

KS Overland Park – Gobbler Grind Marathon Trip Notes November 17-22, 2010

This was my 22nd marathon of the year and my 71st marathon finish. Presuming I finish the December Honolulu marathon, I'll have 24 marathons within a 12 month time frame. Gee, how did this happen? I was pretty pleased with my legs for having held up this well and I didn't mind at all my 6:21 finish time: it did bring me a 1st place in age group medal.

Here's a picture of my age group 1st place (round medal) and the finishers medal. Forget that there were no others in my age group or any older for that matter. As they say: I had a good time finishing if not a good finish time. I'd think the gang had a similar thought though a couple of them did super times if not nearly PRs. Here's Liberty Ladies, Krista, Carl, Tracey and David at the start line.



Why run Gobbler Grind?

- If your family and friends live in Kansas City area – there you are.
- It's a nice small marathon with less than 300 marathoners.
- The entry price is very low.
- The t-shirt is high tech, long sleeve with cuffs and even comes in XS and XXL which our party needed one of each.
- Course is pretty nice as it uses a lot of asphalt bicycle trails with grass and/or dirt to the side where you can make this a partial trail run. (If you don't mind that there are no pooper-scooper laws.)
- Nicely hilly. Just enough to give the legs some change.

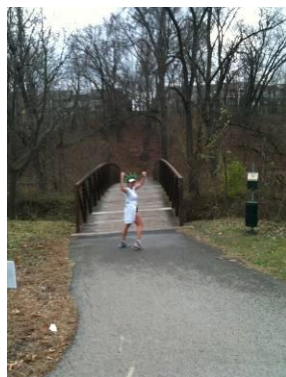
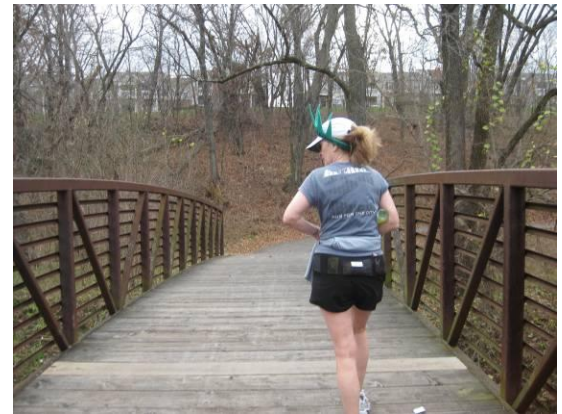


- Many little foot bridge crossings over a stream bed which was lovely and interesting.
- The medal is interesting and okay for a small marathon if not rather small.
- Prizes are medals and an even better design (see round medal in color) and easy to earn due to the small numbers of marathoners.
- Photographers got a lot of pictures of us.
- Organizers nicely stayed for late/slow marathoners.



Problem areas?

- Weather can be iffy and in this case we had a bit too much heat and a lot of heavy wind. When we tried the close-by Olathe Marathon in March 2009 it was snowed out.
- Expo is next to non-existent.
- Lines to get bib number were ludicrously out of control though we heard that by the end of the day they eased considerably. Why they weren't posted is beyond imagination.
- The day before we received an email that our age and birth date were not available and would we send them – even though they were on the application – so maybe that was the line problem.
- The 5K, half and full marathon all starts together causing a big bottleneck. I didn't really care as it was fun.
- The announcing at the start was so garbled as to not understand it.
- Some running clubs in K.C. suggest avoiding this 'disorganized' marathon. I would NOT go that far but they had a partial point.
- The course had more concrete than I'd like but again it had dirt to the edge so one could avoid the concrete much of the time. Some of the dirt to the edge was very squishy. Oops. See above.
- Spectators were few but enthusiastic when available.
- Food was short of supply but sufficient for a small marathon.
- The closest hotel (Doubletree) and parking was nearly 1 mile away. Again, not a problem for me but might be for some. (We were kindly driven to the start and then picked up at the finish – thank you Loudean.)



Liberty Ladies at the starting line and later Maricar on the trail course which was full of bridges over stream beds. David ready to tackle his zillionth marathon but not knowing the foot wasn't into cooperating. A very kind Marine wearing his son's Navy shirt who held vigil over David and the rest of us to make sure we came in and found the right route. When David fell back with his foot injury,

Raymond the Marine stood on corners before he'd turn and get either an "I don't know" or a "thumbs up" from me. I think both of us ran backwards for some duration to make sure either David was okay or had made the correct turn towards the end when the course emptied of the course marshals. Raymond was the only person older than me in the marathon and he got a first place in his 70 age group.

The finish line

Did I say that Marie came out to run me into the finish line? I was sort of dallying around making sure David was okay but when Marie showed up, it was with a look of running on her face so run we did. Some of you might remember that she was indoctrinated as the Third Liberty Lady a couple years ago while at the Statue of Liberty after which she ran her first 5K. This last summer she returned to NJ to do a repeat performance. Here's Marie who did more like a 1K on this day but to the great appreciation of this Liberty Lady.



