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## PRESIDENT'S PEN By Brad Rhoden

Besides a resounding success, the best way to describe the 30<sup>th</sup> annual Topeka to Auburn ½ Marathon would be that it was the year of challenges. Or maybe the chance to turn challenges into opportunities is more appropriate. More on that later as I want to start off with the numbers, which are good indicators of how successful the race was.

Providing club members and a few others 50% off on registration on Labor Day got the ball rolling and registrations stayed strong and well ahead of pace during the fall. As expected, registration slowed around Christmas, but picked up again right after the first of the year and two weeks before race day we topped total registration for 2011, which had been an all-time high. The rush to beat the early deadline continued and then, after that date passed, registrations were expected to slow. But no, entries kept coming in as we received well over 100 more over the last week through race day.

The 2011 race set records with 358 entrants and 337 finishers after year after year of right around 300 entrants and 275-280 finishers. We planned and hoped for another 10% to 15% increase again this year. Final numbers of 553 entries and 315 finishers for 2012 are well over 50% increases. Along with those increases some nice new trends developed this year. Several more younger runners entered than ever before and for the first time I know of, those younger than 40 outnumbered masters runners, 51% to 49%. Another welcome development was an increase among female participants with that breakdown being 44% to 56%, as we normally experience less than 40% entries among girls and women. Even with the course being longer this year, 21 runners made Kansas ½ marathon honor roll times for their age groups, which more than doubled the 10 honor roll times recorded last year and highlights the quality of Topeka to Auburn entrants.

We did have time to prepare for the first challenge to arise, as the Topeka Police Department advised us in December that largely because of lack of manpower from their unit, we would need to have a volunteer stationed at every street that intersected the course within the city. So, we were responsible for coming up with an additional 24 volunteers besides the 10 locations we normally have course marshals stationed along the first 4.1 miles of the course. We also were required to cone off one lane along Fairlawn for the runners and also provide barricades to block off the streets near the start for the first time. Thankfully, the Army guard came through with manpower to help cover the streets.

Next, while race information and promotion stating we would give this year's swag, hooded sweatshirts, to the first 300 entrants who finished (not first 300 finishers), it became apparent that 300 wasn't going to come close to covering early registrations. As mentioned, we were planning for an increase so we actually had 350 sweatshirts at that time and that quantity wasn't going to suffice either. So, on the original last date for placing another order, additional quantities were ordered. Before that reorder arrived, it became apparent that we still weren't going to be able to cover those entering before the early deadline. A second reorder was placed, which was going to cover early registrations and with fewer late registrations and calculating a percentage of those ending up not running, we would be fine. Entries kept coming in though and now it became a challenge to make sure everyone who registered and finished would receive a hoodie. On Tuesday before race day a third reorder was placed and received before the race. Fortunately, we were able meet the demands on race day and had a few leftover for those who waited to make sure quantities would last.

*continued on next page*

## PRESIDENT'S PEN continued...

We started giving finishers medals several years ago, which has become standard for longer races and is a reason some run races like ours. Again, planning for a sizeable increase and not a huge one, we were going to be short. A reorder on medals was not an option, as the vendor is not close by and the timeframe is not as fast as the sweatshirts. I remembered that I was given some leftover medals from another race some time back and coupling those with some leftovers from the Rescue Run (thanks, Tony) we were able to acquire enough medals. We still needed to replace the logos on those medals with our race logo, but were able to get that done by race day.

Then, Thursday afternoon we found out that for the first time in the race's history, there was a funeral scheduled for Saturday afternoon at the Presbyterian Church in Auburn, which is where the race has finished during most of its 30 years. The Auburn Chief of Police was in attendance when we met with Topeka Police and the Sheriff Dept. back in December. I contacted Chief Rees in Auburn to find out what our options were, since finishing near the Presbyterian Church as well as using their parking lot was out of the question. Because of residences and traffic, there was only one location in Auburn that could serve as the finish. Not wanting to alter the course any more than necessary meant our 13.1094 mile race would either be a little short or a little long. A certified course can be longer, but not shorter than the actual distance, so our half marathon this year was approximately 13.25 miles. Those who attained honor roll times this year certainly earned them. The course is up for re-certification for next year, so there's a good chance it will be adjusted to make this year's location the permanent finish.

A good number of runners utilize the busing service from Auburn before the race so they can leave a vehicle in Auburn for after the race. The growing number of entrants meant a growing number of bus riders. That meant that we had to increase from 2 buses to 3 buses, then finally to 4 buses making two trips apiece this year to accommodate everyone. As you can imagine, nearly 300 bus riders meant

parking would be at a premium in Auburn. Luckily, the change in finish location allowed for an additional parking location close to that area to become available.

