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PRESIDENT'S PEN By Brad Rhoden

It's time to put away those jackets and tights. This winter thing has carried on far too long this year. It seems that I've donned more clothing while running during March than I did in either January or February. Our half marathon day saw mild temperatures reach the 60s; while there have been several snowy and cold days since mid-January when a race would have been a challenge to stage.

A true sign that spring is actually here is our annual fun run/picnic the last Wednesday of March. This year's event was held at Gage Park and with grilled hamburgers and hotdogs along with other traditional picnic fare it was more representative of being a picnic. As we've done in the past, with an early Easter following just a few days later, several kids were treated to an Easter egg hunt. Adults enjoyed a leisurely run or walk around Gage Park and the surrounding neighborhood.

Other activities coming up over the next few months include vendor presentations coinciding with some our group runs the first Wednesday of each month from Gribble's. The last informational was for the new Boost running shoe from adidas. Watch the web site for details for upcoming promotions. On the evening of May 8th, the club has been asked to participate in a Get Active Fair at Pauline Elementary. Hopefully, our active lifestyles will provide a positive influence for those attending. Also, member Jill McCartney and her husband will host a run from their home in mid-May, where we can run some of the Potwin route that we usually don't reach starting from Fairlawn Plaza. Look for more details inside.

It's not an obstacle run, a mud run, a color run, a foam fest, or even a balloon dash. (Seriously, carry a water balloon during a race?) The Double Double Road Race is truly a challenging event for distance runners. The second edition of double road racing is coming to Overland Park's Corporate Woods the last day of June. Similar to football and basketball, the challenge involves racing a 10K followed by a halftime recovery, hydration, nutrition, warm-up, entertainment zone, then racing a 5K. Individual and several team categories are available for entrants and with prize money incentive; the inaugural double race in California drew a number of elite runners.

There are also a number of local races on the calendar over the next few months. Highlighting those races is the 18th annual Run for Life, which is once again the state 10 mile championship. If you want to see the Kaw River from a different perspective you can do so by running the Bridge2Bridge 5K, which will traverse both downtown bridges before finishing near the Cumulus studios on Kansas Avenue. Look for notices of training runs on the rolling 10th Street course prior to the Spring Burn races, which have moved to the Saturday before Memorial Day.

Tanya Scott has stepped forward to fill the Secretarial position on the Strider's Board following the departure of Mitchell Phariss to snowier and colder Portland, Maine. Tanya has been a club member for a little over a year, has gotten her husband running, is a regular at group runs and races, and brings a somewhat younger, fresh perspective to the club. Thank you, Tanya.

April 1st twenty years ago was scheduled as a last long training run in preparation for Boston that year. It was a cold, blustery day with periodic flurries and sleet blowing horizontally, but the weather was insignificant as we ran. What was significant is that it marked the first of numerous long runs under various conditions and in a variety of different locals with my favorite training partner.

Stride on,
Brad





STRIDERS SPOTLIGHT:

Tanya Scott

By Angela Roberson

When did you start running or how many years have you been running?

I was never a very athletic person and had certainly never thought I would ever be a runner. That all changed when I started doing boot camp classes in 2009. This was my first real introduction to the whole concept of running. I started out slowly doing the walk/run intervals. It was hard for me at first and I almost gave up, but something made me stick with it. That was the year I did my first 5K, the Fiesta Run. I really enjoyed being out there with all the other people at different running levels. I loved the encouragement from other runners and the people in the crowds along the course. After that I was hooked. That same year, I went to Wichita to do the Prairie Fire 5k. After doing that race, I decided the next time I went back to Wichita, it would be for the half marathon.

What do you enjoy about running and what keeps you motivated?

I'd be lying if I didn't say I like to eat! So one of my motivations is being able to eat what I want and still maintain a healthy weight. Since I started working out and running, I've lost almost 70 lbs. So, this has been a great way to help keep that weight off. I might not always look forward to getting out and running, but I sure feel much better once I'm finished. It's like cheap therapy! Another motivator is some of the great friends I have met since I joined the Striders a couple of years ago. I ran by myself for quite awhile, so it was really nice to find a group to keep me going. Also, within the last six months, my husband has even started running with me. So, when one of us isn't really up for running, the other is able to get us up and out the door.

