention so my mindset since mid-August has been to get the weight off. As of this writing, I am down 33 lbs. I plan to lose 7 or 8 more pounds so that if I want to have a chest day (or weekend) I will stay in the weight range my cardiologist wants me to be.

Some of the benefits of the weight loss include my breathing being much better. It will never be great because I have emphysema. Also, my energy is much better, and I feel much better overall. So, this year that started out so bad is ending on a very high note.

I want to wish y'all a Merry Christmas and a Happy New Year



His Phoenix!

(by Michelle Haffle)



My running testimony is as individual as myself. Life is not easy, nor should it be. Life is a journey of process as unique as you are from me. We are all created individually, and while we may have similarities or common threads uniting us, we are distinctly one-of-a-kind. God did this according to His plan, for His unique purpose in His creation of us. Each of us has our own journey on our own course. Each of us with a distinct process, unique to us.

In this world we will know trials and tribulations, Jesus did and so will we, His followers. Each set of circumstances we face is designed to grow us and develop our spiritual maturity. Nothing happens by chance or mere coincidence. Everything occurs by God's hands, creating or allowing events to occur within His guidance.

In every life event we are given a choice; especially when we "feel" we are not given any choice. My over-half century life has been a

testament of this fundamental truth. One instance, I will share, occurred at age seven; when five sons of our church deacon, held me hostage in their Dad's boat and took turns assaulting my innocence - reproducing acts depicted in their father's pornographic magazine. Please, stay with me ... my choice, then and there, was to either choose to be a "victim" or to rise above the moment, fighting against the "powerlessness" that was upon me.

As a "victim", we have but one choice remaining, what we do next. This is what defines us. What happened was horrifying, but I remained alive and I came to believe, what does not kill you, makes you definitively stronger. God had a reason and a purpose for my circumstance, and I would seek Him to learn what good He would bring forth to me. What I chose and continue choosing is; when God sustains me, it is growing me toward my future. A moment that does not end me strengthens me for the next trying moment ahead. How do I know this, you may well ask ... because at age eight, while lying on my family couch, I ceased to breathe, and my heart stopped beating. And yet, here I stand today. My parents joined hands and hearts in prayer and I awakened to their God praising sobs! Such moments in time became a theme, recurring several times throughout my life ... again and again. God has spared and thereby strengthened me!



Do I have scars, oh, do I! Could I have become bitter, resentful, and full of hate, you know this to be justifiable. My lesson learned, just because a person is capable of something, doesn't mean they should act upon it.

Likewise, neither should we permit a doctor's directive of "don't ever run!", to prevent us from choosing to take on the run journey God calls us to. Just because your spine was fractured at ten and re-injured in an auto accident at twenty-one, does not mean you are a hopeless victim who can never run; it is about what you choose to do next.

Job 42:2 God can do all things and NO purpose of Yours can be thwarted.

Prayer is a means of extracting the good out of what can only seem bad. Genesis 50:20

...Behold, I am doing a new thing. Isaiah 43:19

#goingthedistancewithGod #Hisphoenix #greaterisGodwithinme #HeismyreasonIamHiswill



From Why to What's Next

(by Stacy Johnson)

Just over a year ago, I was 105 pounds heavier and staring down surgery for a cancerous tumor. After recovering and losing the weight, I decided to try running in June—with the wild idea of doing a full marathon someday.

My first run? Picture a slow-motion scene... Every mile was a “why am I doing this?” moment.

But in November, I crossed the Bass Pro Half Marathon finish line—13.1 miles! (After nearly choking on M&Ms along the way.)

Now, running has become my outlet. If I’m sitting at a kid’s practice, I know I can get a quick run in. No longer in the “why” phase, I am now definitely in

the “what’s next” phase.

From your Virtual Running Corner

(by Rocky Holly and Dottie Duncan)



Greetings and Happy Holidays to everyone at Joplin Road Runners from your virtual running members in Texas! As this holiday season progresses into the New Year, we are taking a moment to reflect and debrief on our virtual running experiences in 2025. We have had a wonderful year, training for and running many distances.

What has gone well?

We have been able to run on our own terms, for starters. It has been nice to be able to adjust our days and start times. This depends on several factors: weather, how we are feeling, any life situations that may come up (doctor/dentist, vet appointments, the window to run given by the RD).

Also coming into play this summer was that we had the flexibility to pick a run date for our race based on the presence/absence of yard services, plumbers, painters, roofers, dogwalkers, game day visitors and their vehicles in the neighborhood. Our streets are narrow, so it makes a difference in terms of pass-ability on the roads, for us and others like cyclists. Lest y’all think that things are complicated, it really isn’t bad!

What a wonderful sense of community developed this year! Everyone in our neighborhood knows who we are! All the neighbors, kids and their friends of all ages, yes, all the HOA folks, delivery folks, mail persons, other runners, walkers, scooters/skateboarders and cyclists...everybody!

We really feel like we have our own cheering squads! We probably have ten routes in neighborhood, so we are never bored. People ask us, especially on long run days, “Where are you running today?”

BTW, the answer is sometimes, “Neosho, MO!” Online, we have many wonderful friends, globally! JRR through Henri, Strava, which has a Badwater VR Group, 261Fearless on What’s App, and other running forums. We are never lonely!

We met our running goals for 2025. Dottie met her winter goal of completing Badwater VR in January. We had goals of running one marathon and one ultra in Spring and also in Fall: Our Spring goal marathons and ultras were: Virtual Cowtown 50K, and Virtual Vermont City Marathon. We met the same goal for Fall: Virtual Pilot Mtn. to Hanging Rock 50K, and the Virtual Gobbler Grind Marathon. To help keep us running strong, we ran the following JRR Virtual races for 2025: Run with the Wind, Clover Run, Neosho Dogwood Run 5K, Hit the Road Jack and the 42nd Annual Pumpkin Run. We have the coolest JRR shirts and medals, as well as from our other races!

So Now...What didn’t go well?

Sometimes life tries to get in the way...everyday stress. The trick here is to address any barriers to runs, e.g., bad weather, appointments which take longer than expected, etc. Some of our friends and neighbors had stressful events in their lives; We made sure to try to be there for them.

Going forward, what can we do better in 2026?

