

# OLATHE RUNNING CLUB

Newsletter

Mar/Jun 2022



## Welcome to the Olathe Running Club!

Welcome to this issue of the Olathe Running Club newsletter. The long days of summer are fast approaching and we are all preparing for this years races in the coming summer and fall. Since the last newsletter we've had some interesting new stories and events to share. New board members have been elected and we've had our first club social picnic of the year. So please enjoy this issues exciting news and reviews on club activities, both past and future, as well as personal insights from contributing members. We all strive to improve in our personal running goals, which can be of benefit to all of us.

### IN THIS ISSUE:

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Olathe Running Club is a public service organization registered in the state of Kansas as a nonprofit corporation. Affiliated with Road Runners Club of America.

# In the News...



## MEET YOUR NEW BOARD MEMBERS.



### Samantha Johnson

President

*I've been a runner for about 13 years and am a marathoner. I used to run by myself for years and then I got connected with a run group. I discovered how amazing it is to run with a group of running buddies each week. I have also discovered the importance of cross training in the prevention of injuries. So I often do spin, strength training class and HIIT. One of my favorite races that I do every year is the Plaza 10K. The friendships I have developed over the years is something I treasure and love catching up with them on a run! I look forward to seeing many of you on a group run.*



### Jay Reinhardt

Vice President, Saturday Morning Run Coordinator

*Jay is one of longest members of the Olathe Running Club and has been hosting the Saturday morning runs for several years now. Jay is always there to run with you at whatever pace suits you and never fails to be a great guide and mentor. Wearing two hats in an organization is difficult for most, but Jay always seems to find the time for both VP and SMR host. And let's not forget the treats he brings each week!.*



### Molly Mantei

Treasurer

*After finishing dead last in a high school cross country race Molly hated running. But then she married into a running family and ran her first 5K with them. She was hooked and in the summer of 2021 they moved to Olathe and joined the Olathe Running Club. She started with Wednesday night runs and eventually switched over to the Saturday Morning Runs, finding that a SMR long run forced her out of her comfort zone and she began to improve. Being a full-time technical writer Molly jumped at the opportunity to serve as Treasurer. A wife, cat mom, budgeter, runner, yogi and reader, she is passionate about animal welfare and volunteers for the SPCA. So reach out to her for a run!*



## Anne Schroer

Wednesday Night Run Coordinator

*Anne is a longtime member of the Olathe Running Club and has been hosting the Wednesday Night Runs for several years now. Club members and others rely on her for her guidance and commoratorie as she hosts the afterrun get togethers at many of the local dining and entertainment establishments in and around Olathe. She fosters an atmosphere that binds us together not just as runners, but as friends as well.*



## Jane Pfannenstiel

Event Coordinator

*Jane moved to Olathe 4 years ago from Dodge City, Ks. Being a runner one of the things she left behind were friends that she ran with, Arriving here she didn't even have all of the boxes unpacked before she was on the computer looking for a group to run with. Locating the Olathe Running Club online and she joined them for a Saturday Morning Run. She says they were so welcoming and made her feel part of the group right away. After suffering from a broken foot, and when she was able to return to running, they were most encouraging and very helpful in offering support in her recovery. So whether you are fast, slow or a walker, members of the Olathe Running club are here for you.*



## Randy DeBord

Technology Coordinator

*With a background in software development for over 40 years Randy started running about 7 years ago as a way to improve and maintain his health. He quickly found that it provided an enjoyment of life that he had not experienced before. He sought out others that shared similar goals and interests and found them in the Olathe Running Club. As a new member of the board he aspire's to improve the web and media experince of the club in ways that will benefit all members.*



## Marty Pape

Senior Liason

*Marty is another longterm member of the Olathe Running Club and has been running since the 1990's. He has organized and managed the ORC "Heart and Sole" race in past years. As Senior Liason the board and members alike look to Marty's experience and guidance, whether it be with club activities or just plain good advice. So if your out on a weekly run or at an activity with Marty, don't hesitate to ask for advice on any running issues you may have.*

# MEET YOUR NEW MEMBERS!

## OLATHE RUNNING CLUBS RECENT ADDITIONS

Let's give a shout out to our newest members!

- Jennifer Jackson Lee
- Leslie Breon
- Dev Beckett
- Mary Gordon
- Melissa Langton
- Michelle Griffin
- Amy Robertson
- Savannah Brigdon
- David Black Family
- Andrea & Keith Moll
- Maureen Rammel
- Jennie Conyers
- Kelly Schwieger
- Darin Seidel Family
- Adam Boothe
- Kenny Podrazik

# In the News...



## SPRING PICNIC

Enjoy the photos from our spring 2022 picnic at Blackbob park on April 30th. It was cool and a bit windy, but everyone enjoyed the food and good company!



# On The Road...

## My First Half Marathon

By Molly Mantei

I ran my first half marathon on 4/9/2022 at Rock The Parkway here in Kansas City! There's absolutely no way I would have considered training for a half marathon if it wasn't for the ORC. The people in the group gave me the confidence that if I could run 3-4 times a week then I could do a half with the right training. Using a more spontaneous run-walk-run method with Jane Pfannenstiel helped prove to myself that if I went slower and allowed myself some breaks I could go the distance. I planned out the timeline of training for the half on a cold, Winter SMR with Jane and she assured me I had plenty of time to train for a Spring race.

I ran a few 6 and 7 mile runs before on my own and got to the point where I was consistently running 6 miles on the weekends at the Saturday Morning Run (SMR).



