

Trip Notes for:

- **Waddell & Reed Kansas City Marathon**
- **Kansas City Missouri and Abilene Kansas Touring with Marie**
- **Family Visiting and Folks Estate Clean Up**

October 15-21, 2009

Don't you think this was pretty good multi-tasking? I was given complimentary entry to Kansas City's Waddell & Reed Marathon when the Olathe Kansas Marathon was canceled in March due to a snow storm. With family members in Kansas City and family matters to attend to (tiny estate but big mess) the trip was irresistible. This will however only report on the marathon and tourist aspects of the trip.



The late March snowstorm – 4 frustrated and cold runners in March – A perfect fountain day on K.C.'s Plaza in October

Waddell & Reed Marathon Highlights:

- It was a most interesting course full of huge homes, estates, major hills, and more working fountains than any city in the country and maybe more than in Rome too.
- We were given a free course tour in a luxury bus tour with excellent guides. The best I've seen.
- Both the K. C. Hyatt Regency (where I stayed) and Westin are within the covered area of Crown Center and within a couple minutes walk to the start and finish. I was able to leave the hotel at 6:50am for a 7am start.
- Start was delayed by 10-15 minutes probably due to traffic congestion nearby.
- The Expo was larger than expected and full of chiropractors, therapists, and nutritionists making you wonder about the health of the locals.
- The pasta dinner was at the Expo, under cover of the two hotels, only \$20 and included meat sauce and beer.
- There were numerous shops and restaurants all under cover of the Crown Center.
- Generous gift bag complete with special Hallmark items, food stuff and samples.
- Gifts at the Expo included special cinch backpacks by Waddell & Reed and nicer than usual water bottles.
- The weather had served up record colds (low 30s) but slightly warmed on race day (to high 40s) and drying up within a couple hours of the start.
- Pacers were abundant, supposedly well- trained and friendly, but I got two who never spoke a word to me. Maybe it was the Lady Liberty crown that put them off.
- Food on the course was plenty with bananas, oranges, candies to include cups of M&Ms, and pretzels often offered plus the usual GU products.

- The t-shirt was awful in white cotton and short sleeve but the organizers were redeemed when a hi-tech white finisher's shirt in ladies sizes was given to marathoners at the finish.
- Marathon merchandise was by New Balance, well made, and very reasonably priced.
- The finish line food was sufficient but nothing to write home about being only bagels, yogurt and pieces of bananas.
- Midwesterners are unusually kind and friendly.

The Course is well rated

From their website and I agree -- The marathon has one of the most beautiful urban courses in the country! There is no better way to see the beauty of Kansas City than on foot. The 26.2-mile course winds through neighborhoods, parks and historic districts. Runners will experience all of the major landmarks, including Sprint Center, Power & Light Entertainment District, Liberty Memorial, Westport, Country Club Plaza, Loose Park, Brookside and many of the beautiful fountains!



Scenes out the bus tour window: multitude of fountains, WWI Memorial, Art Museum and one of many churches

K.C. - City of Fountains

Kansas City is known as the City of Fountains. More than 200 fountains are all over the city with 15+ being a part of the beautiful scenery along the course. In the late 1800s, the Humane Society of Kansas City began constructing water fountains over naturally occurring springs to provide both humans and animals with readily available sources of clean water. In 1899, the city constructed its first outdoor fountain as part of a larger plan for parks and boulevards in the city. This first water fountain was part of a larger plan for the design of Kansas City. It was the stated aspiration of the early city leaders to create a beautiful city whose boulevards would rival Paris and whose outdoor water fountains would rival Rome. Focusing on the building of public water fountains proved to be an excellent way for the city to reference its water-based origin while beautifying the surrounding areas.

The Medals

These are said to be a collector's item. Each year a different Kansas City fountain is featured.

Better than expected performance

I ran very comfortably with the 5:30 pace group, even running ahead with the 5:20s for awhile (who were oddly nearby) until a potty stop caused reverting to the 5:30s (those gals who never



spoke to me whereas the 5:20 pacer guy was swatting the girls with his pacer sign – that’s my kind of guy!)

Results

The splits will show that only after 21-22 miles (when I worried about my knee -the other one!) did I go to easy walking and lost the pacers. I finished at 5:39 and felt no soreness thereafter nor the next day. Thus my first “cause no harm” goal was met.

