President’s Pen

Endurance: The strength to withstand stress from within to do our best. That definition certainly describes most of us as runners and also in the way we live our everyday lives. Many of us rely on our daily run or other workout as a way to help push life’s everyday stresses out of our lives.

October and November promise to be busy months. It’s apparent by the large number of runners who have diligently been doing long runs on the weekends that many are preparing for fall marathons or half-marathons. October is the busiest month throughout the country for marathons and many Striders are heading to marathons throughout different parts of the country this month. There also is a large contingent of Striders gearing up to run the inaugural Route 66 Marathon in Tulsa in November. Good luck to all.

Speaking of contingents, there were a large group of club members who took on the Wichita Half-marathon last month. It was a pleasant day for running and most of our group performed quite well as there were even a few PRs set. It’s good to go to a race and have them announce “another of the Topeka contingent” at the awards ceremony.

Back to the business of October, there are local high school cross country meets scheduled for October 7th & 14th at the Stateland course. The Sunflower Striders, as we have done for a number of years, are involved with the meets. This year we are providing the timing and are responsible for determining the order of finish for the races. This means we need 4 to 6 volunteers for each meet. It’s a good way to be up close and personal inside the finish chute and to show support for our youth, who hopefully will continue to be runners and are potential future club members.

Also, in late October, the Big 12 cross country championships will be hosted by KU at their Rim Rock Farm course. You might remember that K-State hosted the Big 12 meet at Stateland two years ago and that a large number of Striders volunteered to help make that a successful event. So, if you have some free time the morning of Friday, October 27th it might be a neat experience to watch some top collegiate athletes run at Rim Rock.

You may have read in the paper a few weeks ago that Topeka will host a regional AAU track and field meet next year. The meet will be held at Hummer Sports Park in June and will bring over 1000 young athletes along with friends and family to Topeka. As far as I know, this will be the first meet of this nature to be staged here and will obviously bring economic benefits to the city.

The intent of our annual fun run/picnic was to make it more of a family affair this year. Approximately 50 people enjoyed the activities held at Lake Shawnee in early August, which now seems such a long time ago. While few adults partook of the trek around the lake on the new trail that 100+ degree evening, there were a good number of kids who enjoyed playing games, winning prizes and participating in their own mini fun run. As always, there were some great side dishes to complement the main dish.

I’m pleased to let everyone know that our www.sunflowerstriders.org web site is now back up. There was a domain issue and it took about a week to get the site restored. We are in the process of having the web site redesigned and plan a different look with even more information on the site by the end of October. As always, any suggestions that any members have regarding the club web site are welcome.

Our Sunflower Striders relay team performed well at the Wild West Relay in Colorado in August, placing second among the 10 flatlander teams. The flatlander team that finished ahead of us had a couple of runners who had run competitively in college. Most teams are impressed when they find out our team’s average age is around 50 and they likely don’t have anyone on their team that age. You can read more about our Colorado adventure in an article in this newsletter. Also in this newsletter is an article on the challenges and successes of those of us who tackled Pikes Peak the week after the relay.

Also of note is that the same weekend some of us were running Pikes Peak that former Striders member Gail Leedy completed the Leadville 100 mile ultra within 30 hours. Talk about endurance …

Stride on,
Brad
A hardy group of Topeka Striders and other Topeka runners participated in the 2006 Pike's Peak Ascent and the Pike’s Peak Marathon on August 19th and 20th. Some of the participants were “in the area” for a relay while another group traveled independently to the foothills of Pike’s Peak for the events.

The weekend’s events began with the Pike’s Peak Ascent, which starts at the same place as the marathon, at 6,295 feet. The ending elevation is 14,110 feet with a net gain in elevation of 7,815 feet over 13.32 miles. The average grade of the course is 11%. Weather is always a huge factor for these events. This year, the weather for the Ascentsers was cloudy with temperatures at the beginning in the 50s with some rain in the lower environs. At the top, it was cloudy with fog and no rain. The course began on paved city streets in Manitou Springs over the first 1.33 miles. The course then connected to Barr Trail and followed Barr Trail to the summit of Pike’s Peak. The first 3 miles were along the Barr Trail as it traversed the east face of Mount Manitou. Switchbacks and steep grades were the norm for this section. The next 3 miles (approximate) traversed over to Pikes Peak. The grades of this section were much gentler than before, and even included a couple of downhill sections. The end of this section is Barr Camp. The 3 miles from Barr Camp to A-Frame brought back steep grades with more rocks and boulders to negotiate. The final three miles from A-Frame to the summit were by far the toughest portion. That area is entirely above tree line. The grades were steep, footing often uncertain and oxygen was at a premium.