All these challenges, which seemed somewhat daunting at the time, can now be viewed as opportunities. I think we were able to make the most of our opportunities. Special appreciation goes out to all who ran, volunteered, did both, or helped in any way to showcase our race and club.

Racing passport rewards for 2011 were handed out to club members at the Topeka to Auburn awards ceremony. Those who raced and/or volunteered 50 miles at local events last year received gloves with club logo; those who attained 75 miles also received a nifty license plate frame and a \$50 Gribble's gift certificate was added for 100 mile participants.

We are running this same promotion for 2012, so those with active memberships on January 21<sup>st</sup> who ran or volunteered have a good start on mileage for this year. Passports can be picked up at any local race and it's the participants responsibility to have his/her passport stamped at each race or club event.

Offering a discounted entry fee for club members and an opportunity to bundle membership along with race entry garnered several new members for 2012. I would like to take this opportunity to welcome all of you as well as to also welcome several others who joined the Striders the latter part of 2011. Our club is flourishing now, with well over 200 members. That number includes some who were dues paid members through 2011, but haven't committed for 2012. If you are uncertain of your status, please check with a board member, as we would certainly like everyone to keep enjoying the benefits of belonging to the Sunflower Striders.

Stride on,  
Brad



30th ANNUAL

TOPEKA to AUBURN  
HALF-MARATHON

2 0 1 2



Pre-race inside Fairlawn Mall



2012 Topeka to Auburn Half Marathon

Getting pumped for Topeka to Auburn!



First Female winner, Ann Parthemore

2012 Topeka to Auburn Half Marathon



Leading the pack up Urish Hill



2012 Topeka to Auburn Half Marathon

Some of our MANY amazing volunteers!



# STRIDERS SPOTLIGHT:

## Michelle Andrew

by Robert Downing Jr.

I have known Michelle Andrew for a short time and I finally had the courage to ask her if I could warm down with her at Amy Thompson run in KC in 2011. I found out she was a lot like me; someone who loves to run and loves to race. So here is her story told by her:

I am 39 years old (40 in February) and live in Topeka with my husband and our two children. We moved here in September 2007 from Plainfield, IL. I am originally from Kansas City, MO. I have a retail banking history but have worked for the Department of Revenue for the last three years.

I started running 30 years ago when I was nine. My father, Peter Stauffacher, is the one who got me started. We lived in Kansas City and I can still recall going out for runs with him in the neighborhood. He gave me my first medal. It was one he won at a local KC race. I was so impressed with it. The next race available I ran as well and won my own. I was hooked from that point on! I have been running 5k's and 10k's ever since.

My family moved to Excelsior Springs, MO when I was 11. I actually have a newspaper clipping from the Excelsior Springs Fishing River Festival 5k Run that shows me and Ridge Shannon racing to the finish. I ran track all four years of high school (St. Teresa's Academy and Excelsior Springs HS) and cross country my junior and senior year (ESHS). The highlights of my high school running career were finishing as the first senior (10th) at the MO 4A State Cross Country meet in Jefferson City, MO and 9th in the 1 mile at the MO 4A State Track meet, both my senior year. I also am very proud of competing at the Warrensburg, MO relay meet. I was on the 4 mile relay team and also a medley relay where I ran the anchor 1 mile leg. I ran both 1 mile events in 5:26 and led the 4 mile relay team to a 1st place finish after receiving the baton in last place. It was very exciting!

I attended college at the College of St. Benedict/St. John's University in St. Joseph, MN. St. Ben's is a Division III school so there were no athletic scholarships. After suffering a stress fracture in my left foot during my freshman year cross country season, I competed in the 5k and 10k for the track team. I ran cross country and track each season following the four years I was there. I ran a 19:01 5k on the track and a 40:01 10k on the track but was never able to break either milestone during my college running days.

After college, I took 15 months off to let my shin splints heal correctly. I learned a lot during that time, most importantly I learned a lot about how my body reacts to overtraining. I learned that when my feet start to hurt I need new shoes and also that I am not a 7 day a week runner. I perform better with less running.