We want to continue running happy! This included continuing to build confidence, mental and physical toughness, resilience, consistency and remaining injury-free. We would like to commit to increasing strength training and incorporating more strides in our training program. We don’t have an accessible track and are on flat land, so strides have been helpful. Hills...we’ll figure something out

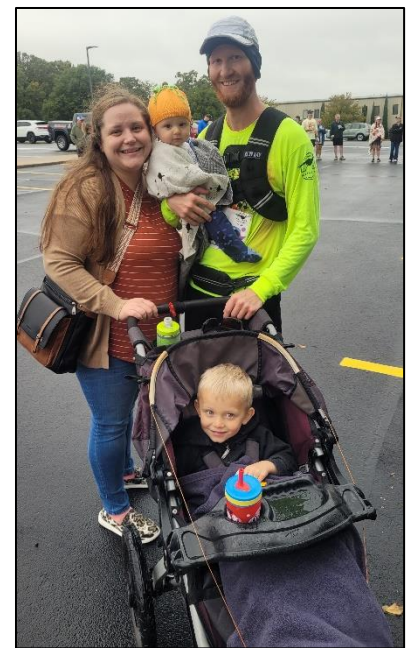
Thank you all at JRR for being there for us on our virtual journey!
We wish you all the very best in 2026 and beyond!
Keep running!!

All in the Family?

(by Logan & Amelia Markley)

I started running later in my life (age 26-27) as a stress management tool. I hated running the majority of my life and running more than ½ mile was a challenge for me. As I got more comfortable, I continued to push myself more and more and eventually began to look forward to my next run. It has been the only hobby that I have stuck with for any significant amount of time.

To date my furthest run has been 25k. I enjoy taking my two boys (4 years, and 10 mos.) for a ride in their double stroller. We generally go 4-5 miles each time, 3 or more times per week.



I’m running in the rain (and loving it)!

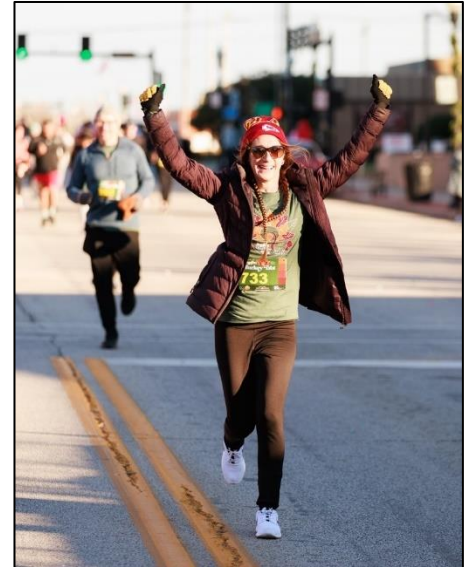
(by Zoe Monry)

Nothing compares to the freedom I feel while running—the fresh air, the rhythm of my footsteps, and the incredible sense of accomplishment that washes over me when I cross the finish line with the crowd cheering.

Running has quickly become my favorite hobby and a huge source of joy in my life.

Since joining the Joplin Roadrunners in October of this year, I've had so much fun and have met so many wonderful people. One of my favorite experiences so far was running the Pumpkin Run in the rain. Even though the weather was far from ideal, it turned out to be an amazing race. I pushed myself harder than I thought I could and ended up placing second in my age group. I never imagined that running in the rain would be so refreshing and empowering!

Thanksgiving brought an even more meaningful experience. My dad, sister, nephew, and I all ran the Joplin Turkey Trot 5K together. My dad was visiting from Ohio, so I convinced my family to try running the race with me before we gathered for our Thanksgiving meal. They had never run a 5K before and seeing them cross the finish line filled me with so much pride and happiness. It felt like such a special moment to share with them.



My nephew, who is only seven, impressed all of us. He kept up with me the entire time and was absolutely thrilled to receive his very first race medal. Watching his excitement reminded me of why I love running so much—because it brings people together and helps create memories you never forget. There were over 1,600 participants that day, and the energy from the community was incredible. We made so many wonderful memories, and my family has already decided to make the Turkey Trot a new annual tradition.



Another highlight this season was getting to walk in the Joplin Christmas parade with my fellow Roadrunners. I helped pass out candy and carried the banner alongside my husband. The experience made me feel even more connected to the club. Everyone has been so nice, supportive, and welcoming. I'm truly honored to be part of such an amazing group of people, and I can't wait to participate in more races, events, and celebrations with them.

Running has given me a sense of purpose, confidence, and community that I didn't realize I was missing. I'm excited to keep improving, keep exploring new races, and continue sharing

these moments with the people I love. This is just the beginning of my running journey, and I can't wait to see where it takes me next.

Fayetteville Half Marathon

(by Allan Cibert)

For the last several years, Janet and I have participated in this event. The dates have varied over the years. It was as early as the first weekend in November, conflicting with the Bass Pro marathon weekend. In recent years this event has found a permanent home on the first weekend of December. The date does conflict with the St Jude's marathon weekend



in Memphis. Janet and I have occasionally run at St Jude, but when not running there, we'll do the Fayetteville event.

The race starts and finishes at the Gardens on the University of Arkansas. There is ample parking and plenty of portal johns. It's an easy short walk from the parking lot to the start of the race. One of the main attractions for us is this convenience.

Packet pickup is at the Town Center on Friday and there is also packet pickup from 5:30-6:30 am at the start on race day. We have always gone down on Friday for packet pickup and have gotten a hotel for the night. There are many hotels available that are just minutes away from the start that are reasonably priced. The packet pickup was a breeze. Quick in and out.

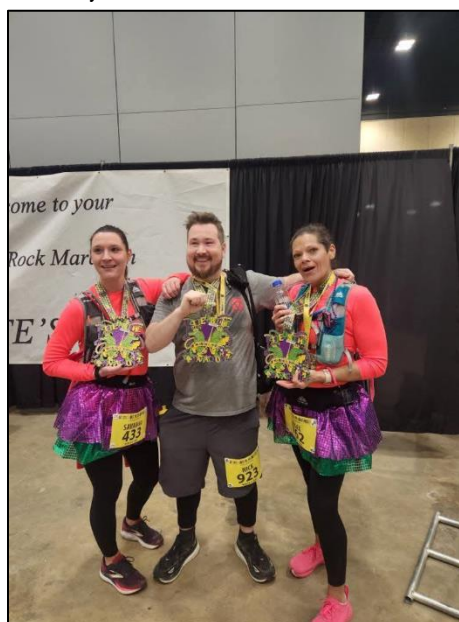
There are four races to choose from; the half marathon starts at 7:00 am, the 10K starts at 7:15, the 5K starts at 7:20 and there is a .6-mile fun run that starts immediately after the 5K racers are clear. The main downside of this event is that none of the courses are certified.



