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Known for his flowery language and insightful wisdom, Mark's weekly Running Club emails were a staple of his time as an officer. Here, a collection of Mark's weekly updates, ruminations, and meditations are gathered for reader's enjoyment for years to come. Whether you are enjoying the progression of Mark's work chronologically, or simply reminiscing on a specific week, you will be sure to find something to tickle your brain, bringing back a flood of fond memories of Mark and the club.

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Jayhawk Project 2.0 - KU Running Club Fall '19

8/25/2019

Dear All Prospective Runners,

Welcome to the Fall '19 semester! Whether you're a returning club member or were pressured into giving us an email at a tabling event, we're glad to have met you and look forward to getting to know you more. I'll try to provide as much necessary info as possible in this email without wasting too much of your time. We'll also be holding an informational meeting sometime in the next couple of weeks, so if you still have questions after reading this, you'll have plenty of time to get them answered either at that or at practice.

Who We Are:

The KU Running Club was once one of the largest organizations on campus. Unfortunately, due to some changes in leadership and mismanagement, participation had fallen off in recent years. Last year, however, marked a turn-around in club culture as Nelson, Ross, and I (Mark) got the "Jayhawk Project" off the ground. This year we begin Jayhawk Project 2.0, and we've got four new officers (Amanda, Ben, Sammy, and Stacey) joining us to help make it the best year yet. It's our hope that you join us in continuing to grow KU's running community.

Our goal is to create the very best running community possible for all Jayhawks. Whether you just want to get a workout in with some friends, or are an absolute mileage junkie who wishes to compete against the Midwest's washed up elite, we want to be able to provide all of you with a place to do that, no matter your skill level. We can promise you that no matter how fast, slow, or dedicated you are, we have something for you.

What We Offer:

The main reason to join the Running Club is, obviously, to run, but that's certainly not the only reason. We want to provide more than just a group of friends to workout with, so we've scheduled several social and community service events to build a sense of camaraderie and keep everyone involved with the organization. (See the attached schedule for more details on the schedule/events). There will also likely be more going on not listed on the schedule. After all, the club is a great place to meet friends, and friends tend to hang out.

Joining the club is also a great opportunity to gain some leadership experience. A goal of ours is to continually hold elections and pass responsibilities down to the next set of leaders. We were able to more than double our number of officers last year, and as current officers continue to graduate and move on, we're going to keep looking for motivated individuals to keep the club in good hands. We want what we are building to last, so if organizational and management experience is something that you think your resume needs, then definitely consider the Running Club as a way to pursue that.

Who Can Join:

Anyone (so long as you go to KU, which you all do) can join. There is no tryout process or any sort of ability level requirement. If you think you're slow, then great--you're perfect and we'd love to have you. If you think you're fast, then you're also perfect and Michael would love to challenge you.

Mondays and Wednesdays offer basic runs from either campus or an outside location (carpool to the Levee, Wetlands, etc.) that anyone can join in on. The distance and pace you go is entirely up to you. We just provide a general structure and route, as well as some company to push you. Bring friends, make friends, get better, and have a good time. That's really what it's all about.

For the more competitively inclined runners, or for any runner who wants to push themselves a little bit, we offer workouts on Tuesdays and Thursdays. These workouts were passionately designed by our own scientific genius, and they are guaranteed to make you faster.

On Fridays, we sometimes like to mix it up a bit and have some fun with either an event or something like basketball, ultimate frisbee, capture the flag, etc. And on weekends, things will be less structured unless we have a planned meet, event, or workout, but one of the benefits of the club is that there is almost always someone willing to run with you. All you gotta do is drop a quick "who tryna run, hmu" in the GroupMe.

Dues:

Yes, there are dues. Unfortunately, as required by the University, and as necessitated by our financial and economic reality, you will have to pay a small amount to be a part of the club. The good news is that one of our main goals is to keep these as low as possible, and we are a lot more affordable than any other club like Soccer, Swimming, Lacrosse, or any sort of Fraternity/Sorority. Also, we offer a few options so that you can pay what makes the most sense for your personal situation:

Casual members: \$20 per semester **OR** \$30 for the entire year

Competitive members: \$60 per semester **OR** \$90 for the entire year

All money generated for the club is for the benefit of everyone in the club. It goes to things like social events, NIRCA memberships, website hosting, merchandise/uniform expenses, and registration and travel expenses for each meet. Competitive members: we are getting you into college level races at a discounted price. Paying for them on your own would cost well over \$100 per semester. Basically, if you are planning on racing more than once, you should purchase a competitive membership.

A lot of thought and actual calculation went into setting these amounts, so please know that we are doing our best to make this experience as inexpensive and worthwhile as possible. Also remember that the more money we are able to bring in (mainly through the 5k that we are planning), then the more money we are allocated by KU, and the cooler the things are that we can do -- i.e., make our annual 5k a massive event, fly across the country, stay in nice hotels, have nice dinners, compete in super cool races, buy hype ass merch, etc. We understand that college students aren't the most well-off financially; we aren't trying to rip you off or beg for your money, we just want to be transparent about where your money is going and why.

Jayhawk's Run for the Heart 5k:

Last year we held our inaugural Run for the Heart 5k at Rock Chalk Park (the finish line is on KU's track). While we were successfully able to put it on and raise a good amount of money for the Club and the American Heart Association, there is plenty of work to be done in order to make the 2nd annual 5k even better. Please help us get the word out; we want this to be a huge event, open to hundreds of KU students and members of the community. Registration will be \$25 and includes a free, very cool T-shirt. As a member of the Club, you will be helping us organize and run the event. Lots more info to come, but this is our top priority as a Club at the moment and something we should all be excited for.

How to Join:

If this still sounds like something you want to be a part of, then the next step is to sign up on **Do Sports Easy** through KU's Recreation Services website (<https://recreation.ku.edu/dosportseasy>). It's a very simple process, and once you do that you'll be added to the roster and free to participate in whatever capacity you want. We will be using your phone number and email from there, so make sure that all your contact info is present and accurate and we can add you to the GroupMe and keep you on the email list.

That's about all the info we have for now. Take a look at the attached schedule and feel free to contact us with any questions. We'll be meeting at our normal time starting Monday (5pm in front of the Rec Center) and every weekday after that. If you want to take some time to settle in to the semester, feel free to come out when you're ready. We'll be there ready to run and get to know you. For those that join, you can expect a weekly email from me to keep you in the loop with announcements, events, practice schedules, etc. Thanks for reading through this novel; we appreciate your interest and really hope to see you all at a run soon.

Rock Chalk,

Mark - Email Guy & Treasurer
Other Officers (Amanda, Ben, Nelson, Ross, Sammy, Stacy)

--

KU Running Club 9/2

9/2/2019

Hello!

Welcome to week 2 of school and Running Club! We're real thrilled to have seen so many new faces last week and are hoping to keep that going. If you haven't showed up yet, we're waiting.

Weekly Schedule:

M: Labor Day

T: Run from Rec (with optional hills)

W: Carpool from Rec (4:30pm)

T: Run from Rec (with optional tempo) & INFO MEETING

F: Sand Volleyball

S: You do you (meet for optional long run)

S: Pool party at Amanda's???

Announcements

- We're holding our **Informational Meeting** this **Thursday at 7:30pm in Room 202** of the Rec. We'll plan on meeting up there after practice to go over some stuff and have everyone officially sign up. Bring dues if you want!
- Speaking of dues... If you are planning on running competitively, please try to get those in to one of the officers by our first race on the 14th. If you're running casually, we'll give you an extra week to decide if we're worth your money. Rates are: **\$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive**
- Our 5k registration is up and running @ <https://www.kansasrunningclub.org/kuclub5k> - sign up and promote to literally everyone you know. And remember: you'll get reimbursed the \$25 as a due paying member. And if you don't wanna run, help us organize the event by volunteering @ <https://docs.google.com/spreadsheets/d/1ayblNLLfW-dltURzT2f3Nokvz7e7nDJG8LeG1ZNZH1E/edit?usp=sharing>
- Sand Volleyball outside the Rec on Friday!
- There are rumors of a **pool party** at Amanda's apartment complex this Sunday, and I'm hearing she's bringing **Claws** so. If you hate laws... stay tuned.
- Let us know if you still need in the **GroupMe**

Shoutouts:

S/O to all new members! Stick around!

Quote of the Week:

"If you want to amount to anything in life, keep your dongles out" - Alex"

-Me

Have a wonderful second week of school and we'll see you at 5 outside the Rec!

-Mark

--

Running Club 9/9

9/9/2019

Hello again,

It is week 3. Hope you're all settling in and enjoyed our poolside bash Saturday. I unfortunately was unable to attend but it looked like a real HOOT. More recreational events OTW.

Weekly Schedule:

M: Run from Rec

T: Hills (optional) from Rec

W: Carpool from Rec (4:30pm)

T: Tempo (optional) from Rec

F: Run from Rec

S: Time trial @ Haskell

S: You do you

Announcements

- It's about time to start thinking about **DUES**. If you've made up your mind, please get those in to one of us officers at your convenience. **\$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive**
- Keep signing up, sharing, and volunteering for our 5k @ <https://www.kansasrunningclub.org/kuclub5k> - Due paying members are reimbursed!
Volunteer @ <https://docs.google.com/spreadsheets/d/1aybINLLfW-dltURzT2f3Nokvz7e7nDJG8LeG1ZLNZH1E/edit?usp=sharing>
- If you want to keep receiving these **emails**, please visit the following spreadsheet and put your info in. This will be our running **roster** to keep track of **contact info and due payments**. **Please fill it out!**
https://docs.google.com/spreadsheets/d/1i1k5BKQFRh_gyxUkZnBvAx79EvopQjPu1csOhRKcUDk/edit?usp=sharing

Shoutouts:

S/O to Amanda for smashing glass all over the HERE pool, thereby forever ruining our Sunday party.

Quote of the Week:

"Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside you, if you look closely enough."

- Hal Higdon

Have a great week and hope to keep seeing ya

-Mark

--

Running Club 9/16

9/16/2019

Hi guys,

Working on week 4 now. That's about a month. I didn't want to send this to all 200+ of you again, but figured not everyone got a chance to fill out the roster spreadsheet. PLEASE DO SO, as this is the last week before we switch over to a set contact list. The link can be found HERE and again in the announcements, which are very full this week.

https://docs.google.com/spreadsheets/d/1i1k5BKQFRh_gyxUkZnBvAx79EvopQjPu1csQhRKcUDk/edit?usp=sharing

Weekly Schedule:

M: Run from Rec

T: Hills (optional) from Rec

W: Carpool from Rec (4:30pm)

T: Tempo (optional) from Rec

F: Run from Rec & Pizza / Picture Night

S: You do you

S: You do you

Announcements

- Keep getting your **DUES** in. **\$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive**
- Keep signing up, sharing, and volunteering for our 5k @ <https://www.kansasrunningclub.org/kuclub5k> - Due paying members are reimbursed!
Volunteer @ <https://docs.google.com/spreadsheets/d/1ayblNLLfW-dltURzT2f3Nokvz7e7nDJG8LeG1ZNZH1E/edit?usp=sharing>
- Put your name on the official roster, even if you're the most casual of members. We need to keep track of this stuff.
https://docs.google.com/spreadsheets/d/1i1k5BKQFRh_gyxUkZnBvAx79EvopQjPu1csQhRKcUDk/edit?usp=sharing
- Competitive runners, here's a link to start signing up for races:
<https://docs.google.com/spreadsheets/d/1844lbRoGkoiIEWakCYoRvs8UPsNkVhDqTQ9YvJKBFwg/edit#gid=0>
- We will hopefully get a UNIFORM order out soon. We're looking to be absolutely iced tf out this year, so if you want in (and paid for a competitive membership), give us your size here (it's the same link):
<https://docs.google.com/spreadsheets/d/1844lbRoGkoiIEWakCYoRvs8UPsNkVhDqTQ9YvJKBFwg/edit#gid=2129500071>
- This Friday, after practice, upstairs in the Rec, we'll be holding our Pizza and Bio/Picture night. This is where we gather to take both serious and silly portraits for the website, and start brainstorming / compiling website bios. Check some of them out online, and look over last years attached template if you'd like to partake.

Shoutouts:

S/O to all our time trial runners. It really do be hard out there.

Quote of the Week:

"Clear your mind of can't"

-Samuel Johnson

Enjoy the week!

-Mark

--

Running Club 9/22

9/22/2019

Hello friends,

Hope you all enjoyed your family weekend! It has been over a month. You may notice that very few of you are receiving this email; that is because very few of you filled out the roster spreadsheet. If you have a friend that should have received this, please let them know they need to fill out the roster spreadsheet. https://docs.google.com/spreadsheets/d/1i1k5BKQFRh_gyxUkZnBvAx79EvopQjPu1csOhRKcUDk/edit?usp=sharing

Weekly Schedule:

M: Run from Rec

T: Tempo (optional) from Rec

W: Carpool from Rec (4:30pm)

T: Easy from Rec

F: Meet at Emporia

S: You do you

S: You do you

Announcements

- Keep getting your **DUES** in. **\$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive**
- If you were not at the Pizza / Picture / Bio night, you missed a wonderful time. Be sure to fill out a **BIO** to be put up on the site!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Unfortunately, we will not be going through with our 5k this week due to our lazy organizational and marketing efforts. If you paid to race, let us know and we'll work out a dues reduction / reimbursement. Rescheduling TBA.
- Keep signing up for races:
<https://docs.google.com/spreadsheets/d/1844lbRoGkoiIEWakCYoRvs8UPsNkVhDqTO9YvJKBFwg/edit#gid=0>

Shoutouts:

S/O to Ben for being the best DJ and website guru we've ever had <3

Quote of the Week:

"What are you gonna do, Alex? Throw that hard plastic object at my face?"

-Sammy, before being hit in the face with a hard plastic object

Have a wonderful week!

-Mark

--

Running Club 9/30 *MUST OPEN CRITICAL*

9/30/2019

FILL OUT ASAP

https://docs.google.com/spreadsheets/d/1i1k5BKQFRh_gyxUkZnBvAx79EvopQjPu1csQhRKcUDk/edit?usp=sharing

- I'm going back on my word and giving people one last chance to fill out the roster form, just in case we can pick up any stragglers. Won't happen again, though. Now, the email:

Good morning,

I wish I could report on the race in Emporia, but unfortunately we were "rained" out. That's okay, though, because we'll make up for the lost fun this weekend in Arkansas. Road trips, Olive Garden, and fast races are among the best things in life, and that's what's in store.

Weekly Schedule:

M: Run from Rec

T: Hills (optional) from Rec

W: Carpool from Rec (4:30pm)

T: 2-3x 10 min tempo

F: Leave for ARKANSAS

S: Chili Pepper Festival

S: You do you

Announcements

- Keep getting your **DUES** in. **\$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive**
- It's not too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Race signups:
<https://docs.google.com/spreadsheets/d/18441bRoGkoiIEWakCYoRvs8UPsNkVhDqTQ9YvJKBEwg/edit#gid=0>

Shoutouts:

S/O to Lucy for "just wanting to shoot some threes." We all admire your love for the Game.

Quote of the Week:

"We gotta work our obliques, so like... twisties."

-Kyle

Have a good one,

-Mark

--

Running Club 10/7 - Back from Fayettechill

10/7/2019

Hello all friends,

We're back from Arky for another week. The road trip and 10k was top 10 most extreme times ever, featuring a fantastic performance from the Red Hot Chili Peppers (overrated, imo), Olive Garden (as promised), luxurious hotel boarding, PRs for everyone, a club team win, stupid fresh merch, and much, much more. I hope you all get to experience a team trip at some point; it was truly magical. Results from

the race can be found here:

https://docs.google.com/spreadsheets/d/1T3C61_sgpW1ENMNkve6EJ8k-paeB5mm9-xuEpwzsBYA/edit#gid=1174702259

Weekly Schedule:

M: Run from Rec

T: Bloody Tuesday from Rec (hills)

W: Carpool from Rec (4:30pm)

T: 3x 10 min tempo

F: Run from Rec

S: Haskell Invitational

S: You do you

Announcements

- *Keep getting your **DUES** in, plz. Only EIGHT out of the 38 of you have paid me. Let's shoot for end of this week before fall break. \$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive*
- It's not too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOP-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Race signups:
<https://docs.google.com/spreadsheets/d/1844lbRoGkoiIEWakCYoRvs8UPsNkVhDqTQ9YvJKBEwg/edit#gid=0>

Shoutouts:

S/O to Alex and Sammy for taking home age group awards this weekend in Arkansas. You are bastions of athleticism and success.

Fun Fact of the Week (new feature!):

Rainbows are actually circular. We don't typically see a full circle rainbow because the Earth's horizon blocks the lower part.

Quote of the Week:

"Don't ever, for any reason, do anything, to anyone, for any reason, ever, no matter what, no matter where, or who, or who you are with, or where you are going, or where you've been, ever, for any reason whatsoever. -Michael Scott"

-Yinje

Have a good one,

-Mark

--

Running Club 10/14 - Fall Break Week

10/14/2019

Hi guys,

Hope you all had wonderful Fall Break. We will all sit in a circle and share stories at practice. I apologize for skipping the weekly Sunday night email; as consolation I will permit you all one more week to get

your dues in. Also, results from Haskell (good job, proud):

https://docs.google.com/spreadsheets/d/1T3C61_sgpW1ENMNkve6EJ8k-paeB5mm9-xuEpwzsBYA/edit#gid=73112529

Weekly Schedule:

M: Fall Break

T: Fall Break

W: Carpool from Rec (4:30pm)

T: 3-5 x 5min @ 5k pace

F: McLain's Hangout (7am), Run from Rec (5pm)

S: You do you (morning run and breakfast?)

S: You do you

Announcements

- **DUES**, please. *\$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive. Will start DMing directly starting next week. The week after that we duel.*
- It's not too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Race signups:
<https://docs.google.com/spreadsheets/d/1844lbRoGkoiIEWakCYoRvs8UPsNkVhDqTQ9YvJKBFwg/edit#gid=0>

Shoutouts:

S/O to Ben, Santi, Calvin, and Zan for holding it down for us at Haskell this past weekend. No breaks off.

Fun Fact of the Week:

You can hear a blue whale's heartbeat from over 2 miles away!

Quote of the Week:

"My nipples are invincible."

- Ross

Let's have a great 3 day week,

- Mark

--

Running Club 10/21 - Spaghetti and Mario Kart Week

10/21/2019

Good morning friends,

Hope you had a great weekend. I was unfortunately not present for the club's escapades at IHOP and Rim Rock Farm, but it looked like quite the time, judging from the GM and Insta. Here are the Dr. Bob results:

https://docs.google.com/spreadsheets/d/1T3C61_sgpW1ENMNkve6EJ8k-paeB5mm9-xuEpwzsBYA/edit#gid=73112529

Weekly Schedule:

M: Run from Rec

T: Bloody Tuesday (hills) from Rec
 W: Carpool from Rec (4:30pm)
 T: Track Work! 5-8x 1k @5k pace
 F: McLain's Hangout (7am), Run from Rec (5pm)
 S: You do you (another morning run and breakfast?)
 S: You do you

Announcements

- **DUES, please. \$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive. Last week was short so I'll cut some slack but let's get them all in this week.**
- This Friday we will be hosting our annual **Spaghetti and Mario Kart Night!** Details TBD and OTW; stay peeled in GM.
- It's never too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- It's also not too late to sign up for the Kansas Half/5k, but it will be ~soon~:
<https://docs.google.com/spreadsheets/d/18441bRoGkoiIEWakCYoRvs8UPsNkVhDqTQ9YvJKBFwg/edit#gid=0>

Shoutouts:

S/O to Yinje for being the beautiful subject of an apparent photoshoot in IHOP. I am not familiar with the context of such photos but they flooded my heart with joy.

Fun Fact of the Week:

Judge Judy is TV's highest paid host, making \$147 million in 2018.

Quote of the Week:

“The will to win means nothing without the will to prepare.”
 -Juma Ikangaa

Have good 1,

- Mark

--

Running Club 10/28 - Kansas Half Week

10/28/2019

Hello,

T minus 6 days until a good number of you run 13.1 miles. This is exciting. Also exciting: our Spaghetti and Mario Kart / Super Smash Bros / Chess / Sonic night this past weekend. Good times, more to come.

Weekly Schedule:

M: (optional) Long run from Rec @ 4:30
 T: Run from Rec
 W: Carpool from Rec (4:30pm)
 T: Run from Rec
 F: McLain's Hangout (7am), Run from Rec (5pm)
 S: You do you

S: Kansas Half & 5k

Announcements

- ***LAST WEEK FOR DUES, please. \$20/sem or \$30/yr for casual; \$60/sem or \$90/yr for competitive.***
- It's never too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- We should have a merchandise order up soon. Stacey has been hard at work designing some stupid fresh tees, so stay tuned.
- We're currently done with our scheduled races, but there has been talk of signing up for more in the surprisingly short time we have left this semester. Details to come, maybe.

Shoutouts:

S/O to John for being the consensus best Mario Kart driver in the club (this year), thus making up for his inferior chess skills.

Fun Fact of the Week:

A cow-bison hybrid is called a beefalo.

Quote of the Week:

“So I was ballin up over Fall Break... and not gonna lie I hit some threes. That's just the truth.”

-Lucy (see "Running Club 9/30 *MUST OPEN CRITICAL" for further reference)

Have a wonderful day,

- Mark

--

Running Club 11/4 - Half Carnage Recovery Week

11/4/2019

Hi friends,

What a wonderful week it was. To all those who ran the Half/5k: you are incredible. Many PRs were run, Perkins was eaten, and a lot of good times were had. Truly one of the best days I've spent with the club; I am very very happy to be a part of this community and I mean that with all sentimentality. Results from the race(s) can be found at the link below and on our beautiful website (thank you Ben). And there should be a pictures link online at some point in case you didn't get enough from the GM.

<https://www.athlinks.com/event/23475/results/Event/853194/Results>

<https://www.kansasrunningclub.org/cross-country>

Weekly Schedule:

M: Very easy recovery run from Rec

T: Likely another easy run from Rec

W: Carpool from Rec (4:30pm)

T: Run from Rec OR track workout (1600, 1200, 800, 400) x2?

F: McLain's Hangout (7am), Run from Rec (5pm)

S: You do you

S: Billy Mills 10k

Announcements

- There is talk of running the **Billy Mills 10k** at Haskell this weekend. If this interests you, Ross will be in contact.
- There is also talk of a Team Percentage Night Dinner at **Buffalo Wild Wings**, this **Friday** with slight chance of a delay to next week. Just giving y'all a heads up.
- Other events on the horizon: a **FRIENDSGIVING** and a **DONUT MILE**. Details to come for both.
- It's never too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to our President Nelson for running a 1:20:29 half (6:09 pace) after 1 hour of sleep in a car and minimal training. A true freak of nature.

Fun Fact of the Week:

Around 700 grapes (~2.6lbs) go into a bottle of wine.

Quote of the Week:

“Sammy, I like your shirt... today.”

-Ross, known purveyor of backhanded compliments

Have a beautiful and blessed week,

-Mark

--

Running Club 11/11 - Make a Wish

11/11/2019

Hi guys,

I think we are out of warm weather, but that's okay because with legs this active, smiles this big, and hearts this warm we'll never get cold. Friday was basketball day, both at practice (a track workout was ran as well) and for our camping group. What a good club.

Weekly Schedule:

M: Run from Rec

T: (Bloody) Tuesday (Run from Rec)

W: Carpool from Rec (4:30pm) **DINNER @ B-DUBS**

T: Run from Rec OR track workout (1600, 1200, 800, 400) x2

F: McLain's Hangout (7am), Run from Rec (5pm)

S: You do you

S: You do you

Announcements

- Team Percentage Night Dinner at **Buffalo Wild Wings**, this **Wednesday**. Eat wings, bring friends, support the Club!

- We will be cleaning **Allen Fieldhouse** next **TUESDAY, Nov. 19**. Please mark your calendars for this! We need as much participation as possible! It will be a late night but well worth it. It's a huge source of funding for the club, and we'll be pairing up with others so it won't be quite so laborious.
- It's never too late to fill out a **BIO** for the website!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Ben for crossing up lames so hard on the courts that he ripped his shoe. Hard.