How many marathons or half marathons have you run?

I have run seven half marathons. That includes doing the Topeka to Auburn twice in my short running career. I haven't done any full marathons and don't have any plans to do one in the near future, but I guess you never know...

What have been some of your favorite races and why?

The Prairie Fire was the first half I ever did, so I think that always be my favorite. Even though it rained the entire race, the spectators were out in force to cheer us on along the whole course. It felt great having so many encouraging people out to help you along the way. I remember about mile 11 when I was starting to feel worn down, there was a lady on one of the corners we rounded that was clapping

and cheering for everyone. She looked at me and said "just keep breathing and smiling, you're doing great". For some reason, that helped to raise my spirits and keep me going, even in the rain.

I started that race thinking "this will be the only half marathon I will probably do, just to say I did one". I loved the excitement and feeling of accomplishment when I was finished. It was then that I realized that race wouldn't be my first and only half. So I signed up for another one the very next month.

Another one that I really liked was the St. Louis Rock and Roll half marathon. That was the biggest race I had ever been in. I loved the energy of the huge crowd of runners as we were waiting for our start time. It was really cool running towards the arch as the sun was coming up. There were a ton of spectators out on the course to cheer us on and bands playing every couple of miles.

How many days a week do you run?

I generally run three times a week. I do the group run with the Striders on Wednesday, Saturday and Sunday. When the weather is nice, I try to fit in some outdoor boot camp classes a couple of nights a week as well.

What races are you training for and planning on running this year?

Right now, I am getting ready for the 10 mile Run for Life on April 6th. The weekend after that, I will be heading to Abilene for the half marathon. This will be the second time I've done that run. In June, I have signed up for Hospital Hill. That will be my first attempt at that run. In October, I plan on doing the Prairie Fire half again. A few others are The Spring Burn in May, the 10k Sunflower State games road race in July and of course I always go back to the Fiesta Run since that was my first official race. ■



Should You Change Your Running Form?

How One Runner Evolved From a Heel to a Midfoot Striker

By Greg Strosaker • For Active.com

Some things you just can't rush. This is true of many things in running, but it's especially true of form changes. Oh sure, you can read the books, attend the clinics, and buy the shoes, but forcing things often leads to injury. There are the occasional runners gifted with the right balance of strength and good natural form. But whatever it is—being raised in elevated shoes, spending a lot of time sitting at desks, running the “wrong way” for years—whatever explanation you may believe, most of us have to invest significant time if we want to become more injury resistant via improved running form.

This is the summary of my journey, and I don't think it's a unique trip.

The desire to move in this direction came from the same motivation most runners have—getting away from recurring injuries. No, the high hamstring strain and Achilles tendinitis that plagued my training the past few years weren't entirely form-related. They were more likely the result of a bit of too-much-too-soonitis. But the “too much” threshold can certainly be raised through the gains described below. And the benefits in potential improved running economy and long-term performance through consistency make the investment very worthwhile. Yes, every runner will be a little different, but these ideas are accurate for a great many of us.

The goal in working on form wasn't to become a minimalist runner, or even to completely stop heel striking. Such actions are just steps on the path to running success, and may not even be necessary ones at that. The goal was to become quicker and lighter on my feet, and to be able to move to shoes that are lighter and less cushioned—especially in the heel—with an understanding that this can boost

performance simply by quickening the stride.

Form follows function, and you can't jump directly into running form improvements without making the right investments in strength and coordination. This may involve fixing imbalances, improving your mobility, or overcoming inherent weaknesses. Shortcutting this step is a major cause of issues such as Achilles tendinitis or plantar fasciitis arising from the use of minimalist running shoes.

There were three phases in my effort to become a less pronounced heel striker, each of which involved a focus on both strength and mobility improvements and specific form gains related to these improvements, as detailed in the table below.

Transitioning to Midfoot/Forefoot Running

The progression ended up moving from gross motor to fine motor developments, and was driven by both honest self-assessments of weaknesses, and informal diagnosis from a chiropractor and massage therapist, often in the form of seemingly innocuous questions like, “Is that all the further your toe can flex?” The path therefore wasn't preplanned, but more of a stumble-through process of finding and resolving the next issue at each step. And this isn't to imply that the process is complete, as there are likely further gains to be made.