Comments from Maricar one of the other Liberty Ladies

It was 25 mile an hour winds today, but thank goodness no snow (like Olathe the year prior.) We all had a so-so day. Our friend David got injured at mile 23 (we think from the damn concrete). So I just hung back and waited for him to make sure he wasn't suffering alone. Course was on a bike path with pretty woods surrounding us. Not one of the best marathons we've done, but at least I had company or I would have jumped in the creek!

Do marathons make me look fat?

Yes! This is not only true for me but for some others too and I know why. I eat any and everything I can find on the course. I crave and eat fat beef right after; give me the biggest worst burger or steak you can find. Then I eat another dinner. Then at midnight I'm eating loads of leftovers for a huge second (or was that third?) dinner. Worse, because the legs are old and need some rest, I rest a few days thereafter and then taper the few days before all of which translates to NO running during the week when I'm doing weekly marathons. A marathon might use up 3000 calories? I can blow that with one McDonalds' meal!

Results

The splits* make it clear that the sun came out and also that friend David had a major foot injury. While I was so very sorry to see him injured, I can confess that I liked having an excuse to go slower as I probably would have anyway. I can blame David, I can blame the 25 mph wind, I can blame the heat, I can blame the hills and my turning to the dirt trails to the side, I can blame the crowded conditions at the start, etc. Of course it has nothing to do with the recent weekly abuse I've been giving to this Medicare-aged body, and it has nothing to do with my lack of speed work, and it has nothing to do with my extra five pounds, etc. NOT!

The real bottom line is that we were all really glad to be out there and in good company and enjoying the scenery and the run and having a good time finishing. Forget that there were less than five people behind us, just count all those who were still in bed or sitting on the couch eating bon-bons. YES!

BIL Carl did well at 2:19 and his running buddy Krista got a near PR at 2:45 for their half marathons, and Aunt Loudean (to Marie) aka Lou Lou (to us) came in near to her usual 3 hours for her half and should be happy. Tracey and Kathy K came in together at 5:17 and David H from Minneapolis was disappointed not to make his 3:10 but he wasn't much slower. David H is on his way to a 50-state completion with all under 4 hours and I'd joined my sister, BIL Carl, Krista and David H. for dinner the night before.

There were 242 finishers with 81 females and 161 males. We ran along with an ex-Marine dressed in a Navy shirt named Raymond McCaslin who scooted on to a 6:20 as did his friend Jackie. It was Raymond who waited for us.

*2:56 first half at 13:30 pace then 3:24 for last half at 15:32 pace. For Maricar and David it was the same for first half and 3:30 or 16:03 pace for second half. He now has a possible diagnosis of metatarsal stress fracture so we can only hope his last 2-3 miles of pain didn't cause more injury.

A big surprise was just a few days later for Thanksgiving my legs gave me a 5-miler race on hills and trails and lots of wind but still in about 53 minutes.

Brother in law Carl

I love Carl's story. At age 60, and with history of a major back injury that landed him in a hospital for a very long time, Carl mentioned in passing how he admired my newfound running at age 60. In a beat-of-a-heart-moment he decided that maybe he could do it too and sure enough he set out and has now done his 2nd marathon and many half marathons and is dreaming of a Pikes Peak Ascent. Here's Carl at the starting line. Thanks Maricar for the pictures. It was Maricar that led me through my early running stages at about the same age. Thanks for that too Maricar! Look what you started and proving that 'it's never too late.'

Tourist time too

While Kansas City area calls for a number of reasons from family to friends, it's not a shabby city tourist wise either. Between a dinner and shopping trip with "Little Bits" Marie (a term she liked when I was differentiating between her and Marie the pacer), and a dinner with daughter Alayna who was short of time due to training for a new job, and figuring out that brother Bruce and grandson Joseph weren't available, I turned to one of my favorite roles – tourist.

World War I Memorial –

For heaven sakes, most of it has been right there since 1926 and I lived in K.C. for years in the 1960s but I had never been inside the Memorial Halls nor up in the tower. Yes, I'd climbed the hill for the view but that was all. It's all well worth a trip and AAA rightfully gave it GEM status. To me, other than the 250' tower's view, the more special part was inside Memorial Hall and the **The Panthéon de la Guerre**. There are two memorial halls and this is in one of them. Here -- from a book review about the painting: *In its day it was, quite simply, the world's largest painting. The Panthéon de la Guerre was a cyclorama the size of a football field, featuring 5,000 full-length portraits of prominent figures from World War I—a painting that blatantly sought to arouse patriotic fervor in its viewers. This book traces that work's shifting fortunes during its unlikely*