Fun Fact of the Week:

Cherophobia is an irrational fear of fun or happiness. This is what Ross has.

Quote of the Week:

“When it’s pouring rain (or snow!) and you’re bowling along through the wet, there’s satisfaction in knowing you’re out there and the others aren’t.”

-Peter Snell

Have a great, great week,

-Mark

--

Running Club 11/18 - Fieldhouse & Friendsgiving

11/18/2019

My very good friends,

From B-Dubs to the Donut Mile, we put another week of ~bonding~ in the books. And we're gonna do it again this week, but even BETTER! (check announcements)

Weekly Schedule:

M: Run from Rec

T: Bloody Tuesday from Rec + BBALL CLEANUP

W: Carpool from Rec (4:30pm)

T: Run from Rec OR track workout (how bout mile repeats LOL)

F: McLain's Hangout (7am), Run from Rec (5pm), FRIENDSGIVING

S: You do you

S: You do you

Announcements

- As shown in the schedule, this week is the **Allen Fieldhouse Cleanup**. It's a long night, but very very helpful financially. AND we'll be pairing up with other groups so it won't be near as hard as last year. See Sammy's recent message in the GM for more details.
- Also featured in the schedule and GroupMe, this Friday is our **FRIENDSGIVING**. I am very excited about this idea and look forward to sharing cranberry sauce and sweet potatoes with you all. That's actually all we're eating I hear, kinda cool.

- It's never too late to fill out a **BIO** for the website! :-p
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOP-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to ROSS for being crowned champion of the Donut Mile, posting a new CLUB RECORD of 7:29. Very good Ross, we are all proud of you.

Fun Fact of the Week:

The coldest temperature ever recorded was -144 degrees Fahrenheit. It was in Antarctica.

Quote of the Week:

“I've been to the Black Sea. I've seen the fish on the bottom of the ocean floor. They have their own light source. And now that I've seen the sun, been sunburned... I don't want to go back.”

-Ross

Have a very good week friends,

-Mark

--

Running Club 11/25 - ThankGiving

11/25/2019

Good evening,

This is a short week, and a short email. Friendsgiving on Friday was a testament to how far we've come as a club, and I would just like to say how thankful I am for all of you for making this community something truly special. <3.

Weekly Schedule:

M: Run from Rec

(Bloody) T: Run from Rec

W: Carpool from Rec (4:30pm)

T: Thank Break

F: Thank Break

S: Thank Break

S: Thank Break

Announcements

- Not much going on this week, but there are a couple of you who haven't paid dues yet so that'd be great if you did that. I'd be extra thankful.
- It's never too late to fill out a **BIO** for the website! :~p
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOP-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to whoever left a La Croix can (unemptied) under my bed. I found it two days later and am blaming Hope.

Also S/O to Anna (Crazy Cat Girl) for making the best salad I've ever had. Pomegranates!

Fun Fact of the Week:

There are four towns in the United States named "Turkey." They can be found in Arizona, Texas, Louisiana, and North Carolina.

Quote of the Week:

"The OOOLE 'Hey how's your father.'"

-Joe

Happy Thank Week,

-Mark

--

Running Club 12/2 - Welcome to December

12/2/2019

Hello again friends,

I hope you all had a wonderful Thanksgiving filled with lots of fun runs and proprietary cranberry sauce. I am thankful for you all, but now it is time to return to the Grindhouse for the last few weeks of school.

Weekly Schedule:

M: Run from Rec @4:30

T: Bloody Tuesday from Rec @4:30

W: Carpool from Rec (4:30pm)

T: Run from Rec @4:30

F: McLain's Hangout (7am), Run from Rec (4:30pm)

S: You do you

S: You do you

Announcements

- As you should notice from the schedule, we are meeting at **4:30** all week so as to save some daylight. Hopefully this doesn't ruin any schedules.
- There has been talk of a **Secret Santa**. This sounds like something that will be worked out at practice / in the GM, so stay tuned.
- It's never too late to fill out a **BIO** for the website! :-p (It honestly might be too late at this point but there's always next semester!)
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to everyone who ran in a turkey trot this past week. I don't know of any highlight performances so I'll just say that I'm proud of you all.

Fun Fact of the Week:

Out of 102 passengers, only 51 Pilgrims survived the first winter of 1620-21. The following three-day harvest feast for the colonists, Massasoit, and his 90 Indian men is now known as "The First Thanksgiving." Our winter survival rate is much higher now.

Quote of the Week:

“Even if you're on the right track, you'll get run over if you just sit there.”

- Will Rogers

Have a great week,

- Mark

--

Running Club 12/9 - Penultimate Email

12/9/2019

Good friends,

We've only got 1 more week left to enjoy each others loving company, so let us soak it up. I know things are getting busy for just about all of us, but always know that you can count on some friendly faces to blow off some steam with you at 4:30 every day at the rec. C U there.

Weekly Schedule:

M: Run from Rec @4:30

T: Bloody Tuesday from Rec @4:30

W: Carpool from Rec (4:30pm)

T: Run from Rec @4:30

F: McLain's Hangout (7am), Run from Rec (4:30pm)

S: You do you

S: You do you

Announcements

- There's a **Secret Santa** going on. If you're partaking, do not forget to acquire gift for friend as I almost did.
- There's about 2 folk who haven't paid dues. Not naming names, just politely asking anonymously before it's too late.
- It's never too late to fill out a **BIO** for the website! :-p (It honestly might be too late at this point but there's always next semester!)
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Michael for throwing down at the indoor meet this past week, dropping an 8:56 in the 3K.

Fun Fact of the Week:

People who are currently alive represent about 7% of the total number of people who have ever lived.

Quote of the Week:

“Cold, icy, wet, wet, fax. FROM DA RAQ.”

- Ben, at some point, likely

Have a good week everybody,

- Mark

--

Running Club 12/16 - Ultimate Email

12/16/2019

Family,

We've arrived at the end of the road, but do not fear, for a new one awaits us in just one short month. In the meantime, I wish you well with finals and hope your Winter Breaks are fantastic. Get lots of running in and we'll see you come track season. (We're still meeting this week for those of you who will find the time and can't leave the Game behind.)

Weekly Schedule:

M: Run from Rec @4:30

T: Bloody Tuesday from Rec @4:30

W: Carpool from Rec (4:30pm)

T: Run from Rec @4:30

F: Run from Rec @4:30

S: Winter Break!

S: Winter Break!

Announcements

- Really don't imagine there's much to be said here.
- Work on a **BIO** for the website over break! Could even update it after this semester if you want!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Joe for being the best Santa ever <3

Fun Fact of the Week:

“Jingle Bells” was written in 1857 for Thanksgiving, not Christmas. It was also the first song to be broadcast from space.

Quote of the Week:

“Naughty!”

- Joe

Thank for a good semester everyone. Truly, it's been the best yet.

Good luck this week, have a good break, happy holidays, Merry Christmas, Happy New Year, see you soon, and love,

- Mark

--

Running Club 1/20 - Welcome to 2020

1/20/2020

Hello and welcome back!

Whether you're eager to be back in action or not, the Spring semester is here and I can not wait to see all my good running friends again. Perhaps you bettered yourself in every way imaginable over the past month, or perhaps you didn't run, read, or ruminate nearly as much as you promised. Either way, I look forward to hitting the pavement and hearing of your many adventures. So, I invite you to once again welcome me into your Sunday night / Monday morning inbox, for it's time to get back in the saddle

Weekly Schedule:

M: MLK Day

T: ~~Bloody Tuesday from Rec @4:30~~

W: Carpool from Rec (4:30pm)

T: Run from Rec @4:30

F: McLain's Hangout (7am), Run from Rec (4:30pm)

S: You do you

S: You do you

Announcements

- Due to **Tuesday** being both a game day and the first day back, we won't be holding *official* practice. Feel free to show up at 4:30 to run, but don't fret about basketball parking if you'd rather ease into the semester.
- We'll be meeting at **4:30** every day until roughly Feb. 18 to give us some more daylight. :-).
- We're slingin **merch**. Go load up on some snazzy shirts, sweaters, & hoodies. Stacey worked hard, and they look good. Buy now!
https://order.universitytees.com/bird_banks/67214/signups/new
- More to come on dues, jerseys, and scheduling, but for now I wish you all an easy first week of 2020.
- Refresh your **bio** to account for the Fall semester! This link will always be here.
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Stacey for doing an excellent job on designing and organizing this years merchandise. We are thankful.

Fun Fact of the Week:

The 100 folds in a chef's toque are said to represent 100 ways to cook an egg.

Quote of the Week:

“Legs slang some mf t shirts”

- Ben

Go Chiefs,

- Mark

--

Running Club 1/27 - BUY MERCH NOW

1/27/2020

Hi Guys,

I'm happy to have reunited with so many of you last week; it make me happy. Let us have more cold and muddy fun this week. Email/announcement are skimpy; all you really need to know is that THE MERCH ORDER CLOSES MONDAY (TODAY) AT NOON. BUY NOW.

Weekly Schedule:

M: Run from Rec @4:30
 T: Bloody Tuesday from Rec @4:30
 W: Carpool from Rec (4:30pm)
 T: Run from Rec @4:30
 F: McLain's Hangout (7am), Run from Rec (4:30pm)
 S: You do you
 S: You do you

Announcements

- Last chance for **merch!** ORDER BY NOON TODAY (MONDAY)
https://order.universitytees.com/bird_banks/67214/signups/new
- If you aren't covered on dues for this semester, let me remind you that the rates are as follows:
 (please get these in fast!)
 - \$90 for the full year with racing, **\$60 for the semester**
 - \$30 for the full year casual, **\$20 for the semester**
- Bio link
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Kobe :-(

Fun Fact of the Week:

All giant pandas in zoos are on loan from the government of China.

Quote of the Week:

“What's a good quote, Joe?” - Mark Harrington"

- Joe

Have a good week see ya around :-),

Go Chiefs,

- Mark

--

Running Club 2/3 - CHIEFS BABY

2/3/2020

OOOOOOOOH OOOOH OH OH OH..... OOOOOOOOH OOOOH OH OH OH

Weekly Schedule - workouts by Prez & Coach Nelson:

M: Run from Rec @4:30
 T: 3 x 5min @ 10K w/ 3min rest
 W: Carpool from Rec (4:30pm)
 T: 12 x 30sec @ mile pace w/ 30sec jog (on Track)

F: McLain's Hangout (7am), Run from Rec (4:30pm)

S: You do you

S: You do you

Announcements

- Sign up for **races!** We're goin to Illinois! Will be fun!
https://docs.google.com/spreadsheets/d/1gVlgWvgX7Z_P4pLBJ6rO1c_MT7mVPUhOv-rfdJUJq8I/edit#gid=0
- **Dues!**
 - \$90 for the full year with racing, **\$60 for the semester**
 - \$30 for the full year casual, **\$20 for the semester**
- Bio link
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O Chiefs

Fun Fact of the Week:

The average Super Bowl ticket price was \$8,404, the highest ever.

Quote of the Week:

"I'm going to Disney World!"

- Patrick Mahomes

Go Chiefs,

- Mark

--

Running Club 2/10 - Get Yo Merch

2/10/2020

Hello,

It's grindy szn. I'd say last week was our best turnout ever for a Tues/Thurs, so please keep coming back! Workouts are not scary, and they're optional anyway. We had like 5 different groups on the track doing various workouts including a normal easy-run-around-town group, so don't let the descriptions below scare you off.

Weekly Schedule - workouts by Prez & Coach Nelson:

M: Run from Rec @4:30

T: 3 x 7.5min @ 10K - H-M pace w/ 3min rest

W: Carpool from Rec (4:30pm)

T: 8 x 45sec @ mile pace w/ 45 sec jog (on hill)

F: McLain's Hangout (7am), Run from Rec (4:30pm)

S: You do you

S: You do you

Announcements

- Pick up your **merch** at practice from Stacey!
- Sounds like we're getting embroidered **Patagonias** so stay tuned for that order if you're interested.
- **Dues** please
 - \$90 for the full year with racing, **\$60 for the semester**
 - \$30 for the full year casual, **\$20 for the semester**
- **Race** sign ups:
https://docs.google.com/spreadsheets/d/1gVlgWvgX7Z_P4pLBJ6rO1c_MT7mVPUhOv-rfdJUJq8I/edit#gid=0
- **Bio** link:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to all of my literal Queens this week is for you

Fun Fact of the Week:

Marco Polo is only famous because his cellmate, Rustichello da Pisa, wrote down his stories in jail.

Quote of the Week:

"hey"

- Sammy, over the phone to her medical professional

Have good week Mark

--

Running Club 2/17 - Boys Week

2/17/2020

hey,

Queen Week has come to a close, and we must now usher in the new: the highly anticipated **Boys Week**. Run discussions will include and be limited to: football, monster trucks, GIRLZ, armpits, boogers, and extreme animals. This one's for the *dawgs*.

Weekly Schedule - workouts by Prez & Coach Nelson:

M: Run from Rec @4:30

T: 2 x 10min @ 10K - H-M pace w/ 2.5min rest

W: Carpool from Rec (4:30pm)

T: 400m drop down, starting @ 10K pace

F: McLain's Hangout (7am), Run from Rec (4:30pm)

S: You do you

S: You do you

Announcements

- First race in Illinois comin up QUICK, so be sure to sign up (below) if you haven't yet.
- Apparently not enough people were interested in embroidered Patty's for the order to go through, so I'm afraid that the 5 of you who did are out of luck. :-(
- We've got a Spaghetti Game Night (featuring Secret Hitler) coming up this weekend! Details are *so imminent* in the GroupMe.
- **Dues** please !!!!! especially if you're going to Illinois and haven't paid for a competitive membership

- \$90 for the full year with racing, **\$60 for the semester**
- \$30 for the full year casual, **\$20 for the semester**
- **Race sign ups:**
https://docs.google.com/spreadsheets/d/1gVlgWvgX7Z_P4pLBJ6rO1c_MT7mVPUhOv-rfdJUJq8I/edit#gid=0
- **Bio link:**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOP-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Lucy for popping dummy trey balls once again, thereby winning Queen of the Week and forever sealing her royal status in all our hearts

Fun Fact of the Week:

A blue whale's heart is the size of a small car, weighs in excess of 1,300lbs. A human can literally swim through their veins. Stupid big.

Quote of the Week:

“What about that little baby guy?”
 - Ben, 2/14/20, in reference to Cupid

Have good week love Mark

--

Running Club 2/24 - Chill Vibes in Chambana

2/24/2020

o hey,

Like young love and the ocean tide, both Queen Week and Boys Week have come and gone. But do not weep, friends, for this week we shall gather both Queens and Boys alike for a celebration in Chambana. Chill vibes, ONLY.

Weekly Schedule - workouts by Prez & Coach Nelson:

M: Run from Rec @4:30
 T: 2x (8x100m @ 800m pace w/ 1:1 recovery) & 3min rest
 W: Carpool from Rec (4:30pm)
 T: Run & strides @4:30
 F: CHAMBANA SEND OFF
 S: RACE DAY
 S: RETURN TO LAWRENCE

Announcements:

- We're leaving for our first meet in Champaign-Urbana on Friday. All travel and race details will be discussed in the intimacy of a private group chat.
- **Dues**
 - \$90 for the full year with racing, **\$60 for the semester**
 - \$30 for the full year casual, **\$20 for the semester**
- **Race sign ups:**
https://docs.google.com/spreadsheets/d/1gVlgWvgX7Z_P4pLBJ6rO1c_MT7mVPUhOv-rfdJUJq8I/edit#gid=0

- **Bio link:**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to the 23 of you who are traveling w/ us to Illinois. That's truly a mind boggling number considering where this club was a couple years ago and it makes me happy. <3

Fun Fact of the Week:

The fingerprints of a koala are so indistinguishable from humans that they have on occasion been confused at a crime scene. Animal facts only from now on.

Quote of the Week:

"I shat in the woods twice this week"
- Michael, Boy of the Week

Have good week love Mark

--

Running Club 3/2 - Inside Jokes from Chambana

3/2/2020

Oh man oh man,

An email has never been written with a heart so overflowing with joy. All I asked of this trip was a chill vibe here and there, but instead Illinois had in store for us the weekend of a lifetime--with only a couple casualties. Both pickeys and results of our good time can be found below. And to those who missed out... woof,, couldn't be me. Your consequence is an insufferable onslaught of private funnies and retellings. (I kid; you are deeply valued and I look forward to seeing you all at practice.)

Pickeys: <https://drive.google.com/drive/folders/1VFZP4MI5jMW5IoXv-0b80yQBWIYOLBhd>

Zults:

https://docs.google.com/spreadsheets/d/1_MJRykol-TH3Ban4fqm_NgLrWMOFNTU3K6Ez63UggNc/edit/#gid=0

Weekly Schedule (meeting at 4:30 until someone objects):

M: Run from Rec

T: Workout TBD

W: Carpool from Rec

T: Workout TBD

F: Run from Rec

S: PRANG BREAK

S: PING BK

Announcements:

- It's gonna be like 60 degrees all week so I'm expecting 20+ D's and Q's (dawgs & queens) at practice.
- We're gonna be doing some real TEAM type stuff now, like setting goals and working towards them. So be thinking up of some personal goals (running related or not), write em down, and be prepared to SHARE.
- **Dues**

- \$90 for the full year with racing, **\$60 for the semester**
- \$30 for the full year casual, **\$20 for the semester**
- **Race sign ups:**
https://docs.google.com/spreadsheets/d/1gVlgWvgX7Z_P4pLBJ6rO1c_MT7mVPUhOv-rfdJUUq8I/edit#gid=0
- **Bio link:**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Asher for securing us a fat point with that killer come from behind mile dub. Dawg move of the week.

Fun Fact of the Week:

The American bison (*Bison bison*), America's largest and national mammal and Mark's #1 overall animal, can run up to 35 miles per hour. Plus, they are strong swimmers and extremely agile, having the ability to spin around quickly and jump high fences!

Quote(s) of the Week:

"I am SOOOOO sick."

- Ross, Me, multiple others

"Tom! Tom! Tom! Tom!"

- da whole qrew

"Dad!"

- Fallon "3 out of 15" Russell

"I'm good."

- Michael, who was not good

"Don't talk to me 'til I've had my coffee."

- Me literally everyday hahah lmao XD

"Ok but first, coffee."

- haha me again gotcha XXDDDD

"Coffee? Oh you mean my survival juice."

- This one was Sammy :-p JK HAHAHA it always me OMG covfefe

"WOOF!"

- Da Dawgs

***BONUS* Poem of the Week:**

Late Sunday night

It really do be

So with that comes the email

written by me

You've been won over and influenced

For I've been true and sincere

And have shown :-) interest :-) with :-) smile.
I appreciate you deeply, (insert name here)

Team trips are fun and are fleeting
To leave is a stab from a knife
But our mems of Chambana
My dawgs and queens,, those are 4 lyfe



Have a great week and Spring Break.

Love,

Mark
<3 :-)
--

Running Club 3/16 - Es Corona Time
3/16/2020

Hello friends,

It is with a heavy heart that I compose this installment. Some might say it redundant to pass along this bad news, but even a pandemic won't stop me from my Sunday night 1-way communication.

As you may have surmised, corona has devastated our club plans. I imagine many of you aren't even in town, but for those who are, daily runs at the rec with familiar faces will be harder to come by, and competitions non-existent.

As of today (passed along from Sports Clubs):
- the Rec is closed until March 30
- "practice" is "cancelled" until March 21

This is obviously a very fluid situation, but I would expect more bad news to be imminent.

The good news: running is one of those sports that blurs the lines between "practice" and "meeting up to run with friends," so not all is lost. If we happen to arrange some meeting times (and maybe even some time trials / mock track meets down the line), I don't see anything wrong with getting some exercise in together... at least until martial law is declared.

So, let us bring the fight RIGHT BACK to corona. The virus is at its weakest when attacked by a steady barrage of mileage, silly snapchats, smiles, and Ice Age movie marathons. So, if you are in town and can prove healthiness to a 75% degree of confidence, I plan on leaving my doors open for you to join me for board games and animated Paleolithic mammal movies. I can also be found most days at Signs of Life Cafe from 11AM to 9PM, along with other friends such as Ross, Ben, Sammy, John, and Santa. Please join us there until all stores and restaurants in Lawrence shut down.

Weekly Schedule:

M: Corona Time, Ice Age

T: Corona Time, Ice Age: The Meltdown

W: Corona Time, Ice Age: Dawn of the Dinosaurs

T: Corona Time, Ice Age: Continental Drift

F: Modelo Time, Ice Age: Collision Course

S: Tecate Time, Scrat: Spaced Out

S: Dos Equis Time, Cosmic Scrat-tastrophe

Announcements:

- As you can see, the Ice Age franchise is prolific enough to last us all week, with more animated shorts to carry over into the next. I will be saving the Christmas and Easter specials for their associated holidays.
- New uniforms came in! :-D
- Make yourself a **Bio** with all this free time!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to all the pear

Fun Fact of the Week:

The giant / long-horned bison (*Bison latifrons*) was a species of bison that lived during the Pleistocene epoch (Ice Age). This species of bison was the largest and heaviest ever to live in North America (~2,760 lbs. and horns ~7 ft. from tip to tip). Crazy.

Quote(s) of the Week:

"Sure, why not?"

- Hope (I got her permission)

"Ever has it been that love knows not its own depth until the hour of separation."

- Kahlil Gibran

P!NK Song of the Week:

Blow Me (One Last Kiss)

Poem of the Week:

When corona doth strike

and ruin our year,

our hearts may break.

But friends, have no fear.

You see, side by side

or miles apart,

Dawgs and Queens stay forever

close to the heart.

Love,

Mark,

Forever

<3 :-)

--

Running Club 3/23 - Qorona Quarantine Qhronicles Qh. 1

3/23/2020

To my friends near and mostly far,

It's been a week since the tragic news broke. In that time I've stuffed the void in my heart with Ice Age films, 2000's Indie Pop Pandora stations, and Corona Hard Seltzer... yet the hole left by this club's disbandment remains. Even Signs of Life has been torn from me. At times I feel your departure is unbearable...

But friends, there is hope. The flicker in Ben's smile awakens me to new life, the hope that one day a new dawn will break on this darkness, and we shall once again dance in radiant joy. Until then, we bunker down and beat on, boats against the current, mammoths against the permafrost... one day...

Weekly Schedule:

M: Run, Ice Age: Collision Course

T: Tempo Tuesday, Scrat: Spaced Out

W: Easy run, Cosmic Scrat-tastrophe

T: Track work, Brother Bear

F: 7 AM coffee Zoom, Easy run, Brother Bear 2

S: Long run, Coco

S: Rest and reflect

Announcements:

- We were unable to keep pace with our Ice Age schedule, as we had to run an emergency audible to watch We Bought a Zoo (fantastic film, fantastic soundtrack) instead for Sammy's last night in town. I don't view this as a failure, but rather a blessing in disguise--more room for Ice Age this week. I will be releasing my official **Ice Age Movie Power Rankings** next Sunday.
- On Thursday we will be making the natural transition to **Brother Bear** before appeasing Ben with **Coco** on Saturday. Sundays are spent streaming church sermons from home and reflecting to the scent of an unapologetically out of season "Sweet Cinnamon Pumpkin" candle.
- We may be flexible with the time if so desired, but I look forward to keeping traditions alive by holding a morning **Zoom** call on Fridays. Brew your own coffee, bring your troubles, insights, and jokes, and we will recreate the magic of McLain's together.
- Bios:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Ross for setting a 5K PR in our tempo last Tuesday. Not even quarantine can't stop our steady improvements.

Fun Fact of the Week:

According to the Wiki, the Ice Age baby, Roshan, is a 6'10" Neanderthal. It's a big baby, but this makes much more sense out of the animal sizes. I appreciate the continuity in proportions.