The idea of running a half marathon slowly nestled into my head when some things felt out of control in my life. I didn't officially sign up for the half until after my 8-mile training run. That run was the farthest I had ever run! I felt so good after it, that I knew I could do the half. Jane was a huge inspiration for me to know that I could go the distance! I remember telling my dad, a long-time "old school" runner, that I signed up for the half after 8 miles and he almost psyched me out. He told me over the phone, "13 miles is a lot longer than 8, Molly. If I were you, I'd run more than 13 before I ran the half." I'd been reading and following the Hal Higdon Half Marathon Training for Novice 1 and I knew I could do the half following this plan.

I didn't have a time goal; I just wanted to finish! I was seeing Hal Higdon's training paying off and my distance growing each week. I was also getting faster on my short runs...something I didn't realize would be a side effect of adding more distance! I'd been doing a spontaneous run-walk-run on the SMRs so I knew I would need to incorporate some walking in my half training. I'm also a pescatarian (essentially a vegetarian who just eats sushi on date night!) so I checked out a book, No Meat Athlete, from the library to learn how to better fuel my body.

I started fueling at mile 4 and 8 to help prep me for the half and those were my big walk breaks, too.

I trained for 12ish weeks. I had fun running with other runners like Jay Reinhardt, Ashly Squires, and Jennifer Jackson-Lee on my regular SMRs, too. Running with others made it fun and made the miles less intimidating! Around 4 weeks into my training, I started having some issues with some numbness in my feet. Walk breaks eased the pain and so did new shoes, but the issue persisted.

I received two sports massages that seriously did the trick for me. 6 weeks into my training I also developed consistent issues with blisters on the inside of my big toes. One of the biggest takeaways from this experience is how important your foot health is! If something is bothering your feet, go see a Podiatrist. I had no clue I had Athlete's Foot and it's SO exhausting to recover from. I'm writing this about 6 weeks post-race and I am still dealing with Athlete's Foot. It's much better but still persistent. But enough about my feet 😊.

The days before the race, I was freaking out. I knew I could physically do the race, but I questioned if I could mentally do the race. I had trained for all of these long runs with others where I talked the whole time! I started getting sincerely worried I'd get bored during the half marathon and lose motivation around the double-digit miles when I knew it would be getting harder.

On race day, I met up with some ORC members beforehand and Jennifer and I started the race together. We didn't plan to stick together at all, each person could run their own race, but we got to talking and we ended up running the whole race together! We even crossed the finish line with another ORC member, Randy DeBord. Talking throughout the race made it WAY more enjoyable. I am forever grateful to Jennifer that she ran my first half with me. We talked the whole way, got pictures with my family and friends along the way, and the race didn't feel so DAUNTING.



But actually as the race progressed we talked the whole time and it just felt like a longer SMR! I cried a bit afterwards because I'm a big sap. I knew I would! I was just so proud and in disbelief that I did it. I'm still kind of shocked I did it! It was a lot of work and focus. I had to learn SO MUCH about my running, my feet, and my diet in training. I had to push myself to work out when I didn't want to or run.

I'm so happy I met my goal and that I had fun doing it. I am truly unsure if my half was a one-and-done experience or if I'll keep doing them. For now, I'm enjoying not training for anything and enjoying my hobby!

Thanks everyone for the support and encouragement with running. It means so much to me! I wouldn't have been able to do this if it weren't for the ORC. The people I've met in this group have just provided me a constant flood of motivation and inspiration.

I look forward to continuing to meet more people, making new goals, achieving new goals, and enjoying what is hopefully a long relationship with running.

# Around Town...



We want to thank our members for participating in the May 7 event at the Running Well store! Not only is it a great change of venue, it's an opportunity to get some great discounts on apparel.

# Trails...



## Gary L. Haller Trail - Ridgeview Street Access

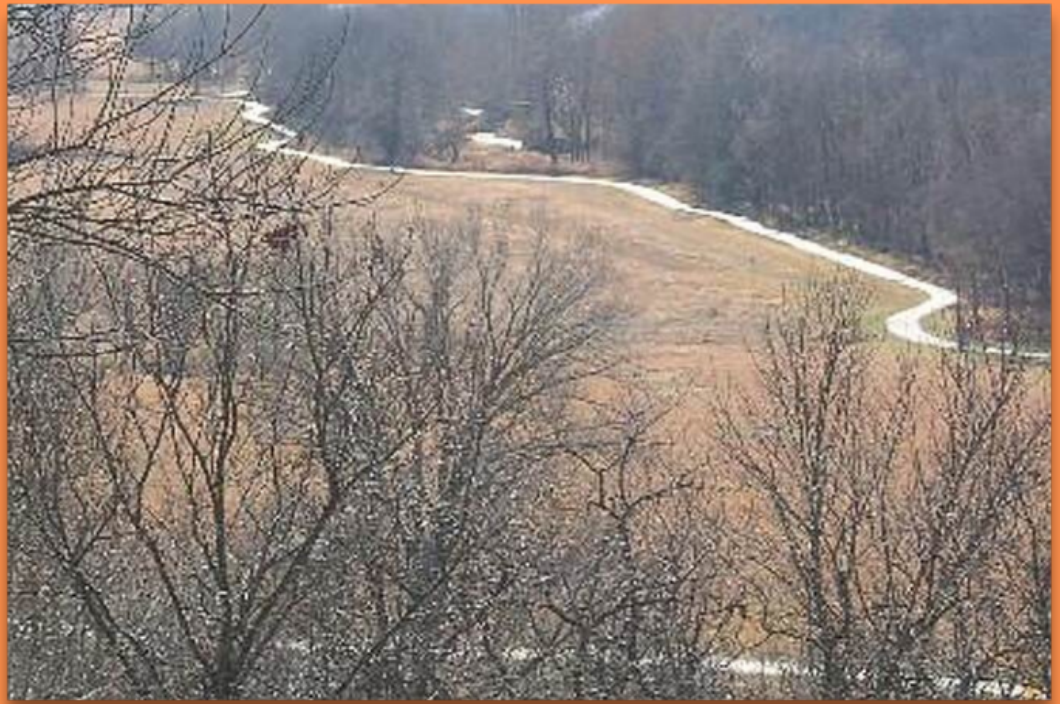
Just a little north of K10 on Ridgeview road is a convenient access for Olathe residents. This access point to the Gary L. Haller trail has an attractive feature not only due to its easy access from Olathe, but it is the start of some of the flattest part of the trail.