The initial focus was to reduce any potential overstriding by building core strength, and working on stride rate and the manner in which I generated force while running. Again, the latter had to follow the former.

Taking a broader definition of core strength to incorporate the glutes (via the Prometheus advanced core routine) and hips (via the Kratos upper leg and hip routine), and later incorporating the Runners Connect Strength Training routine, I focused on building sufficient strength to push off instead of pulling forward. I combined this with striving for a 180-steps-per-minute cadence to land with my feet underneath my body, instead of out ahead of it, with the knee slightly bent.

To audit these “form fixes,” I'd occasionally take stride counts on an ongoing basis (recognizing that “observation bias” may play a role, causing me to increase my rate when I was counting), and observing my form when passing reflective shop windows (note—daylight required). Eventually, this became second nature and on all but the slowest of recovery runs, and my stride rate seemed to be stable around 180. Furthermore, I noticed more soreness in my glutes when running than in my quads or even hamstrings, suggesting success in making the glutes work harder, which was a desired outcome.

While this first phase kept me running for most of 2012, my achey calf remained a source of concern. It was never bad enough to make me take more than a day off, but it seemed always on the verge of tanking the season.

Incorporating active isolated stretching several times per week helped as my mileage peaked. After the 2012 Towpath Marathon, I shifted my focus to improving my calf strength and mobility, specifically through adding the Achilles routine from the Runners Connect program. After about eight weeks of consistent execution (two to four times per week), I noticed a significant difference in my calf strength. The pain

continued next page

	Strength and Coordination/ Mobility	Form	Emphasis
1. Stop overstriding	Core (esp. glute and hamstring strength)	Increase stride rate; decrease stride length. Push off; don't reach/pull.	Gross motor
2. Run lighter	Calf and foot strength and mobility	Forward lean at the ankles. Stable upper body (minimize bounce/rotation).	Gross motor
3. Complete the transition	Foot proprioception and ankle dorsiflexion	Toe up, toe off	Fine motor/neuromuscular

Should You Change Your Running Form? *continued...*

was significantly less frequent, but not completely gone.

I also increased my focus on core strength, and again noticed significant gains after eight weeks. My upper body felt even more stable (less bouncing, less rotation) when running, which translated into less wasted energy and better efficiency. Combining this with an increased use of strides during training runs seemed to lead to a generally quicker turnover. And the newfound calf strength and mobility perhaps led to an improvement in my ability to “lean forward at my ankles” when I run and keep my knees bent when landing, instead of straightening my legs out in front.

But the calf (and hamstring) niggles continued—less significant than before but still noticeable. And I could tell that something was still off a bit about my stride; maybe it was a bit uneven. There were a couple of diagnoses that happened rapidly in sequence that provided the next set of clues as to where to focus.

First, my chiropractor evaluated my big toe mobility and was “shocked” at the lack

thereof. Shortly after that, the massage therapist at his practice commented on the lack of mobility in my right ankle. Both these issues are probably injury-related—I spent much of my senior soccer season in high school playing on a sprained right ankle—and I’d never taken any steps to address them. Protecting my right calf/Achilles from excessive flexion during the 2012 season probably compounded the issue.

So the final (for now) efforts focused on increasing both the range of motion and neuromuscular control in my foot and ankle through strength and mobility work. (I go into this more in a post on proprioception and ankle dorsiflexion on Runblogger.) I combined this work with a form thought from Caleb Masland about “toe up, toe off”—in other words, dorsiflexing the ankle when the foot is in the air to create the opportunity for an elastic rebound and good toe-off during your stride.

It was this final thought that seemed to seal the deal on moving to a midfoot strike. Such a pattern was abundantly clear during a recent tempo run, where the uptempo

portion (around lactate threshold pace) was clearly run on the midfoot (or even forefoot) with my heel barely touching the ground, if at all. It wasn’t a conscious effort on how the foot landed that caused this, but all the work done in the past and the final “toe up, toe off” thought. I can’t guarantee that I’m a midfoot striker every time I head out—nor do I feel one needs to be—but certainly the tendency is now there at any effort that is marathon pace or faster.