Quote of the Week:

"I'm better off alone... by myself. A fortress of solitude... in the ice... forever. A lone, lonely, loner."
- Sid the Sloth, Ice Age: Dawn of the Dinosaurs

P!NK Song of the Week:

Please Don't Leave Me

Poem of the Week:

Manny is big
Sid is so stinky
I just miss the days
When corona was but a drinky

This week has been long
And we've miles to go
But friends take heart and remember
After all storms, lies the rainbow

Forever and always,

Mark

<3 :-)

--

Running Club 3/30 - Qorona Quarantine Qhronicles Qhr. 2

3/30/2020

Once again to my friends,

As I sit alone and idly by my firepit tonight, the golden flames flicker into the night with memories long past... memories of your beaming eyes from across the rec, your warming smiles in the midst of an abs routine... their burning coals reminiscent of my own heart that burns for you.

All fires have their day, friends. But today's ash is tomorrow's soil.

Weekly Schedule:

M: Run, Brother Bear 2

T: Tempo Tuesday

W: Easy run, Coco

T: Track work

F: 9 AM coffee Zoom, Easy run

S: Long run, High School Musical the Musical: the Series

S: Rest and reflect

Announcements:

- I promised them, so here they are: **Mark's Official Ice Age Picture Power Rankings:**

5) Continental Drift

While there's, of course, never a dull installment, I will say that the penultimate film was undebatably the least astounding of the series. I fear that the directors jammed the cast too full of stars: while appearances from Tyrion Lannister, Drake, and Nicki Minaj were a suitable testament to the franchise's credibility, I don't believe that this film played to its strength: presenting a streamlined, punchy, mammalian family story. I love the pirate theme, but there were too many extraneous characters surrounding a meandering plot. J-Lo's foxy saber tooth was unfortunately shoehorned in for the sole reason of providing Diego with a love interest, and Lewis gave off WAY too much simp energy. They just lost the vision.

4) Collision Course

Arguably the most outrageous of the five, this story starts off with a bang, blasting Scrat off into space in pursuit of his proverbial nut, and sending our friends on a "collision course" with destiny. The returns of Buck the Weasel and Granny were welcome additions (though I found his musical number a bit unnecessary), and the movie provided enough funny and sentimental moments to be worthy of a finale. I just have a hard time getting behind this notion that Peaches, the baby we watched come into existence just one movie prior, is suddenly getting MARRIED to some GOOFBALL mammoth named Julian. AND they had to pair both Sid and Granny off at the end as well! What is it with all the forced couples! Is one not complete and justified in their singleness? Leave it to Disney, I suppose. And we wonder why there's so much angst in the world... Not the message I'll be sending MY kids.

3) Meltdown

A solid sequel to the original, but nothing revolutionary. The CGI improvements were marked, and seeing the gang back together, now a tried and true family, provides a fun and familiar adventure. Watching Manny overcome his past, while simultaneously helping Ellie confront hers, was a powerful message, though we were unfortunately introduced to the plague of the series in the process, the twin possums Crash and Eddie. Maybe you're fans; I'm not.

2) Dawn of the Dinosaurs

Like everyone else, I'm a fan of dinosaurs. It should come as no surprise, then, that this movie has a leg up for the simple fact that it showcased an underground Jurassic World. The introduction of the eyepatched renegade, Buck the Weasel, was a fun and necessary means to guide us through this uncharted territory, and the movie kept careful track of all our characters' stories. From Manny's encounter with fatherhood, to the mid-life crisis of Diego, and Sid's new Dino baby family, I was engaged throughout. My heart strings were tugged and my knees were slapped. A complete Ice Age movie.

1) Ice Age

Don't think that I put the original here by default, friends; it's just that good. DESPITE having clunky, outdated graphics, this classic ages like wine. The world: captivating. The story: streamlined and full of heart. The characters: iconic (need I mention Ice Age baby?) The jokes: hilarious. The color palette: unreal. And the soundtrack? They played Rusted Root,, TWICE. Game over.

- McLain's Zoom call was stupid lit. Would hate to miss it twice.
- Bios:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Yinje for having a beeping smoke detector in his apartment since the summer.

Fun Fact of the Week:

If \$2 can buy 1 bottle of beer, 2 empty bottles can be exchanged for 1 bottle, 4 bottle caps can be exchanged for 1 bottle, and you have \$10, you will be able to buy either 15, 17, or 20 bottles of beer, depending on which method you use.

Quote of the Week:

"You get used to it after a while"
- Yinje

"If you use the basic method, you will get 15."

- Yinje

"She's ducking the smoke!"

- Ben

Poem of the Week:

A fire is built
By the woodcutter's axe
Then burns bright for some time
Before returning to ash

From dust we've come
And to dust we return
But life still remains
And for that, for you, I yearn

Forever and always,

Mark

<3 :-)

--

Running Club 4/6 - QQQ Q. 3

4/6/2020

A letter for my friends:

When Toto said, "the wild dogs cry out in the night as they grow restless, longing for some solitary company," I really felt that. Reminds me of the wild dawgs I used to surround myself with, the company I once took for granted. But here I am--growing restless, longing.

"Solitary company." You see, it's an oxymoron, a meaningless phrase. But here in quarantine, in isolation, what is a weekly email but some solitary company? A lonely reminder of that community long departed, yet still beating.

Indeed, blessed be the rains down in Africa. And may we take some time to do the things we never had.

Weekly Schedule:

M: Run

T: Tempo Tuesday

W: Easy run

T: Track work

F: 9 AM coffee Zoom, Easy run

S: Long run, Onward

S: Rest and reflect

Announcements:

- Jackson exhibited some A+ leadership potential with the creation of a KU Running Club Strava group. The mix of content and competition on here is unmatched. A must join:

<https://www.strava.com/clubs/kurunning>

- Week 2 McQuarantine's Zoom call was somehow more lit than before. Put it on the sched:
<https://us04web.zoom.us/j/162490198>
- Bios:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Yinje for replacing his smoke detector that has been beeping since the summer.

Fun Fact of the Week:

The largest moose is the Alaskan moose, which stands up to 7 feet tall with an antler span of 6 feet. These antlers shed every year and are covered in vascularized velvet so as to supply blood-flow for growth.

Quote of the Week:

"Shall I compare thee to a summer's dew?"
- Tuke, Brother Bear 2

Poem of the Week:

As sure Kilimanjaro rises like Olympus above the Serengeti
The discontented roots of the human heart go deep
So a cure for our longings I desperately seek
Meep meep, meep meep meep

A cure we must find. What could it be?
What's it all about, friends,,, immunity?
No. No. Here's what I think:::
Community

Forever and always,

Mark
<3 :-)
--

Running Club 4/13 - QQQ Q. 4

4/13/2020

Another letter to the Running Club:

Hello, friends. I am choosing to make this entry shorter than in weeks past. I could take some time to critically review Brother Bear, Brother Bear 2, or Disney Pixar's new film on Disney+, Onward, but on this Sunday, I think there are more important matters to contemplate.

Weekly Schedule:

M: Run
T: Tempo Tuesday
W: Easy run
T: Track work
F: 9 AM McQuarantine's Zoom, Easy run
S: Long run, Aeronauts
S: Rest and reflect

Announcements:

- It's never too late to join our bustling online community in the KU Running Club Strava group. We combined for 340 miles of running this week as a club, an impressive feat than can and will be improved, especially with your participation: <https://www.strava.com/clubs/kurunning>
- Last week's Zoom call featured serenades and breakout session speed-dating; I'd really hate to miss Week 4: <https://us04web.zoom.us/j/162490198>
- Bios: https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Jesus Christ for enduring the full separation and wrath of God only to walk out of his tomb three days later.

Fun Fact of the Week:

The Easter Bunny originated in 1682 among German Lutherans as the Easter Hare, a judge figure who would deem children either naughty or nice (much like Santa).

Quote of the Week:

"Eli, Eli, lema sabachthani?"
- Jesus of Nazareth

Poem of the Week:

One jelly 2 jelly
yummy in the tummm
I want some choccy milk
& some bubble gum

Easter Bunny Easter Bunny
gimme sumthin' good
Huntin' for da purple eggs
all over da neighborhood

Forever and always,

Mark
<3 :-)
--

Running Club 4/20 - QQQ Q. 5

4/20/2020

Hello.

I'll say it: it's much later than I would like it to be, I have no grand inspiration to write, and I'm completely without excuse. Did I feel obligated to produce a lengthier, more entertaining installment this week after last Sunday's dipped effort? I did. Did I instead lose my night to arguably frivolous personal pursuits? Sure seems like it. Have I grown despondent in our separation and my own ongoing battle with injury? Yeah, I'd say so, a lil bit. But, is tomorrow a new day, the dawn of new opportunity and promise? Always. Tomorrow we will run faster, stretch out our arms farther... Let us beat on.

Weekly Schedule:

M: Run

T: Tempo Tuesday

W: Easy run

T: Track work

F: 9 AM McQuarantine's Zoom, Easy run

S: Long run, Abominable (or Coco)

S: Rest and reflect

Announcements:

- Join our Strava group, where we compare, ridicule, and kudos our friends for their running efforts every day: <https://www.strava.com/clubs/kurunning>
- Last week's Zoom call was just me staring at my webcam for 3 hours, so I'll see what I can do about getting that llama visit schedule: <https://us04web.zoom.us/j/162490198>
- I was joking about the Zoom call--it was a fun time w lots of friends & you should all join us next time.
- Bios:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Davos Seaworth, commonly called the Onion Knight, for surviving the Battle of the Blackwater, the Battle of the Bastards, the Battle of Winterfell, AND the Battle of King's Landing.

Fun Fact of the Week:

Today is Sammy's favorite day of the year.

Quote of the Week:

"Go ahead, I deserve it."

- Sid the Sloth, when being drawn and quartered in The Great Egg-Scapade (9/10)

Poem of the Week:

Violets r red
Roses r blue
I sure would like
to go to beddy boo

one sheep then two
and three and then four
five sheep six sheep
7 sheep.

Forever and always,

Mark

<3 :-)

--

Running Club 4/27 - QQQ Q. 6

4/27/2020

Hello friends,

Please at least read the announcements if the initial text scares you off

I remarked long ago that I'd someday like to write an essay on the peanut butter and jelly sandwich. My roommate, Joe (aka Santa), can confirm this. After the Club's week long controversy over peanut butter vs. cheese (ppt. attached below), and a PB&J themed birthday for our good friend, Ben, yesterday, I see no better time than the present to embark on this literary exercise. Now, I don't intend to produce a 5-7 page, double spaced treatise on the subject quite yet; given email's limited form and my quasi-committed mental state, I will offer but a half-baked preview into my yet to come magnum opus.

A Brief Word on the Peanut Butter and Jelly Sandwich:

Two slices of bread, a butter knife, peanut butter, fruit based spread--the fixings of a childhood staple, and for some, a nightly meal. But is that all the PB&J is? An easy-to-make sandwich? No, I think it goes deeper than that. As much is said from the way a man roasts a marshmallow, so, too, is much gleaned from one's preference of PB&J. Some, like our friend, Ben, are intent on their ingredients: Sara Lee Honey Wheat bread, creamy JIF peanut butter, organic strawberry jam (from Dillons). Others don't particularly care for what goes into it, so long as there is no high fructose corn syrup in the jelly. And still, others grew up having their mothers cut their crust off, and it really shows. I'm a big believer that there's more beneath the appearance of things; as a beggar could be king within the shadows of a wing, the choice between wheat bread and white bread might just hint at an underlying reality.

Personally, I grew up with turkey sandwiches. Whole grain bread, spinach, mustard, pickles, organic applesauce and Cheddar Bunnies on the side. I brought no clout to the grade school lunch trading table. My lunchbox wasn't flashy, nor were my ice packs or utensils. I therefore derive no nostalgic value from a well made PB&J; if anything, I feel the tinges of resentment for having never known the processed comfort of an Uncrustable, Gushers, Gogurt, and Goldfish. Yet, today I feel as though those years of hard conditioning sculpted a more hardened man, one quick to resist a sugary snack and focused on nutrition over taste. Do not take this as a boast, though; I think there may be great value in the memories of brand-name lunches and the freedom to indulge a sweet tooth.

So, here we are--unable to enjoy a PB&J for what it is, unable to feel justified with peanut butter as my only source of protein, the other half of my meal nothing but insulin, and doomed to create a spectacle out of any PB&J I do make. Consider my self-titled "Ultra PB&J": buttered toast, almond butter, a combination of Welch's natural grape jelly and strawberry jam, lemon juice, lime juice, salt, and pepper--cut diagonally. Overdone, no doubt. Is all the extra effort worth it? Likely not. Do I genuinely enjoy the creation enough to justify it? Am I only trying to impress, to garner attention, to gain favor for my originality, to make up for all the years of PB&J lost? Or do I simply want to shine light on an unknown recipe, to serve others something new and unexpected, worthy of a smile? Perhaps all of the above; motivations are near impossible to pin.

Maybe, friends, all of that misses the point. One person eats a PB&J every night, the other only once in a blue moon. One person prefers crunchy peanut butter, the other creamy. One wheat bread, the other white. Does it indicate an underlying character trait? Probably. But, our preferences in PB&J and how we developed those may not point at what matters. See, all we really want is something of our own, in our own time, in our own way.

If there's one coherent thought in all this, friends, let it be this: a "peanut butter and jelly sandwich" describes a very large portion of reality. Our peanut butters are not all the same butters, nor are our jellies or breads, and there are many ways that we can cut it on our plate. But at the end of the day, I think we all

care about one thing: being able to look down at our sandwich and say, "I made you. You are my sandwich, uniquely my own, and with you I am well pleased."

Weekly Schedule:

M: Run

T: Tempo Tuesday

W: Easy run

T: Track work

F: 9 AM McQuarantine's Zoom *ELECTIONS + SUPER SURPRISE, Easy run

S: Long run

S: Rest and reflect

Announcements:

- We've got **ELECTIONS** coming up this week, taking place during our usual 9AM Friday Zoom call. It's not too late to sign up for a spot, and we really encourage the competition (better for many to go home devastated in solidarity than a few):
https://docs.google.com/spreadsheets/d/1O3TbI-MOx_RL9Ychzp5JXhdubgu2KDVgZouZmBgXV94/edit#gid=0 Here's a quick rundown of the positions:
https://docs.google.com/presentation/d/1Z54PyHeQ5AscskBZ3Bx5_AHnNYW1Bzpl2vvff_2Cvho/edit quite honestly, there are more qualified candidates available than there are positions, but we'd love for as many of you as possible to show some commitment to keeping this freshly built machine running. It shouldn't be a stressful thing; just have a brief speech prepared as to why you're best suited for the role :-) voting will be anonymous.
- Also, at **10AM** during the meeting, we've got planned the **BIGGEST ZOOM SURPRISE YET**. Last week was just a taste of what we've got in store. Officer's treat. Please be there; you won't regret it: <https://us04web.zoom.us/j/162490198>
- **CHEESE** beat out peanut butter 13-12 in our official poll (though I suspect foul play and voter fraud on the part of the PB committee). I'm just glad to see reason winning out. For those not in attendance:

Cheese v Peanut Butter

The PowerPoint unfortunately lost half its luster in the process of converting it to the Google Drive, as it did not translate my animations nor sound effects :-).

- Every week more of you have trickled into our **Strava** group. Please, continue to join the fun: <https://www.strava.com/clubs/kurunning>
- Bios:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Jackson for having the best STRAVA account and taking incredible care of his body during injury. I could learn a thing or two from him.

Fun Fact of the Week:

Turtles and sea slugs can breathe through their butts. It's called cloacal respiration. This fact is from John.

Quote of the Week:

"I'm an enigma."

- Ben

Poem of the Week:

Campbell's Chunky Chili
 Hot and spicy with beans
 Yummy in my tummy
 Tell me what it means

Natural eyes only go skin deep
 But the eyes of the heart anchor the sea
 These were song lyrics
 Do not give credit to me

Forever and always,

Mark
 <3 :-)
 --

Running Club 4/27 - QQQ Q. 7

5/3/2020

Hi guys,

It me. We're back. No abstract essays for you this week, just a quick celebration of this past week's elections and a reflection on how far we've come.

A new group iMessage was formed this Friday to usher in a new class of officers: Jayhawk Project 3.0. That "3.0" may not mean much to the majority of you, but for those of us around before there was even a 1.0--it's quite telling. Some of you don't know this club in any other form than the present. Some have sadly yet to meet this new club, and some have had the pleasure of seeing it grow from its former shell into the nascent community it is today. As one who has seen both sides of this journey, I can tell you how remarkable of a journey it's been, how good of a thing we've got, and how grateful I am for all you who've played your parts in making the club what it is today.

I've been going through a journal of mine tonight--a journal whose first few pages are filled with notes taken across from Nelson at an 8 hour Olathe IHOP brainstorming session. Friends, Nelson carried a heavy load that first year, a load not meant to be carried alone. But at that IHOP we hatched a vision... a vision where runners fast and slow, male and female, big and little, crooked and well-aligned, could come together and do what they love. To make jokes, tell stories, create stories... a vision that could one day be passed on to the next generation. And with our first elections in the books, the fresh faces of a new generation having taken hold of the reigns, that vision is no longer a far-off goal, but a reality we've stepped into. We have a good thing here. But good things are meant to be shared--they come to you only to be given to the next person. It's my hope that you all see that, too, and do your best to pass it along, better than you found it.

"Gorgeous eyes... Thalia... you really did it to 'em."
- Stacey

Poem of the Week:

Athena, Nina, Thalia,
Micah, Seneca, Atticus,
and of course beloved Scout
To have met you I am gladdicus
Of that there is no doubt

As a sheep grazes the field
We, too, seek green pasture
Still waters, and a Shepherd
Ever wandering for our Master

Forever and always,

Mark

<3 :-)

--

Running Club 5/11 - One last time: QQQ Q. 8

5/11/2020

Hi friends,

It seems that much of what I'd like to say in this final email has already been said. I recounted last week the humble beginnings of our now revived club--that fateful IHOP meeting where the Jayhawk Project was born. Now here we are, on 3.0, two years later with our first inductee into the KURC Hall of Fame, and a host of spry young members ready to make our third year the best yet. Hey, look at us. Who would've thought? Not me.

Friends, if this very late and short edition is not indication enough that these Quarantine emails have become laborious, I will tell you: they have. But I consider this a true labor of love, and a weekly routine that I look forward to picking back up soon for one last run. I'm calling it "The Last Dance," and Lord willing it's gonna be a good one. Until then, I will miss you. Study hard. Do well on finals. Enjoy your summers. Stay fit. Stay healthy. Stay humble. Stay kind. -M

Weekly Schedule:

M: Run!

T: TEMPO TUES BABY

W: (easy) run

T: Hit da track

F: ~~9 AM MeQuarantine's Zoom~~, :-), Easy run

S: Loooong rUn

S: R & R

A Word on Nelson Jourdan:

I mentioned the Hall of Fame up ^^^ there. If you're not yet familiar, our beloved graduating President Nelson is the man of mention. Please go pay homage to his newly minted dedication page; Ben (a graduate worthy of his own dedication) did such a lovely job bringing this idea (one had at IHOP, with the

notes to prove it, actually) to life. We've all had our interactions with Nelson--unique and various, I'm sure--and I imagine we will always remember them. He's a man without sleep, a man to down a Reign energy drink and drop a 1:20 half marathon off no training, a man who cares, a man to be remembered. One thing is for sure--without that man's care for this Club, you would not be reading this email right now. Ben may have said it best: "All of the great memories each of us has made through the Club can be attributed to Nelson's hard work in developing the Club, and for that we will thank and remember him eternally."

<https://www.kansasrunningclub.org/nelsonjourdan>

Announcements:

- I know I made that intro sound pretty final, but I reckon this won't be the last you hear from me in your inbox this summer. Stay tuned for email updates, Zoom chats, and a lively Strava feed. I've even been hearing rumors of unsolicited Instagram takeovers.
- A little something to tickle the heart before bed, or to start your morning off right.

- Strava group: <https://www.strava.com/clubs/krunning>
- Bios:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Nelson, one last time.

Fun Fact of the Week:

Think some of y'all missed it the first time so I'm just gonna have to say it again: SPINOSAURUS WAS A WATER DINOSAUR.

Also, baby bisons (born in late March to May aka RIGHT ABOUT NOW) are called "red dogs" for their orange-reddish color.

Quote of the Week:

"... you'll always be family to me, and I will hold the memories we made together very close for the rest of my life. I truly wouldn't change a thing."

- Ben

Poem of the Week:

This one's to our seniors
 President Nelson and Ben
 Oh how we'll miss you
 You handsome, memorable men

I long for reunion
 For love without parting
 On this club you've left your mark
 And it's only just starting

Forever and always,

Mark

<3 :-)

--

KU Running Club - 8/28 - Week 0 (zero)

8/28/2020

Friends--both new and old,

I thought it would take a week, if not two or three, for me to make this email weird and wordy. I was wrong. If this is your first time receiving one of these: you'll adjust.

Not so long ago, in the midst of Qorona, I bid thee farewell, with promises of a new dawn. And friends, the shadows of that dawn have been lifted; in that new day we now find ourselves. Let us rejoice.

Technically, we're not to begin meeting until **September 2nd**. That's next **Wednesday**. BUT, running being one of those harder to trace sports, if ya'll happen to show up at the Rec for an outdoor run at the same time as others, I don't think anyone would get in trouble. We'll be "meeting" twice a day until then (specified in the schedule below). We're trying to maximize social distancing and minimize heat--come to whichever time works best for you (we'll be going short and easy). Just be sure to **wear masks** until we start running.

Additionally, please check out the very unfinished and subject to change **Fall Schedule** attached. This semester being what it is, with the likelihood that we all get kicked off campus in the next few weeks not 0% at all, let's just take it day by day and be thankful for the opportunities we have.

Weekly Schedule:

M: (unofficial running) @ 6:30am & 5:30pm; tabling @ Shenk Fields 6-8pm

T: (unofficial running) @ 6:30am & 5:30pm; tabling @ Shenk Fields 6-8pm

W: (unofficial running) @ 6:30am & 5:30pm

T: (unofficial running) @ 6:30am & 5:30pm

F: (unofficial running) @ 6:30am & 5:30pm, McLain's Coffee @ some time in the am

S: You do you

S: You do you

Announcements:

- Keep sus ojos peeled on the GroupMe for announcements on events happening in the next couple weeks. Things have never been more TBD, but we're hoping to have lots going on including:
 - New Member Meeting - Sept. 2nd, 7:30pm - Zoom
 - Outdoor & Very Safe & Approved Party ft. Slip n' Slide, Mario Kart/Party, & Food - Sept. 4 - Sammy's Big Backyard
 - Ice Cream Social Run
 - Virtual Community Fundraising 5K via Strava
- Join our Strava group: <https://www.strava.com/clubs/kurunning>
- For those not already familiar, this will be further explained later, but use this document to fill out a bio for our website whenever you so please:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to all our new (& old) officers for being more on top of this chaotic semester than me. Your help and dedication is appreciated, and I look forward to your future stewardship. Be sure to meet this wonderful group of 8 soon if you haven't yet.

Also S/O to Andy for serving me a mean cold brew and bacon pancake poppers at Uplift Coffee the other day. Glad to know we've got an inside connection there.

Fun Fact of the Week:

The oldest known wine cellar is on the Titanic. When divers went down to the wreckage, surprisingly, most of the bottles were still intact.

Spinosaurus is still a water dinosaur.

Quote of the Week:

"I don't think hand sanitizer does anything."

- KURC "President" & hopeful MD candidate Ross Smith

Poem of the Week:

Jayhawks are blue
Red wine
is red
In 20 short minutes
I'll be heading to bed

A new season's upon us
and with it one last chance
to soak up, to savor
this one
Last Dance

Deuces

All, and I mean all, of the best regards,

Mark

KURC (v)President

--

KU Running Club - 8/31 - Jayhawk Project 3.0

8/31/2020

Welcome,

If you've received this, it's because you've expressed interest in the KU Running Club. That, or we preyed upon your freshman vulnerability and coerced an email address out of you. Either way, take this letter as the first piece of a two-part introduction to us. We will also be holding a Zoom presentation this Wednesday to meet y'all face-to-face and further detail the Club, but here's some long-winded background info & next steps for now:

This is who we are:

A year ago I wrote in this introductory email that the KU Running Club was in the intermediary stages of a cultural turnaround. The "Jayhawk Project 2.0" offered prospective members a chance to take part in that turnaround, to play a role in the continued rebuilding of an organization. But friends, Jayhawk Project 3.0 is another beast. We did rebuild the framework, we did increase participation, and we did turn the culture around; today we offer you what could only be dreamed of a few years ago: an established community of runners, friends, and dare I say ~family~ for you to join.