To do the marathon, we just reversed the course and came back down! Weather for the marathon was pretty spectacular. It was Cloudy at the start giving way to mostly sunny and there was no rain. Temperatures were in the mid 70s at the start. Hail, snow, sleet, freezing weather and high winds often great the participants but not so this year!

This event is heavily weighted in favor of those who live at higher altitudes. Even with that handicap, three Topeka runners, Brad Rhoden, Ryan Hamilton and Chris Cozad were in the top 100 of the marathon competitors. However, anyone actually finishing either of these grueling events is a winner, in our estimation.

Although one could write a book on appropriate training (and actually, there are several out there), suffice it to say that these are not ordinary half and full marathon events. A simple look at the times is proof positive of that. It is said that the Pike’s Peak Marathon is one of the 5 toughest in the world. No doubt, our happy little group of Striders would attest to that. Some report that the best strategy is start slow and taper. Most participants carry some gear. Usually, gloves, a jacket, a water bottle and maybe even tights are appropriate. Some years, the snow and ice are significant factors. The risk of falling along the trail is always present. Running down is more like a controlled free fall with extraordinary stresses placed upon knees and quads. One author suggests that times can be compared to flat land times in the following way: To estimate your total Pike’s Marathon time, take your last flat land time and double it. To estimate how long it may take one to get to the top, take your last marathon time and add an hour.

Most of our group, if not all, trained by adding lots of hills and some trail running to their regimen. Even at that, several of our group spent days recovering from damaged quads and even more days recovering from general fatigue. Marla Rhoden was heard to comment that her quads hadn’t hurt this bad for 11 years. When ask what happened 11 years ago, she replied “That was the last time I did Pike’s Peak.”

For more information, go to: http://www.pikespeakmarathon.org/. Registration is only through active.com. This year, registration opened at 8 AM mountain time on March 1, 2006. By 5:53 PM on that same date, the Ascent was full. By 7 AM the next morning, the Marathon was closed. So, if you wanted to sign up, be on guard.

In spite of all, a good time was had by all. There were rumors that some were already contemplating “next year”, while others were heard to mutter “never again…”

JAN HAMILTON
This relay was so different than the others we ran. Hood to Coast had 1000 12 person teams with the highest elevation being Mount Hood, (6000 feet). We ran through many communities. Reach the Beach in New Hampshire was not as big, elevation was not a problem. Again we ran through many residential areas. We also were competing in the Master's division.

This year we were placed in a flatlander's division. We opted not to keep our master status and had Chris Cozzad join the team. Even at 36 our average age was around 50. I find it very amazing how well we all get along, being in cars together for 28 hours with little sleep and not much to eat. The main fare this year was peanut butter and jelly sandwiches.

Our Captain, Brad Rhoden, again figured our time within 12 minutes. We gave him a 10K time, I'm not sure how he does it. It must be magic because we do what he predicts. This year was harder, since we started so early. Most of the time we were out there by ourselves.

Our training starts months in advance and since we were going to the mountains, we did lots of hills—maybe not enough. On Fridays, a group met and did stairs and hill repeats. After my second leg of 4.9 miles at a 4.5% grade, I figured I needed to do 49 hill repeats at Quinton Heights. I forgot to mention I started at 8200 feet and climbed to 9500. That was the hardest run I have ever done. They had brownies at the top but all I could do was cry and get into the van.

Not only does Brad come up with our times, he looks at each set of legs and comes up with the order we run. Brad has always run the hardest set of legs, this year Chris had that privilege. It was an honor to run first. This was the first time in 5 years that the first runner had to run 4 legs. The honor being that Brad had faith in me to accomplish this feat. If you would have asked me earlier if I could do it, the answer would be NO. I thought I was finished around 2:00 a.m. I also had been to McDonald's for breakfast when we received the call to get back up the mountain. We all had symptoms of altitude sickness throughout the race. Vivian was hit the hardest. We were told to stay hydrated, I don't think any of us could have drunk more. Our diet and sleep deprivation, had something to do with it.