And the calf pain has completely disappeared (save for the occasional odd twinge when I land funny during non-running activities). I noticed a bit of slowing in my workout pacing initially, perhaps due to a little bit of inefficiency in working with the new midfoot or forefoot strike. But I’ll gladly take the tradeoff of no pain and, hopefully, reduced ongoing injury risk. And I look forward to jumping at the opportunity to move to even more of a minimalist running shoe this year with a greater degree of confidence. ■

Washburn University Marathon Training Class NEWS

The Washburn University Marathon Training class has selected the “Kentucky Derby Festival Marathon” in Louisville, KY on April 27 as their target event for Spring 2013. We will also likely have several members of the class participating in the “Garmin Land of Oz” full and half in Olathe, KS; and the Lawrence Half on April 20-21.

WU Marathon Training class is sponsoring a fully-supported “long run” (beverages, snacks and SAG provided) with ALL members of the local running community welcome to join us! The date is Saturday, April 13, 7:00 a.m., 20+ miles, the “Arvonias Loops” run. Meet at Dave Provorse’s home, 2831 SW Arvonias Place, to do descending loops of 6, 5, 4, 3, and 2 miles, using Dave’s driveway and garage as the main aid station, beverages also available at the halfway point of each loop.

RECIPE

Submitted by Norma Weiser

If you were at the Spring Family Fun Run & Picnic this year and had some of these beans you know they are amazing! - Becky A.

MARGIE ROGERS’S BAKED BEANS

Brown one sleeve of sausage

Add one chopped onion.

When sausage and onions are browned, place in crock pot.

Add 6-7 cans of beans (Butter beans, Black beans, Kidney beans, Northern beans, etc.)

Rinse beans before adding to crock pot.

Add 3/4 to 1 cup of brown sugar.

Add 3/4 to 1 cup of barbecue sauce.

Cook on low 6-7 hours

RACE RESULTS

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 Lana Best, runlanarun@cox.net.

Silver Lake 5 K Run

03-30-2013

Joe Wagenblast	19:31	1 st OAM
Rosemary Wilkerson	22:40	1 st OAF
Shawn Beach	22:50	2 nd AG
David Schock	26:20	1 st AG
Tom Eck	26:22	1 st AG
Brenda Ackerly	26:38	1 st AG
Angela Roberson	29:45	1 st AG
Lana Best	31:42	1 st AG

Diva Dash 5K

03-23-2013

Michelle Andrew	18:27	4 th OA
Natasha Henderson	22:19	5 th AG & 18 OA

Prairie Spirit 50 Miler

03-23-2013

Joshua Watson	9:10:53	13/55
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Susan G Komen Race for the Cure 5K, Tucson, AZ

03-17-2013

Kathy Stacken	27:05	4 th PI survivors - PR
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Journey for Sight 10K

03-16-2013

Miguel Espinosa	39:49	2 nd OA & 1 st AG
Michelle Andrew	39:51	3 rd OA & 1 st OAF
Juvenal Espinosa	40:21	1 st AG & 6 th OA
Bryan Jobo	41:50	2 nd AG & 5 th OA-PR
Sergio Baez	43:08	1 st AGE & 6 th OA
Neal Farron	44:54	1 st AG
Brad Rhoden	45:51	1 st AG
Marla Rhoden	53:50	1 st AG
Roger Underwood	54:43	1 st AG
Clare Phillips	1:17:55	1 st AG

Journey For Sight 5K

03-16-2013

Ethel Edwards	40:19	2 nd AG
Irene Owen	42:29	3 rd AG

St. Patricks Day Race, AGgieville 2 miler

03-16-2013

Larry Liggatt	18:24	1 st AG
Barb Thomas-Martin	19:11	1 st AG

Mater Dei Irish Fest 5K

03-09-2013

Michelle Andrew	17:22	1 st OAF & 2 nd OA
Rudy Chavez	17:24	1 st OA
Juvenal Espinosa	17:47	2 nd OAM

Columbia, S. C. Marathon

03-09-2013

Bryan Jobo	3:19:56	2 nd AGE & 15 th OA
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Lucky Little Rock Marathon

03-03-2013

Dave Provorse	5:26:00	34 th Marathon & 17 th in 50 states club
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Phoenix Half Marathon