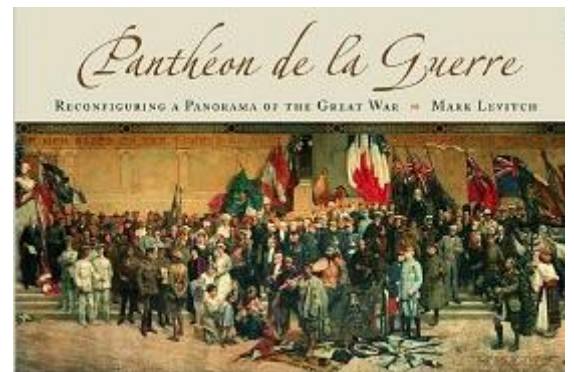
journey from Great War Paris to cold war Kansas City and examines the continuing journeys of its fragments in the world's art markets. Mark Levitch has written the first history and analysis of the Panthéon, capturing its social life in a story full of surprising twists and turns and as epic as the painting itself. Created in Paris as an artist-generated propaganda project while the war raged, the Panthéon was celebrated there as a solemn and nostalgic work after the war, then was promoted as a circuslike spectacle on a postwar tour of the United States when it was "updated" to appeal to Americans' more celebratory view of the conflict. Consigned to storage and all but forgotten after World War II, the Panthéon was eventually procured for Kansas City's Liberty Memorial in 1956, where less than 7 percent of the work was reconfigured into a smaller U.S.-centric mural—some of the unused fragments eventually surfacing in Paris flea markets and on eBay. Levitch looks at the Panthéon as both painting and artifact, combining cultural history, art history, and material culture studies to trace the changing reception of traditional art in the new age of mechanical media. He assesses the changing values attached to the Panthéon and argues that the panorama's status and frequent reshaping have both informed and been informed by the experience and memory of the First World War in France and the United States—and also reflects on how it has promoted a politically and culturally conservative agenda. Brimming with facts and insights that will amaze anyone who has known the painting in any of its incarnations, Levitch's handsomely illustrated book provides a unique lens through which to view a conflict and its commemoration. And as people continue to place importance on commemorative projects, it is a powerful reminder of how ephemeral such grand undertakings can be.



The Memorial Hall museum has a computer allowing you to scroll over any part of the mural and learn the name of the person and a few paragraphs of their history and relationship to the painting.

The Pantheon de la Guerre runs the length of the north wall. This surviving, 69-foot portion of a monumental French painting dramatically depicts the allied nations of World War I. The largest object in the Museum collections, this mural was dedicated in 1959 and the subject of its own book in 2006.

A published book about it and the cover gives a good overview.



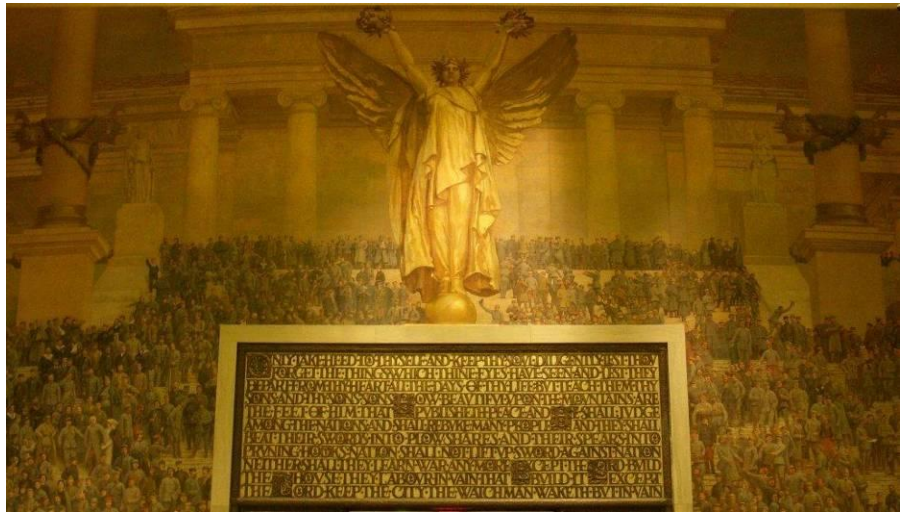
Walking up the north side; the reflecting pond on the south side; a glass walkway over a field of poppies; inside one of the two memorial halls.

Here's a picture from inside the newer hall that was opened as recently as 2006.



Memory Hall looks much as it did when the Liberty Memorial opened in 1926. The interior, initially intended to be a meeting room for “patriotic societies,” is ornately adorned with impressive murals, wooden paneling, and a gold-star decorated ceiling. Other distinctive features grace this magnificent memorial

On the east wall is a surviving section of the Pantheon de la Guerre mural, originally painted in 1914-1918 and installed in 1957-1959. The figure of Victory stands in front of a “temple of glory,” surrounded by thousands of French heroes.



World War I posters: I want you; Joan of Arc Saved France; Have you a Red Cross service flag; Do Your Duty; When we go through rough times we need all the help and comfort you can give.



Women in the corps and their service uniforms. Then if women are not enough, a final reminder of Food Will Win the War.

To the top of the 250 foot tower and here's the view. It was said that you could see as far as Six Flags, that is, if you want to.



Downtown Kansas City

I'd spent some time in a newer downtown than I'd remembered (from the 60s) when I ran the Waddell & Reed Marathon in October 2009. The renovations continue and look promising especially since they are retaining some historically significant buildings. And adding some new modern buildings into the Power & Light Entertainment District.



