

## Local Running Groups

Have you thought about starting to run or train for a race but the thought of weeks of training is intimidating? Or have you tried to start a training plan but gave up after three or four mornings of rolling over and hitting the snooze button? These are just some of the reasons you may want to consider joining a running group! We are very fortunate to have lots of running groups to choose from within Southwest Missouri - Morning. Evening. Short. Long. Slow. Fast. Weekend. Weekday. Many have a "no one left behind" practice. Below is a listing of running groups in the area. If we missed a group, let us know via [omrrclub@gmail.com](mailto:omrrclub@gmail.com)!

### Monday

- 5:30AM – Strafford Group – 3 to 5 miles – Strafford High School, Strafford – Sandy Penner ([sandypenner8@gmail.com](mailto:sandypenner8@gmail.com))

### Tuesday

- 4:45AM - Nixa Running - 5 Miles (Recovery) - Aldersgate Church, 460 W Aldersgate, Nixa - Shannon Cochran ([shannon.cochran@gmail.com](mailto:shannon.cochran@gmail.com))
- 4:50AM - Early Bird Chatters - 4 to 5 Hilly Miles - South Y, 1901 E Republic Rd, Springfield - Linda Revoir ([buildr1887@aol.com](mailto:buildr1887@aol.com)) – all paces welcome!
- 4:50AM - Early Birds – 6 to 8 Miles - South Y, 1901 E Republic Rd, Springfield – 8:00-9:30 pace - Richard Johnson ([Richardjohnson@missouristate.edu](mailto:Richardjohnson@missouristate.edu))
- 5:00AM - Hills & Thrills - 5 to 6 Miles - Panera, 500 S National, Springfield - Dwight Amstutz ([dkstutz@gmail.com](mailto:dkstutz@gmail.com))
- 5:00AM – 417 Fit Club - Speedwork – Fit Club (Civic Center/YMCA –Joy Weis ([thefitclub417@gmail.com](mailto:thefitclub417@gmail.com))
- 6:00AM – Branson Running Group – 2 miles – Branson Landing Boardwalk - Lynetta and Keith Smith ([bransonrunners@gmail.com](mailto:bransonrunners@gmail.com) and Facebook group) - All paces welcome

### Wednesday

- 7:00AM – Wilson’s Creek Wednesday – 4-6 miles on TRAILS – Wilson’s Creek Battlefield, Republic – Stephanie Davenport ([Stephanie.davenport82@gmail.com](mailto:Stephanie.davenport82@gmail.com)) - need to purchase a park pass to run
- 6:00 PM - "Chi Running" group - 3-5 miles - Wellness Concepts, 1200 E Woodhurst Suite R300, Springfield - Sue Johnson 417-242-1122
- 7:00PM – Beginner Runner/Walker – 20 to 30 minutes – Phelps Grove Park (yellow gate), Springfield – Stephanie Davenport ([stephanie.davenport82@gmail.com](mailto:stephanie.davenport82@gmail.com)) – this group meets May 1 to November 1

### Thursday

- 4:45AM - Nixa Running - 5 Miles (Hillwork) - Aldersgate Church, 460 W Aldersgate, Nixa - Shannon Cochran ([shannon.cochran@gmail.com](mailto:shannon.cochran@gmail.com))
- 4:50AM - Early Bird Chatters - 5 to 6 Faltter Miles - South Y, 1901 E Republic Rd, Springfield - Linda Revoir ([buildr1887@aol.com](mailto:buildr1887@aol.com)) – all paces welcome!
- 4:50AM - Early Birds - 6 to 8 Miles - South Y, 1901 E Republic Rd, Springfield – 8:00-9:30 pace -Richard Johnson ([Richardjohnson@missouristate.edu](mailto:Richardjohnson@missouristate.edu))

- 5:00AM - Hills & Thrills - 5 to 6 Miles - Doling Park Fitness Center Lot, 301 E Talmage, Springfield - Dwight Amstutz (dkstutz@gmail.com)
- 6:00PM - Scorcho Group - 3 to 5 Miles – Downtown Y on Jefferson - Stephanie Davenport ([stephanie.davenport82@gmail.com](mailto:stephanie.davenport82@gmail.com)) – all paces welcome!

## Friday

- 6:00AM – Cox North Group – 2 to 6 Miles – Cox North Fitness Center, 1423 N Jefferson – Mark Millsap (Mark.Millsap@coxhealth.com)

## Saturday

- 5:00AM - Nixa Running – Long Run (Distance Varies) - Aldersgate Church, 460 W Aldersgate, Nixa - Shannon Cochran (shannon.cochran@gmail.com)
- 6:00AM – Bass Pro Training Group – Distances, Map, & Location posted to club Facebook and emailed out to group each week. Sign up for training begins in May.
- 7:00AM – Willard Runners – Distances varies – Junction Café, Willard – Cari Harrison or Willard Runners Facebook page
- 8:00AM – Crossfit Endurance – Long Run (Distance Varies) – CrossFit Republic, 1244 US-60, Republic, MO – James Pettit (james@pettitlawoffice.com)

## Sunday

- 6:00AM - Nixa Running – 4 Miles - Aldersgate Church, 460 W Aldersgate, Nixa - Shannon Cochran (shannon.cochran@gmail.com)
- 5:55AM - Early Birds - 5 to 10 Miles - Panera, 3738 S Campbell, Springfield – 8:00-9:30 pace - Richard Johnson (Richardjohnson@missouristate.edu)
- 7:00 AM - Sequiota Park, Springfield - 6 miles, 11 miles, 15 miles, 20 miles. Anyone welcome - Dean Casady (d\_casady@sbcglobal.net)

Groups who's days or times change? WE WANT YOU TO JOIN US just CONTACT US FIRST, so you know where and when to show up.

- SAT or SUN long run -"Chi Running" group - Sue Johnson 417-242-1122
- EVEN SATURDAYS - Trail Runs - Park Trails around Branson - Distance, Time, and Location Vary - Lynetta and Keith Smith ([bransonrunners@gmail.com](mailto:bransonrunners@gmail.com) and Facebook group) - All paces welcome!
- Republic Group – Contact Sarah Kelley Metz on FB or 417-844-6255 – run on some weekdays at 5am 4 to 6 miles and a Long Run on Sat or Sun. Normally run around a 10 min pace – no one left behind!
- Sandy Penner's Group from Strafford High School – sometimes runs on Thursday at 5:30am 3-5 miles – contact Sandy on FB
- 4:45AM -Nixa Running –Stair Training on Wednesday or Fridays - at MSU, Mercy Kids Tower or anywhere we can find - Shannon Cochran ([shannon.cochran@gmail.com](mailto:shannon.cochran@gmail.com))
- Shannon in Nixa – also offers a Boot Camp on Wednesday March –November – posts weekly on Nixa Running FB page.
- The Rosie and Pam Group runs from the East Side of SPFD on weekdays and all over the place for our long run on Sunday (typically). Our distance varies, so we start at a time to be finished by 6:45-6:50AM. On Tue-Wed-Thur we are most likely to be running between 6-12

miles with speedwork and tempo runs. Our cruise pace is 9-9:30, but we all do our speed and tempo work at our own pace (ranging from 6:40 to 8:20). If you are interested in jumping in email Rosie at [roselaugh@att.net](mailto:roselaugh@att.net)