03-02-2013

Doug Stacken	1:40:31	
Kathy Stacken	2:16:24	

Mardi-Gras Marathon

02-24-2013

Mark Fisher	4:19	
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Sweetheart 5K, Lawrence

02-09-2013

Michelle Andrew	19:20	1 st OAF
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Chocolate Rush Half Marathon

02-09-2013

Bryan Jobo	1:30:51	2 nd AG & 5 th OAM
Lezlee Jones	1:39:08	3 ^{rs} OAF & 1 st AG

Psycho Wyco Run Toto Run 50 K Trail Run

02-09-2013

Joshua Watson	6:13:05	
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Psyco Wyco Run Toto Run 10 Miler

02-09-2013

Rosemary Wilkerson	2:07:53	38/120
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Topeka to Auburn

01-19-2013

Dave Scott	2:30	1 st Half Marathon
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Race Results

Please send race results to Lana Best at runlanarun@cox.net. Please include date, name of race, distance, finish time, and place. Info such as, first race, first race at this distance and if it was a PR, etc. would be appreciated. This will go in the newsletter, so send ASAP after a race. Thanks!

WARM UP & STRETCHING

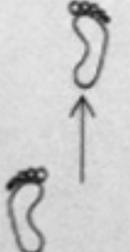
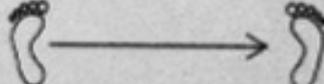
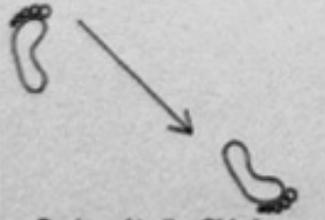
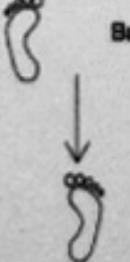
Cut these out and keep them. Do these before and after each run.

Courtesy of Leslie Curley

BEFORE YOU RUN

Get your body ready to keep up with your heart and lungs.

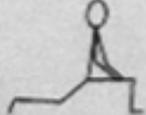
Lunges - 5 times each on each leg

 <p>Front Lunge</p>	 <p>Front Lunge with a Twist</p>	 <p>Side Lunge Facing Forward</p>
 <p>Back and to the Side Lunge</p>	 <p>Backward Lunge</p>	<p>Simple actions, repeated over time, will determine the life you lead.</p> <p>Every action that is easy to do, is also easy not to do.</p> <p>The Slight Edge (little things matter) ~Jeff Olson</p>

AFTER YOU RUN

Improve Your Flexibility and Recovery

Hold each stretch at least 30 seconds on each side.

<p>Quadriceps Stretch</p> 	<p>Hamstring Stretch</p> 	<p>Lower Leg Stretch</p>  <p>one leg at a time or both at once</p>
<p>Hip and Glute Stretch #1</p>  <p>"kneeling hip stretch"</p>	<p>Hip and Glute Stretch #2</p>  <p>"thread the needle stretch"</p>	<p>Leslie Curley USAT Level 1 Certified Coach</p> <p>tricurley@gmail.com 785-267-0608</p> <p>Look good on the outside: www.lesliecurley.netum.com Feel good on the inside: www.lesliecurley.vamma.com</p>

Group Run Invitation

Those interested are invited to a breakfast after the group run on Sunday, May 19. The group will start the run at our house in Potwin at 7:30 am. After the run, you are welcome to stay for a breakfast. We just ask that you bring either juice or fruit to share. The rest of the meal will be provided. Everyone is welcome.

Our home is located at 313 SW Greenwood Ave.

Hope you can come!



Kansas Law Enforcement - Run to Remember 5K & 1 Mile Fun Run Benefiting the FOP Auxiliary, Topeka #3 and the Kansas Chapter of Concerns of Police Survivors (COPS) Saturday, May 4th, 2013 8:30am Lake Shawnee, Shelter House #4 Register at: <http://runtorememberks.eventbrite.com>

Come and be a part of the Kansas Law Enforcement - Run to Remember 5K and 1 Mile Fun Run supporting our heroes and honoring our fallen! This event will honor those law enforcement officers who have made the ultimate sacrifice and given their lives protecting and serving and to support the families they have

left behind. Put together a team in memory of a fallen officer, support an agency, or register as an individual. This will be a day for everyone to pay tribute and remember.