I ran my first marathon at the Kansas City Marathon in October 1996. I had run one 20 mile run in the pouring rain for my long run. Boy was I in for a surprise. My dad was running it too, so my mom and my boyfriend (now husband) came to watch. They saw me about three times on the course. I ran well until mile 23 when people started passing me in droves. I was even passed by a person dressed as a Holstein! I kept going and going and going and adrenaline took over as I ran to the finish. I finished with 1 minute 55 seconds to spare. I had qualified for the Boston Marathon, running 3:38:05. I was ecstatic!!! Somehow I managed to stay ahead of my dad but not by much. I don't think I beat him by much more than 30 seconds. My dad had made an offer to me and all of my siblings years before that if ever any one of us (5 in all) qualified for Boston, he would pay our way. So...we went to Boston the following April. It was an experience I'll not soon forget and one I intend to experience again. I had an awful race and horrid time but the feeling is one I'll never forget. I felt like a celebrity! The endless people, lining the course every step of the way from the start to the finish all cheering for me! It was incredible and I get chills and teary-eyed each time I remember it. I've qualified to go back to Boston five times since but haven't gone back yet. I will.

I have run 8 marathons (KC Oct 1996, Boston April 1997, Twin Cities Oct 1997, Marine Corps Oct 2006, Lawrence April 2010, Dallas Dec 2010, Abilene April 2011, and Lincoln May 2011). Between Twin Cities and the Marine Corps marathons I got married to a Marine and lived in Okinawa, Japan and Cherry Point, NC. He got out in 2002 and accepted a job in Federal Law Enforcement which took us to Plainfield, IL (40 miles SW of Chicago) until 2007 when we moved to Topeka. After moving to Topeka I found the Striders and quickly remembered how great it is to have people to train with. I had been running solo for so many years I forgot what it was like to have someone to talk to during a run. It certainly makes the miles go by faster. I do have to say though, there's nothing like a nice long run by yourself to clear your head.

All the marathons have been memorable, each in their own way but the Kansas Marathon in Lawrence will always stand out because I was the first female to finish and I ran a PR of 3:26:36. Since then, I've been working hard to learn the best way to train, hydrate and eat during a marathon. Abilene was also memorable because I managed to eek out a 3rd place finish, good enough to win some cash. That's always memorable! :)

I don't know that I have a favorite distance. I like them all! 5k, 8k, 10k, 15k, marathon...I even like getting on the track for a 3000m each summer and running a cross country race from time to time. Right now I'd have to say the 5k and the marathon. Quite a wide spectrum I know, but the 5k is due to finally breaking the 19 minute barrier. I did that December 11, 2011 at the Jingle Bell Run for Arthritis in Lenexa, KS. I ran 18:51 and am so proud to have finally beaten that seemingly impossible time. I have been chasing it since college. My favorite 1/2 marathon is Hospital Hill by far. I've been running it since I was a teenager; when there was a 12k and the half rather than the distances there are today. I remember finishing in the top 10 a few times and getting close to breaking 1:30 but have yet to do it on that course. My goal this year is to just that. Hopefully I'm not jinxing myself by saying it out loud. Coming up, my husband and I are travelling to Houston for the marathon January 15th. The day before we are watching the men's and women's Marathon Olympic Trials race. I am very excited about that! It will be amazing to be in the company of such elite runners.

If I'm not running, I love to be outside doing anything... walking, biking, playing with the kids, basking in the sun, swimming, napping, reading, the list goes on. I also enjoy playing the piano, coloring, crocheting, watching sports on TV (college and professional), going to the movies, watching our daughter catch bugs, watching our son play video games, going to Royals and Chiefs games, hanging out with friends, doing puzzles or of course, planning the next race I'm going to run.

The future...well, I think I've finally gotten my body back in balance. I struggled with low iron levels for a while and after running two marathons in three weeks last Spring I think I wore myself down. I struggled with my races all summer long and finally gave in to the doctor's advice and started taking Iron. It has made a big difference and I credit my sub 19 minute 5k to it along with a lot of hard work and speed workouts. I'm hopeful to break 40 minutes for the 10k and will be ecstatic to break 3:20 in the marathon. I believe I have time to accomplish both before I hang up my shoes. I plan to keep on running for a long, long time. ■

## FINAL REMINDER!

Membership Dues for 2012 are due now. Any memberships not renewed by February 15th will be removed from all future mailings and emails.

If you have any questions regarding your membership status please email Mary Anne Durrall at [mrabusic@yahoo.com](mailto:mrabusic@yahoo.com).

Thank you!