Official splits: 3.3m/43:21 9.1m/1:54:01 half/2:43:13 20m/4:05:30
(20 miles pace chart calls for 4:12 to complete in 5:30 hours so I was 7 minutes ahead.)



More scenes out the tour bus window: Old brick structures, churches, and the Country Club Plaza



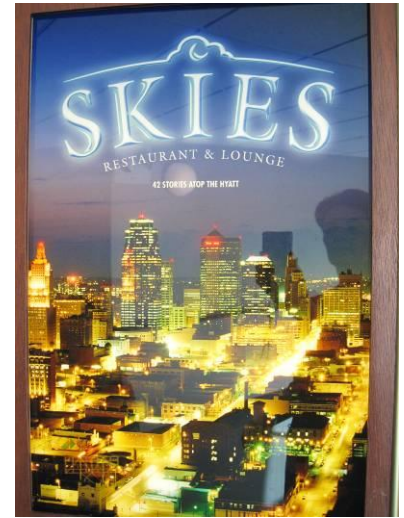
Some big houses lined the course – again, taken on the bus tour out the window

This was my 14th marathon of the year, my 45th marathon finish, my 51st marathon start, and my 33rd state. Caution is in order since this 64-year old body should save up for another 3-marathons in November -- NYC, Indianapolis 6 days later, and then Philadelphia. It’s not being *pessimistic* to say that it’ll be amazing if I finish my 18 marathons (9+9 in ’09) this year, but rather being *realistic*. Since the knees still feel a bit stressed, I have an appointment next week with podiatrist and sports medicine Dr. John Connors plus I’m committing to a few therapeutic (spell that painful) massages.

More family in Missouri

It was a treat that Sister Beverly and BIL Carl from Columbia Missouri were staying at the Hyatt Regency Crown Center too. BIL committed to run a marathon in his 60th and he’s done more than that with maybe a dozen half marathons and a full marathon on the calendar. I’m so proud of him! Then Sister Beverly has joined him recently and completed her first 5K. Go Bev!

Daughter Alayna and grandson Joseph came in for a very pleasant dinner on Saturday night when we took up Italian in the Crown Center complex though I made an attempt to get reservations at the Hyatt's revolving restaurant called SKIES but it was sold out. So much for a poor economy. Here's the view we might have had looking from Crown Center towards downtown over the Power & Light District, with a shadow of Diana in the reflection. (Sorry kids, I don't know why I didn't have my camera and get your pictures! You both looked super!)



Plus we think of Loudean as family and she and I had drinks on Thursday night. Loudean is Marie's aunt and guardian – you'll see more of Marie next. Despite Loudean being on crutches from a recent surgery, she volunteered as course marshal and also delivered 11-year old Marie to me on Saturday night so we could be tourists until Tuesday evening.

Kansas City touring

- We walked the Crown Center Shopping area and appreciated the lovely aerial covered walkway so as to avoid the outside dismal cold and wind.
- The Power & Light Entertainment Center was a pleasant surprise with one of the 10 largest convention centers in the country and a re-creation of old factories into restaurants and stores. The unpleasant surprise was the continual warning NOT to walk the ½ mile from the Crown Center to the P&L district.
- Via the covered walkway we went to the old Grand Central Station where the Christmas model railroad was almost completed.
- We wanted to tour the National World War I Memorial and Museum but it required walking outside a couple blocks in low 30s and Marie didn't have a coat. It's rated a GEM by AAA and a minimum of 2 hours was needed which we didn't have. Add more time to go to the top. It's on our list for next time. You'll see the memorial picture above high on a hill which yes we ran up. Did you know that the first person killed in World War I came from Kansas City? And that the last person killed in World War I came from Kansas City? Thus the location of this memorial.

If it's Tuesday it must be Kansas

Marie and I took off for Abilene Kansas on Sunday with a goal of touring the Dwight D. Eisenhower Presidential Library. Marie saw her first presidential library (Harry S. Truman) in Independence Missouri when the Olathe Marathon was canceled.

Abilene is about 2 ½ hours or 150 miles west of Kansas City. I expected to see a very flat Kansas which we did eventually find but not until seeing loads of lovely hills and greenery. We passed by the Tall Grass Plains and learned that Kansas was under water 7 times in its geographic history and each of the hills is precisely the same height.

OMG, this B&B is in the boonies – what have I done!