In the 60s I worked at 10th and Grand for an attorney and these buildings are in that area.

Down by the River is a new Market Place and parks are being built all along the river with miles of trails and bridges. Called Riverfront Park of course.



In this same area is Steamboat Arabia where Marie and I visited on Saturday.

There is a great website and videos at www.1856.com about this amazing discovery and absolutely perfectly preserved steamboat.

From Wikipedia: *The steamboat Arabia was a side wheeler steamboat which hit a snag in the Missouri River and sank near what today is Parkville, Missouri, on September 5, 1856. It was rediscovered in 1988 by a team of researchers. Today, the artifacts that were recovered from the site now are housed in the Steamboat Arabia Museum.*

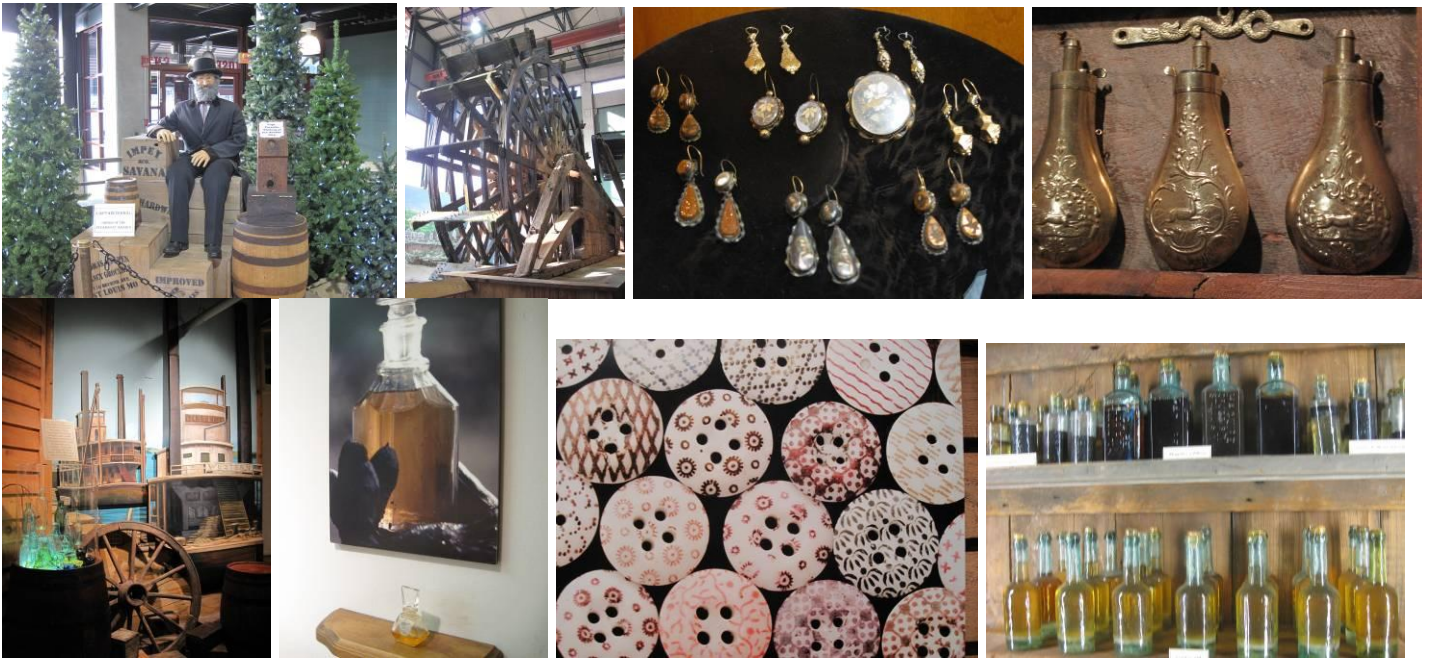


Early history - The Arabia was built in Brownsville, Pennsylvania, on the banks of the Monongahela River in 1853. The boat averaged five miles an hour going upstream. Its paddlewheels were 28 feet (8.5 m) across, and its steam boilers consumed approximately thirty cords of wood per day. The boat travelled the Ohio and Mississippi rivers before it was bought by Captain John Shaw, who operated the boat on the Missouri River. Her first trip was to carry 109 soldiers from Fort Leavenworth to Fort Pierre, which was located up river in South Dakota. The boat then travelled up the Yellowstone River, adding an additional 700 miles (1,100 km) to the trip. In all, the trip took almost three months to complete. In spring of 1856, the boat was sold to Captain William Terrill and William Boyd. In the time between their purchase of the Arabia and its later crash, it made fourteen trips up and down the Missouri. In March, while heading up river, the boat collided with an obstacle and nearly sank. Repairs were made in nearby Portland. A few weeks later the boat blew a cylinder head and had to be repaired again. The rest of the season was uneventful for the boat until September 5.