Our goal is to create the very best running community possible for all Jayhawks. Whether you just want to get a workout in with some friends or are an absolute mileage junkie who wishes to compete against the Midwest's washed up elite, we want to be able to provide you all with a place to do that, no matter your skill level. We can promise you that no matter how fast, slow, or dedicated you are, we have something for you.

From the group of ~5 quasi-committed acquaintances in 2017, to the now 30+ familiar faces & 8 officers (half of which are female), our message remains the same: we hope you'll join us in continuing to grow and sustain KU's running community.

This is why you should join:

The main reason to join the Running Club is, obviously, to run, but that's certainly not the only reason. We want to provide more than just a group of people to workout with, so we've scheduled several social and community service events to build a sense of camaraderie and keep everyone involved with the organization. COVID obviously makes this a bit trickier to pull off, but you can still count on fun (& safe) events happening. Please see the attached schedule for more details on potential events such as Mario Kart / Smash Bros & Spaghetti Nights, Donut Miles, Ice Cream Runs, Friendsgivings, etc. There will also likely be more going on not listed on the schedule. After all, the Club is a great place to make friends, and friends tend to hang out.

Joining the Club is also a great opportunity to gain some leadership experience. A goal of ours is to continually hold elections and pass responsibilities down to the next set of officers. As mentioned, we have 8 official executive positions, and as current officers continue to graduate and move on, we're going to keep looking for motivated individuals to keep the club in good hands. We want what we've built to last a long time, so if organizational and management experience is something that you think you're good at or that your resume needs, then consider the Running Club as a way to pursue that.

This is who can join:

Anyone (so long as you go to KU, which you all do, except for Sammy). There is no tryout process or any sort of ability level requirement. If you think you're slow, then great--most of us are, you're perfect, and we'd love to have you. If you think you're fast, then you're also perfect and we have plenty of records ready to be broken.

Once we get into a more organized practice schedule, Mondays, Wednesdays, & Fridays will typically offer easy runs from either campus or an outside location (carpool to the Levee, Wetlands, etc.). The distance and pace is entirely up to you. We just provide a general structure and route, as well as some company to push you. Bring friends, make friends, get better, and have a good time. That's really what it's all about.

For the more competitively inclined runners, or for any runner who wants to push themselves a little bit (we hope that's everyone), we usually offer workouts on Tuesdays and Thursdays. These workouts are passionately designed by our in-house coach Michael Scott (a real name, find him in the GroupMe), and they are guaranteed to make you faster. You're more than welcome to run easy on these days, too.

Also, we usually go to races, but those have unfortunately been cancelled by COVID. A real shame, as road trips & hotel stays with the team are in my opinion the highlight of the season, but we'll still find ways to have fun and be competitive via time trials & virtual races. And there have been rumors of teaming with other Clubs (Arkansas, Mizzou) to set some sort of meet up. More details to come.

This is how you join:

Join here: https://groupme.com/join_group/43346731/aKTFGF

Sign up here: <https://recreation.ku.edu/dosportseasy>

Here: <https://rockchalkcentral.ku.edu/organization/kurunningclub>

And here:

<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit#gid=0>

(All repeated in the announcements below)

There are dues, as required by all University sports clubs, but they're incredibly minimal this semester. Normally, a competitive runner would be paying for the service of race registration, uniforms, social events, transportation, food, etc. etc. but due to our curtailed semester, everyone will be paying the casual runner fee of \$20 per semester. Considering the hundreds of dollars you'd have to pay elsewhere for community, we hope you find this a very small price to pay for a semester's worth of fun.

One last thing:

What follows is a template of what these emails generally consist of. As the semester progresses, my writing will likely devolve from efficient information transfer to inside joking, personal ruminations, and unsolicited movie reviews, short essays, poetry, etc. You should have by now picked up on my unapologetic use of flowery language, run-on sentences, and comma splices. It will get worse, but until unseated as Email Guy, I will gladly continue exercising my liberty to use this platform as a personal soundboard. Feel free to either enjoy or ignore it.

Weekly Schedule:

M: (unofficial running) @ 6:30am & 5:30pm

T: (unofficial running) @ 6:30am & 5:30pm

W: (**OFFICIAL** running) @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm

F: Run @ 6:30am & 5:30pm; McLain's (all day)

S: Long run

S: As you please

Announcements:

- More details to come but keep in mind the following:
 - **New Member Meeting (old members come too) - Wednesday, 7:30pm**
 - Meeting Link: <https://kansas.zoom.us/j/94845458267>
 - Meeting ID: 948 4545 8267
 - Password: 676931
 - Outdoor & Very Safe & Approved Party ft. Slip n' Slide, Mario Kart, & Food - Sept. 4 - Sammy's Big Backyard
 - Ice Cream Social Run - Sept. 8
 - Virtual Community Fundraising 5K - Oct. 2-4
<https://www.strava.com/clubs/KUrunfortheheart5k>
- *****This one is urgent and applies to all of you including past members & officers***** Once you're set on wanting to be a part of the Club, please fill out (completely plz) our **official roster sheet**. Going forward, *only those on this document will receive emails*:

<https://docs.google.com/spreadsheets/d/12eOPPTgcTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>

- It's 2020; be sure exercise your civic duty and **VOTE!**:
<https://www.facebook.com/ConnectionLawrence/photos/a.694194857286703/3470613299644831/?type=3>
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>
- This will be further explained later, but we'll use this document to fill out **personal bios** for our website:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Ben Krause for wrapping up his 100 mile week today, without injury. I no longer hold the title of most screws loose for such a feat. Congrats buddy--your determination and running mechanics amaze me.

Fun Fact of the Week:

Banging your head against a wall for 1 hour burns 150 calories.

Quote of the Week:

"Do that to Sammy?"

- Yinjie, in reference to a diving board RKO

Poem of the Week:

Too much text
Write & read enough
Something about wine
No more text

Thank you sincerely for your interest thus far and for reading to the bottom. I hope to see you out for a run very soon.

Mark

KURC (v)President

--

KU Running Club - 9/7 - Week 2! (Roster Members Only) / Confusion

9/7/2020

Hello KYPX family,

I know this is a bit strange, but it doesn't seem likely I'll get the chance to do this in person, so DMs are sorta my next best option. We've ran into each other several times over the past few years and it seems... oh shoot sorry wrong person.

If you are receiving this, you have done something right! Thank you sincerely for signing up at least partially on the Roster; I am thrilled you've chosen to hang around, though I do NOT appreciate the malicious soul who changed my answer from Cheese to Peanut Butter. That being said, a great many of you have yet to complete the form fully,,, so please do that soon.

Now, some quick R&R (recap and rumination). Last week featured our first official day of practice and a backyard bash at Sammy's. For those new to the club, perhaps you've noticed nothing special, but I hope

you take what I'm about to say to heart. As I stood idly behind in my Tevas and golf polo--watching the group of ~15 (split-gendered and just half of the total runners for the day) embark on their Friday trot--and again as I walked to my car from Sammy's porch at 3AM--mosquitos ravaging my haunches and Fleetwood Mac's Landslide whispering through the damp night--a pang of gratitude and early onset nostalgia pulsed through my heart. You see, it's just Week One, and this club has become something unrecognizable from 3 years ago. It's become self-sufficient, taken on a life of its own, fueled by its members rather than the hopeful few officers with a far-off dream of community. I, along with Ross, Ben, or any of us OGs, are no longer needed on every run or event to direct our path or facilitate relationships. This club belongs to you now, and it's my prayer that you recognize that, accept the responsibility of it, and make it something special for years to come.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm *maybe a fun speed workout or interval workout

W: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm *maybe 200s with hella rest and or a pyramid workout

F: Run @ 6:30am & 5:30pm; McLain's (all day)

S: Long run

S: As you please

*per Coach Mike

Announcements:

- Looks like we have an **Ice Cream Social Run** scheduled for this **Tuesday**, Sept. 8, but I'm a bit concerned that date will change based on the weather. I suppose more details will come in the GM.
- Start signing up for and promoting our **Virtual Community Fundraising 5K**, held Oct. 2-4!
<https://www.strava.com/clubs/KUrunfortheheart5k>
- If you're aware of someone who got left off this email list, please share with them the **roster sheet**. And again, if you've yet to **fill out every column**, please do so (sign up on DSE, RCC, pay dues, answer the age old Q of Cheese v. PB).
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>
- This will be further explained later, but we'll use this document to fill out **personal bios** for our website:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Fallon and Megan (our newly established video committee) for once more creating a marketing masterpiece. 727+ views?! You don't have to scroll too far down to find when we averaged 4 likes... That's growth. Thank you girls and keep it up.

Fun Fact of the Week:

This past week in 1752, Britain adopted the Gregorian calendar, which means people went to sleep on September 2 and woke up on September 14.

Quote of the Week:

"Concrete is hard."

- I think Griffin

Poem of the Week:

Sammy is mean
 She make lots mosquitos
 And silly of her
 When she buy Scoops Tostitos

Along with my eyes
 My m'squito bites swell
 But still I take heart
 With my soul it is well

Gonna be a good year, friends. See you soon.

Mark
KURC (v)President

--

KURC - 9/14 - Candles

9/14/2020

Hey guys,

Fo tonight, a power ranking of my new Bath and Body Works BOGO candles:

6) Apple Weather

Last place is no knock on this number (after all, she beat out every other candle in the store). Apple Weather is my ideal fruit-forward candle. Sweet, yet dialed back with enough crispness to keep me engaged. Like a good day at the orchard, this candle won't change your life, but I'd recommend it for any fall season.

5) Sweater Weather

It's Thanksgiving, maybe even Christmas Break, and I'm at my grandmother's. I'm bored. I walk outside the back laundry room door (it squeaks), and I stand on the concrete porch. It's brisk. Cars tick by out of sight past the wood fence on 83rd. A squirrel scoots from the maple tree to the bird fountain. I'm still bored. I go back inside, sit on the couch, snag my sky blue Nintendo DSi, and play Zelda. It smells nice.

4) Midnight Blue Citrus

So here's the thing: most of my power rankings are pretty definitive (i.e. Ice Age movies), but these next 4 are so neck and neck that they could possibly change on any given Sunday. That being said, after many sniff tests and scrutinizing holistic consideration, I believe I've gotten as close to objectivity as I can. This number features juicy citrus refreshment with a late-night edge. Hits on multiple spectrums, but perhaps that's where it goes wrong--you can only take in so much. This candle smells like floating in front of a projector screen at a pre-teen summer swim party. Flirty, hormonal, far too stimulating, and complete with a mesmerizing sapphire glass. A high-intensity version of this one might just bowl me over, but in its current form I'm just left wanting more. It's stimulating, but not fulfilling. Such are most things.

3) Gingham

"Fresh. Vibrant. Happy." The only thing it's missing is complexity--that OOMPH factor. Kinda like generic hard candy. It leaves me content, even jovial, just not stirred. And friends, just in case you bought into the deception that life is about happiness, listen now and not from me: it's about meaning. "He who has a why to live can bear almost any how." Orchards and rose gardens are great--among the top 3 smells

in the world--but it's not enough. You need a reason to get out of bed on a terrible day, and Gingham doesn't provide that reason.

2) Frozen Lake

Certainly a step closer to self-actualization. It's cold, yet alive--as the name and label art suggest. This chilly vessel will place you on the banks of an icy body of water, evergreen brush behind you, in the hook of a Bon Iver (pronounced "Bone Eve-air") ballad. Sad girl, yet cerebral.

1) Flannel

If Frozen Lake is Bon Iver, then Flannel is Novo Amor. It's not the final word on salvation, but it'll get you to your knees. You can simultaneously smell, taste, hear, feel, and see this candle with a single whiff. I don't know what "fresh bergamot, heirloom mahogany, and soft musk" are, but they smell good, and sometimes the most meaningful things are those which we can't fully comprehend. Let this candle penetrate your senses, empty your veins, and color you in all at the same time. I think it's really good.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm; Ice Cream Slip n' Slide & Slackline Party @ Sam's (5:30pm)

W: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm *workout TBD

F: Run @ 6:30am & 5:30pm; McLain's (all day)

S: 5K time trial, no one knows where or when

S: As you please

*per Coach Mike

Announcements:

- The schedule dictates a **5K Time Trial this Saturday**, the 19th. As we currently don't have access to the Haskell course, we'll have to come up with something. LMK if you've got ideas or else we might just end up doing an out-and-back on the levee. Regardless, view this as a fun first calibration opportunity to see where your fitness is at early in the season!
- This week begins our first big push for promoting our **Virtual Community Fundraising 5K**, held Oct. 2-4! Start telling friends and family, and be on the lookout for a Google Forms to purchase a race T-shirt soon. Hope and Jackson really ~popped off~ on the design this year ft. the 1912 long legged Jayhawk (pending KU approval)
<https://www.strava.com/clubs/KUrunfortheheart5k>
- Please continue to fill in the Roster sheet. That means: if you still haven't yet, **sign up on DSE, RCC, and PAY DUES**. Also, looks like Cheese continues to edge out PB. Wow.
<https://docs.google.com/spreadsheets/d/12eOPPTgcTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>
- This will be further explained later, but we'll use this document to fill out **personal bios** for our website:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Ben for completing his 3rd str8 100+ mile week without injury. Hopefully next week I get to congratulate him on a full month.

Fun Fact of the Week:

As reported by a dataset from 1994-2014, September 9 was the most common birth date. Accordingly, I encountered 3 (three) separate birthday wishes on Instagram this past Wednesday.

Quote(s) of the Week:

"I kinda miss seeing "crazy cat girl" in the email lol"
- Yinjie

"You're a waste of time."
- Mean Sammy

"My groin feels fantastic.' - Mark"
- Ben K and Connor S

Poem of the Week:

*Torn down
Full of aching
Worn out
Legs are breaking*

*Few more lines
I m lazy
Ross stinky
googoo babzy*

See soon,

Mark
KURC (v)President
--

KURC - 9/21 - Holes

9/21/2020

Loved ones,

Before my ruminative soapbox, I'd like to extend a sincere congratulations and appreciation for all who partook in this past weekend's time trial. Thank you, Michael, for creating a course even more enjoyable than Haskell; thank you, Aiden, Griffin, Nathan, and Ben for humbling me to a place I've not been since age 15; and thank you everyone else (25+ people I believe) for choosing to spend your Saturday morning in pain. It was a special moment to witness and I look forward to the next one.

Skip if You've Not Time Nor Appreciation For Finer Things:

Now, I'd like to tell you about my childhood. Not many people know this about me but I'm actually from Texas and have a bit of a troubled past. To save you a long story and make it short, I got sent to a special type of detention center for *allegedly* stealing a pair of shoes from a famous baseball player. That w_ whole experience is a tale all its own (ended up lifting an age-old family curse, became a millionaire, had a lot of flashbacks, and toppled the corrupt system that housed dozens of juveniles and forced them into labor) but the main point is that I dug a lot of holes (five feet in depth and diameter).

That life is now behind me, but curiously enough, I still dig holes. Sometimes, without prior thought, I just take up a shovel and start digging. Maybe it's habit--human nature, if you will. We're not so dissimilar

to dogs, really. And dawgs dig holes. Recently, I dug a hole so deep I could hardly see the light from which I started. That's the thing about holes--sometimes, they get really deep. So deep you think the only way out is through--through the mantle and core and out the mantle again. But the closer you get to that core, the hotter it gets. The flames start bursting through from a center of 10,000+ degrees, and you just start to burn. Before long you're looking at total disintegration. There's an ancient word for that, actually; it's called Hell. They say Hell is locked from the inside--I've found this to be true. The fire starts to consume the identity you once had and before long you're unrecognizable. But you just keep digging. And the flames keep burning.

But Wait! Even in the solitary depths of what you've dug, a thread previously invisible appears before your grasp. So grasp it. To my Pokemon fans: think of it as an Escape Rope in the basement of Mt. Moon--a magical string capable of lifting you from the depths of Sheol to the light above ground. Perhaps you can't yet see that light you're climbing towards--but that's okay; after all, we fix our eyes on what is unseen, since what is seen is temporary, but what is unseen is eternal. Aim up.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm; *prolly a workout

W: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm *maybe another workout

F: Run @ 6:30am & 5:30pm; McLain's (all day); Packaging Party

S: Long run & brekky

S: As you please

*per Coach Mike

Announcements:

- Per above, we have a "Packaging Party" coming up. This refers to us collectively packaging our 5K t-shirts to donors, but I don't think our merchandise is ready for that. So, that probably is not happening. Instead, let's plan on doing something else, or nothing at all. Check the GroupMe in the days to come.
- Continue promoting our **Virtual Community Fundraising 5K**, held Oct. 2-4! Tell all friends and family! Seriously! Sports Clubs slashed budgets and we need money!
<https://www.strava.com/clubs/KUrunfortheheart5k>
- Speaking of money, get your **dues** in! We have a Venmo now so it has never been easier!
- Please continue to fill in the Roster sheet. That means: if you still haven't yet, **sign up on DSE, RCC, and PAY DUES**. Also, looks like Cheese continues to edge out PB. Wow.
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/s/edit?usp=sharing>
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>
- This will be further explained later, but we'll use this document to fill out **personal bios** for our website:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to Aiden for dropping a 15:32 5K this weekend--that's a club record if he decides to pay dues.

S/O to Jacob Stone for accomplishing his goal of a sub-18 5K,, by 1 second.

And because I promised: S/O to Ben for completing a full month of 100+ miles per week without injury. That's actually nuts, and not of the chest.

Fun Fact of the Week:

Bananas are curved because they grow towards the sun.

Quote(s) of the Week:

"Sammy is not nice 😞"

- Yinjie

"Sammy is nice."

- Me. I've ended the meme. It's now fully saturated and it's time to recognize the truth: Sammy is nicer than anyone you've ever met.

Poem of the Week:

*Outwardly I waste
Day by day
Yet inwardly restored
This is what I pray*

*Holes are lovely, dark and deep
But I've miles to go before I sleep
Miles to go
meep meep meep*

See you soon,

Mark

KURC (v)President

--

KURC - 9/38 - Ooga Booga Help Me askdfjng

9/28/2020

Good morning,

I'm old enough to remember the days when a 4AM email was considered normal; consider this a return to form.

Skip if You've Not Time Nor Appreciation For Finer Things:

"Why don't you just go to bed now and write it in the morning and make up a funny little reason why?" Joe says. I could've taken his suggestion, but I'd likely have a hard time coming up with that funny little reason, and I've found late night delirium mixed with honesty and desperation to provide the best kind of writing fodder. We're going with the stream of consciousness method tonight. The truth is this: I woke up from an unplanned yet not totally resisted nap just a couple hours ago--sweat soaked through my Sunday knit sweater, glasses lost to the crevasses of the yellow leather couch, and a key lime La Croix calling my name from the fridge.

Every Bonnie has his Clyde, every dog has its day, and every writer has his block. It hasn't been this bad since my freshman year 1984 essay. I ended up getting a 100% with an exploration into solipsism, but only after crying into my father's arms and unloading the newly discovered burdens of high school, probably along with some other pent-up, unspoken rage.

I apologize for the lack of any coherent story tonight. But we're not such coherent creatures, ya know. One day we're digging a hole, the next we're aiming up, and still the next we pick up the shovel again. I've heard it said that dropping shovels is easy. Thus far that has seemed like a lie. But here's to hoping for a better tomorrow, a day when our hearts' intentions align upward, a day when stories are told with coherence and merriment, a day when emails are written before midnight. That'll be a good day. See, all stories are written eventually, but it might take some crying into our Father's arms before then.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm; *prolly a workout

W: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm *maybe another workout

F: Run @ 6:30am & 5:30pm; McLain's (all day); Bio Night?

S: **KURC Virtual 5K** <https://www.strava.com/clubs/ku-run-for-the-heart-virtual-5k-733124>

S: As you please

*per Coach Mike (one of these days I'll get him to tell me the workouts ahead of time)

Announcements:

- This is the last week to sign up for our **Virtual Community Fundraising 5K!** Make your final pushes for **sign-ups and donations!** Seriously, force yourself to ask your parents, grandparents, aunts and uncles to pitch in ~for the cause~!!! Will be **fun!**
<https://www.strava.com/clubs/KUrunfortheheart5k>
- Get your **DUES** in before Jackson sics his goons on you.
- And update your row of the **Roster Sheet** once you do.
<https://docs.google.com/spreadsheets/d/12eOPPTgcTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>
- Looks like this weekend is when this link actually gets used! We will have more details in the GroupMe, but use the website's roster as inspo and be thinking of how you wanna present yourself in your **Bio** later this week:
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

Shoutouts:

S/O to NOT BEN for taking care of his body and beginning tapering from his 400+ mile month

Also S/O to Austin Gartner for putting in work w the boys this week and earning his Strava kudos. Your increased presence is both seen and appreciated

And S/O to Michael for tempoing his long run, then "cooling down at 6 minute pace"

Fun Fact of the Week:

A 3,500 year old Babylonian tablet contains the oldest recorded "ur mom" joke.

Quote(s) of the Week:

"This ain't my first rodeo, Sammy."

- Jordan, the birthday boy

Poem of the Week:

Somedays I hate

The precedents I've set

For an onerous promise made

Is an onerous promise met

*I'm talking about poem of the week
i dont really wanna do them all the time sometimes i forget about this section while pouring myself into
the preamble then its just here waiting for me
and it takes a lot more work
but heres a poem
written w a smirk*

Have a great day,

Mark
KURC (v)President

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KURC - 10/5 - INTERACTIVE GAME INSIDE VERY FUN PLAY NOW HURRY
10/5/2020

Hey kids,

Let's play a game. I'm gonna show you some snippets from our new bios, and you're gonna guess who they describe! Simple, silly, and fun! :-D ! Answers at bottom.

Mystery Runner 1:
6'3, Sophomore

I am 20 stunning years of age and my favorite things are running (cuz obviously), cooking (cuz a man gotta eat), and sketching (cuz architecture). Broke both feet (ran on a broken one for a half mile of a race and still ran 18:20), broke femur, and had a lot of IT band problems.

Mystery Runner 2:
5'8, Junior

Started out chubby ended less chubby... Just trying to help his teammates reach their goals and maybe get fast along the way... Does what he loves and loves what he does

Mystery Runner 3:
6'4.37.95", Sophomore

Loves rice & baked beans... Eats rice with every meal... Allergic to peanuts... Favorite color is grey... Cat's name is Meow Meow... Solved Planck's constant... Is little

Mystery Runner 4:
5'5", Freshman

Family is referred to as the A-Team... Loves eating tacos... Likes watching action movies... Kinda quiet and introverted around people until she gets to know you

Mystery Runner 5:
5'6" maybe, Sophomore

Owner of a leopard gecko and a cat... Played the cello for 10ish years which is kind of cool... Also can sort of play the guitar and piano, but not really... Rock climbing and frof are pretty fun, but he's not very good at those either

Mystery Runner 6:

6'5", Freshman

Chocolate milk enthusiast ... Needs his beauty sleep ... Can recite most of the Gettysburg Address ... Wonders if the guy running across the street wants the smoke

Mystery Runner 7:

5'10", Sophomore

Likes art ... Looks at things **all the time** ... Appreciates a good field

Mystery Runner 8:

4 inches taller than Mike, Same as Mike

Was hella slow and small freshman and sophomore year

PRs: 800 - One second better than Mike, 1600 - 8 seconds slower than Mike 3200 - 6 seconds slower than Mike, 5k - 5 seconds slower than Mike... Go follow my Instagram design page, @sabus_designs...