## Save the Date

### Sunflower Striders Spring Family Fun Run & Picnic

Wednesday, March 28, 2012  
6 PM  
Kansas Museum of History

Watch our website or  
Facebook for details

[www.sunflowerstriders.org](http://www.sunflowerstriders.org)



# 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](mailto:runlanarun@cox.net).*

## Sunrise at Old Tucson 4 Mile Trail Run 01/29/12

Doug Stacken 31:16  
Kathy Stacken 44:29

## TLC Groundhog 5 K 01/29/12

Rosemary Wilkerson 26:46  
David Schock 26:46 3<sup>rd</sup> age

## TLC Groundhog 10 K 01/29/12

Michelle Andrew 44:20 2<sup>nd</sup> age  
Justin Chockley 43:28  
Joell Chockley 56:33  
Frank Weinhold 1:01:13

## Topeka Polar Bear Plunge 01/28/12

Christina Reichert 21:53  
Rosemary Wilkerson 22:29 1<sup>st</sup> M-OAF PR  
Brenda Curl 25:12 1<sup>st</sup> age  
Marley Baum 23:59  
Ethyl Edwards 32:51

## Topeka to Auburn Half Marathon 01/21/2012

Michelle Andrew 1:38:02 2<sup>nd</sup> OAF  
Jaclyn Long 1:38:43  
Emily Wagemaker 1:43:42 2<sup>nd</sup> age  
Shannon Gosser 2:09:45  
Mallory Smith 4:18:01  
Haley Davee 2:08:26  
Rebecca Arensdorf 1:50:43  
Brenda Ackerly 2:44:44  
Rachel Peck 1:52:33 4<sup>th</sup> age  
Christina Reichert 1:56:06 5<sup>th</sup> age  
Amy Manrose 2:02:01  
Amanda Kiefer 2:25:37  
Lezlee Jones 1:41:36 1<sup>st</sup> age  
Leslie Curley 1:53:13 5<sup>th</sup> age  
Lisa Regnier 1:55:45  
Traci Dultmeier 1:58:02  
Rosemary Wilkerson 2:02:43  
Rachelle Bartel 2:06:07  
Joell Chockley 2:06:26  
Sophia Wharton 2:31:21  
Tracy Wagner 2:36:42  
Laura Lawler 3:10:10  
Jill McCartney 1:50:41 2<sup>nd</sup> age  
Mary Anne Durall 1:50:58 3<sup>rd</sup> age  
Kelly Tosh 1:51:43  
Vicki Vossler 2:03:44  
Marcia Henderson 2:06:26  
Angela Roberson 2:21:26  
Susan Gunnerson 2:25:46  
Saskia Jacobse 3:00:01  
Karen Farron 3:05:05  
Cheryl Haefele 2:11:04  
Marla Rhoden 1:49:42 1<sup>st</sup> age  
Sharon Wenger 2:26:34  
Lesa Roberts 2:31:11  
Donna Romans 2:18:54  
Liatris Studer 2:50:22  
Clare Phillips 3:22:24  
Jordan Blume 1:37:06 5<sup>th</sup> age  
Sterling Johnson 1:46:48  
Ryan Hahn 1:21:40 1<sup>st</sup> age & 4<sup>th</sup> OA  
Justin Chockley 1:41:30  
Joshua Watson 1:42:48  
Justin Gordan 1:49:34 1<sup>st</sup> Half  
Tim Nussbaum 1:50:20  
Juvenal Espinosa 1:42:16  
Dan McCollum 1:43:05  
Greg Gaul 1:43:31

Bryan Jobo 1:47:22  
Jon Diddle 1:51:03  
Kevin LeMasters 1:31:50 3<sup>rd</sup> age  
Sergio Baez 1:32:03 4<sup>th</sup> age  
Tim Willingham 1:36:46  
Rob Downing 1:43:44  
Myron Unruh 1:45:33  
Les Wilkerson 1:47:26  
Steven Buckley 2:09:05  
Shawn Beach 2:11:56  
Donnie Palmer 2:13:18  
Tom Lemon 2:15:25  
Scott Cook 1:51:44  
Hunter Munns 1:53:11  
Ed West 1:53:37  
Tim Collins 1:54:57  
Curtis Sneden 1:56:11  
Kevin Kulm 2:05:36  
Neal Farron 1:38:19  
Tony Estes 1:41:20  
Paul Wagner 1:44:48  
Mitchell Ummel 1:56:04  
Brad Rhoden 1:37:52 2<sup>nd</sup> age  
Bob Wenger 2:01:00  
Kevin Brown 2:05:38  
Joe Wagenblast 1:39:47 1<sup>st</sup> age  
Ken Tillery 2:04:11  
David Schock 2:22:40  
Frank Weinhold 2:34:54 1<sup>st</sup> age

## Battle of the Bean 5 K, Leawood 01/15/12

James Davis 22:27 3<sup>rd</sup> age & 47<sup>th</sup>  
OA

## Chevron Houston Marathon 01/15/12

Michelle Andrew 3:26:30

## Walt Disney World Marathon 01/08/12

Kyle Seiwert 4:45:01 1<sup>st</sup> Marathon

## Mississippi Blues Marathon 01/07/12

Brad Rhoden 3:21:31 1<sup>st</sup> Grandmaster  
Marla Rhoden 3:39:46 2<sup>nd</sup> Masters