Accessible all year round, this section of the trail offers the perfect environment for those working on a particular long run or training for anything from a 10K to a full Marathon.



The Gary L. Haller Trail stretches from Olathe to the Kansas River and is paved and well maintained. The bridges have railing for safety. The trail is typically at least 5 feet wide with many wider passing spaces. There is a painted dividing line along most of the trail which reduces the width but keeps the bike traffic out of a runners lane.

Less than a mile going north from the Ridgeview access is a nice restroom facility and water that is operational from spring until late fall, after which porta-potties are available.



The trail avoids most road and railroad crossings via underpasses and is frequented by bikers and walkers. An abundance of pedestrian tunnels and bridges span the length of the trail.

The majority of the trail is estimated to be in the mostly gentle grade category (5% or less) and the steepest sections are at about 4 miles from the Ridgeview access when going north. There are benches and picnic tables along the route for resting or stopping for a snack.

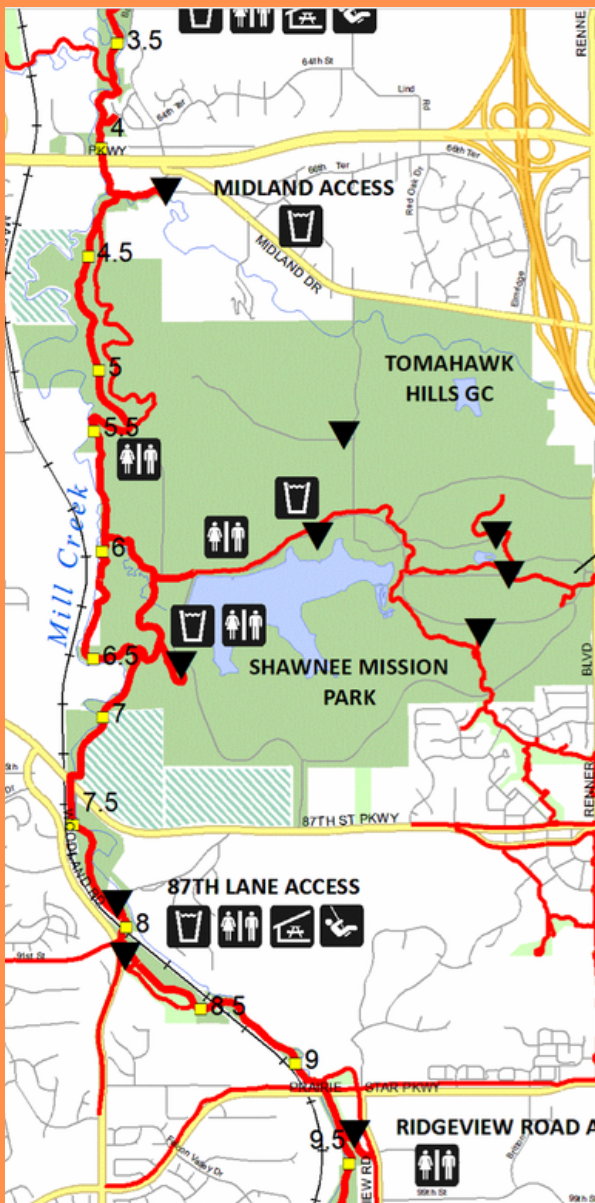
Aside from the bathrooms near the Ridgeview street access there also additional facilities near Shawnee Mission Parkway and just about a mile further north.

For long runs from the access point to where the trail starts getting hilly is about 8 miles round trip. 10 miles if you go to Shawnee Mission Pkwy and back

Continuing north past Shawnee Mission Pkwy to the 3.5 mile marker there is another set of restrooms and water, which is about a 12 mile run there and back.

Of course going the complete distance to the Kansas River and back puts you at about a 19 mile run. Great for a full marathon training.

So check out this gem of a running route and maybe it will become one of your favorites!



# Upcoming Races...

Don't forget that club members get discounts on certain races, See Jay Reinhardt for details. For additional race details see [www.mararunning.org](http://www.mararunning.org)