Both courses will start and finish at Lake Shawnee Shelter House #4. Runners will start in the front and the course will run south along the beautiful hills at Lake Shawnee for a challenging 5K course. The 5K Walkers will start the race at the rear of the runners and will complete the same course. For those looking for a less challenging course, we will offer a one mile Fun Run that will encompass Tinman Circle beginning and ending at the Shelter House.

REGISTER TODAY

<http://runtorememberks.eventbrite.com/>

ENTRY FEES

5K Walk/Run Entry Fees

\$25 Early Registration through April 13th

\$30 Late Registration after April 13th T-SHIRT NOT GUARANTEED

\$35 on Race Day - T-SHIRT NOT GUARANTEED

1 Mile Fun Run

\$10 Early Registration through April 13th

\$15 Late Registration after April 13th - T-SHIRT NOT GUARANTEED

\$20 on Race Day - T-SHIRT NOT GUARANTEED

RACE DIRECTOR

Sarah Jepson

sarah.jepson@cox.net

Test your CQ (Confidence Quotient)

Check your Confidence Quotient to see if you are too cocky or too chicken.

An off-kilter confidence level can trip up even the most dedicated runner. Having too little faith can hold back an otherwise ambitious competitor, while feeling invincible can lead to an early flameout. Take this decidedly unscientific quiz to find your CQ, and then look to the answer key for ways to adjust your attitude. – Jayme Moye

1. The starter's pistol goes off in 3 days. You're:
 - A. Sick to your stomach wondering, "What was I think when I entered?!"
 - B. Laying out your race gear thinking, "I am going to nail a PR this time!"
 - C. Anxious but excited; you have worked hard and are ready to compete.
2. You show up for a group recovery run only to realize it's speed work day. Your first thought is:
 - A. Shoot. Guess I'm running by myself this morning.
 - B. Even better. Let's do this!
 - C. No biggie. I'll warm up with them and see if I'm up for a more intense workout.
3. Your new training partner suggests an on-the-spot super fast tempo run. You feel:
 - A. Discouraged. What if you're not as fast as she hoped?
 - B. Excited. It's going to be fun kicking her butt.
 - C. Happy. Slow or fast, her enthusiasm is contagious.
4. At the race, you decide to line up:
 - A. Near the back, behind everyone who looks like a real runner but in front of all the walkers.
 - B. At the starting lines, with your finger on the stop watch.
 - C. Depends on your goals for that particular race and who you are running it with.

Let's see how you did...

If you chose mostly A's

You tend to lack confidence, preferring to play it safe with your running. Doubting your ability can lead to performance anxiety, which may show up as cramping and stomach issues on the course.

Mind over matter - "Come up with counterarguments to your cautious thoughts," says sports psychologist Sharon Chirban. "Play out various race-day scenarios. Before you start, visualize your prior best performances."

If you chose mostly B's

You have plenty of confidence and enjoy pushing the envelope with your running. Overestimating your ability can lead to injury from overtraining if you begin to neglect your body's signals and limits.

Mind over matter - "Put an external feedback loop in place," says Jeffery L. Brown, co-author of *The Winner's Brain*. "A partner or coach can keep your ambitions on a healthier scale. Try yoga to develop an honest mind-body link."

If you chose mostly C's

You have the confidence to go outside of your comfort zone while respecting your body's limits. This level of "contextual confidence" is most conducive to successful performance. It helps you decide to push yourself, or back off, and feel good either way.

Mind over matter - "To get here, shift your focus from the finish line to the day-to-day gains. Learn from every run and you've established the foundation of true confidence," say Chirban. ■