## New Year's Double 5K 01/01/12

Ed West 33:20 127/288

## New Year's Day Double 13.1 12/31/11

Ed West 1:53:15 45/414

## Jingle Bell Run for Arthritis 5 K 12/11/11

Michelle Andrew 18:51 2<sup>nd</sup> OAF & 1<sup>st</sup> Age PR

## Mangrove Half Marathon Cape Coral, Fla. 12/11/11

Doug Stacken 1:46:50 4<sup>th</sup> age ( 1<sup>st</sup> race in a year)  
Kathy Stacken 2:21:09

## Tucson Half Marathon 12/11/11

Lana Best 2:37:29

## California International Marathon 12/04/11

Kevin Lemasters 3:07:51 PR, 506<sup>th</sup> OA

## Dallas White Rock Marathon 12/04/11

Mark Fisher 4:21

## Las Vegas Rock N Roll Half Marathon 12/04/11

Angela Roberson 2:19:34

## Girls on the Run 5 K 12/03/11

Jamie Hornbaker 37:31  
Tracy Wagner 37:40

## Holton Gobble Wobble 5 Mile Run 11/26/11

Brenda Curl 48:35 1<sup>st</sup> OAF

## Miracle on Kansas Ave 5 K 11/26/11

Justin Chockley 20:06 1<sup>st</sup> age  
Vicki Vossler 24:37 1<sup>st</sup> age  
Rosemary Wilkerson 25:06  
Joell Chockley 26:44  
Brenda Curl 27:58  
David Schock 28:54 2<sup>nd</sup> age  
Danny Curl 31:29

## Thanksgiving Day Run 5K 11/24/11

Ed West 23:31 152/964

## Gobbler Grind Marathon 11/20/11

Jon Diddle 4:02:18

## Gobbler Grind 13.1 11/20/11

Ed West 2:07:32 666/1201

## Ironman Arizona 11/20/11

Mark Allen 11:17:54

## Pilgrim Pacer 13.1 11/12/11

Ed West 1:57:33 102/302  
Kevin Lemasters 1:31:59 1<sup>st</sup> Masters & 8<sup>th</sup> OA  
Jon Diddle 1:47:50

## Bert Nash Dash 10 K 10/09/11

Ed West 56:21 67/141

## Run For a Reason 5K 10/08/11

Ed West 24:53 16/114

## Race Against Breast Cancer 5 K 10/01/11

Ed West 25:22 153/740

# Topeka to Auburn Half-Marathon Turns 30!

By Claire Phillips

*What was I doing 30 years ago?* I lived in South Georgia and for exercise I walked one-mile laps at the Valdosta State College track—with a baby in the stroller (now my marathon cohort) and a six-year-old (now our cheerleader, par excellence). That year I ran my first race, the Valdosta Heart Run 5000 meters, and to my surprise won 1<sup>st</sup> place in my age group. The college students were weakening at about mile two after a fast paced start. Some of the girls were riding on the backs of their boyfriends. I felt stronger and picked up speed at mile two. My husband said it was the classic story of the tortoise and the hare. Remember in the fable that the tortoise won the race!

Jim Edwards, in response to my question—*What were you doing 30 years ago?*—said he was running a new race in Topeka that started at Crestview Community Center. About 100 people joined him. He said the weather was cold and miserable. To make matters worse, his so-called friend, the founder of the race, described the course as “pretty flat.” He seriously questioned that description not far into the race! The course finished in Auburn and he became one of the finishers of the inaugural Topeka to Auburn Half-Marathon.

Jim learned about the race from John Reinhart, a local runner who put out a statewide newsletter called “Run Kansas.” He and his wife, Beth, provided race results and race entry forms for area races. He advertised the inaugural race in his newsletter and that was Jim’s introduction to the new race. Jim stated there were more gravel roads on the course at that time. For instance, Fairlawn was a dirt road starting at French Middle School. The finish line was tantalizing as it could be seen as you entered Auburn, but the course required that you circle the town before you got to finish.

John Reinhart was gracious enough to return my call to his home in Virginia and answer my question: *What were you doing 30 years ago?* He was, of course, organizing and directing the first Topeka to Auburn Half-Marathon. The idea came from the venerable track coach of 41 years at Topeka West—Joe Schrag. Every summer Joe had a race from Auburn to Topeka and about 12 people competed. John ran it a couple of times and had the idea that this might work if you turn it around and run it in the winter. He stated that in the first three races, there was a chili feed. The Striders would bring chili and lots of good food. I asked if there was bad weather that he could remember. He said there never was horrible weather (he served as director about eight years), but there were problems with mud because of fewer paved roads. He never thought it would become a race that would endure 30 years. He said it was

lots of fun—challenging, but the support of the running community has been incredible over the years. He thinks the negatives of the race are the very reasons that make it popular. I asked John if he indeed had told Jim the course was pretty flat and he said he did!