Date	Day	Start	Name & Distance	Race Location	Race Site / Registration
July 2022					
Jul 1	Fri	7:00 PM	July Summer Run Series - Run One	1254 E. Republic Rd. Springfield, MO	<a href="#">July Summer Run Series - Run One</a>
Jul 2	Sat	7:00 AM	Glen Elder Fun Run Best Dam Run in Kansas!	228 W. Main St. Glen Elder, KS	<a href="#">Glen Elder Fun Run</a>
Jul 2	Sat	7:00 AM	Freedom Wellness Challenge	E Greenwood S Ave. Johnson, KS	<a href="#">Freedom Wellness Challenge</a>
Jul 2	Sat	7:30 AM	Olde Glory Days Patriotic 5K & Fun Run	Downtown Square Clinton, MO	<a href="#">Olde Glory Days Patriotic 5K</a>
Jul 2	Sat	8:00 AM	Summer Sizzler 5K/10K	Waterfall Park Independence, MO	<a href="#">Summer Sizzler 5K/10K</a>
Jul 2	Sat	8:00 AM	Lewis Days 5K	200 Block Main Street Lewis, KS	<a href="#">Lewis Days 5K</a>
Jul 2	Sat	8:00 AM	Wild West Fest 5K	Hays Aquatic Park Hays, KS	<a href="#">Wild West Fest 5K</a>
Jul 3	Sun	7:30 AM	Stars and Stripes 5K & Lil' Firecrackers Kids Run	Prairie Fire Overland Park, KS	<a href="#">Stars and Stripes 5K</a>
Jul 3	Sun	8:30 AM	45nd Annual Freedom Run 10K, 5K, Fun Run	Heritage Park Junction City, KS	<a href="#">Freedom Run 10K, 5K, Fun Run</a>
Jul 4	Mon	7:00 AM	Lenexa Freedom Run 5K & 10K	Old Town Lenexa Lenexa, KS	<a href="#">Lenexa Freedom Run</a>
Jul 4	Mon	7:20 AM	Parley P. Pratt Freedom Run	Boone County Courthouse Columbia, MO	<a href="#">Parley P. Pratt Freedom Run</a>
Jul 4	Mon	7:30 AM	Freedom Fest Annual 5K RunWalk 5K & 10K	Warrensburg Train Depot Warrensburg, MO	<a href="#">Freedom Fest Annual 5K RunWalk</a>
Jul 4	Mon	7:30 AM	Firecracker 5K	Lynn Baldwin Memorial Park Galva, KS	<a href="#">Firecracker 5K</a>
Jul 4	Mon	7:30 AM	Stars and Stripes 5K	1865 Museum Blvd. Wichita, KS	<a href="#">Stars and Stripes 5K</a>
Jul 4	Mon	7:30 AM	Salt Fork YMCA Firecracker 5K	Salt Fork YMCA Marshall, MO	<a href="#">Salt Fork YMCA Firecracker 5K</a>
Jul 4	Mon	7:30 AM	Olde Glory Days Patriotic 5K	Downtown Square Clinton, MO	<a href="#">Olde Glory Days Patriotic 5K</a>
Jul 4	Mon	7:30 AM	CRMC 4 Mile	Cameron, MO	<a href="#">CRMC 4 Mile</a>
Jul 4	Mon	7:30 AM	Freedom Fun Run	Lake Lou Yeager Litchfield, IL	<a href="#">Freedom Fun Run</a>
Jul 4	Mon	7:30 AM	Firecracker 5K	Lynn Baldwin Memorial Park Galva, KS	<a href="#">Firecracker 5K</a>
Jul 4	Mon	7:30 AM	Wichita Stars and Stripes 5K	Cessna Stadium Wichita, KS	<a href="#">Wichita Stars and Stripes 5K</a>
Jul 4	Mon	7:30 AM	Ward Parkway Four on the 4th	Ward Parkway Shopping Center Kansas City, MO	<a href="#">Four on the Fourth</a>

# Upcoming Races...

Jul 4	Mon	7:30 AM	41th Annual Derby Firecracker	High Park Derby, KS	<a href="#">Derby Firecracker</a>
Jul 4	Mon	7:30 AM	Firecracker 5000	Branson Landing Branson, MO	<a href="#">Firecracker 5000</a>
Jul 4	Mon	7:30 AM	Olde Glory Days Patriotic 5K & 1M Fun Run	Benson Center Clinton, MO	<a href="#">Olde Glory Days Patriotic 5K</a>
Jul 4	Mon	8:00 AM	Four on the 4th	Park Central Square Springfield, Mo	<a href="#">Four on the 4th</a>
Jul 4	Mon	8:00 AM	4th of July Firecracker Mile	Edgewood Greenway Jefferson City, MO	<a href="#">4th of July Firecracker Mile</a>
Jul 4	Mon	8:00 AM	Four on the 4th	Park Central Square Springfield, Mo	<a href="#">Four on the 4th</a>
Jul 4	Mon	8:00 AM	Stand and Salute 5K & 1 Mile Fun Run	110 W. 6th St. Miller, Mo	<a href="#">Stand and Salute 5K</a>
Jul 8	Fri	7:00 PM	July Summer Run Series - Run Two	1254 E. Republic Rd. Springfield, MO	<a href="#">July Summer Run Series</a>
Jul 8-9	Fri/Sat	10:30 AM	Sunflower State Games Track & Field	Hummer Sports Park Topeka, KS	<a href="#">Sunflower State Games Track &amp; Field</a>
Jul 9	Sat	5:30 AM	Hell on Gravel 50K, Half, Marathon Run	East Park El Dorado, KS	<a href="#">Hell on Gravel</a>
Jul 9	Sat	6:00 AM	Honey Badger Ultra Race 100M	Cheney State Park Kingman, KS	<a href="#">Honey Badger Ultra Race 100M</a>
Jul 9	Sat	7:30 AM	Gardner PD Law Dog 5K/10K	1 New Century Parkway New Century, KS	<a href="#">Gardner PD Law Dog 5K/10K</a>
Jul 9	Sat	7:30 AM	Run for the Paws	203 W. Hillside Wellington, KS	<a href="#">Run for the Paws</a>
Jul 9	Sat	7:30 AM	C.O.W. Festival 5K & 1 Mile Predict	St. John Catholic Church Spearville, KS	<a href="#">C.O.W. Festival 5K &amp; 1 Mile Predict</a>
Jul 9	Sat	7:45 AM	Sunflower State Games 5K & 10K	Lake Shawnee Topeka, KS	<a href="#">Sunflower State Games 5K &amp; 10K</a>
Jul 9	Sat	8:00 AM	Firecracker Flight East KC 5K & 10K	Waterfall Park/Bass Pro Independence, MO	<a href="#">Firecracker Flight</a>
Jul 9	Sat	8:00 AM	Dexter BBQ 5K/2M	Dexter, KS	<a href="#">Dexter BBQ 5K/2M</a>
Jul 9	Sat	8:00 AM	Run to Cheney	Cheney High School Cheney, KS	<a href="#">Run to Cheney</a>
Jul 9	Sat	8:00 AM	It's A Great Day to Be An Eagle 5K	3001 Monterey St. Joseph, MO	<a href="#">It's A Great Day to Be An Eagle 5K</a>
Jul 9	Sat	8:00 AM	Head for the Cure - Mid-MO	Stephens Lake Park Columbia, MO	<a href="#">Head for the Cure</a>
Jul 9	Sat	8:00 AM	Hero Hustle North KC	Kansas City, MO	<a href="#">Hero Hustle North KC</a>
Jul 9	Sat	8:30 AM	Grace Hill Wine Run 5K	Grace Hill Winery Whitewater, KS	<a href="#">Grace Hill Wine Run 5K</a>