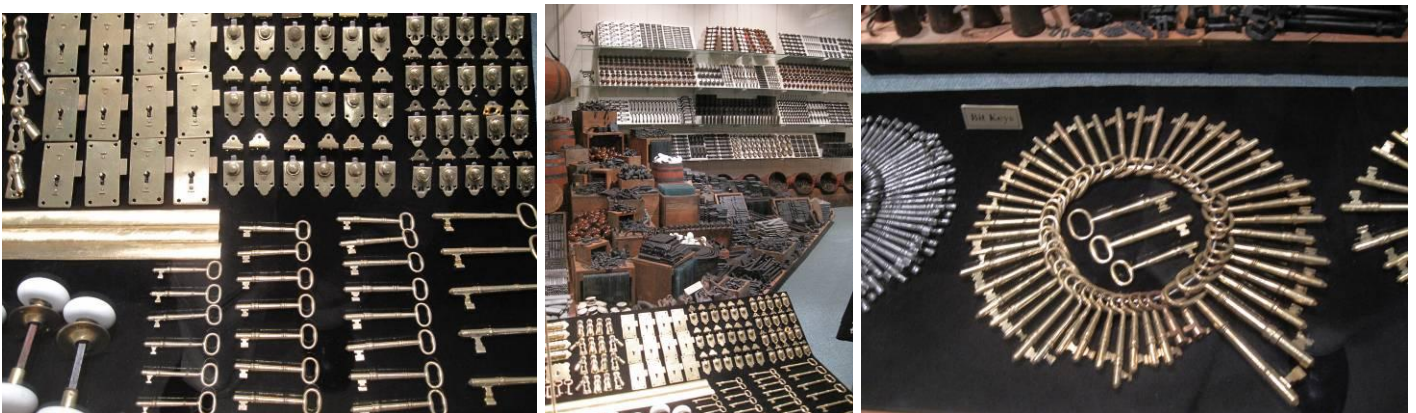
Sinking - On September 5, 1856, the Arabia set out for a routine trip. Around the town of Parkville, Missouri, at Quindaro Bend, the boat hit a walnut tree snag. The snag ripped open the hull, which rapidly filled with water. The upper decks of the boat stayed above water, and the only casualty was a mule that was tied to sawmill equipment and forgotten. The boat sank so rapidly into the mud that by the next morning, only the smokestacks and pilot house remained visible. Within a few days, these traces of the boat were also swept away. Eventually the boat was completely covered after numerous salvage attempts failed. Over time, the river shifted a half a mile to the east.

Rediscovery - In the 1860s, Elisha Sortor purchased the property where the boat lay. Over the years, legends were passed through the family that the boat was located somewhere under the land. In the surrounding town, stories were also told of the location of the boat, although over time, the exact location of the boat was lost. In 1987, David Hawley, a member of a family of Kansas Citians who owned a refrigeration company, set out to find the boat. Using old maps and a proton magnetometer, Hawley figured out the probable location, and then found the Arabia half a mile from the river and under 45 feet of silt and topsoil. With permission from the owners of the farm - and a requirement that the work be completed before the spring planting - Hawley, his brother, Greg, and father, Bob, along with two family friends, Jerry Mackey and David Luttrell - set out to excavate the boat during the winter months. They performed a series of test drillings to determine the exact location of the hull. Once this was done, the perimeter was marked with powdered chalk. Heavy equipment, including a 100-ton crane, was brought in by both river and road transport during the summer and fall. To lower the water level, 20 irrigation pumps were installed around the site to keep it from flooding. The 65-foot-deep (20 m) wells removed 20,000 US gallons (76,000 l) per minute from the ground. On November 26, 1988, the boat was exposed. Four days later, artifacts from the boat began to appear, beginning with a Goodyear rubber overshoe. On December 5, a wooden crate filled with elegant china was unearthed. The mud was such an effective preserver of everything that the yellow packing straw was still visible. Thousands of artifacts were recovered intact, including jars of preserved food that are still edible. The artifacts that were recovered are housed in the Steamboat Arabia Museum. On February 11, 1989, work ceased at the site, and the pumps were turned off.

On a sad note, one of the co-founders was killed in an accident in 2009. The family continues to preserve and display artifacts and told me that they have no funding other than people who visit the museum and pay \$10-\$12 each. They seem to be doing well. This is truly a one-of-a-kind.



Replicas of rooms in the steamboat, the original paddle wheel, jewelry found intact, flacons, perfume that was found so preserved that they are now able to replicate it and it's for sale, buttons without clothing since the cotton in many cases simply dissolved, and foodstuffs still edible.



Perfectly preserved and then painstakingly polished, it's a lovely sight in most cases, especially when you realize that no one died other than the donkey that was tied up in the hold.

Similar era? Marie visits the Mahaffie Farm in Olathe





From the web: *Mahaffie Stagecoach Stop & Farm Historic Site in Olathe, Kansas is the only Santa Fe Trail stagecoach stop that is open to the public. There are three 19th century buildings as well as several 20th century and reconstructed buildings. The 160 acre Mahaffie farm was purchased in 1858, and a small wooden frame house was pulled to the location from nearby downtown Olathe. J. B. and Lucinda Mahaffie operated a stagecoach stop for the Barlow and Sanderson Stage Line from 1863 to 1869, providing livery service and meals. The Mahaffies stayed at the farm until 1886, and the property was sold 6 times before the City of Olathe purchased the remaining 20 acres of the original farmstead in 1979. Since that time, the park has expanded through other purchases and may someday house a separate visitor's center & museum.*



Our other hobby – shopping for a pretty and little 12 year old



Plus a hat for Diana. I forgot my favorite hat in an airplane in Munich.