I asked Brad Rhoden—*What were you doing 30 years ago?*—and he said he was not running. He lived in St. Joseph, worked retail, and was excited about the upcoming birth of his daughter that June. This year was Brad’s 21<sup>st</sup> consecutive year to run Topeka to Auburn. Only Marla has run the race as many or more times, but he doesn’t think she knows exactly how many. He emphasized the he has been able to run the race because of the great volunteer support as well as the dedication of the Board preparing and taking care of details. They start months before race day.

This is my last race in the 60-to-64 age group. There’s no better way to celebrate my 65<sup>th</sup> birthday than to have just completed a half-marathon. Highlights of the race for me this year were: great running weather, a record turnout (553 entrants), large numbers of law enforcement personnel along the course, enthusiastic volunteers who appeared to be enjoying themselves (and it was a cold job), the Running Free volunteers at mile 10 whose enthusiasm was a powerful boost, a delicious pancake feed with plenty of food for late finishers, and the finisher’s hooded sweatshirt. I’m looking forward to the race photos to be sent to each runner.

What are the reasons for this race’s longevity and growth, especially in the last two years? Brad offered some of his ideas—that the ½ marathon distance is the fastest growing distance right now, there was more promotion this year, being the first MARA event of the year, and that our race provides much more for \$40 than what other races provide. John Reinhart said the race has a certain “mystique.”

I express a heartfelt thank-you to the volunteers. Thank you, Sunflower Striders, for putting on a quality event that this year brought 26 from Nebraska, a finisher from Oklahoma City, some from western Kansas, and a large group from Kansas City. We can be proud. ■

# The Doctor is In

*Dr. Michael Messmer  
Sports Medicine Physician  
St. Francis Health Center – Hunter's Ridge*

Running season is about to begin. Then again, does it ever really end? We had a successful half marathon from Topeka to Auburn, and it looks like people trained very hard for it.

Let's talk about running through pain. This is a subject near and dear to my own heart because I deal with this conflict in my own head being a runner and a sports medicine physician at the same time. I think this is a subject that most runners grapple with at least once during their careers, and I also believe there is no one protocol to follow when dealing with pain during running.

So when do we stop? When do we keep going? Those are the fundamental questions we pose to ourselves on a regular basis during training. What kind of pain is bad? When can we run through the pain? Are there certain areas on the body that we should immediately stop if we feel them?

There are certain examples that are obvious. If we are running and feel a sharp pain followed by inability to bear weight and swelling in an area after a significant injury during the run (i.e. a rolled ankle), or there is chest pain and shortness of breath during the run, this is an obvious indicator that we should stop and see our doctor or head to the emergency room. But what about the smaller, more nagging pains?

I have a general rule as a physician, which is if pain gets worse during the course of a run, stop. If pain stays the same during a run, slow down, if still present, stop. If pain goes away during a run, keep going.

This may seem pretty generic to some, and I'm sure many can think of times when this rule wouldn't have helped. But remember, it is a general guideline to use that always has exceptions.



Nagging injuries to runners can become more severe injuries if left alone or ignored. I usually tell my runners to adjust how they run when they are dealing with smaller injuries. There is no need to stop unless it violates the first part of the general rule. However, the worst thing we, as runners, can do is to not adjust our running schedule to help our injury. This can be done by simply giving more rest days during the week, using cross training more often instead of run days (i.e. biking, swimming, elliptical), decreasing speed of runs or decreasing distance of runs. If none of these help the pain, then it is time to see your physician for further help.

The last thing to talk about is the type of pain. This is a difficult part of pain to understand, and there is no solid answer to which pain is worse because people interpret pain in their own bodies differently. Once again, I turn to my general guideline, and no matter what the pain feels like, if we follow those rules, we should know when to keep going and when to stop.