Janet and I have run the 10K during the last several years, although I have run the half marathon several times in the past. I enjoy running the 10K course with its mix of road and trail and with the

several challenging hills. After leaving the start at the Gardens the course proceeds on city roads and through residential neighborhoods for approximately 2 miles, at which time the course goes onto the trails system. Miles 2-5 are on the trail with the last mile or so is a combination of roads and sidewalks. At approximately 1.5 miles there is the first steep uphill, which is approximately 200 meters. The other notable hill is near the end. From about 4 miles to 5.5 miles you're gradually going uphill, which gets steeper as you approach approximately 5.5 miles. After you crest the last hill there is a big downhill for almost ½ mile. Then it's flat to the finish.

After the race there is a very festive atmosphere with plenty of food, picture-taking opportunities, and an unrestricted amount of beer from the local brewery. The awards are nice and are quickly given out at the finish line.



If you're looking for a fun event after Thanksgiving, I highly recommend this.

Running: The Good and the Bad

(by Savanna Davidson)

Running has never come easily to me. This is only my second year of running consistently, and it has brought both highs and lows.

At the beginning of the year, literally January 1st, I hit my biggest PR in a 5K, achieving a goal I never thought I could reach. Around the same time, my best friend, another friend, and I were training for our first marathon. It was exciting. I had some great training runs and some truly awful ones. I had always assumed that once I became consistent,

running would start to feel easy, but I've learned that no matter how long someone has been running, there will always be both good and bad days.

The nerves leading up to the marathon were intense. The energy at the start line was overwhelming, and I kept thinking of everything that could go wrong. But despite the nerves, all three of us finished, and the experience was incredible. During training, we never ran the full 26.2 miles. A few times we hit 20, and even that felt brutal, so crossing the finish line still running was an amazing feeling and a huge accomplishment. But then came the struggle.

After the marathon, I got sick—some type of respiratory illness—which made running nearly impossible the following week. On top of that, I was hit with a wave of depression, feeling like my running purpose had disappeared now that I'd reached my big goal. My motivation dropped to almost nothing, and summer was rough. Mentally, I was forcing myself to run, and even then, it was only about twice a week compared to the 5–6 days a week I ran before the marathon. Thankfully, I eventually made my way out of that slump.

Despite our extremely busy schedule, my best friend and I have decided to train for another marathon. We both pushed through many struggles this year, and we've grown and learned from all of it. This just goes to show that running isn't only exercise, it's a way of life. It's a way to clear your mind when stressed, to overcome challenges, and to push your body beyond what you thought possible. I am grateful for the experiences running has given me and grateful to my best friend, who dragged me into this lifestyle.

Thanks, Angel. I'm glad I joined your crazy bandwagon.



**Memories with me and
Mum jogging together**

The Final Finish Line

(by Becky Mitchell)



My Aunt Bobbie crossed her final finish line ascending into heaven met by high-fiving angels on Sunday, Dec. 7th, at the age of 94 and 8 months. She was as demure as she was determined; unstoppable to a fault! Just one example is that she completed the Pike's Peak Ascent twice in 1999 and 2000.

But she had another one, a third one that is recorded as DNF. But she DID FINISH on her own. As she reached the final checkpoint, she was told that she could not go on, too dangerous, getting dark, volunteers going back down the mountain, etc., etc. But she said, "I'm going to the top!" And she did and wrote the remarkable story of it.

She started running at age of 66 and competed in the National Senior Olympics and holds a few state records in both Kansas and Missouri. In fact we share one for the 12K!

She went skydiving for the second time at age 88! At the age of 93, we had our last outing. She told me she can't walk very far anymore but let's go to the Liberty Memorial! They moved all the bricks and she was determined to find her husband Bill's brick. But she rallied, determined and I'm pretty sure we did at least a mile searching for it!



Aunt Bobbie was resilient to the end, rallying many times, never wanting attention but still yearning to hear our stories. She was my ultimate encourager!

"OH MY GOSH!", she would exclaim after any running story I shared. "Are you still running?" "Did you train?" "You gotta do the training!" "Oh, if you can do a Hospital Hill, you can do a marathon!"

I hear her encouraging words in my head all the time!
She was pure joy!

69	01:33:24*	Bobbie Thrutchley	Leawood KS	THHH	6/4/2000
70	01:28:05	Beverly Reichart	Springfield MO	Hospital Hill Run-KC	6/2/2018
71	02:05:00	Barbara Willingham	KC MO	UMKC Hospital Hill	6/4/2005
	01:42:56*	Bobbie Thrutchley	Leawood KS	UMKCHH	6/1/2002
72	02:07:36	Barbara Willingham	KC MO	HHH	6/7/2003
	01:40:41*	Bobbie Thrutchley	Leawood KS	UMKCHH	6/7/2003
73	01:43:05	Mary Ann McClure	Independence MO	Hospital Hill Run	6/2/2018
75	01:34:54	Becky Mitchell	Joplin MO	Clover Run-Carthage	3/8/2025

My First Half Marathon

(by Gina Atteberry)



My first half marathon experience has strengthened my love of running. I started running not that long ago, and it was a somewhat shaky start. I had been doing some strength training regularly at home for about six months with YouTube videos. But that was getting to be boring, so in October of 2023, I decided to take my exercise routine outside where the scenery might help to spice up the workout. My husband John had been running for years, and he made some suggestions about speed and distance.

They were good suggestions, but my first run was still a struggle. I could barely make it one time around the .7 mile loop in our neighborhood. However, I really enjoyed being outside, listening to music on my AirPods and getting away from the rest of the world, so I kept at it. After a short time, I could regularly complete a 5k distance in about 37 minutes and I was very pleased.

In February 2024, John told me he was going to sign up for a March 5k in Joplin and asked if I wanted to try it. I was feeling adventurous and said yes.