Thank you Aunt Loudean aka Lou Lou – This hero of a woman generously took in her little niece Marie with open arms and is now her guardian par excellence. I met Loudean first in Atlanta 3/08, and then met Marie in Charlotte 12/08, later in Olathe 3/09 and she's been loaned to me various times in between to include two summer vacations. Loudean manages to keep up with this pre-teen, manage a hotel as part of her career, is married to another generous sole, runs marathons, and also goes to school at nights. Amazing? Nice to know her and pretty special that she'll loan me Marie so I can play Fairy-Godmother from time to time.



What's next on Diana's plate?

I'm quickly off to San Francisco with neighbor Kathy, then home a day before Tom and I depart to Honolulu to tie up 2010 with a holiday plus a marathon. Tentative for 2011:

Jan 13-18 – Charleston Marathon

Jan 26-Feb 2 – Houston Marathon

Feb 11–19 – Maui hike with www.Timbertours.com

Feb 26–Mar 7 – Big Bend National Park hike with www.timbertours.com

Mar 16-28 – Rome Marathon and touring in Umbria

Apr 13-19 – London Marathon

May 5-8 – Capon Valley WVA 50K

May 10-18 Bay to Breakers in SFO 100th anniversary and Lake Tahoe

May 26-Jun 1 – Traverse City Marathon and car trip from Grand Rapids

June /early-July – hold for Marie

June 18-25 – North NM, Taos and Great Sand Dunes hike with www.Timbertours.com

Jul 16-23 – Glacier/Waterton hike out of Kalispell, Montana

Aug 13-20 – Mt Rainier

Sep 7-28 – Medoc Marathon, Sarlot in Dordogne then Nice with Tom, followed by

Sep 25th – Berlin Marathon

What's on your plate? And can I go too?

Updates from some other marathoners follows the itinerary.

Itinerary

Wed Nov 17 - Diana

12:52pm Depart Newark via CO#2484
3:09pm Arrive Kansas City

Rental car

Hotel Fairfield Inn & Suites Kansas City Airport – 2 nights
11820 NW Plaza Circle, Kansas City, MO 64153 Tele: 816 464 2424

Thu Nov 18 – Diana

Visit Crown Plaza, WWI memorial and Union Station

Fri Nov 19 – Diana

Am or lunch With Carol Goslin
3:00pm Pick up Marie from home

Hotel: Doubletree Hotel Overland Park-Corporate Woods – for 3 nights
Canceled 10100 College Boulevard, Overland Park KS 66210 Tele: 913 451 6100

Hotel: Fairfield Inn and Suites
12245 S. Strang Line Road, Olathe, KS 66062 Tele: 913 768 7000

Sat Nov 20

Noon Packet pick up at Doubletree to 6pm. Long sleeve technical shirt to first 2,000 reg.
Eve Special pasta meal offered at Doubletree Hotel

Sun Nov 21

7:00am Pre race entertainment starts with final announcements at 7:45am
8:00am 14th Annual Gobbler Grind Marathon
All races start on Indian Creek Parkway at Founders Park in Corporate Woods, located across from 9401 Indian Creek Parkway, Overland Park, KS. Marathon finishes on the running trail in Founders Park adjacent to the starting line, about $\frac{3}{4}$ mile from the Doubletree Hotel.
Aid stations with sports drink every 2 miles with gels at 11.5 and 20. Course closes at 3pm i.e. 7 hours. www.gobblergrindmarathon.com

Mon Nov 22 – Diana

5:30pm Depart MCI via CO#2914
9:10pm Arrive EWR

Review of 2010 map by David:

I looked briefly at the map and it appears to be the same as last year, but the map quality is not the best so it might be different in some spot. I can brief ya'll on the route, but it is basically out and back on a bike trail along a creek. The first 3 miles are in the office park where the race starts, nicer than that sounds. Then you get on the trail. In the middle on the way out is a big loop around a block on city streets, 3 of the 4 sides of the block are up hill. The fourth side, back down to the creek, is a big downhill. Back on the trail for the rest of the race. Most of the rest is relatively flat.

From David 11/09:

I did the Gobbler Grind Marathon in Overland Park, Kansas (Kansas City) yesterday. It was a pretty good race but not exceptional. I stayed at the host hotel, the Doubletree Corporate Woods. It is about a 10 minute walk to the start/finish area, or you can drive and park in an office building parking lot right at the start/finish. The packet pickup was at the hotel but it was very quick and only one vendor with a handful of items was there so I wouldn't call it an expo. The race shirt is pretty good but it does have a goofy turkey on it so I wouldn't say it was as classy looking as some. The medal is small but OK.