# Upcoming Races...

Jul 9	Sat	8:30 AM	Living Incredible 5K	Augusta, KS	<a href="#">Living Incredible 5K</a>
Jul 9	Sat	11:00 AM	Beer Run 5K	Fields & Ivy Brewery Lawrence, KS	<a href="#">Beer Run 5K</a>
Jul 9	Sat	6:00 PM	Hurts Donut 5K 2022	Sedgwick County Park Wichita, KS	<a href="#">Hurts Donut 5K 2022</a>
Jul 10	Sun	7:00 AM	Shawnee Mission Triathlon & Duathlon	Shawnee Mission Park Shawnee, Kansas	<a href="#">Shawnee Mission Triathlon &amp; Duathlon</a>
Jul 10	Sun	8:30 AM	Sunflower State Games 5K & 10K	Lake Shawnee Topeka, KS	<a href="#">Sunflower State Games 5K &amp; 10K</a>
Jul 10	Sun	8:30 AM	Sunflower State Games Orienteering	Washburn University Topeka, KS	<a href="#">Sunflower State Games Orienteering</a>
Jul 12	Tue	7:00 AM	JC Triathlon: The Great Escape	Ellis Porter Riverside Pool Jefferson City, MO	<a href="#">Jefferson City Triathlon</a>
Jul 13	Wed	6:30 PM	Martin City Taco Mile	135th & Oak St. Kansas City, MO	<a href="#">Martin City Taco Mile</a>
Jul 15	Fri	7:00 PM	July Summer Run Series - Run Three	1254 E. Republic Rd. Springfield, MO	<a href="#">July Summer Run Series</a>
Jul 16	Sat	6:00 AM	Tale of Two Trails 2022	Shawnee Mission Park Shawnee, KS	<a href="#">Tale of Two Trails 2022</a>
Jul 16	Sat	7:00 AM	Kyle's Summer Classic 5K Run/Walk	Greenway Parking Lot Jefferson, MO	<a href="#">Kyle's Summer Classic 5K Run/Walk</a>
Jul 16	Sat	7:30 AM	Amelia Earhart 2K/8K Fun Run Walk	YMCA Atchison, KS	<a href="#">Amelia Earhart 2K/8K</a>
Jul 16	Sat	7:30 AM	Fully Charged 2022 5K Run/Walk	Heritage Park Olathe, KS	<a href="#">Fully Charged 2022 5K Run/Walk</a>
Jul 16	Sat	8:00 AM	Sunflower State Games Cross Country	Iliff Commons Topeka, KS	<a href="#">Sunflower State Games Cross Country</a>
Jul 16	Sat	8:00 AM	Run for Hope Family 5K	Branson Landing Branson, MO	<a href="#">Run for Hope Family 5K</a>
Jul 16	Sat	8:00 AM	Specialized Research Run 5K	English Landing Park Parkville, MO	<a href="#">Specialized Research Run 5K</a>
Jul 16	Sat	8:00 PM	Midsummer Nights 10K & 5K	955 E. North St. Joplin, MO	<a href="#">Midsummer Nights 10K &amp; 5K</a>
Jul 17	Sun	8:00 AM	Sunflower State Games Cross Country	Iliff Commons Topeka, KS	<a href="#">Sunflower State Games Cross Country</a>
Jul 17	Sun	8:00 AM	Sunflower State Games Adventure Race	Perry State Park Ozawki, KS	<a href="#">Sunflower State Games Adventure Race</a>
Jul 17	Sun	8:00 AM	Show-Me State Games Triathlon & Duathlon	Phillips Lake Columbia, MO	<a href="#">Show-Me State Games</a>
Jul 20	Wed	7:00 PM	Griffon Race Series #3	46525 Downs Dr. Saint Joseph, Mo	<a href="#">Griffon Race Series #3</a>
Jul 22-23	Fri	11:59 PM	Special Olympics Midnight Run 1M, 5K, 10K	11721 Roe Leawood, KS	<a href="#">Midnight Run 1M, 5K, 10K</a>