Shameless plug... I like basketball and shoes and that's about it... Kinda boring lowkey

Now that we've all had fun getting to know one another a bit more deeply, I'd just like to extend a quick thanks to you all for another great weekend of long miles and soft smiles, as they say. S/O to Sammy's sister and Connor's dad for winning the Virtual 5K (Club runners don't count), and thanks to everyone who helped promote the cause. T-shirts and rewards will be distributed this week.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm; mile repeats

W: Run @ 6:30am & 5:30pm, **CARPOOL**

T: Run @ 6:30am & 5:30pm

F: Run @ 6:30am & 5:30pm; McLain's (all day)

S: Long run & brekky?

S: :-)

Announcements:

- We haven't been too great about making plans far in advance this year, but there's a chance we have both a **community service event** AND a **t-shirt packaging party** this week. Will let you know.
- The roster has been updated! Thank you, Ben <3. Still need to take profile pics tho.
<https://www.kansasrunningclub.org/roster>
- If you thought the above bios were kinda fun, it's never too late to make one of your own!
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOP-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- We've also updated results! Lotta fast times here.
https://docs.google.com/spreadsheets/d/1PZP8aNmzKDit-N7HoIZMqkB6KgpJyuteCELLr_ec1xY/edit#gid=176553166
- Think Jackson is **deploying the goons** this week. **Pay your dues plz**. Venmo @kurunningclub
- And update your row of the **Roster Sheet** once you do.
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/edit?usp=sharing>

- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Aiden and Fallon for taking over as our new 5K XC record holders! I said I wouldn't give Aiden the credit till he pays dues, but putting his name on the email list is good enough. Congrats, superstars! :-D ! Still coming for your cabeza tho... Just a minute away now. Check the books here:

<https://www.kansasrunningclub.org/results-and-records>

Fun Fact of the Week:

9 of the 10 fastest 5K times ever ran with the Club have taken place within the past 3 weeks. Pretty sick of us.

Quote(s) of the Week:

"We're gonna beat your ass."

- Yinjie, standing above me, masked and straight-faced, as I do abs

Poem of the Week:

Less effort for intro

Means more effort for poem

So here are some words

Written with flower 🌸 buried in loam

Speaking of loam

Y'all ever seen Holes?

I have 🪓

I think it's good

3 stanzas fo tonite

Call me da new Robert Frost

Or call Robert da old me

Cuz I'm iced out ❄️ and just sauced

Bars.

Mystery Runners Revealed:

- 1) Jackson "Da Big Cheef" Bontty
- 2) Michael Scott aka Coach Mike aka Prison Mike aka BIG Mike
- 3) Fawon Wussew
- 4) Aria "A-Team" Sheldon
- 5) Connor Sullivan aka Slackline Coach
- 6) Nathan Greenfield aka Squidward aka Da Big Squid aka The 6'5" Cephalopod
- 7) Griffin "Looks at Things (ALL THE TIME)" Keeter
- 8) Luke Sabus aka Lukester Shooter McCooter aka Mike's friend

Sorry for no essay / philosophizing this week, but I hope you had fun and will be back for the next one w the usual word mush. Already workshopping some ideas. See soon. Love and flowers.

Mark

KURC (v)President

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KURC - 10/12 - A Word on the American Bison

10/12/2020

Running Club,

It's a bad night for the Miami Heat (sports!), but it sure was a good week for us. Wednesday's trip to the dawg park easily ranks in the top 3, maybe even 2 or 1, runs of all time, thanks to you. And seeing B Fitz's elation this Saturday after running a Running Club paced 17:58 is what makes this sport magical from time to time. As I watch the Los Angeles Lakers men celebrate like boys tonight, I can only smile at that shared sense of childlike merriment--accomplishment, camaraderie, the feeling that the "good ole days" are being actively lived out. We're all little kids at heart, friends, and you make me not want to grow up. I am proud of you, I am grateful for you, and I am honored to share these last 7 months I have in Lawrence with you. A club is only as good as its members, and *that* is why we have a good club.

Now...

Skip if You've Not Time Nor Appreciation For Finer Things:

I was asked this week "what my thing is" with buffalo. I've been asked this before, too, so it seems a relevant topic. Truth is, I had planned on writing this regardless of whether or not you had asked for it, but I'm doubly glad there's demand, so here it is. What "my thing" is with buffalo:

I'll get the more base, obvious reasons out of the way first--like the fact that the American bison (hereby referred to as simply "buffalo" because I prefer the look, sound, and efficiency of the word) can weigh over 2,000lbs, stand over 6.5ft tall, run over 40mph, jump up to 6ft vertically, has a dope shoulder hump, a wooly beard, and weaponized HORNS (2 of 'em). So, they look tight, but we all knew that. This is what makes our national mammal truly great:

There is no greater emblem of American freedom and rugged adventure--that call of the wild that every man's soul not only seeks but needs, that sense of idyllic exploration and search for beauty that no man can escape, that westward destiny that was manifested oh so cruelly. "Wait! Mark! It's 2020! You can't revere America's past like that!" Fair enough. Imperialism is bad. Men committed and still commit atrocities. This land is not our own. But that's precisely the point. We are fallen creatures in a fallen world, living as foreigners and exiles, as strangers and aliens far from home--but we are not without hope.

Yes, the great American bison once roamed in numbers up to 60 million, from the Great White North to the Yucatan, from sea to shining sea. Yes, we massacred them to a dwindling 1,000. But we didn't get all of them. And what's left remains a figure of not only survival but revival, of adaptation, of redemption--a living relic of paradise lost yet promised to return. Whether man is totally depraved or only mostly, the good still left with us has kept the buffalo around. And can we not still be grateful for what we have, for the land and liberty we've been given? What greater symbol of the peculiar, fortunate, fragile, and faceted times we find ourselves in than the American bison. Let us not resent the past doors that brought us to room we're in; rather, let us be wary of what we're capable of yet grateful for the world we've been tasked to work and keep, to steward and cherish, to admire and fear.

Behold now Behemoth, whose tail moveth like cedar, whose sinews wrap together bones like tubes of bronze and limbs like bars of iron, whose eyes glimmer indelibly with persistence. Fear the beast of the field, the native of the windswept prairie and snow blustered peaks. Stand in awe of the original pioneer, the horned rock of the frontier. When the bitter snows fall and the white winds blow, the lone calf dies, but the herd survives.

Weekly Schedule:

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 T: Run @ 6:30am & 5:30pm
 F: Run @ 6:30am & 5:30pm; McLain's (all day)
 S: Long run & brekky?
 S: :-)

Announcements:

- Don't think we've got anything extra special going on this week but I do **love** you all.
- Assuming you've all got your **dues** in but if not plz do that now. Venmo @kurunningclub
- And update your row of the **Roster Sheet** once you do.
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/s/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Nurse Sammy for getting into nursing school. :-)

S/O to Debbie G (Nathan's mom) for choppin' it up big time w the homies this weekend. Best Team Mom we've ever had.

And S/O to Stephen Lee Harrington (not to be confused with Stephen Lee Rozzell nor Stephen Mark Harrington) for being born on this day, October 12, many years ago.

Fun Fact of the Week:

Yellowstone National Park is the only place in the U.S. where bison have lived continuously since prehistoric times. The Yellowstone herd is also one of the few that remains genetically free of cattle genes.

Quote(s) of the Week:

"Don't dip your finger in my beans."
 - Shmam

"Quit sticking your fingers in my face!"
 - a very flustered Shmam

"I like smoke."
 - lol who else also Shmam

Poem of the Week (now accepting submissions):

"Runner"
 by Lucy "The Goose" Gibbons

Light as a sheet of Paper
Fast as a Ostrich
Mindset of a River
We Go
Lightning McQueen

Kachow

Sincerest best,

Mark

KURC (v)President

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KURC - 10/19 - Squanto's Great White Buffalo (settle in, it's a long one)

10/19/2020

Hey guys,

I've missed you on my voyage out of town and I groan with anticipation of our reunion. But, like a father whose son no longer looks back after having been dropped off at school, I rejoice with wistful tears at the fun you've had in my absence.

Now, as a follow-on to last week's exploration of the American bison, let me tell you an old tale still repeated around campfires today...

Skip if You've Not Time Nor Appreciation For Finer Things:

This is a story from long ago, when the great mammoths still roamed our lands. It's the story of a man called Squanto, a great bowman whose skill was only matched by his constant and sincere desire for the next great hunt. When Squanto was young, he was taught that the world was full of magic. The source of this magic was the ever-changing lights that danced across the sky, always glowing at the peak of the Great Mountain in the East. The shaman woman of Squanto's village told him that these lights were the spirits of his ancestors, and that they had the power to make changes in our world--small things become big, winter turns to spring, one thing always into another. They held the world together and gave gifts of life, wisdom, provision, abundance--for that is what they were, the spirits of all we see and hope for.

It was also told that in the days of old, great beasts, mightier than all others, could be found and fought by hunters of renown--giant sabertooths, four-tusked mammoths, shining eagles... but the greatest and rarest of these was the Great White Buffalo. Twice the size of any of its kind, the Great White Buffalo was said to graze at the top of the Great Mountain among the dancing lights, seemingly inaccessible to all travelers but sure to grant eternal life to any who dare gaze into its shimmering eyes. As time passed, legends of these majestic creatures passed into folklore, but Squanto could not shake the indelible sense that the Great White Buffalo was still out there, waiting to be found and conquered.

As Squanto grew into a strong young man, more capable and accomplished than his peers, and as trophies of his hunts filled his home, the longing to find the Great White Buffalo grew larger. Squanto was no longer satisfied to collect merely elk, moose, sabertooth, or mammoth, all while fantastic stories of old heroes and monsters coursed through his head. He had collected them all, searched the world for the greatest of all game, become the most celebrated hunter in all the land, yet he was still empty, longing for more. So Squanto set out to capture the legendary beast at the top of the Great Mountain.

Crossing rushing rivers and falls, scaling precipitous cliffs and rockslides, trekking through unending snowfields, valleys, and lakes, Squanto made his way to the East, to the base of that towering mountain of rock and ice crowned in sapphire and emerald lights. So he climbed. Squanto climbed through wind, rain, and snow. He braced all nature threw at him, clung to rock holds and leaped crevasses. No man had made the journey before, and no man ought try--but Squanto climbed. And climbed. But as he conquered the highest peak and pulled himself over the final rock, the story ended like a bad dream. There he gazed

upon an open field, the lights like the end of a rainbow still out of reach, and before him: a buffalo--brown, normally sized if not small, normally coated if not mangy. A gorgeous animal nonetheless, but not the king he had come to expect. The creature lifted his head and set its beady eyes on Squanto, as if anticipating him--and Squanto loosed an arrow into its side. Blood flowed, the creature cried out, and toppled as all animals had before. But Squanto felt no momentous glory or accomplishment. He would not be dressing this kill, as was tradition for his people. He would not look at this fallen victim, a symbol of his failure and dashed hope; rather, in frustration Squanto snapped his bow, dropped it off the edge of the mountain, turned, and went home.

Squanto lived out the rest of his days as chief of his people--a good man, personally defeated yet honored by all, father to many but husband to one. To be sure, Squanto completed many more hunts, making full use of each slain creature in contrition for forsaking the buffalo. But no prize could ever compare to what he had always craved, that object long past hoped for but never forgotten. See, it was not enough to merely see beauty. He wanted something else which could hardly be put into words--to be united with the beauty, to see into the heart of things, to pass into it, to receive it into himself, to bathe in it, to become part of it. The village shamans and artists would talk as if the west wind could really sweep into a human soul; but it couldn't. They spoke as if a babbling brook would really swell one's heart; but it wouldn't. As images of the slain brown buffalo burned through his head, not a day, or night, went by when his heart did not long for the Great White Buffalo... When time came for Squanto to be given up to the spirits, the village shaman and his people set him in a canoe, shut his eyelids, and sent him floating downriver to the East.

When Squanto awoke, he found himself on the shore at the base of a waterfall with the Great Mountain behind him. The water glimmered crystal blue with a hue he had never quite been able to imagine. There was no sun, but only the dancing lights above illuminating the world around him which seemed, for no other way to describe it, alive. Trees *breathed*, rocks *sang*, the ground itself coursed with heartbeat. Squanto's knees bounced with a youthful spring he'd not known for years, and to his right lay the bow of his youth, once snapped in half but now repaired and somehow more sturdy and decorated than before. Squanto grasped it with all the memory of his former life, its grip now sweeter for having once been discarded and lost. And as he looked up, the lights of the Mountain above whispered his name, drawing him in, and up.

As Squanto summited the unsummitable peak for now the second time, the memory of that bad dream which had replayed his whole life subsided--vanished into the warm promise of redemption that lay before him. And so as he conquered the highest peak once more, and pulled himself over the final rock, bad dreams were rewritten. There he gazed upon a golden field, the dancing lights more tangible than the grass below, and before him: a buffalo--Great and White. His wool shined white as snow, his horns like bronze glowing in a furnace, his shoulders like mountains and his eyes like blazing fire. And in his side a wound from an arrow. Habit reached for Squanto's quiver, but the fiery brilliance beaming from the Buffalo's familiar eyes stopped his arm's progress. At last, Squanto had seen into the heart of things, gazed upon true beauty in its essence, merged with life itself. Squanto dropped his hands, dropped to his youthful knees, and dropped a single tear from his cheek. For it dawned on him that beauty such as this ought not be conquered, but beheld. "*Yáhka cultus potlatch*," he proclaimed, which means, "*it is a gift.*"

"At present we are on the outside of the world, the wrong side of the door. We discern the freshness and purity of morning, but they do not make us fresh and pure. We cannot mingle with the splendours we see. But all the leaves of the New Testament are rustling with the rumour that it will not always be so. Someday, God willing, we shall get in."
- C.S. Lewis, "*The Weight of Glory*"

Weekly Schedule:

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 T: Run @ 6:30am & 5:30pm
 F: Run @ 6:30am & 5:30pm; McLain's (all day)
 S: Long run & brekky
 S: Long run & brekky for those who hold to the Sunday LR

Announcements:

- Nothing special going on this week but **big things** coming soon
- Not moving this **Roster Sheet** bullet until I see full green under the dues paid column.
<https://docs.google.com/spreadsheets/d/12eOPPTgcTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

Y'all already know, S/O Strava King
 (for those who don't know, that's a S/O to Ben Krause for running a 50K (31.1 miles) this past weekend)

Fun Fact of the Week:

On May 9, 2016, President Barack Obama signed the National Bison Legacy Act specifying the bison as the national mammal of the United States. Thanks, Obama.

Quote(s) of the Week:

I wasn't around y'all much this week, which makes me sad, and also means I didn't get to take note of any Club quotes. But, all is well, as this provides an excellent excuse to begin Spooky Szn. Here is your Halloween themed QOTW:

"We have had our summer evenings; now for October eves!"
 - Humbert Wolfe

Poem of the Week (now accepting submissions):

*Dark magic awoken
 Cold bones be shaken
 Chilly signs such as these
 There ain't no mistaken
 The wicked forces have stirred
 And the occult, they partake in*

*Pumpkins are glowing
 At night phantoms prowl
 I've heard things go bump
 And werewolves go howl*

*When witches go riding
 And black cats are seen
 The moon laughs and whispers
 'Tis near Halloween!*

SeEeEe SoOoOoN,

Mark
KURC (v)President

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KURC - 10/25 - sPoObY sZn
 10/25/2020

Hey all u guys and ghouls,

In light of Halloween this Saturday and my past two weeks' efforts, I've decided to prescribe myself an off-week. So, no magnum opus tonight. Just spook.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm
 T: Run @ 6:30am & 5:30pm; workout TBD
 W: Run @ 6:30am & 5:30pm, **CARPOOL! :-D**
 T: Run @ 6:30am & 5:30pm
 F: Run @ 6:30am & 5:30pm; McLain's (all day)
 S: All Hallows' Eve
 S: :-)

Announcements:

- Ross has announced a 5K and Half-Marathon on **November 7th** in lieu of the cancelled Kansas Half/5K.
- To avoid running entirely in the dark, we'll be bumping up afternoon practice an hour starting next week after **daylight savings**.
- Not removing this **Roster Sheet** bullet until I see full green under the dues paid column.
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Ben K for listening to his body and taking an off-day.

Quote(s) of the Week:

"Ok, you're a goon, but what's a goon to a goblin?"

- Dwayne Michael Carter Jr. aka Lilliam Waynerd aka Lil Wayne aka Weezy

"Halloween is not only about finding a costume, but it's about finding the ~imagination~ and ~costume~ within ourselves."

- Elvis Duran

Fun Fact of the Week:

A goon is, in fact, nothin', and I repeat, nothin', to a goblin.

Poem of the Week (still accepting submissions):

A cavern. In the middle, a caldron boiling. Thunder. Enter the three witches.

*Round about the cauldron go;
In the poison 'd entrails throw.
Toad, that under cold stone
Days and nights hast thirty one
Swelter 'd venom sleeping got,
Boil thou first i' the charmed pot.
Double, double toil and trouble;
Fire burn and cauldron bubble.*

*Fillet of a fenny snake,
In the cauldron boil and bake;
Eye of newt, and toe of frog,
Wool of bat, and tongue of dog,
Adder's fork, and blind-worm's sting,
Lizard's leg, and howlet's wing,
For a charm of powerful trouble,
Like a hell-broth boil and bubble.
Double, double toil and trouble;
Fire burn and cauldron bubble.*

*Scale of dragon, tooth of wolf,
Witches' mummy, maw and gulf
Of the ravin'd salt-sea shark,
Root of hemlock digg'd i' the dark,
Liver of blaspheming Jew,
Gall of goat, and slips of yew
Sliver'd in the moon's eclipse,
Nose of Turk, and Tartar's lips,
Finger of birth-strangled babe
Ditch-deliver'd by a drab,
Make the gruel thick and slab:
Add thereto a tiger's chaudron,
For the ingredients of our cauldron.
Double, double toil and trouble;
Fire burn and cauldron bubble.*

Keep y'all's heads on a swivel this week--lotta things goin bump in the you know what...

,

Mark
KURC (v)President

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KURC - 11/2 - A Very Scary Story
11/2/2020

Hey,

I dialed out to an older me this past weekend. He nearly forgot his name and can barely stay awake, but he sure does miss his friends despite pretending he doesn't need them. That's my way of saying that I

appreciate you. You're irreplaceable, and these are good times. So, as we float forward within the preexistence of our memories, let's enjoy them.

Skip if You've Not Time Nor Appreciation For Finer Things:

Halloween may have ended, but I'd like to tell you about something very scary that happened to me. Today, as I was taking my Sunday afternoon nap, I fell into a terrible bout of sleep paralysis. For those fortunately unacquainted, this is when your mind wakes up while your body stays asleep. So you're essentially paralyzed, fully aware of your vulnerability, and unable to do anything about it. I'm pretty sure your eyes stay closed, but you can see your surroundings. It's an out-of-body experience, really. But the best part about sleep paralysis is the Shadow Monster.

Since the dawn of civilization, humans have recorded appearances of shadowy, maleficent apparitions in their sleep (Google *The Nightmare* by Henry Fuseli). Whether the Shadow Monster is an evil, fear-feeding night demon or explained away as part of a simple sleep disorder is beside the point--it's truly terrifying, and the line between reality and hallucination does not exist in this state of consciousness. I pray you never meet him, but if you ever find your brain clicked on in the middle of a dream, stuck in your bed without motor functions, you can expect a visit from this evil presence shortly--like clockwork. Maybe he'll creek open your door, maybe he'll crawl up from under your bed, maybe you'll see him emerge from the corner of your eye. He won't touch you. He'll just be there, looming, looking down at you--afraid and helpless. It's like you're Frodo, hanging wrapped in the web of Shelob the giant spider as she creeps along just out of sight.

Now, I've experienced sleep paralysis on a few occasions before, but this time was peculiar. This time, my mind didn't wake up in my room; it woke up transported back to my childhood home, somehow still tucked within a dream. I was trapped two levels deep into my subconscious, my conception of a body paralyzed within a nightmare--aware of what was happening yet unable to shake the fear that was inevitably about to dawn on me. I had fallen asleep on the living room couch, home alone, the night sky staring me down through floor to ceiling windows on all sides, a couple lamps in the atrium behind me providing just enough unsettling yellow light to make out creeping shadows. As my doomed fate started to realize, I did all I could to scream. But no sound came out. Maybe a groan was made through sealed lips, but no one heard me. What are you supposed to do in that situation? When you desperately want help but are incapacitated from asking for it? When no one is around you to listen even if you could?

I don't know how long I laid there in dreadful, tormented loneliness as the Shadow's vantablack tendrils grew around me from both sides, just out of clear sight, but eventually my mother came home. Something--perhaps one last voiceless cry for help--triggered that familiar memory of the garage door opening and then closing, the dogs blowing past me in a mad rush to the door to greet their mom. I heard their tails beat against the washing machine, the door open, and the metal chain of her purse slap the countertop. After wading her way through the minefield of jumping claws and whipping tails and walking into the living room, she saw me. Somehow she knew something was terribly wrong. I don't know what communicated my distress. I don't know what she saw. Were my eyes even open? Was I making noise at all? Could she see the Shadow? I don't know. But she saw her boy--frightened and gasping for relief--and understood the situation in a way only a mother could. And there was nothing she could do about it.

Like Mother Mary in Michelangelo's Pietà, all my mother could do was hold her suffering son. With no recourse, she held me, watched me, comforted me with vague assurances and waited alongside me for something outside ourselves to intervene with a solution. Nothing she did could wake me. No amount of yelling or slapping could revive my unconscious body. And all I could do, cradled there in my mother's arms, was shout in unheard words through uncried tears, "Mom, save me, I just want to fucking move again!" I could probably count the number of f-bombs I've dropped in the past year on one hand, and they certainly weren't around my mother, which is all to say that this situation was really, really bad.

I don't know how long that misery would have lasted, how long I would have laid there sobbing in loud, panicked silence. But it felt like forever. It felt as if I had no moves left but to give into my dry tears in acceptance of an eternity of helpless terror. Just as my hopeless future began to settle like death on me and my crying, Madonna-esque mother, my 5:30 alarm—the one I debated setting—went off. I woke up, my heart rate the pace of a Mark Harrington led “easy day,” and the greatest rush of relief I've ever known spread through every vein in my body. I could speak. I could move, no longer trapped and vulnerable in my dark childhood home with the Shadow Monster lurking ever closer. Deliverance. Fear sank off my chest and gratitude enveloped me like a warm blanket. And what's more, after having woken up with my life intact, the nightmare only served to magnify the joy for it I'd taken for granted. Delight took the terror up into itself, and my thankfulness for it all--my body, my breath, my words, my freedom, my friends, my family--moved me to prayerful tears. So I went for a run on resurrected legs, in carbon-plated shoes, over moonlit roads in a country and time where I have the privilege to do so. I enjoyed it, and I said thank you for it. I've said this before and it bears repeating: we've got a lot of great things, and we've got a lot of sad things, but when everything sad becomes untrue, it will somehow be greater for having once been broken and lost. Better to find something lost than to never lose at all.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm; Civil Unrest

W: Run @ 6:30am & 5:30pm, **CARPOOL! :-D**

T: Run @ 6:30am & 5:30pm

F: Run @ 6:30am & 5:30pm; McLain's (all day)

S: 5K/Half-Marathon !

S: :-)

Announcements:

- This **Saturday's 5K/Half-Marathon** will be held at the Prairie Moon Waldorf School. Not sure yet on the precise route or time but stay tuned.
- Afternoon practice will now be held at **4:30pm** to account for the fall back.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to the alarm clock for saving post-1500 born generations from the Shadow Monster.

Quote(s) of the Week:

"If you can't go home, go big."

- Megan Lynn

"Maybe I should sell my eggs (cage free grade AA, presumably) and invest it in some sto(n)cks."

- Fallon Russell

Fun Fact of the Week:

This past weekend was the first time that a full moon was seen in all U.S. time zones on Halloween since 1944. It was also a blue moon--the second full moon of the month. Not sure the stats on that being paired with a Saturday and Daylight Savings time, but seems rare.