UPCOMING RACES

April 13

Bridge2Bridge 5k Run/Walk

10AM

2nd & Kansas Ave., Topeka KS

Contact: Edie, 785-234-9336

April 13

Emporia Spring Migration Triathlon

9AM

ESU Physical Education Building

Contact: Casey Collins, 620-704-1637

April 13

Rock the Parkway 1/2 Marathon/5k

Kansas City, MO

7:30AM

Contact: Troy Fitzgerald, troy@

kcrunningcompany.com

April 13

Topeka Thunder Baseball 5k & Fun Run

Shawnee North Community Center

8:30AM

Contact: Michelle Juarez,

topekathunderbaseball@gmail.com

April 13

Eisenhower Marathon, Half Marathon, 10k & 5k

Eisenhower Center, Abilene KS

7AM

Contact: 785-263-3474

April 20

Garmin Marathon in the Land of Oz Marathon, 1/2 Marathon & 5k

Garmin Headquarters, 151st & Ridgeview,

Olathe KS

7AM

April 20

Free State Trail Races - 100k/40m/ Marathon/Half Marathon

Clinton State Park, Lawrence KS

7AM/8AM

Contact: Ben Holmes, 816-810-0440

April 27

4th Annual Run for Ronald 5k Walk/Run

8AM

Lake Shawnee, Topeka KS

Contact: info@rmhctopeka.org

April 27

Farley Elementary 5k

8AM

Farley Elementary, 6701 SW 33rd St.,

Topeka KS

April 27

Active Water 5k & 1 Mile Run/Walk

Rossville Grade School - 312 Pottawatomie

St., Rossville KS

7:30AM

Contact: Jenny Falk, 785-806-2530

April 28

Trolley Run 4 Mile Run/Walk

75th & Wornall, Kansas City MO

7:45AM

Contact: 816-841-2284 x 2017

May 5

Prairie Fire Spring Hald Marathon, 5k, Fun Run/Walk, Kids Mile

7:30AM

Wichita Hyatt Hotel, Wichita KS

Contact: 316-265-6236

May 5

Heart & Sole Classic 10k and 5k

8AM

Johnson County Courthouse Square, Santa

Fe & Cherry, Olathe KS

Contact: Gwen Boone, 913-856-4853

May 11

Scout Strong Challenge 1/2 Marathon & 5k

7:30AM

Sporting Park, Kansas City KS

Contact: 816-942-9333

May 25

Spring Burn 15k & 5k Run/Walk

8AM

Fellowship Bible Church, 10th & Urish,

Topeka KS

Contact: Kyle Brown, 785-640-6231

June 1

Journey for Jo

Washburn University, Topeka KS

8:30AM

Contact: Kate or Julia, 913-706-3213

Anyone wanting to receive Thursday Striders', please e-mail Lana Best at runlanarun@cox.net.

Some e-mails were invalid or we didn't receive that info when they joined the club. This will help in updating our records and getting correct e-mail addresses.

Thanks, Lana

WEEKLY RUNS

Sat.— 7:00 AM -To be announced that morning (see below).

Sun.— 7:30 AM - Northeast corner of 10th & Fairlawn

Mon.— 6:15 PM - Wood Valley

Tues.— 6:00 PM - Hill Workouts

Wed.— 6:00 PM - Rebound Physical

Therapy* - 17th & Fairlawn

(*First Wed. each month run is from

Garry Gribble's Running Sports - next to Target)

Saturday schedule for routes:

We will continue to begin at 7:00 AM from Fairlawn Plaza.

1st Sat. of each month: Midtown

2nd Sat. of each month: Hills

3rd Sat. of each month: Potwin

4th Sat. of each month: South City Limits

5th Sat. (only for those months with a 5th Sat.): Indian Hills

Call for Articles:

For future editions of the Running Times, please submit any articles or pictures to Becky Arensdorf at becky@petersonpublications.com. You can send them as a Word document attached to an e-mail, or in the body of the e-mail itself.

Submissions can be articles from Striders about events they have participated in, personal essays about running and exercise, or articles from sources that you think the group would enjoy (please cite where you pulled the information from so that it can be properly credited). You are only limited by your creativity!

For more information on these races and others, visit: sunflowerstriders.org/events/races

Sunflower Striders Running Club

P.O. Box 67054
Topeka, KS 66667

E-mail: striders@sunflowerstriders.org

STRIDERS MEMBERSHIP APPLICATION

- New Individual (\$20/yr)
 Renewal Family (\$25/yr)

Name: _____ Birthday: _____

Male Female

Address: _____ City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____ E-mail: _____

Family Membership Names and Birthdays:

_____ 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 of 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

P.O. Box 67054

Topeka, KS 66667