It is a small race - 500 in the 5k, 1100 in the Half, and 225 in the Marathon. The race starts on the street, runs 3 miles through the office park (Corporate Woods) with a couple of small hills. Then the 5K turns off as you get on the bike trail. Most of the rest of the race is on a paved bike trail along a creek. It is wooded, kind of pretty, but not really. After a while it gets boring. At mile 6 you get off the trail onto streets for a big square for 4 miles. The first 3 seemed to be mostly up hill, with the final one a big downhill back to the trail. At the trail, the half turns left back to the start and you turn right for a long out-and-back. This year they changed it a little bit so it may vary next year. We ran out to 15.25, u-turned, and came back. At almost 19 we made a turn off on a side trail for 1 mile out, 1 mile back, then we continued on the trail back to the finish. When I saw that on the map, I told my wife "that will suck" since I don't like the idea of a turnoff that far into the race. I prefer to continue heading home. Well, it turned out to be even worse because that 1 mile out was uphill into a slight headwind. It was my slowest mile of the day. The return mile was better and 2 min/mile faster. The main trail has a few little ups and downs, but only someone like me from the flatlands would probably notice them. Virtually no portacans along the course (plenty at the start) but there a quite a few bushes that would work. I never needed one, but if you do, plan for a bush, not a portacan.

At the finish, it was pretty empty, especially since I came in at 5:57 with only 7 people behind me. Snickers marathon bar, bananas, oranges, water (tiny cups) and Gatorade were about it. I was sorry I had walked to the start because now I had to walk back to the hotel, but that was for the best since it gave my legs some cool down. I flew home this morning and I'm only a little sore. I ran part of the race with a couple of 50 states ladies I had met at other races. But with the winding trail and small race at times it was lonely out there.

There were virtually no spectators since most of the race is on a bike path with limited access. But a fraternity brother of mine from college came out to 3 spots to cheer me on, which was very nice. The first time was a real surprise and pumped me up. Combine that with the fact it was on the big downhill from 9 to 10 gave me my fastest mile of the day. I probably paid for that later, but it was fun.

I would not call this a great marathon, but it was fine for what it is. I don't know there are any "destination" marathons in Kansas. I'd recommend renting a car since it is about 35 miles from the airport, and the hotel is pretty much isolated. There is a good breakfast place near the hotel called First Watch. It is in a shopping center about a block away - leaving the hotel parking lot, just cross over the street into what looks like a office building lot and behind it. It was pretty good with an interesting menu. I prefer not to eat at hotels for breakfast - slow, expensive, and usually not good.

47th state and 50th marathon completed! I have to find a turkey charm for my wife.

This was my first time to ever be in Kansas. Unlike what I had learned from one of my favorite movies, Kansas is not really in black and white. There are some dull greens and browns. Well, I'm not in Kansas anymore.

Happy Thanksgiving!

From: Diana Burton <dianab@juno.com>
To: runkansascity@aol.com
Sent: Fri, Jan 15, 2010 9:25 am
Subject: 4th request -- question on marathon

Garry Gribble led me to your email and web site at <http://www.runkansascity.com/>. Can you help us learn more about Gobbler Grind and even if there will be one this year? We of course worry since no one will answer.

From: Diana Burton <dianab@juno.com>
To: gobblergrind@aol.com
Date: Wed, 13 Jan 2010 17:20:51 -0500
Subject: 3rd request -- question on marathon

Me again. There are a few of us who are wondering if there will be a marathon in Overland Park this year. We are worried since you don't answer. We need to pencil in our Kansas marathon and if we can't find out anything or have reassurance about Overland Park, we feel a need to go to Olathe, Abilene or Lawrence.

Can you spare a minute to answer us? Questions below.

From: Diana Burton <dianab@juno.com>
To: gobblergrind@aol.com
Date: Wed, 16 Dec 2009 23:52:32 -0500

I'm sorry to be a pest and I realize that not everybody gets their calendar done 11 months ahead, but a few of us do. Can you give me a partial answer here at least? Reassure me that you're there and there will be another Gobbler Grind in 2010 on this date? I am looking at Lawrence KS in April to hedge my bet but would rather be in Overland Park.

From: Diana Burton <dianab@juno.com>
To: gobblergrind@aol.com
Date: Wed, 9 Dec 2009 15:27:00 -0500

Hello,

There are a few of us seeking our 50-states that would like to come to the Gobbler Grind Nov 21, 2010. Is that the correct date?

Could you advise please if there is a 50-state club discount?

Are you comfortable with having those of us who might not finish until 5:30 to 6 hours?

From: Garry Gribble <ggrunkc@me.com>
To: Garry Gribble <ggrunkc@mindspring.com>
Date: Thu, 14 Jan 2010 16:56:24 -0600

Let me backtrack on the Kansas marathon events: As the 8th finisher of doing a marathon in every state plus WDC... -Gobbler Grind- run on paved streamways and about as exciting as running along a freeway and the director has problems every year with problems such as measurement, timing, or whatever.