# Upcoming Races...

Jul 23	Sat	7:00 AM	Rodeo Run Half Marathon, 4M, 1M	Pretty Prairie, KS	<a href="#">Rodeo Run</a>
Jul 23	Sat	7:00 AM	The Snake	Clinton Lake Lawrence, KS	<a href="#">The Snake</a>
Jul 23	Sat	7:30 AM	River Rat 4 Mile	Lawrence Levee Lawrence, KS	<a href="#">River Rat 4 Mile</a>
Jul 23	Sat	7:30 AM	Diva Dash 5K & Lil' Princess Girls Run	Corporate Woods Overland Park, KS	<a href="#">Diva Dash</a>
Jul 23	Sat	7:00 AM	Christmas in July	Tri-County YMCA Osage Beach, MO	<a href="#">Christmas in July</a>
Jul 23	Sat	8:00 AM	Treat Trot KC	Eh Young Park Riverside, MO	<a href="#">Treat Trot</a>
Jul 23	Sat	8:00 PM	Drizzle Sizzle 5K & Tutu Trot 1M Fun Run	Grain Valley, Mo	<a href="#">Drizzle Sizzle 5K</a>
Jul 23	Sat	8:00 PM	You'll Never Run Alone 5K	Anneberg Park Manhattan, KS	<a href="#">You'll Never Run Alone 5K</a>
Jul 23	Sat	6:00 PM	Christmas in July	3529 Frederick Ave. Saint Joseph, MO	<a href="#">Christmas in July</a>
Jul 23	Sat	7:30 AM	Girls Just Wanna Run/Walk 5K/10K	Cox North Fountain Plaza Springfield, MO	<a href="#">Girls Just Wanna Run/Walk 5K/10K</a>
Jul 24	Sun	7:30 AM	Donut Stop Half Marathon & 5K	Eh Young Park Riverside, MO	<a href="#">Donut Stop Half Marathon &amp; 5K</a>
Jul 24	Sun	7:30 AM	YMCA Youth Triathlon	North Kansas City YMCA North Kansas City, MO	<a href="#">YMCA Youth Triathlon</a>
Jul 22	Fri	7:00 PM	July Summer Run Series - Run Five	1254 E. Republic Rd. Springfield, MO	<a href="#">July Summer Run Series</a>
Jul 30	Sat	7:30 AM	WIN for KC Women's Triathlon	Sailboat Cove Park Smithville, MO	<a href="#">WIN for KC Women's Triathlon</a>
Jul 30	Sat	8:00 AM	Viking Dash Trail Run - Kansas City	Union Pacific Depot Lawrence, KS	<a href="#">Viking Dash Trail Run</a>
Jul 30	Sat	8:00 AM	Royals Charities 10K & 5K Run/Walk	Kauffman Stadium Kansas City, MO	<a href="#">Royals Charities</a>
Jul 30	Sun	8:00 AM	Rock Island Trail Half Marathon	308 W Commercial St. Pleasant Hill, MO	<a href="#">Rock Island Trail Half Marathon</a>
Jul 30	Sun	8:00 AM	McPherson County United Way Triathlon	511 N. Lakeside Dr. McPherson, KS	<a href="#">United Way Triathlon</a>
Jul 30	Sun	8:00 AM	Run for Reintegration 5K	8701 McAfee St. Parkville, MO	<a href="#">Run for Reintegration 5K</a>
Jul 31	Sun	8:00 AM	Summer Family Timber Challenge	Zip KC Bonner Springs, KS	<a href="#">Summer Family Timber Challenge</a>
Jul 31	Sun	8:00 AM	Show-Me Games 5K & 10K	Gentry Middle School Columbia, MO	<a href="#">Show-Me Games 5K &amp; 10K</a>
Jul 31	Sun	9:00 AM	Christmas in July 6 Hr, 12 Hr, 6 Hr Relay	St. Joseph, Mo	<a href="#">Christmas in July</a>

# Upcoming Races...

## August 2022

Aug 3	Wed	7:00 PM	Griffon Race Series #4	4525 Downs Dr. Saint Joseph, MO	<a href="#">Griffon Race Series #4</a>
Aug 6	Sat	7:00 AM	Brew 2 Shoe 10K, 5K and 1 Mile Fun Run	Manhattan, KS	<a href="#">Brew 2 Shoe</a>
Aug 6	Sat	7:30 AM	Picnic Run 5K	Tipton High School Tipton, KS	<a href="#">Picnic Run 5K</a>
Aug 6	Sat	7:00 AM	Dwight Summerfest 5K	Dwight, KS	<a href="#">Dwight Summerfest 5K</a>
Aug 6	Sat	7:30 AM	Run for Raptors 5K Trail Run	Swope Park Kansas City, MO	<a href="#">Run for Raptors 5K Trail Run</a>
Aug 6	Sat	7:30 AM	Great Sandbagger 5M	7149 W. Route K Columbia, MO	<a href="#">Great Sandbagger 5M</a>
Aug 6	Sat	7:30 AM	MO Ozarks Community Health Run/Walk	603 W. Broadway Ave. Ava, MO	<a href="#">MO Ozarks Community Health Run/Walk</a>
Aug 6	Sat	7:30 AM	Spencer C. Duncan - Make it Count 5K	New Century Air Center Gardner, KS	<a href="#">Make it Count 5K</a>
Aug 6	Sat	7:30 AM	Sol Run 5K	Simpson Park Chillicothe, MO	<a href="#">Sol Run 5K</a>
Aug 6	Sat	7:30 AM	Washburn Rural Back to School 5K	Washburn Rural High School Topeka, KS	<a href="#">Washburn Rural 5K</a>
Aug 6	Sat	8:00 AM	Miles for Mark 5K & 1.5M Run/Walk	Heritage Park Shelter 1 Olathe, KS	<a href="#">Miles for Mark 5K &amp; 1.5M Run/Walk</a>
Aug 6	Sat	8:00 AM	Rodeo Run Kansas	Kansas Motorcycle Museum Marquette, KS	<a href="#">Rodeo Run Kansas</a>
Aug 6	Sat	8:00 AM	Kid'Athlon	Meador Park Springfield, MO	<a href="#">Kid'Athlon</a>
Aug 6	Sat	8:30 AM	Haulin Balls 10K, 2M & 1K	East Park El Dorado, KS	<a href="#">Haulin Balls 10K, 2M &amp; 1K</a>
Aug 6	Sat	12:00 PM	Beer & Bagel Run - Kansas City	National Agriculture Hall of Fame Bonner Springs, KS	<a href="#">Beer &amp; Bagel Run - Kansas City</a>
Aug 7	Sun	7:00 AM	Matt Mason Memorial Cowboy-Up! Triathlon	Smithville Lake Smithville, MO	<a href="#">Cowboy-Up! Triathlon</a>
Aug 7	Sun	8:00 AM	40th Groundhog Run	Hunt Midwest Sub Tropolis Kansas City, MO	<a href="#">40th Groundhog Run</a>
Aug 7	Sun	8:00 AM	D.S. Labor Day Run 5K & 1 Mile	Junction City, KS	<a href="#">D.S. Labor Day Run 5K &amp; 1 Mile</a>
Aug 13	Sat	6:30 AM	Just Tri It Triathlon	Manhattan City Pool Manhattan, KS	<a href="#">Just Tri It Triathlon</a>
Aug 13	Sat	7:00 AM	Cowboy Up 5K Run /2 Mile Walk	Abilene High School Abilene, KS	<a href="#">Cowboy Up 5K Run /2 Mile Walk</a>
Aug 13	Sat	7:00 AM	Another Round 1, 2, 3, 6, 9 & 12 Hour Run	Northeast Community Park Manhattan, KS	<a href="#">Another Round</a>