This year there were only 95 teams, 12 being flatlanders. The race started at 6:00 a.m. with 8 teams, I hit the pavement at 6:30 again with 7 other people. We were later told by a team we beat, that they were going to take us out. It was fun competing with them. Their first runner was 20ish, I kept telling her I was 52. With it being a smaller race we talked to many of the teams and volunteers. There were times we were the first people to the exchanges. During our middle legs when we had started climbing a mountain, a volunteer was there in her wedding dress. She could still get into it 25 years later, she was there for her son's team.

Also in this stretch we had to cross cattle guards. The bars were positioned far enough apart that it could swallow a runner, except for John Patch and his size 14 shoes. He had to cross 7 of them. In New Hampshire, John swears he saw a cow on the road. It was very dark and it was a mailbox. This year there were many cows to be seen, and it was daylight. Also on this stretch Gail Leedy caught up with us. She's living in Laramie and we were only 30 miles away. She was on her way to Leadville, where she did the Leadville 100. Congratulations Gail.

We ran on Marla's birthday, of course we shared this information. One of the teams sang Happy Birthday to her. As expected Marla did her legs very well.

Before the race we decorated the vans. Marty Garren has always tied a pair of shoes to the roof. I always thought he was airing them out, instead it was an attention getter. People kept honking at us, stopping us, waving at us. Kelly and Vivian painted the windows, I've kept mine painted to remind me of our adventure. We are already looking for our next relay.

NORMA
Sunflower Strider Board Meeting
August 6, 2006
Shelter House at Lake Shawnee

Board Present: Brad and Marla Rhoden, Kelly Christensen, Susan Birtell, Sharon Wenger, Norma Weiser
Others Present: Alice Vernon and Karen Johnson, representing the Alzheimer’s Association

- Alice and Karen thanked the Striders and Brad and Marla, in particular, for helping make the run grow and “raising awareness regarding this disease which helps families with caregiving.”
- Treasurer reported a balance of $8,423.
- Sharon Wenger indicated she would step down as secretary the end of this calendar year.
- Brad discussed the cost of mailing newsletters and the possibility that adding folks to the mailing list would actually drop the total cost of the mailings by decreasing the cost per item.
- Brad also discussed a proposal he received regarding further development and maintenance of the Strider’s web site. Board members will meet with the proposer and discuss the possibilities and cost.
- Cross-country meets are coming up and the Striders Club has again been asked to work at the finish line. The meets will occur on: Sept 9, Oct 7, and Oct 14.
- Upcoming fun runs: Capital Plaza – date to be announced. Susan is making this arrangement.
- Upcoming races:
  - Breast Cancer Run on 9/16/06
  - Winged Foot on 9/30/06
  - Rescue Mission run organized by Tony Estes will take place the day of the Thanksgiving Day parade

- Brad discussed the need to find a race director for the Topeka to Auburn half-marathon. The October board meeting will be used to begin planning for this race.

Next Board Meeting: Sept. 10th, 5PM, at Susan Birtell’s house at 5701 S.W. Woodbridge Drive. Susan’s home phone is: 228-8945.

Sharon Wenger, Secretary

Sunflower Strider Board Meeting Minutes
September 10, 2006
Susan Birtell’s House

Board Present: Brad and Marla Rhoden, Kelly Christensen, Susan Birtell, Sharon Wenger, Norma Weiser

- Minutes of August meeting were distributed.
- Treasurer reported a balance of $8,449.73
- The majority of the meeting consisted of dividing duties amongst members related to the Topeka to Auburn (TTA) half-marathon race to be held on January 20, 2007. This will be the 25th running to TTA.
- The Board welcomes volunteers who wish to help with or take responsibilities for tasks associated with TTA. Please see a board member to volunteer.

Upcoming Races:
- Breast Cancer Run on 9/16/06
- Winged Foot on 9/30/06
- Rescue Mission run organized by Tony Estes will take place the day of the Thanksgiving Day parade
- St. Matthews Church Race on 10/21.
- Cross country meets are upcoming on 10/7 and 10/14.
- Fun Run on 10/1 hosted by Gordon Rostvold at Capital Plaza.

Sharon Wenger, Secretary
This list of race results is not to be considered official or necessarily inclusive of all races or runners. Our apologies to anyone whose name we may have left out. If you are aware of race results that haven’t been published, please notify any Striders Board member.

