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Day 79 - Kansas City

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August 18

Photos by [Chris Emerick](#) and [Lisa Utronki](#)

At 10:30 am, next to a farm and tractors, a couple came out to say hello to the runners. They had heard about BPR in Runner's World and lived a mile down the road. By 1:30 pm, half a dozen people gathered at a roadside exchange point and 4 joined along for the run - a triathlete, marathoner, marathon Olympic qualifier hopeful, and Rick Roeber, the barefoot runner! In the mid-day heat, and recovering from an injury, Laurel took a slow pace but the guest runners didn't seem to mind. For the BPR team, having running companions is certainly a treat and made the humidity of Kansas City more bearable.

Paul's strategy for crossing intersections continues to be successful — despite red lights and do not walk signs, he pushes his way across the street stopping cars (like a traffic police) and waving the baton for all to see. So far, no collisions to report and he even gets people's attention.



A group of kids all touch the baton that has taken the world to Kansas City.



Heiko passes a classic old farm outside Kansas City.



Dot speaks with a young girl on the exchange point stage in Kansas City



Dot shares the stage with local kids at the Kansas City exchange point.

Rudy, suffering from an injury yet unwilling to sit on the sidelines, has been t runners; today he did 56 miles on the bike, returning a touch sunburned, but Paul's Scottish skin. David and Laurel joined Dot on stage at the 4:30pm exl Kansas City which took place in front of a water fountain park. Bathing suit cl around and at least a dozen came on stage to learn about the BPR, as well as vocal skills on the microphone. At one point, BPR presenters were hushed, ar children became still when the "water fountain ballet" came on (which it does during the day). All watched the dancing water to the backdrop of classical m arrival, Simon and his guest runners cruised through the water fountains to c children donning BPR t-shirts clapped with delight as they chanted "Water! W



Simon and guest runners arrive via the fountain.





Jason plays with kids in the water fountain.



Teams Orange and Yellow together at an exchange near Kansas City

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