It is that time of year perfect for running in a race! Here are 6 reasons to run a 5K

1. **Ease.** Most of you are busy, and training time is precious. With the 5K, you can work up to it quickly and train for it adequately on just three days a week.
2. **Convenience.** Race day is a snap. You arrive at the race, warm up for 10 to 20 minutes, race for 40 minutes maximum, cool down, replenish with food and drink, and head home.
3. **Exhilaration.** In a 5K, you feel like you're really racing. Not many runners can maintain a 10K race pace that is much faster than their daily training pace. With a 5K, however, you can motor as much as one minute per mile faster than your usual training pace.
4. **Improvement.** It is an excellent fitness booster. It will elevate your max VO2, improve form and efficiency, and make your regular training runs feel easier.
5. **Change.** Too often we run the same course at the same pace at the same time of day. You need variation, and a short-and-sweet 5K a great way to mix things up.
6. **Motivation.** Races are great motivators. Having a regular schedule of 5K races gets you out the door on days when they would have stayed in bed in the morning or hit the couch after work.

Source: http://www.active.com/running/articles/6-reasons-to-run-a-5k

For a list of upcoming races visit

http://www.runningintheusa.com/race/ListByCityRadius.aspx?Rank=All&State=KS&City=Topeka&Radius=25
http://www.kcrunningcompany.com/calendar.php
http://www.sunflowerstriders.org/