Topeka Big Shunga 8K  8/5/06
Chris Cozadd  32:30 (1st AG)
Brad Rhoden  32:31 (1st AG)
Sean Merchant  33:29
Hunter Munns  34:24 (1st AG)
Steve Wathke  34:54 (2nd AG)
Marla Rhoden  36:42 (3 OA Female)
Bob Sample  37:22
Tom Eck  37:26
Rich Morgan  38:26
Andy Sample  39:29
Mark Barbee  39:49
John Stambaugh  40:10 (2nd AG)
Toni Lewis  40:24 (1st AG)
Micaiah Phelps Roper  40:25 (3rd AG)
Rebekah Phelps Roper  41:39 (1st AG)
Grace Phelps Roper  41:46 (1st AG)
John Engstrom  41:47
Myrna Barbee  46:22
Natalie Barbee  46:27 (2nd AG)
Brent Roper  47:36
Noble Morrell  48:42
Janet Buchanan  51:28 (2nd AG)
Lloyd Fleming  63:25
Ethel Edwards  63:27

Rossville Tall Corn Festival 5K  8/12/06
Eric Wenrich  16:26 (2 OA, 1st AG)
Tony Estes  17:16 (Masters Male)
Keith Hertling  18:32 (1st AG)
Joe Wagenblast  19:50 (1st AG)
Myron Leinwetter  20:27 (2nd AG)
John Oyler  20:42 (1st AG)
Josh Stimpfle  20:55 (1st AG)
Loren Zook  21:12 (2nd AG)
Paul Ganser  21:35 (3rd AG)
Rich Morgan  21:54
Larry Everly  22:03 (2nd AG)
Debbie Pryor  22:10 (1st AG)
Toni Lewis  22:37 (Masters Female)
John Stambaugh  23:06 (3rd AG)
Kenny Jessop  25:14 (Sr. Masters Male)
Susan Birtell  26:17 (1st AG)
Lana Best  26:23 (1st AG)
Vicki Rogers  26:24 (1st AG)
Dan Rethman  26:24
Janet Buchanan  27:52 (1st AG)
Lori Zook  27:59 (2nd AG)

Wild West Relay
Ft. Collins to Steamboat Springs, CO
8/11/06 – 8/12/06
Sunflower Striders Relay Team  28:09:22
(2nd Flatlanders Division)

Pikes Peak Marathon
Manitou Springs, CO – 8/20/06
Ascent (Half Marathon)
John Patch  4:09:22
Marathon
Brad Rhoden  5:25:28 (8th AG)
Chris Cozadd  5:29:43 (11th AG)
Marty Garren  7:19:18
Marla Rhoden  7:59:52 (10th AG)

Bob Boehm  8:49:10
Jan Hamilton  9:20:11
Cheryl Haeffe  9:26:15
Norma Weiser  9:43:00

Rock 'N Roll Half Marathon
Virginia Beach, VA – 9/3/06
Loren Zook  1:46:01
Lori Zook  2:21:40

Race Against Breast Cancer
Topeka - 9/16/06
Dave Halferty  17:01 (2nd OA)
Eric Wenrich  17:22 (3rd OA)
Chris Cozadd  18:39 (2nd AG)
Keith Hertling  18:55 (1st AG)
Frank Piraino  19:25 (3rd AG)
Brad Rhoden  19:27 (1st Masters Male)
Joe Wagenblast  19:39 (2nd Masters Male)
Myron Leinwetter  20:12 (3rd Masters Male)
Steve Wathke  20:54
Larry Gill  21:04 (2nd or 3rd AG)
Paul Ganser  21:40
Marla Rhoden  21:58 (1st Masters Female)
Gary Miller  22:01 (4th AG)
Jason Lehnher  22:21 (3rd AG)
Willie Lambert  22:29
Richard Morgan  22:38
Roger Underwood  22:47 (1st or 3rd AG)
Larry Kietzman  23:15 (1st AG)
Bob Wenger  23:29
Dan Rethman  23:32
Eric Smith  23:35
Vivian Tucker  24:16 (1st AG)
Paula Reilly  24:29 (2nd AG)
Sarah Zeller  24:53 (3rd AG)
Alan Simon  25:36
Frank Weinhold  26:08 (1st AG)
Elaine Gill  26:31 (3rd Masters Female)
James Hague  26:39 (2nd AG)
Lori Zook  29:00
Claire Phillips  31:20
Keith Barton  32:00 (4th AG)
Russ Willis  33:43
Kathleen Levy  33:44
Lloyd Fleming  35:09
Ethel Edwards  35:09