Driving in from I-70 I was absolutely panicked to realize that we were 8-11 miles out of nowhere in the center of flat Kansas plains with only windmills and farms and pickup trucks around us. After pulling

into the Windmill Inn outside of Chapman Kansas we couldn't have felt more at home nor more certain that we were in the right place. Owners Deb and Tim greeted us like we were family. The Inn was built before World War I by Deb's grandfather and she inherited it simultaneously to Tim losing his job in Northern California so it seemed a natural for them to open a B&B and restaurant. This stay might have been the highlight of the trip.



Lovely folks, Deb and Tim, who made the stay in Kansas memorable



The Windmill Inn from the side (roofing going on), a combine, one of many barns, and their windmill. Missing is the Jacuzzi.



My room was European motif with beveled glass, rocking chair and sitting bay window. Marie's adjoining room was Beach Cottage with stained glass and mirror covering the entertainment center.

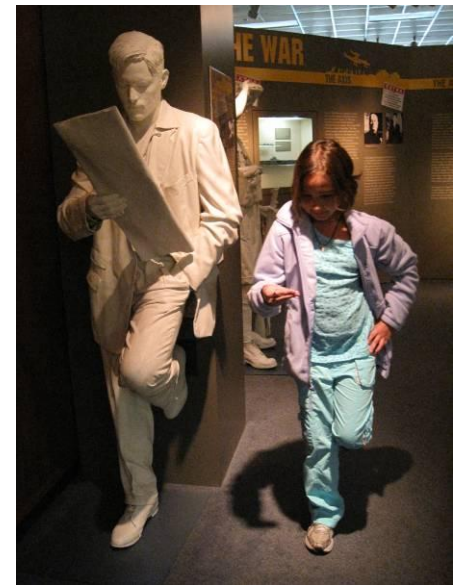
Touring highlights:

We ate well (well, as much as an 11-year old is willing to eat). First at the historic Brookville Hotel where only family style fried chicken dinners are served. It had been blessed with the James Beard Cooking Award. Second at the Kirby House where fortunately there was chicken on the menu again so Marie didn't have to go hungry.



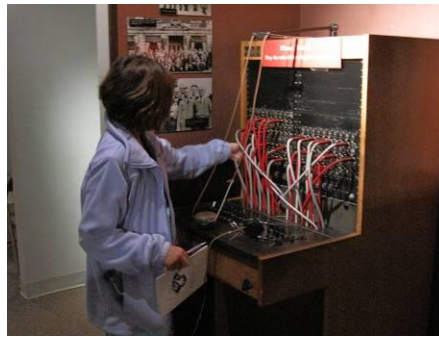
In the Hyatt's lobby for breakfast buffet; family style chicken in Brookline Hotel; and the historic Kirby House

The Dwight D. Eisenhower Presidential Library and museum grounds also contained his childhood home as well as the chapel memorial, home of his and Mamie's grave.



Glass replica of Eisenhower's childhood home; Marie mimicking history

The Heritage Museum showed us life on the prairie and we learned how they built homes when there were no trees – underground or with sod or both. It even contained Wild Bill Hickok’s gun. An “I Spy” book challenged us to find all the hidden historical items but Marie prevailed and won her ‘prize’ of an old fashioned candy.



In the Heritage Museum; the Telephony Museum; and the historical carousel

Looked at and played with telephones in the Museum of Telephony. Did you know phones were started here and that particular company purchased Sprint? We saw 130 years of telephone development.

We rode the Historical National Landmark C. W. Parker restored carousel from 1901 and learned that just one restored horse has been sold for \$88,000.

Wandered through the Union Pacific Station and a reconstructed Old Abilene Town. There are railroad excursion rides during the season.

Greyhound Hall of Fame was a pleasant surprise where Diana toured the museum and Marie petted the rescued dogs. Who would have thought that greyhounds would be so important to this farming town? Not only was Dwight Eisenhower started in Abilene, but so was greyhound racing.



The Greyhound Hall of Fame; Marie with Jake, a Hall of Famer; one of the Rows of Winners; a t-shirt of all greyhounds

There’s a trolley tour of historic downtown but only running during weekends this time of the year. Of course that necessitated a shopping trip instead and while we couldn’t find a bathing suit for the outdoor Jacuzzi at our B&B, we found suitable shorts and tops.

Goodbye. Some shots of Diana and Marie who now say goodbye.