I hope you all find this helpful, and I wish you all a happy running season. See you out on the trail! ■



**The Sunflower Striders are on Facebook!**  
**Become a fan today!**

# RECIPES

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## Chocolate Zucchini Bread

1 1/2 cups shredded raw zucchini (about 1/2 pound or 227 grams)  
1 cup (130 grams) all-purpose flour  
1/2 cup (45 grams) unsweetened cocoa powder, sifted (not Dutch-processed)  
1 teaspoon baking soda  
1/4 teaspoon baking powder  
1/4 teaspoon salt  
1/2 teaspoon ground cinnamon  
1/4 teaspoon ground allspice  
1/2 cup (120 ml) safflower or canola oil  
1/2 cup (100 grams) granulated white sugar  
1/2 cup (105 grams) light brown sugar  
2 large eggs  
1 teaspoon pure vanilla extract  
3/4 cup (125 grams) semi sweet chocolate chips

Preheat oven to 350 degrees F (180 degrees C) and place rack in the center of the oven. Grease (or spray with a nonstick vegetable spray) a 9 x 5 x 3 inch (23 x 13 x 8 cm) loaf pan. Set aside. Grate the zucchini, using a medium sized grater. Set aside.

In a large bowl whisk together the flour, cocoa powder, baking soda, baking powder, salt, ground cinnamon, and ground allspice. Set aside.

In the bowl of your electric mixer (or with a hand mixer), beat the oil, sugars, eggs, and vanilla extract until well blended (about 2 minutes). Fold in the grated zucchini. Add the flour mixture, beating just until combined. Then fold in the chocolate chips. Scrape the batter into the prepared pan and bake until the bread has risen and a toothpick inserted in the center comes out clean, about 55 to 65 minutes. Place on a wire rack to cool for about 10 minutes, then remove the bread from the pan and cool completely.

Makes one - 9 x 5 x 3 inch loaf.



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## Fruit & Pecan Granola Bars

*Makes 16 bars*

1 large egg  
1 large egg white  
1 cup light brown sugar  
1 tablespoon canola oil  
1 teaspoon ground cinnamon  
1/4 teaspoon salt  
1 teaspoon vanilla extract  
1 1/2 cups toasted oats  
2/3 cup chopped dried cranberries or golden raisins  
1/4 cup chopped pecans  
1 tablespoon all-purpose flour

1. Preheat oven to 325°F. Line an 8-by-11-inch pan with foil. Coat with cooking spray.

2. Whisk egg, egg white, sugar, oil, cinnamon, salt and vanilla in a large bowl. Stir in oats, cranberries (or raisins), pecans and flour. Spread in prepared pan.

3. Bake until golden brown, 30 to 35 minutes. Cool; cut into bars with a lightly oiled knife.

# Topeka City Street Runners

**Tired of the same old route, *check this out!!!***

Every wondered how many miles you can run within one square city mile? Some have guessed 7 – 12 miles while others think maybe 15 miles. Well I can honestly say it is over 20 miles depending on the particular square mile you choose. Recently Ralph Howard and I decided to embark upon a running adventure that Ralph has secretly been dreaming about for years! We are attempting to run every street in Topeka. Now you might be tempted to think one of two things: (1) What kind of a crazy (or stupid) idea is that! or (2) That's no big deal - there aren't that many miles of streets in Topeka. Well, thought (1) may be a whole lot closer to the truth than (2). Whichever is closer to the truth, we decided we were getting tired of running the same old routes every day so this would give us a chance to do something a little different. And it is different - and lots of fun! We procured a city map and have been running street after street and then marking them with a red sharpie after the run. It is awesome to see how much of that map is now red after only a few months.

Since we are training for the Melbourne Marathon in Florida in early February, we decided to do our last long run in the square mile between 21st & 29th and California and Adams. We started by running South from 21st to 29th and then running one block over and back North and so on and so forth until we needed to change to East West streets. I can say for sure (well according to Ralph's trusty GPS system) that we got over 20 miles in and did not complete every single street in that square mile. Granted, you sometimes have to repeat the same section of street or run up a dead-end street and back a few times, but there are still plenty of miles in each small section. So, if anyone ever asks, you CAN run a twenty miler all within a square mile!!

This little venture has put a whole new spin on running for us. I admit I have run places that I would never have considered before and would never run alone in. However, having said that we have had some of the most interesting runs doing this and seen things that we would have missed had we stuck to the same old, same old outlook. There are no sidewalks on some busy streets (like 17th) as well as no shoulders, so sometimes you end up running through



peoples yards', but these are the kinds of things that help make it fun.

So if you are looking to shake up your running for the 2012 year, consider the good old City Map. We are thoroughly enjoying it and have learned about places that we would have missed had we not been pounding the pavement in new areas of our beloved Topeka. It seems to have energized us and put some fun and excitement back into our runs. So if you feel like trying something different to make some of your runs more interesting and fun, you might want to give it a try. We can even start you off with a brand new city street map! ■

*Written By Ralph Howard & Susan Hageman, the "Topeka City Street Runners"*

# KANSAS: Not as Flat as You Think

*By Jennifer Kongs*

Despite growing up in Topeka, I knew nothing of its infamous half marathon held every winter until after I'd moved to Lawrence. I ran cross country in high school, and always considered myself more or less a runner. I was, however, the type of runner who considered running 13.1 miles a form of self-inflicted torture, and the people who chose to do so during one of the coldest months of year over a seemingly endless array of steep, rolling hills clinically insane. I guess that means 2012 will go down in the books as the year I lost my mind.