Poem(s) of the Week (still accepting submissions):D.A.R.E. by Fallon

*Roses are red
 Violets are blue
 Cigarettes are bad
 For me and for you*

H.L.W.N. by Novo aMork

*Cigarettes are bad
 This much is true
 But it's hard to say no
 When the moon is this blue*

*Give me an ECG
 Check how I breathe
 Maybe I should
 Take life more seriously*

*By the age of 28
 I don't know where I'll be
 But one thing's for sure
 I'll remember Halloween*

Enjoy your week everyone. Hope we still have a Union this time next Sunday. Be grateful, stay safe, stay humble, work hard, be kind. Love your neighbor.

Mark
 KURC (v)President

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KURC - 11/9 - Two Weeks More

11/9/2020

Homies big and small, short and tall,

As tends to be custom following a heavy writing effort the Sunday prior, I'm taking another down-week. Despite Eddie Redmayne's sweet serenade and my candle's wintry aroma, it seems that most of my artistic energy was expended in painting Boyd the Buffalo yesterday. So, please accept this shorter, simpler entry in appreciation for you. It pains me to write, but we've only two weeks left before break. Another week of running and laughter has carved the mark you've made in my heart a bit deeper, and I dread the inevitable separation that stands before us. How can I live when we are parted, indeed, Marius. So, as we run this never-ending road to Calvary, let us discover what our God in Heaven has in store with deep, abiding gratitude for the joys we've known and that lie ahead. I look forward to it.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm

W: Run @ 6:30am & 5:30pm, **CARPOOL! :-D**

T: Run @ 6:30am & 5:30pm

F: Run @ 6:30am & 5:30pm; McLain's (all day)

S: Definitely nothing affiliated with the Club happening in Arkansas

S: :~)

Announcements:

- Activities still on the horizon include the **Donut Mile** and **Friendsgiving**. Details next week.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/s/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Josh for showing up to run a 5K but instead completing the full 13.1.

And S/O to Fal "the Gal" Russell for gutting out the last 7 nauseated, swerving miles with a kick at the end and a smile on the face.

Inspirations, both of you.

Fun Fact of the Week:

This past Saturday, November 7th, was National Bison Day. No such thing as a coincidence.

Quote(s) of the Week:

"Mark is creepy."

- More than one person

"Woah, mullet."

- kid in park

Poem(s) of the Week (still accepting submissions):

"Solace" by Ben

Translucent, I am

Nothing but a ghost

Neither heard nor seen

Only keeping my feelings close

A circle made of hearts

And I am on the out

Surrounded by others

Yet still alone no doubt

While still beating

My heart, it bleeds

A pain like this

Surely brings one to their knees

Heart tough as nails

Softened through grace

Bringing space to understand

I'm in good hands

Well put, Ben.

Love you,

- Creepy M
KURC (v)President

--

KURC - 11/16 - An Open Letter to Thomas (this is gonna be one of those Insiders Only editions)
 11/16/2020

Hey Tom,

With the stroke of four keys—0852—you opened the door, and all 7,000 square feet of modern comfort, on 20 college students who've been described by some (as in my father) as the “drinking club with a running problem” (I do not know why). You risked your own home, McKenya's priceless Christmas decor, the baby grand piano, and the respect of your neighbors—all so a ragtag group of blessed individuals could indulge in a slightly matured and exorbitant prom night. I hope you find that your trust, hospitality, and beautiful home was met with the utmost, deserved, and proper respect and care. Thank you, Tom.

And to those 20 college students (plus one more dude from Arkansas that just never left)—I asked for decorum, for moderation, and for smiles. You provided all 3 in abundance (overlook the oxymoron) with some fast times, handcrafted tunes, and hearty laughs thrown in. Despite my debauchorous tone, I would like to commend you (and clarify for those not in attendance) on your generally well-mannered behavior this past weekend. My worst fears turned out to be just that—fears, never realized, of excessive sound spilling from the interior, of cash bail, and of evictions. Even you, Jordan, did good. Thank you, Running Club.

So, here's to the days—the good, old, and actively lived out. Here's to downhill PRs, to pork's blood, pogo sticks, and piano. Here's to hot sauce and hamburgers, to hearts both happy and heavy. Here's to Pentatonix and Tom Petty, to Champagne Supernovas and Fast Cars, to the Birds both Big and Flightless. Here's to fascists and liberals, to Protestants and Catholics, and to Jacob as well. Here's to the sleepy and the sleepless, to the charged and the recharging. I love you, and I will leave you, but until then—while that Big Pill still looms—I thank you, and I cherish each moment we get to take in, together.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm

W: Run @ 6:30am & 5:30pm, **CARPOOL! :-D**

T: Run @ 6:30am & 5:30pm

F: Run @ 6:30am & 5:30pm; McLain's (all day); **Friendsgiving?**

S: Maybe one last long run / **Donut Mile?**

S: :~~)

Announcements:

- One week more, guys. Make her count.
- **Roster Sheet.**

<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>

- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Michael for droppin a PR this weekend in 15:48? 38? Forgive me but congrats buddy, well earned.

Quote(s) of the Week, Team Trip Edition:

Fallon:

"Fine, my mouth is shut this week. There will be nothing coming out of me."

"I say follow your hormones."

"You are lame."

"This is apple juice."

"This is where the REAL magic happens."

Sammy:

"I was not watching you sleep." (she was, in fact, watching me sleep)

"Did you get sLiMe or something?!?!"

"Be quiet."

"Mark, take care of yourself better than that."

Jacob:

"I thought I was the man out here."

"YOU ALL LOSE! I'M HITLER! TAKE THAT! TWO TIMES IN A ROW!" (he had not, in fact, yet won the game)

Griffin:

"Pikachu has very luscious lips."

"Yeah, he's jacked."

Mark:

"You look awful."

"What are you gonna do, Lorenzo, bite me?" (shortly before being bitten)

Spencer:

"Yo your mom's crAzy." (in reference to Cherry Russell, better known by the alias sassy_hot_mom)

Squid:

"Waazzzaaaaap!"

Guess Who:

"Strippers"

"Heuheuheuheuheuheuheuheu"

Michael:

"Look at that! You call that a coincidence?! I call that love and friendship!"

Fun Fact of the Week:

Aiden, Fallon, and I (the athletes) are the only ones in the Club who know how to pogo stick.

Poem of the Week (still accepting submissions):Welcome to My Crib

Oh, what a lady, what a night

*I sure enjoyed it, didn't ya?
I just can't help stop thinkin'
About our beloved house mom, McKenya*

*Her decor so exquisite
Her pantry so full of spice and good feed
If only she spent more time
Teaching Zelia how to read*

*But I mustn't forget
The name on the stocking emblazoned
That sweet 7 letter word
The lovely princess, Aislynn*

*RIP Megan's eyes
From the hair Pepe tracked in
His fur the same color orange
Of bleach blonde Daxton's skin*

*And so, too, from the other
His hair matte and with odor
Of course I describe
The stinking, petulant feline, Fyodor*

*But for our Breadwinner Tom
Flexin' in the Benzo
T-Man is chillin' big, livin' large
Like that fat house cat, Lorenzo*

*I love you, and now I leave you
It's been a good weekend of trappin'
At 1208 N Montview Dr
Where the magic REALLY happens*

-M
KURC (v)President

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KURC - 11/23 - Small Things

11/23/2020

Hey,

I had originally planned a short treatise for you as a wrap up to this semester--on life, on decision making, on the ups and downs and bits of wisdom that have come to me on this winding, broken road from 714 Ellsworth to 2311 E 27th Terrace. But in light of recent events (such as a very unfinished final project that's due tomorrow), I've decided to save that for another day. So instead, please enjoy the Poem of the Week, inspired by you, and all the little slices of heaven you've provided over these past few months.

Weekly Schedule:

All practice ~unofficial~

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm

T: Thanksgiving, y'all should do a 5K

F: Break :-)

S: Break :~)

S: Break :>)

Announcements:

- Check out our new record holders of this past Friday's Donut Mile. People are still contesting the women's time for allegations of chewing while running, but I say good job and well deserved. <https://www.kansasrunningclub.org/results-and-records>
- We're having a T-shirt design contest. I know at least 18 of you desperately want KURC merch; this is your chance to make it the most swag. Please see Stacey's GroupMe announcement for all the deets. https://groupme.com/join_group/43346731/aKTFGF
- **Roster Sheet.** <https://docs.google.com/spreadsheets/d/12eOPPTgcTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!** https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to God for letting his light shine through this club, whether we know it or not.

Quote(s) of the Week:

Fallon:

"It's not a disease, Megan."

Hope:

"I'm not having a good time."

Sammy:

"It's so bad donkey!"

"Alligators can't get you when you run diagonal, right?!"

Ben K:

"Not today ladies!"

Jacob:

"You have a peanut allergy? What a freak!"

Mark:

"Your body doesn't naturally swallow that quickly, you just have to force yourself to do it and hope it works out."

Squid:

"We probably have matching skid marks."

Fun Fact of the Week:

I had a lotta fun with you this semester, we are very blessed, and I can't wait for one more.

Poem of the Week:Small Things

*There are some things in life
That speak to the soul
A secret thread, echoing of eternity
That mends a broken heart whole*

*It's dog parks and sunsets
And squad pics on hay bails
It's following the leader
And face-planting on trails*

*It's night runs at the levee
The homies' outfits straight glowing
It's dropping in the GroupMe
"Like this message if you're going..."*

*It's Mom crossing the street
Without looking both ways
It's showing up in a flannel
And sunglasses on Fridays*

*It's Squid's 2 inch inseams
Flapping up with each stride
It's Ben Krause, Strava King
His glorious, smooth glide*

*It's "easy days" and "pre-meets"
And long runs turned tempo
It's doin' it for the Strava
And fear of Chestnut Syndrome*

*It's the "huehuehue's"
And the "couldn't be me's"
The "WAZAAAAPs" and the "DEUCES"
And the "YAS! Killed It! ZOOMIN! My QUEENS!"*

*It's the timer pics and thirst traps
And really well-timed winks
It's the business calls and aviators
And Friday runs, post drinks*

*It's the pit stops at Freddy's
And pit stops in the woods
It's the crinkly leaves
When forgetting the goods*

*It's Fast Cars, bright headlights
And questionable lane changes
It's kudos and comments*

And lowered heart rate ranges

*It's throwing up donuts
And chili on da track
It's the "not today ladies"
And runnin' w the Razorbacks*

*It's the baby grand piano
Happy tears and sad songs
It's pogo sticks and trampolines
And staying up all night long*

*It's new normals with old friends
And claiming branches for masks
It's the warmth that comes from knowing
That for better friends, I could never ask*

*It's these little slices of heaven
That cut straight through the heart
That I'll remember and cherish
'Til long after we part*

*It's you, and it's me
It's more than a club
It's friends turned to family
It's a work of art, called love*

-M
KURC (v)President
--

KURC - 2/1 - Alright We're Back
2/1/2021

Old friends,

Welcome back. It me. While I would have loved to return to you with a well-crafted masterpiece, two months in the making and chock-full of timeless wisdom, sometimes people disappoint. In fact, & lemme learn ya something big here, kiddos—they always disappoint. You know what else is disappointing? The vast distance that has existed between us these past 60+ days. It's as if you're a whole couch cushion away, beyond my arm's stretch, and present only in my memories...

But no matter, for one day more (one week officially) and we shall reconvene in times anew. Not 15 hours from now and we shall once again see Squid's shorts flap high in the wind, Ben K's silvery stride and J Stone's electric presence.

I've longed for such times. Once buried beneath the weight of my own dirt, I now find myself awash in fresh light—bathed in the brightness of new day and the presence of old friends. Let's rejoice in our reunion, filled with both remembrance and anticipation. For behind us lie memories not soon forsaken, and ahead await times fast, beheld, and cherished. They begin tomorrow. Lace up and join, for we have life to live, days to share, and love to pass along.

Weekly Schedule:

~unofficial~

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's

S: -

S: -

Announcements:

- Sports Clubs prevents us from holding official practice until the 8th,, but as before, the homies ~might happen to be at the rec at 4:30 every day this week, in case you wanted the hands.
- We should have a T-shirt order out soon. Prepare to blow the bag in commemoration of the best year of KURC yet. Gorgeous design this year.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTttXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to ya'll for rackin up those Strava miles this break. I've seen the work, and I now look forward to seeing more shared routes. Keep zoomin' kings and queens, together.

Quote(s) of the Week:

"You're the one who is weak. You will never know love or friendship. And I feel sorry for you."
- J.K. Rowling, Harry Potter & the Order of the Phoenix

Fun Fact of the Week:

I know friendship and love, and I love you, friends, and look forward to another 5 months of life somehow better than before.

Poem of the Week:

What light through yonder window break?

2 months from you, a cushion away

Doth cause my heart to bleed and ache

5 months gone by and still 5 more

Let's begin again

Upon these crimson shores

Turkey, spinach, provolone, tomato

Toasted on wheat

And of course with mayo

Like parts of a Sub- you all play your part

Can I begin to describe

the -Way you have with my heart?

Oh how I've missed you so dearly

Now I rejoice in return

Meemeeme mee mee Awww mee mee me

-M

KURC (v)President

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KURC - 2/8 - Trust the Process

2/8/2021

Hey guys,

Tonight I am battered with the effects of a long weekend, a Chiefs loss, and a siren call from my pillow. But what I love more than sleep is this Sunday night ritual. So to you I offer these thoughts--half-baked and always incomplete,,, yet full of good intention.

As we watched Patrick Mahomes and his teammates flounder in the spotlight tonight, dominated by an opponent meant for victory in the present age, I could not help but think of his future. See, while I would have loved to end my last February in Lawrence with an unsafe and unadvised storming of the streets, that did not happen. Instead, we lost. The promised dynasty failed to launch... yet still I gaze forward.

I gaze forward to that day when the taste of victory will return to the Kingdom. I gaze forward in hope for the everlasting King to step into his throne at long last, and for his dominion to reign from generation to generation. Today, Patrick Mahomes did not sit on the chair of Chiefs Kingdom. But friends, if he had, what then? Would we accept the glory of victory in full satisfaction of a battle hard-fought and won? Would we sleep soundly with all in its place and our lives fully lived? I doubt so. Perhaps the anguish of defeat will serve a purpose yet.

When the confetti falls again and the trumpets sound, I believe like a child that the gall of humiliating defeat will meet with the newness of victory in a kiss so sweet as to comfort for all losses. The pains of failure will vanish like a pitiful mirage and be swallowed up into new life. Like a black stain blended into the shadow of a well-shaded figure, so too might Mahomes redeem a fallen season. No, he did not sit on the victory chair tonight, but all the leaves of our future rustle with the rumor that it will not always be so. Until then, let us trust the process, and allow the painter the work.

Weekly Schedule:

~OFFICIAL~

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm, Carpool

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's

S: -

S: -

Announcements:

- Practice is *happenin* happenin now, so we'll see you there. Not me, actually, or Coach Mike, as we are hurt in our bones and very sad about it. But y'all have fun.
- I promise we're getting t-shirts soon. Deets otw.
- **GOALS NIGHT** this Friday. Will tell you more in the group me but this is for EVERYONE and will take the shape of hangin out in groups at various locations around Lawrence, enjoying good company, and sharing some goals--running, personal, or otherwise.

- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcNtTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/s/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Ian Reddy for being the only Bucs fan in Kansas. I'm healthily upset, but I will take joy in your joy.

Quote(s) of the Week:

"If you look at results, you (Mark, me, as opposed to Ross) would be more alpha."

- Michael Scott

"I'm not in a fuss!"

- Sammy, clearly in a fuss

"Hey, look at my sticker! ... What's a doobie?"

- Fallon

"If you can't make something out of a little experience, you probably won't be able to make it out of a lot."

- Flannery O'Connor, *The Nature and Aim of Fiction*

Fun Fact of the Week:

Johnny Kaw, the giant Kansas wheat farmer, carved the Kansas landscape. By dragging his wheat scythe behind him as he returned from the fields, he formed the valleys of the Flint Hills and the bed of the Kansas River..

Poem of the Week:

*Chiefs red
Bucs red too
My heart it burns
Supa hot fiya for you*

*Sometimes when we lose
When we can't seem to win
We punch our fists through the air
Again and again*

*Expectations run high
But we must all bear our crosses
Far better to sit, accept the Gift
And trust the Process*

-M

KURC (v)President

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KURC - 2/15 - cold bones, warm heart

2/15/2021

Good morning,

I remarked today that it's quite likely these are the coldest few days I've ever experienced. New Mexico just doesn't have this kinda bite to it. As they say, it's not the heat, it's the humidity--so too with the cold.

But here's my message: though my hands grasp the steering wheel in chilled horror, my heart has never burned hotter. I say this for more reasons than one--some big and some little--but one of them is the continued growth and flourishing of this club. It hit me the other night as my small group of five sat around the kitchen sofa discussing goals, Game of Thrones, and gothic cathedrals. See, not only was genuine camaraderie and mutual edification being had there in my townhome that night, but also in three other locations around this blessed city. And the best part was that I had nothing to do with it. Goals night was not my idea nor under my organization in the slightest--yet there I was, detached, enjoying fully the fruits of the Club's labor, and rejoicing in the thought of others doing the same.

I know I've said it before, but it bears repeating: the KURC has become a living, breathing thing--a baby now grown and passed on to the next generation. It's a place where strangers can become friends, lovers, and family; where goals are made and accomplished; where lives are changed and souls are saved.

I am grateful, and continually blown back by the gift that this club has continued to be. I pray you all achieve any goals that were set last Friday--those short-term, long-term, big, small, and unspoken. In these bitterly cold days, let's not take for granted the frosted eyelashes, sub-par basketball, cold toes, and cookie skillet. Let the heart of this club instead warm you from the inside out, and compel you to aim ever upward and alongside us in this journey called life.

Weekly Schedule:

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's

S: -

S: -

Announcements:

- I don't have a single announcement. Would promise T-shirts soon but I did that last time w/o following up so. We're workin on it.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTttXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Landon for coming out for the first time this week and sticking with it, despite being new to running and not knowing anyone. This club, and the world at large, needs more people like that, and I look forward to seeing you back out there.

Quote(s) of the Week:

"I'd like to get rich quick--100x my portfolio... and make a sick options play."

- Landon

"Can you stop watching me eat, please?!"

- Fallon

"He thown everything off balance."

- The Misfit, Flannery O'Connor, *A Good Man is Hard to Find*

Fun Fact of the Week:

Saint Valentine of Rome, a 3rd century priest and also the patron saint of epilepsy and beekeepers, was martyred and decapitated on February 14th, 269 AD. His feast day has been celebrated since 496 AD. The modern day romantic tradition of Valentine's may have been started with a note he wrote before his death, signed "from your Valentine."

Poem of the Week:

Roses r wed

Violets bwue

It's weeks like these

That make me weally gwad I came to KU

Ice in my veins

Fire in my heart

Cogito, ergo sum

Dash Descartes

Das all fo now

Me tiyahd, wanna hit da hay

Can't think, can;t spell

Happy Fallentine's Day

-M

KURC (v)President

--

KURC - 2/22 - Oh Give Me a Home

2/22/2021

Hello Community (translated to Koinonia in Greek),

Gonna try to get this one out at an all-time early hour (I failed), for I am tired; but as an unknown wise man once told me: "if you're tired, do it tired." So here I am, doing it tired, but with charity. Also, I'll never tell you that I'm tired in here again--it's a lazy, uncreative, begging thing to say in such a context, and I'm sorry; I just wanted the quote.

Now, it's been a couple weeks since I've joined the Club for a run, and months really since I've felt "in the groove" alongside you all. I've missed you (not in a desperate, unhealthily attached sorta way, but more of a grateful for you and excited to be back sorta way), and in this time apart, my 4:30-6:00PMs have been a lot more quiet. I've missed out on kudos and quotes; lost fitness and gained weight; felt broken, pulled apart, and mended again; and through it all listened not to feet striking pavement nor communal jokes nor

Nathan's caressing voice, but silence. While at first the deafening clamor of solitude produced distress, I've since heard that silence push back in gentle response, and this is what it said: "come Home."

So this week, by grace I plan on beginning my homecoming. Now this has been a lot of talk about me. But here's why I say it: a house is only a home when completed by a family--Father, Son, and Mother too. We have such a family here, and the best part about it is that it's always adopting. So this week, I look forward to communing with you all again, and eagerly await the expansion and the deepening of this family. Let us run with perseverance the race marked out before us, together. Go in peace.

Weekly Schedule:

M: Run @ 6:30am & 4:30pm
 T: Run @ 6:30am & 4:30pm
 W: Run @ 6:30am & 4:30pm, Carpool?
 T: Run @ 6:30am & 4:30pm
 F: Run @ 6:30am & 4:30pm, McLain's
 S: -
 S: -

Announcements:

- Told y'all **merch** was comin! I'd probably buy every flavor if I were you. Easily the cutest little design we've ever had. And they've got pockets to put carrots and stuff in. Order by this **Friday!**
<https://docs.google.com/spreadsheets/d/1aEQxIrzyqJJxHQkM4BF0LGf87OXrsVtsXv2TBVxjPhY/edit#gid=0>
- ^^^ BUY BUY BUY DO IT DO IT BUY DO IT NOW ^^^
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTttXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to all the new faces at this week's McLain's Friday. It is so good to see the table be filled. So come, join the family.

Quote(s) of the Week:

"Let's mosh!"
 - Sammy

"The move that you're afraid to make could be the one that changes everything!"
 - Unknown

"I have come home at last! This is my real country! I belong here. This is the land I have been looking for all my life, though I never knew it till now... Come further up, come further in!"
 - Jewel the Unicorn, C.S. Lewis, *The Last Battle*

Fun Fact of the Week:

In 1947, "Home on the Range," written by Dr. Brewster M. Higley of Smith County, Kansas, became the Kansas state song. In 2010, members of the Western Writers of America chose it as one of the Top 100 western songs of all time.

Poem of the Week:

*Oh, give me a Home
Where the Buffalo Rome
Where the Deer and the Antelope play
Where seldom is heard
A discouraging word
And the sky is not cloudy all day*

*Home
Home on the range
Where the Dawgs and the Zoomin' Queens play
Where often is heard
A handsome Big Bird
For a club such as this I have prayed*

-M
KURC (v)President
--

Re: KURC - 2/22 - Oh Give Me a Home
2/22/2021

I thought that my edit of the 3rd line in the 2nd stanza was important enough to email you all twice.

Poem of the Week:

*Oh, give me a Home
Where the Buffalo Rome
Where the Deer and the Antelope play
Where seldom is heard
A discouraging word
And the sky is not cloudy all day*

*Home
Home on the range
Where the Dawgs and the Zoomin' Queens slay
Where often is heard
A handsome Big Bird
For a club such as this I have prayed*

--

KURC - 3/1 - Be Nice to Sammy (don't skim I think this one's important)
3/1/2021

Hey family,

What a week, huh? Between generating literally thousands of dollars for the future of the club through merch, to new faces at practice and a 26 person show out at Clinton Lake,,, this old man is proud.

While most of you all were finishing up your long runs on Saturday, I was with a small group of around five by the benches when Tara remarked, "is this everyone?" Now, it was most certainly not everyone, but I'm old enough to remember a time when if it was everyone--all five of us, including a girl even, all

gathered around the grill--it'd be a good day. Those would be good numbers. So for those not familiar with such times: please cherish it.

"The Running Club has blossomed like the flower that we have been praying it to be. We have so many awesome personalities and people in it. With every new member, something new is brought to the table, and the Club just gets better and better." Your "president," Ross Smith, said those words. Though I had to fix his grammar errors for this email, don't you ever say he lacks emotion again. My thoughts exactly, buddy.