Wichita Half Marathon  9/24/06
Tony Estes  1:19:22 (1st AG)
Chris Cozadd  1:27:02 (4th AG)
Brad Rhoden  1:27:16 (3rd AG)
Marla Rhoden  1:38:31 (1st AG)
Kelly Christensen  1:44:12 (2nd AG)
Debbie Pryor  1:44:32
Jon Engstrom  1:45:21
Paul Ganser  1:47:33
Bob Wenger  1:49:08
Vivian Tucker  1:52:38
Cheryl Haeffe  1:56:05
Kim Wilson  1:56:50
Sharon Wengler  1:57:53
Susan Birtell  2:00:04
Norma Weiser  2:00:51
Angela Roberson  2:08:35

Lions Journey for Sight 5K/10K  9/30/06
5K
Gary Pratt  20:36 (1st AG)
Larry Gill  21:17 (2nd AG)
If your running career spans virtually any length of time, at some point you are likely to face a running injury or a nagging tweak that warns of an impending injury. There is a web site available, called "The Injured Runner" (www.injuredrunner.com), that summarizes a variety of common running injuries and possible treatment. The introduction on the site reads as follows:

"The Injured Runner" provides the most comprehensive, research based information available to help runners completely recover from injury. You can quickly access information on knee pain, heel pain, butt pain, runner's knee, IT band, plantar fasciitis, achilles tendonitis, calf strains, hamstring strains, stretching, strengthening, cross training and more...

Nominations for the 2006 Mettle Award are currently being accepted. This annual award recognizes an active Sunflower Strider member who has sought out a new and uncommon challenge or who has faced down an incredible adversity over the past year. Please consider nominating a member whom you feel is deserving of this award.

Nominations should be typed or hand-written and submitted to a Sunflower Strider Board Member before December 15, 2006. Previous Mettle Award winners will then select the 2006 award winner from the submitted nominations. A complete description of the award and its requirements are found on the club website at www.sunflowerstriders.org.

Web Site Resource for Running Injuries

If your running career spans virtually any length of time, at some point you are likely to face a running injury or a nagging tweak that warns of an impending injury. There is a web site available, called "The Injured Runner" (www.injuredrunner.com), that summarizes a variety of common running injuries and possible treatment. The introduction on the site reads as follows:

"The Injured Runner" provides the most comprehensive, research based information available to help runners completely recover from injury. You can quickly access information on knee pain, heel pain, butt pain, runner's knee, IT band, plantar fasciitis, achilles tendonitis, calf strains, hamstring strains, stretching, strengthening, cross training and more...

Once you have accessed the web site, you can click on any of the conditions listed and find easy to understand information regarding that particular condition, along with possible reasons for the injury and treatment suggestions. The site also provides information specific to young runners and women runners. Check it out!
STRIDERS MEMBERSHIP APPLICATION

☐ New ☐ Individual ($20/yr)
☐ Renewal ☐ Family ($25/yr)

Name_________________________________ Birthday ___________________

☐ Male ☐ Female

Address _______________________________ City______________ State_______ Zip________

Home Phone____________ Work Phone_____________ Email___________________________

Family Membership Names and Birthdates:

________________________________________ Birthday____________

________________________________________ Birthday____________

☐ Do NOT include me in the SSRC annual directory

Membership Application Waiver:
I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter and run in club activities unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to safely completing the run. I assume all risks associated with running and volunteering to work club races including, but not limited to, falls, contact with other participants, the effect of the weather, including high heat and/or humidity, the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Sunflower Striders Running Club and all sponsors, their representatives and successors from all claims and liabilities of any kind arising from my participation in these club activities even though that liability may arise out or negligence or carelessness on the part of persons named in this waiver. I grant permission to all the forgoing to use any photographs, motion pictures or any other recording of these events for any legitimate purpose.

Signature(s):____________________________

Please make checks payable to SSRC and mail to:
Sunflower Striders Running Club
Attn:  Kelly Christensen
6737 SW Finsbury Ave
Topeka, KS  66614