- Lawrence- 1st year event and I'd wait and do it the second year if it indeed happens.
 - Abilene- a drive from the KC airport but its flat, organized and you get a little history plus a little of Ike.
 - Olathe- coming up soon and believe it or not it's hilly.
 - Wichita- three hours away but a flat course.
- When traveling stop and enjoy the scenery and my bet would be to do the Abilene event.

Garry Gribble
Garry Gribbles RunningSports LLC - 816-651-3908 (mobile)

On Jan 14, 2010, at 4:35 PM, Garry Gribble wrote:
> Hi Jan...We are still here and growing strong with four running stores now.
>
> I would consider Olathe or Lawrence coming up this spring or Wichita or Abilene.

From: Garry Gribble <ggrunkc@me.com>
To: Diana Burton <dianab@juno.com>
Date: Thu, 14 Jan 2010 17:31:56 -0600

Thanks for sharing the article Diana and you are a running legend. Stop in when you are in KC and spend some money in my stores.

> On Thu, 14 Jan 2010 17:15:22 -0600 Garry Gribble <ggrunkc@me.com> writes: go to mararunning.org and check out 11.21 for the Gobbler Grind. I can't give it any positive endorsement though. The event is over 10 years old and I've heard all the horror stories you can imagine. The course is not too creative. Good luck.

From Dave B to Kathy K: As you put in your reply to Diane, this is a new event that is a road race. (Diane - you are thinking of the Free State Trail which is in the Lawrence area, usually the last Saturday of April). Per comments on Marathonguide, I'd be wary of the Kansas Marathon. They put on a half last year that got very poor marks. Did they learn from these mistakes to be able to now put on a full - or will those who run this year be guinea pigs for their expanded experiment. I'd be leery and either go with Gobbler or consider the weekend before Lawrence (April 10), there are 2 other KS options. Olathe (pronounced "o LAY tha) which canceled last year the day before due to weather (blizzard conditions were forecast) and is renowned for being windy, cold and hilly. Or Eisenhower in Abilene, KS which is about 2 1/2 hour drive west of KC. Well done, easy out and back with minimal hills and good community support, only draw-back is that it is more difficult to get to.

Friends Updates

Flying Monkey – meanwhile while we were in Kansas, friends were doing Nashville's famous Flying Monkey marathon. Some fast, some slow, but all having a great time. What an event with food and more food, and hills and more hills. Here's Annette from Chicago area and Diane from Nashville where it was staged.

Tulsa's Route 66 – lots of friends were doing Tulsa's marathon or half. Judy from Atlanta got it done in 7:13 while Marv who did his 50th state last week at OBX did the half in a fast 2:33, with wife and walker Maryanne came in at 3:08. Carol from K.C. did 6:05 despite doing about one or two a week.



Philadelphia's marathon – Jenna ran and significant-other Adrienne supported and hugged too. Jenna 'Runs for Joy' and that's Joy who she lost to ALS last year. Jenna managed a super 4:35. Adrienne is my super smart massage therapist. Peggy was there too and finished (her 20-something of the year?) in 6:52 on her way to 8-star Maniac level. Jan from M&B came in at 2:23 for a half marathon and that was after working her www.MarathonandBeyond.com booth.



Gobbler Grind by Krista - It's fair to say this race sucked. LOL! But I had a good time anyway! I had been sick since the previous Thursday but decided I would go and just see how I felt race day morning. We drove to Overland Park, KS on Saturday and checked into our hotel. Then I took a nap. Met up with Carl, Bev, Diana (Bev's sister) and her charge, 12-year-old Maria, as well as David Holmen, our new race buddy we met in Denver, for dinner in the hotel restaurant. Early to bed for me. Carl and Bev said they heard me coughing through the very thin walls that night! (Sorry about that.)

Race day morning I felt OK, so I decided to go ahead and run the race. About 5 times during the race I got cheered on by a MIZZOU fan who noticed my hat. I felt obliged.... We were, after all, in Kansas. He and his daughter were cheering for his wife, who was always a minute or two behind me. They'd cheer me on, then her, then move on to the next spot to cheer us on again. I'd come around a corner and hear "MIZZOU! Go MIZZOU! You got this MIZZOU!" What fun! Thanks, MIZZOU fan! That helped a lot!



Diana took this picture of Carl and me at the start line.



Carl with Diana Burton. She's done a billion marathons.

The race course was not bad. A lot of the run was spent on this paved trail (below) through a woody area. A small amount of time was spent on roads. I felt really good until about mile 8. At that point my shoes started hurting my feet and my legs started to crap out. By mile 10 I was doing a lot of talking to myself. "Only 3 miles to go. You can do anything for 3 miles." I ended up doing only slightly worse than my best time (Denver), coming in at 2:45:48. Not bad for a sick running in the crazy wind that day!



Carl took this pic of me coming toward the finish line.

Beautiful weather for running, just windy. Carl ran the half also and did great, coming in at 2:19:43. Our super fast friend Dave ran the full marathon and came in at a blistering 3:21:45. Next half, as of now, isn't until the Illinois half on April 30, 2011.