Now, I'd like to share something else, and I hope y'all will quit skimming these emails to appreciate what we have here. I'm not sure how many of you are seniors within the Honors Program, but for those that are, you may (like me) be spending the majority of tonight completing your ELE reflection questions due tomorrow. One of the questions asked of me to expand on my time spent as a leader within a student organization. Of course, I chose to write about the KU Running Club. While I'm tempted to drop the whole response in here, I'd like to focus on one small section, because this Lent--through the exhortations of many--I've decided to give up being "mean" to Sammy. So here's some of what I had to say:

Us officers have reminisced over the past few years on the efforts and events that lead to our current success, and we've unanimously pegged our decision to expand the executive board to include some of our female members as the single most pivotal moment in the club's recent history. While the initial semester following our renewed vision was off to a good start, we still struggled with retaining members—particularly female members. For obvious reasons, the idea of running several miles every day with a group of male acquaintances isn't the most appealing way to spend an afternoon for most college-aged girls. We did, however, have one (who has since become one of my best friends) that kept coming back. Seeing her dedication, combined with her kindness and bubbly personality, I pitched the idea of making her an officer to the other two executive members. We all agreed, and I can still remember her excitement when we extended the offer one Sunday morning over a post-church WheatFields breakfast. Her addition to the team made an immediate impact on our social media and club dynamics. Over time, more girl members began joining us for runs and social events, and by the end of that year we held our first elections, adding an additional three positions—all filled by women. Today, it's not uncommon for the boys to be outnumbered at practice, and I have no doubt that the majority of our growth can be traced back and attributed to the efforts of our female officers. The positive impacts of diversity in leadership, now seen firsthand, will certainly not be lost on me.

Sammy, thanks for making this club a family. You're not my favorite girl in the club, but you're pretty darn great.

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W: Run @ 6:30am & 4:30pm, Carpool

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's

S: Time trial!

S: -

Announcements:

- Ross told me to tell you that we have a **time trial this Saturday**. I know nothing more. Consult the GroupMe.
- We're holding **elections** in a couple weeks. Consider this hard, and don't hesitate to run. This is my last year as an officer. KURC is my baby, and I want nothing more than to hand it down to members who will love and care for it as much as we have these past few years. If you think you

can do that, put your name down here and start working on a brief speech as to why you're qualified. We'll share more details in the days and weeks to come. Come ask any of us anything if you're interested.

<https://docs.google.com/spreadsheets/d/1vjzTACm1-JCHlbWQAbLpVFb1pKOGdPM37YIHba-kPQ/edit#gid=0>

- **Roster Sheet.**

<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>

- It's never too late to make your **bio!**

https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing

- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Landon for going 5.3 miles this past Saturday. Last I knew you couldn't do 2 without walking, so dang man--I see you.

Also S/O to Sammy.

Quote(s) of the Week:

"You lose. You lose because you won't even play the game. Stupid."

- Ross, I think after me refusing to do pushups or break sticks or something.

"I'm too humble for my own good. The trees are too tall for their own good. It sounds like we're all too good for our own good."

- Stacey

"Lava IS fire! Yeah, it's like gooey fire!!!"

- Sammy

"Please don't touch me."

- Fallon

"Bad times, hard times, this is what people keep saying; but let us live well, and times shall be good. We are the times: Such as we are, such are the times."

- St. Augustine of Hippo

Fun Fact of the Week:

Sammy doesn't even go here. Not mean, just facts. It's nice actually--congrats on nursing school!

Poem of the Week:

Gratitude, for this week & for you

For it all let's thank Sammy

She doesn't even go here

But without her, we'd not have this family

-M

KURC (v)President

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KURC - 3/8 - I Love The Hobbit

3/18/2021

Sup's girlie pops,

Another fantastic week in the books. Though we may not have all achieved our goals with Saturday's time trial, we did all smile, and I'd count that as more important for the first hard effort of the season anyway. With Spring weather upon us and agape in the air, let's keep it rolling. I look forward to it.

Now, no one asked for a long-winded defence of the Hobbit trilogy—but I'm providing one. “Pay attention, [KURC], and listen to me; be silent, and I will speak” (Job 33:31).

I will start by establishing some common ground. We can all agree that the Hobbit is no Lord of the Rings. Is it a groundbreaking, watershed, landmark moment in movie and storytelling history? No. But is it an epic fantasy saga? Maybe. Or a fun, family adventure that tickles one's inner Child? I'd wager to say so.

JRR Tolkien once outlined the reason myths and fairy stories resonate so profoundly to us humans. He said that to tug on the soul a story must have at least one of our five core longings:

1. To hold communion with non-human beings
2. To see good finally triumph over evil
3. To step outside of time or into another world
4. To have love without parting
5. To escape death

I concur with this list. See, myths are not “lies breathed through silver,” but truths breathed through stained glass.

I've often said that there's really only One Story in this world; all others are but imitations, reflections of it. The ones that last—in Goodness, in Beauty, and in Truth—simply proclaim this Story more fully. So, does The Hobbit stand this transcendent test of time?

Well, I'd say this much: when I watch Bilbo, Gandalf, Thoren Oakenshield and his motley crew traverse the New Zealand countryside—over hill and dale; from the Shire into the depths of Gollum's lair; away from Azog the Defiler on Eagles' wings; through Elvish lands, port towns, and abandoned ruins; into the Lonely Mountain, Smaug's fire and desolation; into dissension, war, famine, and heartbreak; and back again to peace, to communion, to the Shire, to love—in these moments I feel the pangs of Goodness, Beauty, and Truth.

Yes, I like the Hobbit movies. Are the films perfect? No. But can we ever expect a saga to truly and deeply satisfy from beginning to end? I think not. We can instead choose to ask not what these movies can do to quench our unquenchable lust for contentment, but rather enter into this fantastic world that was built for us, and enjoy what we've been given.

“Crap... so bad... sucked balls.” No, I disagree. My sister said it better: “wasn't my favorite, but I'm not asking for those 9 hours of my life back.” Yes, let's not ask for those 9 hours back; let's appreciate them given, and ponder what's left for them to reveal.

Also, the Star Wars sequels were good and so was Game of Thrones Season 8.

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W: Run @ 6:30am & 4:30pm, Carpool

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's
 S: Lawrence Community Shelter
 S: -

Announcements:

- About **volunteering** this **Saturday**, March 13, at the Lawrence community shelter: "You can just say to reach out to [Ben Gillig] if you're interested and we can only accept 6 more people."
- The **Big Event** is April 13th. Sign up here:
https://docs.google.com/spreadsheets/d/16qMB68y-4ubdbxDxb1N1irip_u_JexLM9qVEH-KcQs/edit#gid=0
- It's **elections** next week. 12 more days to get your bribes in. Remember: it's not who votes, it's who counts the votes.
<https://docs.google.com/spreadsheets/d/1vjzTACm1-JCHlbWOAbLpVFb1pKOGdPM37YIHba-kPQ/edit#gid=0>
- **Roster Sheet**.
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emca/s/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

I'm gonna keep S'ing/O Landon cuz he is everything Running Club was meant to be. Dudes showed up to his first race ever and rocked it--ya'll shoulda seen the kick on this guy. Well done buddy. Keep going.

S/O to Griffin for layin so flad on Saturday. That was insane. He saaiid, " ___ "

Quote(s) of the Week:

"Nice to meet you, J Stone."

- Cherry Russell aka sassy_hot_mom

"I'm boutta get clapped."

- Squid

"You support Megan?!?!"

"Megan, you are a lamb... you are the sacrifice."

"Megan, maybe dream a bit smaller."

- Fallon

"It is the small things, everyday deeds of ordinary folk that keeps the darkness at bay. Simple acts of love and kindness."

"Now it is a strange thing, but things that are good to have and days that are good to spend are soon told about, and not much to listen to; while things that are uncomfortable, palpitating, and even gruesome, may make a good tale, and take a deal of telling anyway."

- J.R.R. Tolkien, *The Hobbit*

"I wish it need not have happened in my time," said Frodo.

"So do I," said Gandalf, "and so do all who live to see such times. But that is not for them to decide. All we have to decide is what to do with the time that is given us."

- J.R.R. Tolkien, *The Fellowship of The Ring*

Fun Fact(s) of the Week:

KU discovered Helium in Bailey Hall. Memorial Stadium is the 7th oldest football stadium in the country. Marvin Grove used to be a 7-hole golf course. Marvin Hall is the #1 fast food delivery location in Lawrence. A little man named Festus controls the bells in the Campanile, which go off every 15 minutes. Any who walk through it as a student will not graduate, but any who snog inside while the bells ring are destined to marry.

Poem of the Week:

*Springtime & turtles, peeking their heads
Birds twerking & the sun, shining above
It's these little things, among many
That I truly, madly, deeply love*

*Also you, KURC, I admit I agape
Storge & philia, too, & sometimes even eros
You make my heart pound, full & so soft
Mushy wushy & wed, so unlike that of Pharaoh's*

Sleep tight.

-M

KURC (v)President

--

KURC - 3/15 - man how bout this rain we sure needed tho didn't we Dave

3/15/2021

Dear,

In light of this week's weather and the baptismal washings of my dear brothers today, I wanted to share a short piece on rain. I think it's kind of a cool weather pattern and perhaps very archetypal. Unfortunately, rather than craft the highfalutin inbox literature which you all deserve (especially with this kind of delay), my mind drifted to another related question... Which is the better 2000s rain themed pop ballad: Diddy's (ft. Skylar Grey) "Coming Home" or Hillary Duff's "Come Clean" ??? That's your **Question of the Week**. Perhaps I'll answer it next. Please ponder and discuss in the coming days. That's all I have for you.

But also man how bout thse brackets huh ya always gotta watch out for the 12 seed thats the thing about the cinderallas theres always a bracket buster but i went like 99%percentile in my one of my brackets this year i just didnt make it my main but i totally thought about it.

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T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's, **Elections**, Emporia

S: -

S: -

Announcements:

- I heard from someone that Nathan wants to race at **Emporia** this **Friday**. I imagine we'll be hearing more details on that shortly.
- Thanks everyone for volunteering at the community shelter this past weekend. :-)

- The **Big Event** is April 13th. Sign up here: https://docs.google.com/spreadsheets/d/16qMB68y-4ubdbxDxb1N1irip_u_JexLM9qVEH-KcQs/edit#gid=0
- **Elections on Friday!** Polish up those speeches and start the slander. Campaigns have not been near dirty enough for my liking. Also, do consider putting yourself on more than once. These lists are looking very competitive. <https://docs.google.com/spreadsheets/d/1vjzTACm1-JCHlbWQAbLpVFb1pKOGdPM37YIHba-kPQ/edit#gid=0>
- **Roster Sheet.** <https://docs.google.com/spreadsheets/d/12eOPPTgcNtTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!** https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Ben and Ross, two KURC Fathers, for publicly announcing their identification with Jesus Christ's death and resurrection this Sunday. Perhaps I'm oversharing, and perhaps this isn't mine to share (woulda asked permission if I started writing this earlier), but this is one of those "scream from the mountaintops and ask forgiveness later" kinda deals. The following vids wouldn't be a bad way to spend 8.5 minutes.

Ben

<https://youtu.be/7NmIqpoLZP0>

Ross

<https://youtu.be/qvFvHMbH98A>

Quote(s) of the Week:

"Is that like when people say 'and that's on cap!' ... 'that's straight cap!'"

- Sammy

"You tellin' me I'm sinnin'???"

- Hick Sammy

"I'm shedding, shedding every color. Tryna find a pigment of truth beneath my skin, oh. 'Cause different doesn't feel so different. And going out is better than always staying in. Feel the wind. Let the rain fall down and wake my dreams."

- Hillary Duff

"Tell the world I'm coming home. Let the rain wash away all the pain of yesterday. I know my kingdom awaits, and they've forgiven my mistakes. I'm coming home, I'm coming home."

- Skylar Gray

Fun Fact(s) of the Week:

Skylar Gray originally wrote "Coming Home" for T.I. because he was getting out of prison. However, P. Diddy wanted it after hearing, and so the song that Skylar had originally written for Puff, "Castle Walls," ended up on T.I.'s album. They swapped songs.

Poem of the Week:

Rain

It falls on the just

And the unjust

Pitter patter
Wet

Which one are you?

-M
KURC (v)President

--

KURC - 3/22 - THIS Is mARcH Elections results UNBELIEVavBLE

3/22/2021

[],

Hey alright how bout those upsets! I actually thought about calling all of them in one of my brackets thats the crazy thing about it MARCH BABY

Now, I'd like to introduce you all to our incoming **EXECUTIVE TEAM**
BOOMBOOMBOOMBOOMBOOMBOOOOOOOO

President

Some call him Mom, others call him Dad.. He's fit, he's fab, and he's oh so friendly... Starting us off at 5'8", 180 pounds, from prison and back... **MICHAEL SCOTT** WOOOO BAHDAHDAHDHAHDAH
BAHDAHDAHDHAHDAH BAHDUHDAHDUH

Vice President

Filling in the second parental role... she's the responsible one (but still got kind of cool mom vibes), a master with the quill, dangerously dependent on caffeine, and not even that broken at the moment...
MEGAN LYNN AAAAAHHHHHHHHHH

Treasurer

Pioneer of the beloved 3-6-9-12 ab routine... everyone's favorite Jay Cafe barista... str8 from the dirty SLU... it Ms. **HOPE HENNINGSSEN** YAYAYAYA ALRIGHT !!!

Social Chairs

They're itsy bitsy... they're teeny weeny... you won't catch em in a yellow polka dot bikini cuz these girls are str8 D.O.G.s that's DAUGHTERS OF GOD PLEASE WELCOME **LAURA AYKROYD AND FALLON RUSSELL** WOOOOOOO XOXOXOXO <3<3<3 ;-*-!* !!!!

Marketing Chairs

One is returning for his 2nd executive season, full of presidential vision and wicked art talent... The other boasts the 2nd best mustache on the team and a full bag of computer programming magic... who let these two dawgs out WOOF WOOF WOOF **JACKSON BONTTY AND CONNOR SULLIVAN**
EVERYBODY

What a team, huh? Beauty and grace abound. This is a lineup I am absolutely pleased to hand this baby down to. Congratulations everybody. Don't drop it.

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T: Run @ 6:30am & 4:30pm
 F: Run @ 6:30am & 4:30pm, McLain's, Emporia
 S: Emporia
 S: -

Announcements:

- There's another **race** at **Emporia** this Friday/Saturday (distance events, including **steeple**, are Friday). I attached some meet info at the bottom. If you want to race, which is greatly encouraged, please sign up here by **Tuesday** (tomorrow). We'll also have to get COVID tests done.
<https://docs.google.com/spreadsheets/d/1Ydbp9UHL8I3ER8zKdmCuwmG-VfLVekAHa3xW2tlaBaA/edit#gid=0>
- The **Big Event** is April 13th. Sign up here:
https://docs.google.com/spreadsheets/d/16qMB68y-4ubdbxDbxb1N1irip_u_JexLM9qVEH-KcQs/edit#gid=0
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- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Nathan for shocking the world with a blazing 15:41 this past Friday at Emporia. That ranks at #3 (notably behind #2) all time on the KURC books, which you can check out : : [here](#) : :
 Well run, Squid; you've earned it. Now go get that record.

Quote(s) of the Week:

"We're talking about girls? Oh alright I'm in."
 "What's the compatibility with an Aries?"
 - Squid

"Midway in the journey of our life I came to myself in a dark wood, for the straight way was lost."
 "O human race, born to fly upward, wherefore at a little path dost thou so fall?
 The path to paradise begins in hell."
 - Dante Alighieri

Fun Fact(s) of the Week:

St. Bonaventure is the patron saint of bowel disorders.

Poem of the Week:

"Megan, how bout u write this poem?
 It'll be good practice for next year."
 "NO. I'm busy! You're lame!
 Leave already. Grab me a beer!"

"You should make a poem about cereal."
 "Ok. I'll do just that."
 Fruity Dyno Bites yummy
 taste good sugar, make tum tum fat

-M

KURC (v)President

--

KURC - 3/39 - Memory Lane

3/29/2021

"Once again to my friends,

As I sit alone and idly by my firepit tonight, the golden flames flicker into the night with memories long past... memories of your beaming eyes from across the rec, your warming smiles in the midst of an abs routine... their burning coals reminiscent of my own heart that burns for you.

All fires have their day, friends. But today's ash is tomorrow's soil...

364 days ago I gave you my second edition of the Corona Quarantine Qhronicles: the Ice Age Rankings. Perhaps we're inclined to feel this every year (and I mean no dismissal to those whose months have been long) but it strikes me as absolutely absurd that I wrote those words a full year ago; this has been my fastest one yet--perhaps indicative of the best 12 months I've known, so full of joy (yet not without valleys), wonder, and awe. I thank many of you for this, among Others. This club has remained a beacon of Light in strange, sometimes dark times. May you continue to let It light our way. Now, in celebration of where these ruminations began, I give you the **1st Half** of my **Harry Potter Power Rankings** (saving the 2nd for next week's writer's block):

8) Deathly Hallows Pt. 2

Man I can't remember a single redeemable scene from this movie. Now I'd never complain about watching it, but I'm truly struggling to come up with anything worth writing home about. The tale of the three brothers was kind of a fun story I guess and I like the triangle thing but the animation could have been a little less lame. Harry and Hermione got naked and danced for no reason. Ron was whiny. Kinda feel like this movie was just a bunch of wasted time in the woods. And Dobby dies? Stinks.

7) Sorcerer's Stone

Always underappreciated, but still not as good as you'd like. An incredible introduction to JK Rowling's wizarding world, yet leagues apart from what it would become. While I can appreciate a baby Daniel, Emma, and Rupert, I have a feeling that my fondness is mostly due to their legacy rather than their role in this particular film. But still--Fluffy, Quidditch, the Sorting Hat, Wizard's Chess--a fun time, truly rollicking, you just really can't expect it to compete with the sequels.

6) Prisoner of Azkaban

Feel free to complain. I don't care. I'd underrate this movie 8 times out of 10. They're at their worst age, the CGI stinks, and the "gotcha" plot twist moment is totally unconvincing. Time travel was pretty cool. Dementors.

5) Chamber of Secrets

Now this one is sneaky good. The first sequel did NOT have to mood shift like that. You'd expect more of the whimsical same from the first, but like half an hour in and you've got a murderous tree, blood written on walls, and an ominous hissing voice telling kids to "KILL!" Tom Marvolo Riddle flashbacks are sick. Snake guy is crazy. Fawkes the Phoenix is cool. It's got a sword. Dobby.

My top 4 coming in 7 days... That's the least exciting thing happening next Sunday, but the order might shock you. Happy Holy Week.

Weekly Schedule:

M: Run, Brother Bear 2
 T: Tempo Tuesday
 W: Easy run, Coco
 T: Track work
 F: 9 AM coffee Zoom, Easy run
 S: Long run, High School Musical the Musical: the Series
 S: Rest and reflect

OR

M: Run @ 6:30am & 5:30pm
 T: Run @ 6:30am & 5:30pm
 W: Run @ 6:30am & 5:30pm, Carpool
 T: Run @ 6:30am & 5:30pm
 F: Run @ 6:30am & 5:30pm, McLain's
 S: Time Trial @LHS
 S: Good News

Announcements:

- We're having a **time trial** on Saturday. 5K, 1500m, 400m.
- We should play baseball soon.
- *McLain's Zoom call was stupid lit. Would hate to miss it twice.*
- The **Big Event** is April 13th. Sign up here:
https://docs.google.com/spreadsheets/d/16qMB68y-4ubdbxDxb1N1irip_u_JexLM9qVEH-KcQs/edit#gid=0
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Yinje for going a year with a beeping smoke detector in his apartment last year. Y'all remember that? Insane. It could still be going for all I know. Yinjie, plz confirm.

Quote(s) of the Week:

"good luck to everyone racing tomorrow!!! Y'all are going to kill it and i'm so proud of each and everyone one of you guys eek! race your lil hearts out and can't wait to hear how y'all do!! ❤️❤️ ... and saturday :)"
 - Sammy

"You get used to it after a while"
"If you use the basic method, you will get 15."
 - Yinje, March 2020

"She's ducking the smoke!"
 - Ben, March 2020

"If humanism were right in declaring that man is born to be happy, he would not be born to die."
 - Alexander Solzhenitsyn

Fun Fact(s) of the Week:

If \$2 can buy 1 bottle of beer, 2 empty bottles can be exchanged for 1 bottle, 4 bottle caps can be exchanged for 1 bottle, and you have \$10, you will be able to buy either 15, 17, or 20 bottles of beer, depending on which method you use.

Poem of the Week:

*A fire is built
By the woodcutter's axe
Then burns bright for some time
Before returning to ash*

*From dust we've come
And to dust we return
But life still remains
And for that, for you, I yearn*

For you I did yearn
And from you I received
A reunion so sweet
That all resentments be relieved

*Forever and always,
Mark
<3 :-)"*

-M
KURC (v)President

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KURC - 4/5 - Happy Easter

4/5/2021

Brothers and sisters,

I promised you the 2nd half of my Harry P rankings this week, but in my rotten, lying nature, I've willfully decided to not give you those quite yet. There are a few reasons for this, the chief of which being that I believe there are more important things to spend time pondering tonight. Rankings are good, but they are so often disordered. How easy it is to twist a good thing, to rank #8 what should be #1, to leave out and miss the Author's intention entirely. We'll return to JK Rowling next week; for now, I will rest in the work of another Writer.

Weekly Schedule:

M: Run @ 6:30am & 4:30pm
T: Run @ 6:30am & 4:30pm
W: Run @ 6:30am & 4:30pm, Carpool
T: Run @ 6:30am & 4:30pm
F: Run @ 6:30am & 4:30pm, McLain's
S: Baseball I wanna play baseball
S: -

Announcements:

- We're switching practice back to 4:30 because 5:30 practice did not garner the attendance its votes suggested. Feel free to keep meeting at 5:30 if you prefer or need, but me and my homies won't be there.
- Maybe I'll organize a classic game of sandlot ball this weekend. Been too long since I tossed gas and smacked dingers. LMK if interested.
- The **Big Event** is April 13th. Y'all should be in the GM and have your groups by now. Thanks for doing this:
https://docs.google.com/spreadsheets/d/16qMB68y-4ubdbxDxb1N1irip_u_JexLM9qVEH-KcQs/edit#gid=0
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcNtTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

I can't really not repeat last year's S/O--not when it burns this much deeper into my head and heart. S/O to Jesus Christ of Nazareth (c. 4 BC - 33 AD) for suffering the full loving wrath and (depending on who you ask) separation from the Father, only to rise on the third day, thereby defeating sin and death (our perennial, undefeated enemies) and offering us a way into the Divine Life via the transformation of Evil at its core through Love. Big, if True.

Quote(s) of the Week:

"Eli, Eli, lema sabachthani!"
- Jesus

Fun Fact(s) of the Week:

The longest piece of literature in human history is a fan-fiction titled *The Subspace Emissary's World Conquest*, loosely based on Super Smash Bros. Brawl and over 3,500,000 words long.
(courtesy of Natalie)

Poem of the Week:

Weary, working, burdened one,
Wherefore toil you so?
Cease your doing; all was done
Long, long ago.

Cast your deadly doing down--
Down beneath the Tree.
Aim up instead and float complete;
Fiat--let it be.

-M
KURC (v)President

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KURC - 4/12 - Harry P Rd. II

4/13/2021

Good Evening,

Sorry, email, musta got stuck in the outbox or something. Weird. No matter, we're back, and tonight I have for you the promised **2nd Half** of my **Harry Potter Power Rankings**.

4) Half-Blood Prince

The Empire Strikes Back of the Harry Potter Universe. Very dark, very brooding, very unfulfilling. Snape's presence is a mood 4 sure, as is Hagrid's cabin on fire. Can't decide if Draco's snivelling dissent is tragic or pathetic, but I do like the rivalry upping the stakes. Watching the two sides pick their fighters is an exciting crescendo, or rather diminuendo, into the final chapter, and the closing scenes leave one bloodthirsty for a happy ending. While this is a necessary defeat for Good Guy Team, and knowing the end to it all makes these events all the more fitting, I am still left unsatisfied after this one and wanting reconciliation.

3) Deathly Hallows Pt. 2

And this bad boy provides it. This is a finale done well. Epic final battle--good and evil warring it out on the battleground of Hogwarts (with Love of course conquering, cuz it's realistic); the completion of love stories, character arcs, and prophecy; the final defeat of Darkness. And unless you were a nerd and read the books first, it provided all the surprise and reveal an ending could hope for. Only downside is that when the credits roll, it's all over. And that's a lasting sadness I cannot look over, for I cannot fool myself into believing that meaning persists after the Story is told. I'd rather be in the Middle of it, neverending.