As it got closer to race day, even though my 5k times were getting shorter, I became convinced that I might have trouble finishing the race. I pictured myself collapsing in the road and having to be scooped up in a rescue car. But that didn't happen and I finished with a time in the 33-minutes range. I was thrilled. It was tough (that huge hill in Landreth park!) and I remember feeling like I could not have gone one step further. I also felt that I had achieved something I originally thought was beyond my grasp.

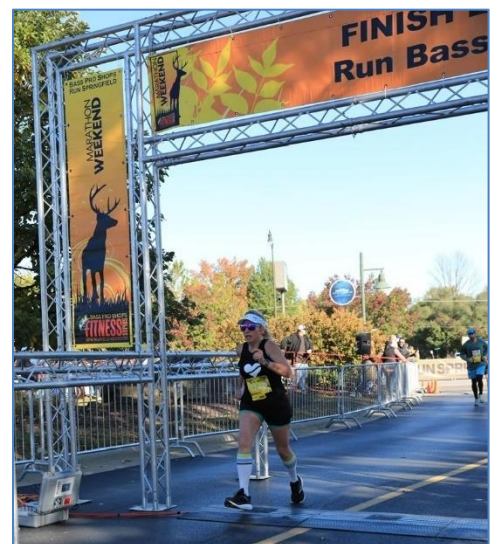
In the months that followed, John and I ran several more 5k races and my times improved a bit, but I was certain that my distance was limited to 3.1 miles. In the fall of 2024, John told me he was going to run the Bass Pro half marathon. I went with him, but I ran the 5k, thinking that I could never handle a half marathon.

That winter I read the article in the JRR newsletter about 80/20 training. I thought it was intriguing- and if nothing else, a reasonable thing to try since running slower sounded more enjoyable than trying to push myself to my limit at each workout. I started 80/20 running immediately after reading the article. I only have an Apple Watch, so my tracking was not the best, but it was close enough for my purposes.

I quickly discovered that the method made everything I enjoyed about running better. At a slower pace 80 percent of the time, I could listen to audio books instead of music, and, most importantly, it meant I could run longer. I found myself looking forward to (rather than dreading) my once-a-week “fast days” because they were a change in routine and easier to handle after running more slowly the rest of the week. I also discovered that this workout routine was much healthier and at the end of my runs, I didn't have any pain in my hips.

So in the summer of 2025 when John started talking about the November half marathon again, I said “I can do that”. I increased my weekend long-run distance from 5 or 6 miles to about 8 or 9 miles. I kept up with the 80/20 running.

On October 19th, I ran my first 13-mile long run in 2 hours and 44 minutes and then I tapered off in the days ahead of the Nov 2 race. As it got closer to race day, my old fears came back. What if I couldn't finish? Two (plus) hours is a long time for someone my age to run without a Porta Potty stop. When I googled “*what is a good half marathon time for a 56-year old female?*” one result was- “*just finishing a half marathon would be a good time for someone that old*” (I'm paraphrasing a bit).



I got pretty nervous, but on race day, I found myself genuinely excited on the start line. I lined up with the group that intended to finish in the 2-hour 30-minute range as the gun went off. It was awesome from the first step. I felt well rested and well trained. It seemed like the entire city of Springfield was running together. The weather was cool enough to be helpful but not freezing cold. As we ran into our first neighborhood the frosty leaves were falling from the trees and the sun was making them sparkle. I wasn't feeling tired or out of breath at all. Then our group leader said "Okay 2:30 runners, now it's time to walk". I thought "What? Why are we walking right now??"

Instead, I kept running! I decided that if I wore myself out, the group would catch me later when I needed to slow down a bit. But I didn't need to slow down a bit. In fact, each mile got a little faster until mile 12. I remember looking at my watch at mile 10 and being surprised that it was my fastest mile. It was at about that same mile that my sister and her husband completely surprised me, calling my name and waving me on. At mile 12, my breathing and heart rate still felt good, but I started feeling some muscle pain in my upper legs. I told myself that I could run for just two more measly miles with a little pain - and I did. When I came out of the last neighborhood and I could hear and see the finish line, I was elated.

After I made the last turn and was running down Sunshine Street, I saw fellow JRR member Paul Wright cheering the runners on. This gave me a little extra speed up to the driveway and as I found myself yards from the finish line, I had the adrenaline to speed up a little with my sore legs. I finished with a time of 2:21:34. John was waiting with a high-five, and we immediately began talking about the next race. Even weeks later, as I think back on the experience, I'm amazed that I was able to achieve this goal, and I truly enjoy wearing my half marathon shirt.

Since marathon day (after resting for a few days) I've been increasing my weekly distance, and I find myself loving running more than ever. I'm sticking with the 80/20 running. I feel stronger than I was just a month ago and I'm so excited to see what my next running achievement might be. I feel like I could keep running for decades. I'll be interested to see what happens in twenty years. At that time, I wonder what the results will be when I google "what is a good marathon time for a 76 year old female"?



Running Endless Miles

(by Debbie Smith)



This Race was on my bucket list! The 72 hour Endless Mile in Alabaster Al! I love this type of Ultra Race! One mile loop around Veterans Park! Run as many miles as you can in 72 hours! My longest distance to date was the year before at the "Race for the Ages" where I had 67 hours to run the one mile course as many times as I wanted. I accomplished 100 miles, so I had to up my distance in this one!

I definitely wanted at least 125! A lot can happen in a three-day race though! The weather was warm during the day and cold at night! You meet a lot of amazing people who are trying to accomplish their own goals. To experience a multi-day Race is truly an amazing experience!



I trained for nearly 6 months to have the endurance and mental capacity to do this race. I'm not sure why I love this type of running, but I just love it! I surpassed my goal and completed 147 miles!

A 50K Running Experience

(by Andrew McGinty)



I never thought I had it in me. I had usually run between five and ten miles, but never a feat like a 50K. My running roots came from the Marine Corps, where I was pretty much forced to run every single day, no matter what. That's where my running journey truly began. Over time, the Marine Corps didn't just make me run, it made me love running. When I transitioned out of the Marine Corps and into the civilian world, running remained a constant in my life.

My training regimen consisted of running four to five times per week, and I intentionally kept strength training in my routine because of the positive effects it had on muscle durability and endurance. Each week followed a structured approach: one long run, one tempo or threshold run, one hill workout focused on sprinting uphill, and finishing the week with another long Zone 2 run.