# Upcoming Races...

Aug 13	Sat	7:30 AM	Run for the Hills	Rolling Hills Zoo Salina, KS	<a href="#">Run for the Hills</a>
Aug 13	Sat	7:30 AM	Hillbilly Run	Ozark City Park Ozark, MO	<a href="#">Hillbilly Run</a>
Aug 13	Sat	8:00 AM	JW Tiger 5K	210 N. Miller Meriden, KS	<a href="#">JW Tiger 5K</a>
Aug 13	Sat	8:00 AM	Fast Food Drive 5K	Heritage Park Shelter #1 Olathe, KS	<a href="#">Fast Food Drive 5K</a>
Aug 13	Sat	8:00 AM	Firefighter Memorial 5K	St. Joseph Fire Museum St. Joseph, MO	<a href="#">Firefighter Memorial 5K</a>
Aug 13	Sat	8:00 AM	Run Chicken Run: 5K & 5 Mile	300 N. Missouri Blvd Rogersville, MO	<a href="#">Run Chicken Run: 5K &amp; 5 Mile</a>
Aug 13	Sat	9:00 AM	Beer & Bagel - Kansas City	National Agricultural Center Bonner Springs, KS	<a href="#">Beer &amp; Bagel - Kansas City</a>
Aug 13	Sat	7:30 PM	Blue Moon 10K & 5K	955 E. North St. Joplin, MO	<a href="#">Blue Moon 10K &amp; 5K</a>
Aug 14	Sun	8:00 AM	Kansas Call Before You Dig 8.11K & 5K	Sedgwick County Park Wichita, KS	<a href="#">Kansas Call Before You Dig 8.11K &amp; 5K</a>
Aug 14	Sun	9:00 AM	Kansas City Superhero Heart Run	Swope Park Kansas City, MO	<a href="#">Kansas City Superhero Heart Run</a>
Aug 19	Fri	8:00 PM	Space Wizard 5K & 10K	203 Jamestown Blvd. Rogersville, MO	<a href="#">Space Wizard 5K &amp; 10K</a>
Aug 19	Fri	8:30 PM	Lunartic 5K	Sailboat Cove Smithville, MO	<a href="#">Lunartic 5K</a>
Aug 20	Sat	6:30 AM	Audie Murphy Memorial Run	Fort Leonard Wood, MO	<a href="#">Audie Murphy Memorial Run</a>
Aug 20	Sat	7:00 AM	Chamber 5K/10K River Run	English Landing Park Parkville, MO	<a href="#">Chamber 5K/10K River Run</a>
Aug 20	Sat	7:30 AM	39th Mulvane Old Settlers Road Race 4M & 1M	Football Stadium Mulvane, KS	<a href="#">38th Mulvane Old Settlers Road Race</a>
Aug 20	Sat	7:30 AM	Rexy Run 5K & 10K	Broken Arrow Park Lawrence, KS	<a href="#">Rexy Run 5K</a>
Aug 20	Sat	7:30 AM	Haley's Hope Hot 'n Hilly 5K 7 10K	James River Power Plant Springfield, MO	<a href="#">Haley's Hope</a>
Aug 20	Sat	8:00 AM	Gardner Grind	Celebration Park Gardner, KS	<a href="#">Gardner Grind</a>
Aug 20	Sat	8:00 AM	JCPRD Kids Triathlon	Kill Creek Park Olathe, KS	<a href="#">JCPRD Kids Triathlon</a>
Aug 20	Sat	9:00 AM	The Siege Obstacle 5K	Garden City High School Garden City, KS	<a href="#">The Siege Obstacle 5K</a>
Aug 20	Sat	9:00 AM	Z&M Twisted Vines Wine Run 5K	Z&M Twisted Vines Winery Lawrence, KS	<a href="#">Z&amp;M Twisted Vines Wine Run 5K</a>
Aug 20	Sat	5:00 PM	Party in the 060 5K Run/Walk	706 Sarah Ln. Haysville, KS Bolivar, MO	<a href="#">Party in the 060 5K Run/Walk</a>