2) Goblet of Fire

Nearly thought of putting this at number 1. It's got all you could ever want from a HP film--an expanding of the universe, sport competition, plot twist, kissy wissy scenes, spooky wooky scenes, humor, mystery, reveal, murder, betrayal, and even our very own Yinjie Wang as the Durmstrang Champion. I'd say this is when the movies really got going--Harry got hot and the Warner Bros logo turned black. I'll never forget where I was when the Dark lord returned in that graveyard, moments before executing a Carne Avada Kedavra on Edward Cullen. "Don't touch him!" Incredibly rewatchable.

1) Order of the Phoenix

Man could you imagine sleeping on Order of the Phoenix? Would never be me. Let me just remind you of some of its fire power:

Best opening scene--Harry on a swing, bully Dudley

Dementors

new gf for Harry, cute

they form an underground army

Voldemort is a full time character now, and those dream sequence mind invasion Harry possession scenes are sick

Color palette is unmatched

Orbs

Prophecy

"I killed S****s B****k!"

Voldy v Dumbledore fight scene in the Ministry of Magic. water v fire, shards, nice bubble sounds

"You're the weak one. And you'll never know love, or friendship, and I feel sorry for you." That was a quote of the week once. Still goes.

I bet some of you don't even have this top three, and it's sad to me--how Truth could be offered so freely, so clearly, yet we so often lack the ears to hear, the eyes to see. For those who sleep--wake up, give it another look. For those who don't--cherish it, and share it with others.

Weekly Schedule:

M: Run @ 6:30am & 5:30pm

T: Run @ 6:30am & 5:30pm

W: Run @ 6:30am & 5:30pm, Carpool

T: Run @ 6:30am & 5:30pm

F: Run @ 6:30am & 5:30pm, McLain's

S: Team Bonfire!

S: -

Announcements:

- We've got some potential track meets coming up, the 24th in Hillsboro and the 1st in Cedar Rapids, Iowa I believe~~out of state baby. Get pumped for one last road trip, where KURC becomes family. Sign up so we can gauge interest and start planning here:
<https://docs.google.com/spreadsheets/d/1cithUCWh7CINKVEK3GZGzM3T-6LHPXnnSFhgbvSxKf4/edit#gid=0>
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88O6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to all my Ravenclaws.

Quote(s) of the Week:

"I hate this conversation. This is a middle school thought."

- Ben

"You must follow the duty that calls loudest."

"I shall not die of a cold, my son. I shall die of having lived."

- Father Latour | Willa Cather, *Death Comes for the Archbishop*

Fun Fact(s) of the Week:

J.K. Rowling and Harry Potter have the same birthday, which is July 31. Love it when an Author writes themselves into the Story.

Poem of the Week:

no poem this week

i quit

no more

that's it

-M

KURC (v)President

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KURC - 4/19 - Canadian Geese

4/19/2021

Running Club,

Though I missed the bonfire, I thought about you a lot this weekend--perhaps more than ever. I've said it many times before, and I will say it again: thank you, for making real what was once just a dream. The hoards of runners trampling down Lawrence sidewalks have floated from a far-off vision to a concrete memory. Whether you grasp it or not (as it's common for life's momentous occasions to be hidden), you are a part of something beautiful. See, it's not often that genuine community--community that betters one another, community that lasts--can be found on a college campus that's not centered around alcohol. Not that drinking is inherently bad or anything, but it's not our Center. Nor is strava, nor running, nor emails. No, it's Something else, something I'd not planned on propelling the life of the club all those years ago.

But that's the thing about our own plans, isn't it? They're always a bit off--laughable, insufficient, inadequate, and certainly not inerrant. We can plan our lives no more than we can plan a plane--a paper plane (a paper plan); we can get the trajectory, but the air seems to have a guiding Mind of its own. And like 14-pound Canadian geese hurling at 40mph through the troposphere, flight is never as peaceful as it looks. Though not graceful, the flight of a goose, the turbulence of an airplane, is nonetheless full of Grace. When aimed up and properly centered, she'll fly. I don't know the future of this club; I hope its plans be to prosper and not harm, to give hope and a future. But I don't know. I hope it flies, and I will choose to trust. So keep the Center, aim Up, trust the Process; the rest is Adventure.

Weekly Schedule:

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm, Carpool

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, McLain's

S: Time Trial (Tabor Canceled, lame)

S: -

Announcements:

- Ross says Tabor Invite is cancelled. We do time trial instead Saturday.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTttXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

I can't think of any, so no S/O this week. Let's just direct our attention and gratitude to that which calls for it the loudest.

Quote(s) of the Week:

"Sometimes I forget that the world doesn't revolve around me."

- Nathan

"When your hand is to the plow, don't look back."

- Some cardinal in Italy (Luke 9:62)

Fun Fact(s) of the Week:

The County of Denver maintains a buffalo herd about twenty miles west of the city at I-70 Exit 25. These bison (~20-30) are direct descendants of the last wild herd in the U.S., all coming from a herd of 7 brought from Yellowstone National Park in 1914.

Poem of the Week:

Have you ever seen a one-line poem? Me neither.
Goodnight.

-M

KURC (v)President

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4/26 - A Short and Goopy Story

4/26/2021

KURC,

I'm going to tell a short story. It's a story which many of you who read these emails have already heard, but one I think is worth repeating. It's a story about fear, trust, and courage; dark nights endured and bright days ahead; unknowns and hopeful rumors; Fatherhood and Sonship; love unearned and unconditional. I will likely not give enough context to give this story's power justice, but that's okay. It will be brief. Here it is:

Just one week ago in Denver, Colorado, I was a member in a crowd of ~30, sitting before a presentation. A prominent man was giving a speech (a pitch, really, for those in the audience, including me, to make a bold decision--a life-altering decision, with consequences unknown and long-lasting). Toward the end of his speech, the prominent man invited his son to face the crowd. His son was a young boy of, say, seven years old--shy and handsome. His son, we were told, had prepared some words (original, uncoaxed, sentimental words) on a flashcard to share with the audience. Upon shuffling to the front, however, the Son got stage fright. He became scared, deeply distressed (though not quite to the point of Death). He began to cry, and ran to his Father for comfort. Hanging on to his father's neck, the boy whispered, "I can't do it, Dad. I can't do it."

The Dad replied, "Yes you can, Son. Let me help you."

The dad walked back to the stage with his son alongside, held the flashcard out in front, looked down with approval, and said, "You got it."

The son read the words. The crowd cheered him on, deeply touched.

It was in this moment of the son conquering his fear that I began to well up with tears. I cried, because in that moment I realized that I was no different than the son. That was me on stage: terrified of what lies ahead, but surrounded by so great a cloud of witnesses encouraging me onward, and with my Father gazing down in loving approval--for no reason other than my being his Son. His love, and the crowd's applause, did not depend on the Son's word choice or delivery. There was nothing he could do to earn that love. All the Boy had to do was step into what he was called.

If only we could understand that--that our fear, to do something as simple as read words from a flashcard, is so misplaced. A Son can trust a loving Father, not because he's capable of earning his love or impressing with a job well done, but simply because he's his Beloved Son.

I think there's something in that story for all of us. Step on stage, read the flashcard, do what you're called to--Everyone is waiting. Thank you for reading.

Weekly Schedule:

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm
 W: Run @ 6:30am & 4:30pm, Carpool
 T: Run @ 6:30am & 4:30pm
 F: Run @ 6:30am & 4:30pm, McLain's, Leave for Mustang Invite
 S: Mustang! Boys Trip!
 S: -

Announcements:

- Boys trip! Hope you're signed up. Deets to come.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTttXXXIXcaR3cqdzUwbunUbp8aMb7emca/s/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Ben Gillig for the monster PR this weekend. 16:34? Pretty sure dude was just trying to break 17. Nutso. It's also his birthday <3 happy birthday buddy, glad this was the best year of your life :-)

Quote(s) of the Week:

"Sammy's always lying. Sammy does nothing but cap on cap on cap."
 - Pierce

"Boyfriend, girlfriend, and best friend all have 'end' in them. But food has infinity. F∞d is forever."
 - Fallon

"Everything can be taken from a man but one thing: the last of human freedoms - to choose one's attitude in any given set of circumstances, to choose one's own way."

"Man is that being who invented the gas chambers of Auschwitz; however, he is also that being who entered those chambers upright, with the Lord's Prayer or the Shema Yisrael on his lips."
 - Viktor Frankl

Fun Fact(s) of the Week:

- **The Sun is all the colours mixed together, this appears white to our eyes.**
- **The Sun is composed of hydrogen (70%) and Helium (28%).**
- **The Sun is a main-sequence G2V star (or Yellow Dwarf).**
- **The Sun is 109 times wider than the Earth and 330,000 times as massive.**
- **The Sun's surface area is 11,990 times that of the Earth's.**
- **The distance between the Earth and the Sun is an Astronomical Unit (AU)**

Poem of the Week:

Wasn't even gonna write an email
 So def not writing a good poem
 Here are some options to end it:
 Chrome, dome, loam, Rome Sweet Home

-M

KURC (v)President

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KURC - 5/3 - The Final Penultimate

5/3/2021

Running Club,

It's senti szn. These are the second-to-last words I will say to you, and I'd like to make them good. That being said, I'd also like to make them secondary to my last words. To accomplish this task, I will rely on the tried-and-true stream of consciousness method:

I find it fitting that I write these final emails from my couch, alone and in quarantine--that same couch I wrote alone and in quarantine from last year, when this one-sided virtual community was first kindled. It's from this isolated cushion that I uttered the following, repeated here out of sheer fit:

When Toto said, "the wild dogs cry out in the night as they grow restless, longing for some solitary company," I really felt that. Reminds me of the wild dawgs I used to surround myself with, the company I once took for granted. But here I am--growing restless, longing.

"Solitary company." You see, it's an oxymoron, a meaningless phrase. But here in quarantine, in isolation, what is a weekly email but some solitary company? A lonely reminder of that community long departed, yet still beating.

Indeed, blessed be the rains down in Africa. And may we take some time to do the things we never had.

Folks, the more things change, the more they stay the same. 52+ weeks later and I am once again longing for that solitary company, writing a term paper on the scarce rains of Sub-Saharan Africa, and pining for those wild dawgs I'd taken for granted. If it weren't for CDC guidelines and crippling decency, I'd spend these two weeks soaking up all the company and mileage I could get out of you. But I can't. So, please, do that for me instead. I'll be here, offering up my suffering for you, and dreaming of Reunion.

Weekly Schedule:

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm, Carpool

T: Run @ 6:30am & 4:30pm

F: Run @ 6:30am & 4:30pm, Rundies?

S: -

S: -

Announcements:

- I would still like to close this semester with the **Rundies**--our Dundies spinoff from the Office--that would entail a fun night of awards at the Jazz House. Unfortunately, my recent contraction has rendered me unable to emcee, so we will either have to find a replacement or delay until next Friday. More information to come upon further reflection and brainstorming.
- **Roster Sheet.**
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your **bio!**
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOP-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our **Strava** group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to Big Mike for bein back and Bigger than ever. 20 second PR in the 1500 back from injury? Tough. Big things coming next year for the new Prez.

Quote(s) of the Week:

"Sorry this is all super late, been a willlllddddddd night man"

- Squid

"Look at how dumb these milk cartons are... so dumb."

- Griff

"Things might have been different, but they could not have been better."

"He was going to learn about sheep, and the high pasturages, and look at a wider sky, and walk ever further and further towards the Mountains, always uphill. Beyond that I cannot guess what became of him. Even little Niggle in his old home could glimpse the Mountains far away, and they got into the borders of his picture; but what they are really like, and what lies beyond them, only those can say who have climbed them."

- JRR Tolkien, *Leaf by Niggle*

Fun Fact(s) of the Week:

JRR Tolkien was part of a group of writers who called themselves "The Inklings." Tolkien, C.S. Lewis, Charles Williams and Owen Barfield met every Tuesday for lunch at an Oxford pub called the "Eagle and Child," and read each other pages from their books.

Poem of the Week:

I hear the drums echoing tonight
 But not even a murmur of some quiet conversation
 Email's finishing up, 11:30 flight
 And backlit keys reflect the stars that guide me towards salvation
 SARS-CoV-2
 Make me saddy wadd
 But at least now I have some time
 To do the things I never had

-M

KURC (v)President

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KURC - 5/10 - Your Final Email

5/10/2021

For the Running Club at the University of Kansas:

Ross, circa December 2020: You see those lights in the dorms up there? You should write an email about them.

Me: Okay.

...

I was once one of those lonely lights in the dorm room up there—714 Ellsworth. In that dorm, overlooking KU's campus, I wrote the following:

Running Log, September 3, 2017:

20:20 for 15th out of 28, beat 3 guys on KU (Liston, Hoppel, Gardiner) and finished just behind Marcus. Went out in 4:53 because apparently Coach Whit would rather see me go out with the pack and die than run my own race. I guess that will pay off in time, but on Saturday it just kinda screwed me over and made the last 2.7 miles some of the most painful racing I can remember. Rim Rock kicked my ass again; those hills are unreal. Maybe I could have gone faster with an easier week or with more sleep, but 20:20 is still a decent time for a tryout freshman, and I've been told that I should still make the team....

Unfortunately, I never saw [coach] after practice, and had to send an email asking what to do. Hopefully I'll hear back from him soon; the waiting is the worst part. I feel like I've done all I could do. I looked good in every practice, have gotten along with the team, and really feel as if I should make it quite easily. Jack feels the same way. I'll be shocked and devastated if I don't, but it's certainly a possibility. Maybe there are things going on that are out of coaches control, but I've certainly done my best. Fingers are crossed. God be with me.

September 17, 2017:

I don't think I made it. Texted coach Friday night, and woke up to a text saying he wants to meet on Monday. I'm assuming that means the worst. We'll see what he says, but I'm already devastated. Had the worst workout of my life on Saturday; I'm in a huge funk and it's gonna be awfully hard to get out of it on my own. This feels like the first time in my life I've ever faced real adversity. Time to bounce back I guess. Maybe a spot will open up later. I keep telling myself that it's all happening as it's supposed to, but this just really fucking sucks, and I did not see it coming. The worst part is that I know I did all I could, and I truly think I deserved to make it. I don't think I was ever fooling myself; I'm self-aware enough and even the guys on the team said I would make it. Seeing Jack walk around in his new gear doesn't help either. I guess I'll contact the running club and go from there. I might take some time off just to sort things out, and my knee could use some rest too, especially with a big week of school. I could write on and on about the thoughts that have been going through my head the past couple of days, but at the end of the day I've got to move on. Everyone has to fail every now and then I guess, it's just about how you get back up. It'll work out, I know that. God, please be with me.

...

July 22, 2018:

Boutta spill my guts out.... I think I've probably known this for a while but have refused to admit it even to myself: the dream is over (queue Waiting in the Weeds). Maybe it's not over entirely, but it has certainly changed. It's time to embrace who I am: a washed up, once slightly better than average high school runner who can't quite let go of the sport he loves. Sure, training hasn't been great this summer, and I'm a bit nervous that tryouts wouldn't go too well, but that's not what this is about. I could still show up to tryouts and command some respect. Part of me still feels obligated to do so, but it would probably be the wrong thing to do because at this point, I am more afraid of making the team than I am of failing, and I can honestly say that this isn't a proactive buffer against rejection. An honest look at who I have been for the past year shows me that I'm more in love with idea of making the team than actually being on it. It would be a great story, I would feel incredibly accomplished and would garner all the congrats I could ever want, but I can't say that I'd be totally ready to actually accept the responsibility of being on the team. There's two weeks of tryouts, and then what? 3 more years (at least) of an absolute grind. I never got to that point last year, and two weeks beat me up enough. I love the grind, sure, but will I still love it after the "mountain" has already been climbed?... Instead, pursuing a leadership position in the running club—which is right there for the taking—and growing it to be something special sounds a lot more enticing than trying to balance 90-mile weeks and out of town weekend meets with school, career development, and potentially 2 part time jobs. I can't have it all, and I shouldn't expect this to be any less time consuming than being on the actual team, but I don't remember being this excited about something in a while. The "Jayhawk Project" is something that will probably end up being more rewarding, both

internally and externally, than being on the D1 team. For a couple of months now I've been looking for something to justify why I ended up here in Lawrence this summer paying rent and doing nothing that I couldn't do back home. God put me here for a reason, and I think I might have finally found it. Had I not been here, I would have never had that run with Nelson scoping out the 5k course. I would have never had that 8-hour caffeine fueled collaboration at IHOP, and I would have never been able to see a clear future at KU and actually be excited for it. I've been holding onto Coach Whit and D1 dreams for over a year now, convincing myself that I was fated to be on the team, as if the pursuit to do so was the hard part—the mountain to climb. As if a summer of hard work would cause everything to fall into place, and as if a “KU XT/TF '21” in the Instagram bio would make me deserving of everlasting glory, respect, and love. I didn't know it at the time, but the hard part is walking away from all of that—letting the dream go, realizing that sometimes I have to take things into my own hands, create a name for myself rather than expect it to be given to me by a roster spot, and to do things out of passion rather than out of pride. This isn't a melancholy extinguishing of a flame, but rather the lighting of a new one. I sure never thought that a sentence like that would wind up in this running log when I first started writing them 133 weeks ago. It's gotten sappier every week; it's really more of a diary at this point. But seriously, I have never been more excited about the future than I am right now. I can actually wake up in the morning and go through my day without the incessant dread of not being good enough, of not hitting my exact mileage, or of not being able to keep a proper tempo pace without taking a shit halfway through. The fact of the matter is that the pressure I've been putting on myself the past year has made me almost resent the sport that I tell myself to love. That's not always true, and I hope I won't completely let go of the constant desire to be better, but I feel a whole lot freer knowing that it isn't the end of the world if I don't wake up at 5:30 am every morning to do my prescribed workout for the day. Now, I'll still be prescribing myself workouts and competing fiercely, but this time it'll be for and from myself, rather than to strike some sort of validation that comes with being a “D1” athlete. I still have a few awkward conversations left until this is official, and a whole lot of work to do in order to make the running club worth it, but this feels like the right thing to do. I'm not sure that any decision can be made in complete confidence, and I'm sure that I will have moments of “what if,” but it does no good to look back. At the end of the day, I gotta jump. This is me jumping.

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Running Club, I'm blessed to be able to say that there have only been only a few times in my life where I was truly, prolongedly sad. One such time came in the summer of 2018. I remember folding denim in the now shuttered Gap on Mass, stuffing the half-heartedly quartered jeans into a spot they didn't fit (I didn't want to go downstairs and check them through the backstock process). Some pop song was playing for the eleventy-first time of the summer, my acutane had peeled my lips and half my cheeks off, and I imagine I was upset about my coworkers not being all that good looking. I'd woken up at 10am instead of 6am for the 7th time that week to run an above-pace and below-distance tempo in 95 degree heat. I wasn't as fast as I thought I'd be, and the glory days of high school were over and probably not returning. I didn't know what to do with life. I had no passion for school or career. And I was alone. It is not good for man to be alone. I wanted to go back. But I could go nowhere but Shop 1 (men's denim) of the Gap on Mass.

I remember another moment of that summer, though. I was driving down Kentucky (to Gap) and thinking about the meeting I'd just had with Nelson. We discussed the current state of the Running Club, how he needed some help, and a vision of 20+ college students running together down Lawrence's sidewalks. We'd discussed a website and roster pages, social events, Bio Nights, a Hall of Fame, and a weekly newsletter. That day, driving down Kentucky, I had a glimmer of hope--an exciting taste of a possible future--and this was enough to make me smile.

Whinnie the Pooh once said to not cry because it's over, but smile because it happened. The memories that 4 years with this club has brought me—memories of jogging begrudgingly from 714 Ellsworth to the Rec everyday, telling myself I only had to do so for a year until I could try out for the real team again;

memories of waiting inside for 15 minutes all for the same 3 guys to show up and complete a mostly silent run; memories of sitting across from Nelson at an Olathe IHOP sharing dreams of hoards of students someday running Lawrence's streets; memories of sprinting the end of an easy day to be first on camera; of trying to out-do Ross at every step like a hyper-competitive 6 year old brother; memories of flagging down freshmen and enticing them with fruit snacks to take part in a family I've only dreamed of; memories of watching a group of 25+ college students choose to spend their early mornings or 95 degree afternoons running on Lawrence's cracked and narrow sidewalks; memories of pouring my soul into an inappropriately intimate email to 91 of my closest friends and acquaintances at 2AM every Sunday night (a scented candle and gin fueling my vulnerability and wordplay)—those memories will keep me smiling, and perhaps even shedding cheerful tears if I think on them long enough, for years and decades to come. I won't give you credit for giving me life—only Jesus gets that honor—but I will thank you for making my time in college harder to leave behind than I ever could have imagined. I wish I was around more this semester (and despite what some may say, I do NOT think it was strictly because I got a girlfriend, though I am happy the first semester's emails worked), but I hope to see you again, and I hope to see you this week. Brothers and sisters of the KU Running Club, I mean this in the most emotional, booze-ridden, and sappy way possible: thank you for playing co-lead role in the best four years of life I've ever known. I will thank God for you and this Club for the rest of my life.

Weekly Schedule:

Finals, but I'm nearly COVID-free and will be running at the Rec beginning Tuesday at 4:30. Please join me.

M: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm

W: Run @ 6:30am & 4:30pm

T: Run @ 6:30am & 4:30pm, Rundies @ Chilies 7-9pm

F: Run @ 6:30am & 4:30pm

S: -

S: -

Announcements:

- Please see the GroupMe for deets of this Thursday's Rundies. You must like the message to go. I've been dreaming about this night for years, and hope to prepare enough to make it memorable. Nathan's gonna be there.
- Roster Sheet.
<https://docs.google.com/spreadsheets/d/12eOPPTgcnTtXXXIXcaR3cqdzUwbunUbp8aMb7emcas/edit?usp=sharing>
- It's never too late to make your bio! (It's probably too late this week)
https://docs.google.com/document/d/1hfNn_Wfi6BLzoBOp-pliLebaEhE88Q6psguMnqIgzxo/edit?usp=sharing
- Join our Strava group: <https://www.strava.com/clubs/kurunning>

Shoutouts:

S/O to God for shining his light through this Club, whether you know it or not.

Quote(s) of the Week:

"How much soup do you think could fit in the big dipper?"

"Filipinos eat humans."

- Fallon (Filipino)

"Hot tub."

- Chris

"Something about burritos... that's a Proverb."

"Of all the things from these past four years, I'm going to miss 4:30pm outside the Rec Center, Mon-Fri, the most. Love you guys."

- Ross Smith, KURC President

"There is no tale ever told that men would rather find was true, and none which so many sceptical men have accepted as true on its own merits. For the Art of it has the supremely convincing tone of Primary Art, that is, of Creation. To reject it leads either to sadness or to wrath."

- JRR Tolkien, On Fairy-stories

Fun Fact(s) of the Week:

Armadillo shells are bulletproof. Chicago is called the windy city not because of weather but because their residents are full of gas and hot air. Oranges were actually green. Bananas grow upside down. The current American Flag was designed by a high-schooler. Earth is flat.

- Ross

It's been Good.

- Mark

Poem of the Week:

I remember Halloween

It's smoky smell, it's kitchen sink

The friends I've made

That I thought I'd pretend I wouldn't need

All the good words

Have left my mouth

I'm completely out

Of things to say about it now

Bum dee dum dum

Dum dum dee dum

Dum dum dee dum dum

Dum dee dum dum dum

Love is good

It's patient and kind

It's never boasted nor been proud

But it's often been blind

KURC

I'd say I've loved you

I've been patient

And I've been blind

And if I had the chance

I'd probably rewind

I wish we'd gone to Iowa

Or maybe just back to Thomas's

I wish I'd been able

To fulfill all of my promises

Last semester's poem was better

I'm sorry to end on a note this low
But Michael and Megan will be back next August
To begin again
On Jayhawk Project 4.0

No ending's ever done justice to a journey
Not even a happily ever after
That's why true finales continue
Indefinitely, with exploration and laughter

KURC, we're here, this is the end
So with a cheery tear
And some laughter

I now

Hit

Send

-M
KURC (v)President

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