Before committing to the 50K, I did a lot of research. Studies consistently showed that roughly 80% of training should be done in Zone 2—generally a heart rate between 110 and 140 beats per minute—for the duration of the run. This approach helped build aerobic endurance while reducing the risk of injury and burnout.

I also knew trail running would be critical. I utilized Wildcat Glades locally and made several trips down to the Bentonville area to ensure I was training on hilly terrain with varied surfaces. Adding elevation and technical trails was key to preparing for race-day conditions.

Nutrition played a major role in my preparation. I increased my carbohydrate intake by approximately 500 to 1,000 grams per day above what I normally consumed, and I ate my body weight in grams of protein daily. The remainder of my calories came from fats. Hydration was just as important, so I made sure to use a quality electrolyte supplement in my water each morning—Re-Lyte became my go-to throughout training.

I also knew I needed the right equipment. I invested in a new pair of trail-running shoes and went to Rush Running in Bentonville to get properly fitted. I trained in those shoes extensively, even on road surfaces, to get fully accustomed to them. Other essential gear included a Garmin Fenix 6 watch, a Garmin heart rate monitor, Feetures socks, a quality running hat, reliable running shorts, and a good pair of sunglasses.

One of the most important factors in training was having solid running partners - people who would push you during the training cycle and hold you accountable on race day. I completed the 50K alongside my childhood buddy from Cleveland, Jordan Ross, who now lives in Colorado.



The *War Eagle* 50K race felt smooth through the first 10–12 miles, but then muscle cramping and joint pain began to creep in. Without the pickle juice and carbohydrates at the aid stations, we likely would have finished much slower.

I finished in the top 50 overall, and Jordan finished in the top 75. Around mile 23, Jordan's knee caught a rock, forcing him to limp and jog the remainder of the race. I told him I would stay with him, but he insisted that I continue. After some debate, I decided to keep pushing forward.

All in all, the race was a great experience and a major bucket-list milestone. I don't see myself doing another 50K anytime soon. Instead, I plan to keep my mileage between five and ten miles per run and begin working toward my next bucket-list goal: a triathlon.



Running for the Kids

(by Titi Jaramillo)



Every year around my birthday, Dec 5, my husband plans this romantic weekend for us and then, funny enough, adds a race registration for the both of us at that same location. The St. Jude Memphis Marathon Weekend sounded great in summer when he sold me to the idea, but by the time the December race weekend came, it promised to be ice cold in Memphis.

We arrived in Memphis in late afternoon on Friday, still in time to catch the end of the race expo. We couldn't believe the crowd and the long line to get into the expo and packet pickup at this late hour!

The next day, we woke up to a sunny but cold morning. With so many runners on the streets of downtown Memphis, it took us some time to find the starting lines which were different for my 10K and for Henri's half marathon, each of which had a different starting time as well. Then, we looked for the bag-drop area which was in still another street. Neither one of us wanted to get rid of our warm clothing too soon so it became a challenge to find the shortest distance between all three locations, staying warm as long as possible.

Since my 10K race started one hour before his half marathon, I finished in time to watch his half marathon arrival. The finish line action was also projected on the jumbotron inside the Memphis ballpark from where I could overlook the finish line, arriving there just in time to see him cross the line. Meanwhile, I found the free pizza and beer location where we relaxed after our run and had our medals engraved.

I am proud to say I again won the spousal-contest with my 10K time beating his half marathon time by a full 5 minutes (he needs that challenge; I don't).

But the most memorable part of the race was the fundraising capacity of this great race. I read after the race that, since 2002, nearly 250,000 race participants have raised more than \$100 million for St. Jude. The renowned hospital treats childhood cancer and other life-threatening diseases. Unlike other hospitals, about 75% of the funding for St. Jude comes from donors (race sponsoring companies but also many running teams and individual race participants).



On our way back home, we heard that the 2025 St. Jude Memphis Marathon Weekend raised nearly \$16 million for the hospital and that this year's event involved over 22,000 participants, hitting record-breaking totals for the organization's largest single-day fundraiser.



(by Henri Coeme)



Races that reward, let alone promote, age-grading are rare. *The Great Chase* did more than that. It promised to give a unique twist to the idea of age-grading. Age-grading handicap tables are compiled and updated every 5 years by



The handicap tables, which are distinct for male and female runners, aim to create a level playing field for all runners by correcting everyone's race time by an age/gender handicap factor. At all our Joplin RoadRunners' races we calculate (and reward) age-graded results.

[illegible]

In this race, rather than calculating age-graded results *after* the race using all runners' finishing times, the organizers instead translated all handicap factors into race start advantages.

So, forget the usual “*everyone starts together*” race. Instead, your race doesn't start when the gun goes off... it starts when *your* turn comes. Using the age-grading tables, your *start time* is based on your age and gender. As such, the oldest runner, here an 80-year old woman, was allowed to start at 7:30am.

I, as a 72-year old man, was given a starting time of 7:45:30am. Titi, at 56, was scheduled to start at 7:51:30am. The fastest runners started between 7:55 and 7:57am. So, no matter when you started, everyone had the same goal: to chase down everyone in front of you while keeping an eye on everyone behind you!

The result was a giant 200-runners chase to the finish. Unlike other races where age-graded results are calculated after the race, here your exact arrival position determined your final result.



First, everyone was chasing the 80-year-old lady who had a giant advance at start. By the time some of us caught up with her, the chase by the other runners was for me, the oldest male runner, now running on top.



It wasn't till the final yards with a sprint to the finish that I was beat by my buddy Jeff Lindsay from St. Louis.

Even so, the top ten finishers not only received a shirt and medal but importantly also \$100 in prize money, which Titi and I immediately put to good use on a well-deserved breakfast in St. Charles.

72 going on 100

(by Henri Coeme)



We all celebrate milestones, and I am about to reach an interesting one.

Ever since I started running again at age 59, I've tried to be the best I could be at my advanced age, never using age as an excuse to set easy goals. Unless it was an ultra-event, just finishing a race was never enough of a challenge for me, regardless of the terrain or weather. Even beating others in a race was never a goal. Much to the contrary, I have always considered racing alongside other runners a real incentive to excel. My true badge of achievement in each race was, and still is, my finishing time and age grade%. That result is how I reward my training and race efforts, thanking my “competitors” in the process for luring or pushing me to the finish line.