# Upcoming Races...

Aug 20	Sat	8:00 AM	Restoration Run 5K	4107 NE Pleasant Valley Rd. Kansas City, MO	<a href="#">Restoration Run 5K</a>
Aug 20	Sat	8:30 PM	Neon Night Run	Rutledge Wilson Farm Park Springfield, MO	<a href="#">Neon Night Run</a>
Aug 21	Sun	8:00 AM	BIGGSteps Kansas City 5K & 10K	KU Edwards Campus Overland Park, KS	<a href="#">BIGGSteps Kansas City</a>
Aug 21	Sun	8:00 AM	Outpacing Melanoma 5K	Corporate Woods Overland Park, KS	<a href="#">Outpacing Melanoma 5K</a>
Aug 27	Sat	6:30 AM	Nebraska State Fair Marathon, Half and 5K	Nebraska State Fairgrounds Grand Island, NE	<a href="#">Nebraska State Fair Marathon, Half &amp; 5K</a>
Aug 27	Sat	7:00 AM	Wakefield Birthday Bash 10K & 1M Color Run	Wakefield, KS	<a href="#">Wakefield Birthday Bash</a>
Aug 27	Sat	7:00 AM	43th Annual Tiblow Trot 5-Mile Race & 2 Mile Walk	Second & Elm Street Bonner Springs, KS	<a href="#">Tiblow Trot</a>
Aug 27	Sat	7:30 AM	Topeka to Auburn Half Marathon	Indian Hills Elementary Topeka, KS	<a href="#">Topeka to Auburn Half Marathon</a>
Aug 27	Sat	7:30 AM	CASA Superhero Run 5K/10K	Sportsman Park Leavenworth, KS	<a href="#">CASA Superhero Run 5K/10K</a>
Aug 27	Sat	8:00 AM	Mullet Run 5K/10K	200 Main St. Winfield, KS	<a href="#">Mullet Run 5K/10K</a>
Aug 27	Sat	8:00 AM	Sunflower 5K & 1M Trail Run	Buhler, KS	<a href="#">Sunflower 5K &amp; 1M Trail Run</a>
Aug 27	Sat	8:00 AM	Seize the Day 5K	English Landing Park Parkville, MO	<a href="#">Seize the Day 5K</a>
Aug 27	Sat	8:00 AM	Speedy PD 5K/10K	5800 River Pond Rd. A Manhattan, KS	<a href="#">Speedy PD 5K/10K</a>
Aug 27	Sat	9:00 AM	Run The Numbers 5K	Stephens State Park Columbia, MO	<a href="#">Run The Numbers 5K</a>
Aug 27	Sat	9:00 AM	Women on the Move 5K Run/Walk	English Landing Park Parkville, MO	<a href="#">Women on the Move 5K Run/Walk</a>
Aug 27	Sat	9:00 AM	Hope Is Alive's TZ Memorial Sobriety Sprint	2151 W. Sim Park Dr. Wichita, KS	<a href="#">Hope Is Alive Memorial Sobriety Sprint</a>
Aug 27	Sat	9:00 AM	Prison Break Race	Missouri State Penitentiary Jefferson City, MO	<a href="#">Prison Break Race</a>
Aug 27	Sat	11:00 AM	Run for Beer	Happy Basset Brewing Topeka, KS	<a href="#">Run for Beer</a>
Aug 28	Sat	7:30 AM	Hearts For RMCH 5K Run/Walk	Platte City, MO	<a href="#">Hearts For RMCH 5K Run/Walk</a>
Aug 28	Sat	8:30 PM	Neon Night Run	Rutledge Wilson Farm Park Springfield, MO	<a href="#">Neon Night Run</a>
Aug 28	Sun	8:00 AM	Head for the Cure 5K - Metro KC	Corporate Woods Overland Park, KS	<a href="#">Head for the Cure</a>
Aug 28	Sun	9:00 AM	Run the Numbers 5K	Stephens Lake Park Columbia, MO	<a href="#">Run the Numbers 5K</a>

# Group Runs



## Saturday Morning Run

The Saturday Morning Run is an all purpose run starting at 7:00am. Runners usually run between 4-8 miles, ranging from basic fitness and fun to hardcore marathon training. You can usually find someone that will run your pace or distance to help the miles go by! Please look for our weekly Facebook posts or website calendar for the SMR location of the week!

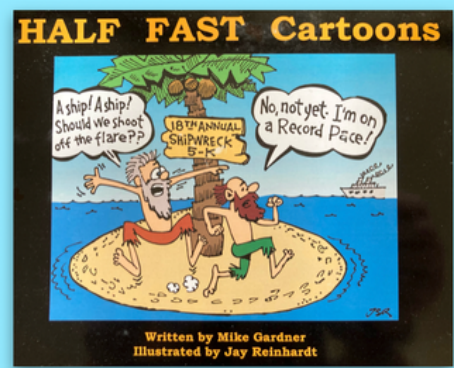


## Wednesday Evening Run

The Wednesday evening Run is a mid-week all purpose run starting at 6:30 pm. Runners usually run between 3-4 miles ending up at one of many entertainment and dining establishments! Please look for our weekly Facebook posts or website calendar for the WNR location of the week!



# On The Funny Side...



## ORC BOARD MEMBERS

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ORC Newsletter is a publicly available publication produced periodically by the Olathe Running Club. All contributor submissions or questions should be posted to [runolathe@gmail.com](mailto:runolathe@gmail.com). Please include ORC NEWSLETTER in the subject line.

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