Marie drawing in her book from the Roosevelt Library; Diana and Marie at Hyatt's buffet, and leaving the Kirby House.

And goodnight from Abilene.



Itinerary

Thu Oct 15

9:00am Depart Newark arriving in Kansas City at 11:15am with shuttle to downtown
Notice that my family didn't offer to pick me up! Smile.

4:00pm Expo at Crown Center Exhibit Hall A, 2323 McGee, Kansas City, to 9pm
Connected to Hyatt and Westin Hotels - See speaker schedule with Don Kardong

Eve Drinks with Loudean

Hotel: Hyatt Regency Crown Center for great rate of \$105 a night
2345 McGee Street, Kansas City, MO 64150 Tele: 816 421 1234

Fri Oct 16

10:00am Expo at Crown Center (above) until 9pm

11:00am Meet with co-trustee of estate

3:00pm Free bus tour of marathon course

5:00pm Pasta dinner at Crown Center with Don Kardong as speaker, to 7pm for only \$20

Sat Oct 17

7:00am Waddell & Reed Marathon and half marathon start
Dinner with Alayna and Joseph -- Marie joins at Hyatt.

Sun Oct 18

Shuttle to airport – note my family again didn't offer transport though Loudean on crutches did!
Rental Car Budget with pick up at 12:30 at airport

Hotel Windmill Inn
1787 Rain Road, Chapman (outside of Abilene), KS Tele 785 263 8755
www.access-one.com/windmill

Dinner at Brookville Inn – home of '07 James Beard Award

Mon Oct 19

Tour presidential library, Victorian homes, Heritage Museum, Historic Carousel, Telephony Museum
and Greyhound Hall of Fame
Dinner at Kirby House followed by evening at B&B with outdoor Jacuzzi

Tues Oct 20

Complete touring and return to K.C.

Hotel Fairfield Inn at MCI
11820 NW Plaza Circle, Kansas City, MO 64153 Tele 816 464 2424

Wed Oct 21

2:10pm Depart Kansas City with arrival in Newark at 6:03 pm

Seminar Schedule

Thursday, October 15, 2009

4 P.M. **Expo Opens**

4:15 P.M. **Don Kardong**

- Member of the Stanford 2nd place NCAA Cross Country Team in 1968
- Stanford record holder in 2 , 3 & 6 miles
- 5th fastest American 3-miler of all time
- Finished 4th in the 1976 Olympic Marathon (missed the bronze by 3 seconds)
- Winner of 1978 Honolulu Marathon
- Founding member and past president of the Association of Road Racing Athletes

Welcome Remarks

5-5:30 P.M. **Eladio Valdez III**

Kansas City Marathon Final Training Tips-Learn specific tips on how to run a smart race from the KC Marathon course designer. A discussion will include methods to achieve your goal, the most common mistakes that runners make and more.

5:45-6:15 P.M. **Dr. Tom Teter, Jr.**

Injury Prevention/Intervention

6:30-7 P.M. **Don Kardong**, Featured Speaker (see above) **Question and Answers Session**

7-8 P.M. **Kathy Peterson Volunteer Meeting**

Friday, October 16, 2009

10 A.M. **Expo Opens**

10:15 A.M. **Don Kardong**

Welcome Remarks

11:05-11:35 A.M. **Shelly Summar, MEd, RD, LD** Weight Management Program Coordinator Children's Mercy Weight Mgt. Clinic

Training with your Kids—how to make exercise fun for kids.

1-1:30 P.M. **Sally Berry Brown, MA RD CSSD**

Eating to Fuel Your Run and Your Weight Goals

1:45-2:15 P.M. **Garry Gribble** Garry Gribble's Running Store

Selecting your Running Gear for all seasons.

4-4:30 P.M. **Eladio Valdez III - Kansas City Marathon Final Training Tips**-Learn specific tips on how to run a smart race from the KC Marathon course designer. A discussion will include methods to achieve your goal, the most common mistakes that runners make and more.

4:45-5:15 P.M. **Dr. Tom Teter, Jr - Injury Prevention/Intervention**

5-7 P.M. **Pasta Dinner**

5-5:50 P.M. **David Kiene Entertainment** -songs of the Rat Pack

5:50 P.M. **Sole Awards** Outstanding contributors to Kansas City running community

6-6:30 P.M. **Don Kardong - Featured Speaker**

6:30-9 P.M. **David Kiene Entertainment** -Songs of the Rat Pack