Three years after my age-59 restart, I ran my first MO age record. I was 62 and ran 1:02:04 at the Panter Run 15K in Springfield. This got me so excited that I continued to pursue MO age records ever since. Now, 10 years later, my record-count stands at 96.

Some of these were records I set multiple times at the same distance and in the same year, often competing with myself trying to improve on a previous time. Some were unique and unexpected. Some easy, some painful, some unforgettable.

The most painful one was a 2-mile run at Sweatfest in Springfield. After a great first mile (picture right), I suddenly heard something snap on the return mile. It sounded like the elastic in my pants gave out but unfortunately it was worse: my hamstring had snapped like a broken guitar cord and my right leg immediately went limp. At this time, I was just a quarter mile from the finish so I hopped on 1 ½ leg up that final hill to make it in 14:23. Slow as that was, it was enough for a record and amazingly still stands till this day.



The hardest record was without question the 100K at *36Hrs of Jack*. As some of you who ran ultras before know, these longer distances are all about grinding it out on sheer willpower. It helps to have a partner to share your agony with. I had asked Tom Rogers, race director, if my partner for the final 50K could be a 4-legged rather than a 2-legged runner. More than allowing my partner Miles to run along, he gave him an extra bib and recorded his run time. Miles gave me the moral boost I needed to make it through those final miles. As all ultra runners do, he and I bound forever during that race.

For the next 10 years, I set records at all distances between 2 miles and 100K.

The records I am most proud of, however, are the ones in the marathon. Marathon times are very unpredictable. In most shorter races I can easily predict my arrival time within a few minutes, given the weather conditions, the course and my race preparation. When I ran the Bass Pro Marathon in 3:14 at age 67 and again in 3:19 at age 72, I surprised even myself.

Some of the fastest times I ran, however, were not MO-records. When I



started running again at 59, Karen Schwark asked me to write down my target time for the Half. She was coaching the 5K to Half program for the Joplin Y in preparation of that year's Memorial Run. I wrote down 1:30 and ever since that day, I have been trying to get there, to no avail.

Then, unexpectedly, ideal conditions made it happen. The occasion was the Madison, WI Half Marathon and RRCA National Championship. A two-day road trip just to get there but the race result made it worthwhile: 1:29:54, winning the RRCA championship and, most importantly, finally keeping my promise to Karen, made ten years earlier.



Sometime next year, if the good Lord allows and the creek don't rise, I will make it to the MO-records century-mark and hopefully that won't be the end of it. Just like cowboys in the cartoons I grew up with who wanted to die with their boots on, so do I (except, with my trail shoes on). Until then, let's have all the fun in the world, just enjoying a daily run in any weather the good Lord sends over Neosho.



**!!! Come join your Joplin
RoadRunners to run the only
certified 12K in Missouri !!!**



**CARTHAGE CROSSLINES AND 4-H
2ND ANNUAL CLOVER RUN
5K/12K
SATURDAY MARCH 7, 9AM**

**66 DRIVE-IN THEATER ON OLD RT66 IN CARTHAGE, MO
NET PROCEEDS GO TO
CARTHAGE CROSSLINES AND JASPER COUNTY 4-H**

THE 12K RACE IS A USATF-CERTIFIED DISTANCE



REGISTRATION FEE

5K: \$30 \$35 AFTER 3/5

12K: \$45 \$50 AFTER 3/5

VIRTUAL RUN: \$50 (VIRTUAL RUN INCLUDES RACE SHIRT)

**JRR MEMBERS \$5 OFF WITH DISCOUNT CODE (NO DISCOUNTS ON
RACE DAY)**

QUALITY TECH SHIRTS ARE OPTIONAL

AND CAN BE ORDERED DURING ONLINE REGISTRATION UNTIL 3/1

**IN-PERSON REGISTRATION ON 66 DRIVE-IN PARKING LOT
AT FRIDAY PACKET PICKUP OR STARTING AT 7:30AM ON RACE DAY**

All race information at <https://joplinroadrunners.com/upcoming-race-events>



Running-for-Beginners **by Mike Fleming**

Episode 4: Road Running vs. Trail Running: What's the Difference?

Trail races aren't about speed - they're about the experience

Hills, dirt, and uneven footing make it a mental and physical adventure

Most trail runners walk the uphill's - it's expected and smart!

► [Listen to the audio - 42:05](#)

Episode 5: Running Coach- The powerful connection between training, fueling, and performance.

Ever hit a wall in training?

Chances are it's not just your workouts — it's your nutrition too.

My guest today is a full-time virtual running coach who also has a college background in dietetics and nutrition.

That means he doesn't just create running plans — he understands how, what we eat and how we train work hand in hand to help us stay healthy, run stronger, and avoid burnout.

We'll be talking about everything from building smarter training plans, to fueling for long runs, to breaking through plateaus, and even how to navigate all the diet and fitness trends that can be so overwhelming online.

► [Listen to the audio - 47:31](#)

Episode 6: From Couch to Marathon: How 2 Moms Lost over 60+ lbs and Conquered 26.2 Miles!

Don't think you have a marathon in you? You're probably wrong!

In this powerful episode of Running for Beginners, host Mike Fleming sits down with one of two remarkable women who defied the odds. Both busy moms, they started running less than 2 years ago, shed well over 60 pounds each, and recently completed their first marathon—side by side. Tune in to hear how they trained, what kept them going through the toughest miles, and how their friendship fueled their transformation.

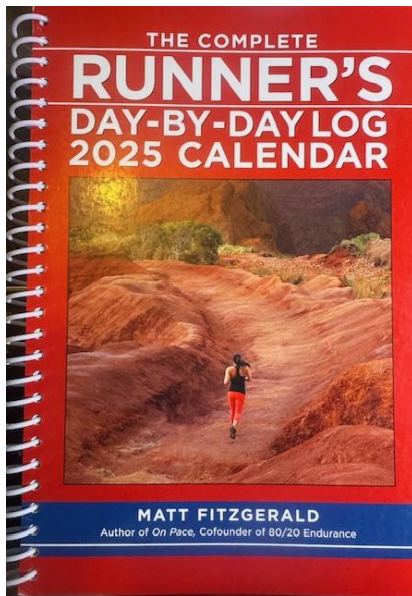
Whether you're just starting out or dreaming of your first race, this episode will motivate you to take that next step.

► [Listen to the audio - 40:28](#)

From our Runner's Library ...

The Complete Runner's Day-by-Day Log

(by Matt Fitzgerald)



Whatever Works

It goes without saying that when a runner tries something new, they want it to work. Whether it's a different training method, a fancy gadget, or a dietary change, they hope it delivers whatever benefits they seek from it.

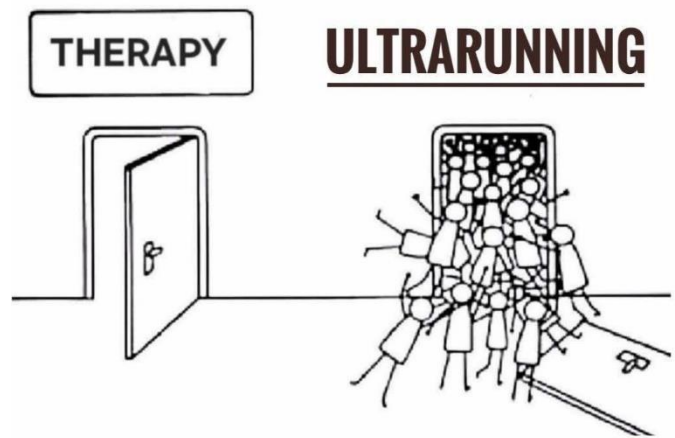
In sports and in life, sometimes experiments end in satisfaction, other times in disappointment. When something doesn't work out, the sensible thing to do is reverse course and perhaps try something else. Runners don't always do the sensible thing. Not uncommonly, we persist with a training method, gadget or dietary practice that clearly isn't yielding the desired results. Somehow, wanting the thing to work evolves into pretending it's working. Or, in the language of consumer psychology, "*I bought it because I like it*" is replaced with "*I like it because I bought it*."

The term I use for this phenomenon is *means attachment*. Whether done out of pride or stubbornness or blind faith, runners sometimes get so attached to a particular means to improvement that it becomes an end in itself, even when it yields no improvement, or worse, regression.

One group of runners that seldom persists in failed experiments is the professionals. These athletes have so much riding on how they perform that they can't afford to allow pride or stubbornness or blind faith to stop them from finding the most effective methods possible. The opposite of means attachment is what I call a "*whatever works*" mindset, and the pros have it. They don't care which methods work best. All they care about is finding them, and they will gladly cast off any method that isn't working in favor of a better alternative.

An example of the "whatever works" mindset is Molly Seidel, winner of the bronze medal in the 2020 Olympic Women's Marathon in Tokyo. Early in her professional running career, Molly trained more or less the same way other elite marathoners train. But she kept getting injured and eventually she and her coach identified speed work as the source of the problem. To her credit, instead of attaching herself to the notion that persisting with speedwork was the only possible way for her to reach her goals, she replaced those miles with moderate intensity running, stayed healthy, and became an Olympian.

You don't have to be an Olympian to benefit from this mindset. No loyalty is owed to anything you try in search of improvement. If it doesn't work, dump it, and find what does work, whatever that may be.



A Glimpse of the past

(by the previous JRR generation)

Just to remind ourselves that there were Roadrunners before us and there (hopefully) will be after us, looking back at our days and adventures, here a look at one of the earliest Newsletters we preserved, this one from May 1996. Our Treasurer's report has evolved a little over time.

Page 3



RUNNER'S EXCHANGE

A JRR Thank You!

To the sponsors of the Four-State Classic (The Joplin Globe, Freeman Hospital, Mercantile Bank, Pillsbury, Tri-State Motor Transit, Sugar Creek Designs, CFI, The Children's Miracle Network, and MSSC), and all those who volunteered their help for the race.

Leon Noland likes the Frisco Trail. The surface of crushed limestone is good for walking, running, and biking, and there is some nice scenery along the way. Those looking for some variety in their workouts might give it a try.

MONDAY AFTERNOON RUNS 5:05 TO 5:10 at the Armory on West 32nd St.

TUESDAY AFTERNOON RUNS - 4:30-5PM at MSSC Cross Country Course

SATURDAY MORNING RUNS - 7 to 8 AM from Olympic Fitness Center

TREASURER'S REPORT

MAY 1 BALANCE

\$2165.54

RECEIPTS

Dues	\$60.00
Interest on Acct.	2.28
Ken Gray Entries	200.00
Ken Gray Sponsorship	50.00
Shirt Sales	<u>10.00</u>
Total	\$322.28

DISBURSEMENTS

Ken Gray T Shirts	245.90
Ken Gray Awards	<u>176.71</u>
Total	\$422.61

MAY 31 BALANCE

\$2065.21

-Steve Noland

"Training takes place in the cell, where chemistry is turned into physics"

-The Complete Runner's Day-by-Day Log and Calendar 1995

Treasurer's Report

Joplin RoadRunners - Cash Flow 2025 - YTD	
Jan 1, 2025 - bank balance	
	\$6,304.44
Income	
Incoming donations	\$8,750.00
Membership Fees	\$3,029.35
Clothing Sales	\$1,008.29
Race Revenue	\$30,252.12
Total Income	\$43,039.76
Expenses	
Equipment purchases	\$1,757.56
Charity donations	\$14,400.00
General club expenses	\$7,735.28
Race Expenses	\$16,044.16
Total Expenses	\$39,937.00
Dec 15, 2025 - bank balance	
	\$9,407.20

Note that, in 2025, of the Net Race Revenue of \$30,252 minus \$16,044 = \$14,208, we donated \$14,400 to our various race charities and still came out ahead!

Thanks to all who made this possible: who volunteered, assisted in the organization, race day setup, shirt and award selection, design and printing, race timing, course marshalling, race promotion and registration, as well as all you runners who registered and ran, live or virtual, in any of our 2025 races!

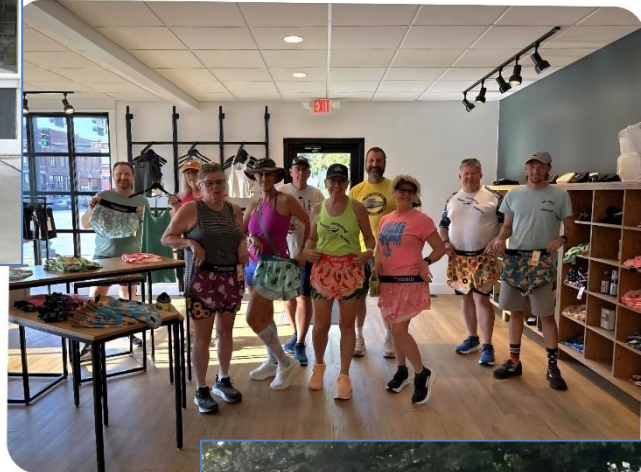
Let's see how we can best this in 2026!!

Group Runs



Come run with one of our three groups, Joplin, Carthage or Neosho, whether out-of-towners, members and non-members.

We leave no one behind!



Social Runs & Club Meetings

Our Social Runs are held each month. We alternate between Carthage, Joplin/Webb City and Neosho. Join us for a group run followed by a dinner whereby anyone is invited. This is a perfect opportunity to bring interested friends, kids, family, dog, anyone who can stand us talking about running during dinner.

Our Club Meetings are held every other month, generally with a speaker and around a theme many of us would be interested in.

We now also live-stream our meetings on Facebook, but do come in person and support your team with your presence and company.

Precise days and venues are listed on our Facebook page as well as on our JRR website's home page.



Next JRR Club meeting is on January 15: our annual Lasagna Party at Henri & Titi's, introducing all our new members to the club. Come and Bring a side!

One more thing ...



Last month, JRR Magazine was invited to the premiere of the runner's documentary *"Age Group Winner"* at the Royale Cinema Lounge (former Bookhouse Cinema on Broadway).

The plot:

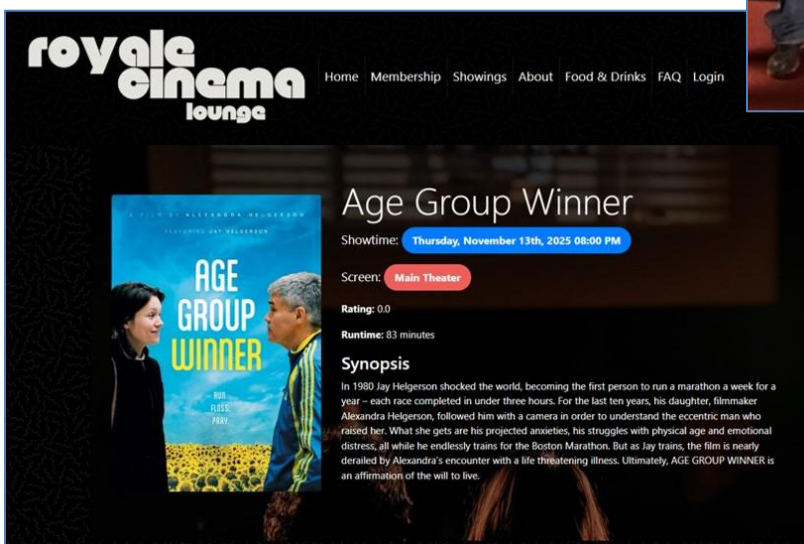
In 1980 Jay Helgerson shocked the world, becoming the first person to run a marathon a week for a year – each race completed in under three hours, giving him a place in the Guinness Book of Records.

For the last ten years, his daughter, filmmaker Alexandra Helgerson, followed him with a camera in order to understand the eccentric man who raised her. What she gets are his projected anxieties, his struggles with physical age and emotional distress, all while he endlessly trains for the Boston Marathon. But as Jay trains, the film is nearly derailed by Alexandra's encounter with a life-threatening illness. Ultimately, *Age Group Winner* is an affirmation of the will to live.

After the movie, we were privileged to have a personal conversation with the film producer Alexandra Helgerson herself to ask her questions about the making of the film, the emotional connection with the subject, her budding love for running and how she deals now with the aftermath of her victory over cancer.

Alexandra went into great detail about her passion for movie-making but specifically for creating a legacy for her dad she admires.

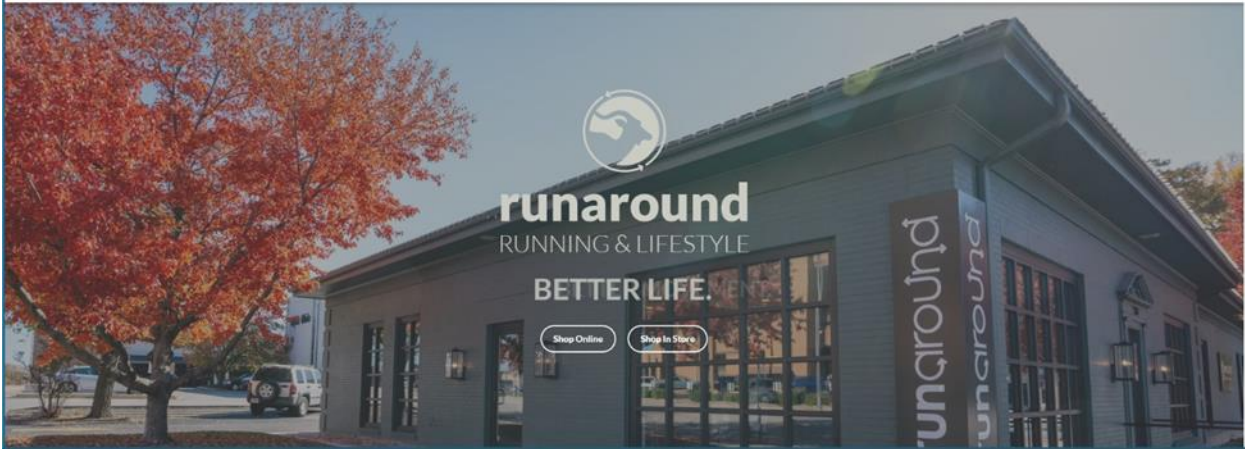
For what ultimately turned out to be a family portrait of a dad-runner by her daughter, the movie was never



boring or strung-out, which would have been an easy trap for a daughter. Instead, it was a story told with admiration, understanding and humorous if ever there was one.



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Store Hours

Monday: 10:00 AM - 6:00 PM
Tuesday: 10:00 AM - 6:00 PM
Wednesday: 10:00 AM - 6:00 PM
Thursday: 10:00 AM - 6:00 PM
Friday: 10:00 AM - 6:00 PM
Saturday: 10:00 AM - 6:00 PM
Sunday: CLOSED

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