It was during my senior year of college that I became interested in running again. I also started dating an athletic guy, Tyler, who had raced and biked for years and pushed me to keep up with him.

I still remember one of the first times I met my boyfriend's parents, who live in Topeka and run with the local running club known as the Topeka Striders. His mom, Elaine, had just finished running a half marathon, and needless to say I was impressed. (After the next couple of times I spent time with his family when she had also finished races, I became more intimidated than impressed...and I guess a little inspired.)

Shortly after, I got hooked up with a group of ladies, appropriately named Team Badass for running several days a week at 5:15 AM — inclement weather and seasonality be damned. It was only a year ago that I ran my first 10-mile run ever with these ladies, and thus began my addiction (and my slow loss of mental acuity).

One thing led to the next, and it wasn't too long after that run that I decided to sign up for my own half marathon, joining the ranks of those runners I'd always thought of as slightly deranged masochists. Fast forward through a great first half marathon experience; a summer groin injury; and a comeback complete with a couple of small, local 5K wins, and I was ready to take on my hometown challenge: the feared and famed Topeka to Auburn Half Marathon.

The race has many stories from its 30-year history. The hilly course is a challenge for any runner, and it definitely defies the notion that Kansas is as flat as a pancake. My boyfriend's dad, Larry, is one of few who can claim this course as his PR in a long list of completed races. Some years, the four-odd miles that veer through the countryside on gravel roads have been freshly graveled in the week leading up to the race. I've been told it is a condition that simulates running in slippery sand — just uphill, again and again. Then, of course, are the years the race is run on ice-covered roads, making the declines perhaps more vicious than the preceding climbs. It has been run in snow, freezing rain, and unseasonably warm weather accompanied by

straight-line, southerly headwinds blowing the runners back toward the starting line. Even now, I still think it takes a special kind of nut job to do this for a good time at 11 on a wintry Saturday morning.

The 30th Anniversary Topeka to Auburn Half Marathon was set for January 21, 2012. I had, under the recommendation of those experienced with the course, made as many runs as possible — especially my long runs — heavy on the hills. Two weeks out, the Topeka Striders running club hosted a course trial run, and I decided it would be a good idea to see what I was getting myself into.

I got hooked up during the run with Dr. Paul, a friend of Tyler's parents, and as we ran through the course he gave me the low-down on the strategy he'd devised from his several completions of the race in years prior. The course is known for being hilly, but what I didn't know before the trial run was that the bulk of the hills are located in miles 9 through 12. (I guess the course designers wanted to save the best for last, so to speak.) That's not to say the rest of the course is flat, the entire route is based on the runners' ability to incline well, and then hang on while coming down the other side. The largest climb, referred to as The Urish Hill as though it were a thing of legend, is particularly troublesome for how long you can see it extending into the distance from the base. As Dr. Paul pointed out, right around this hill you reach the halfway point, and the only two consistently flattish miles of the entire course. I was advised to save most of my energy until cresting The Urish Hill, then to let it out and start picking off the more foolhardy runners who had run out of steam. You know, just in time for rolling hills of gravel roads. (Again, saving the best for last.)

The weather outlook in the days leading up to the race went up and down in a manner that mimicked the course's topography. One day, it was predicted Saturday would be a sunny, 55-degree Fahrenheit anomaly with a light, southerly breeze. In true runner form, I cursed the south breeze, as the course is laid out as a one-way, heading out of Topeka to the south and west to reach Auburn. A head wind for 13 miles is not what I was hoping for. The weather forecast later predicted a 24-degree day with an easterly wind. Not too bad, but with the associated wind chill of 13 degrees, it could be a little cool for my taste. I cursed the cold weather just as vehemently as I had previously cursed the warm, south wind.

In the end, I showed up to an overcast starting line, with a decent ESE wind and a somewhat chilly 27 degrees. Once I started warming up, the cold seemed to disappear. I had decided I would PR on this course a while back, after

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feeling really strong on the trial course run and completing a few speedy temp workouts. I wanted to hit close to 1:30:00, and I wasn't going to let a few measly hills and cold winter wind get in my way. Oddly enough, as all 500-plus competitors lined up to start, I heard someone say, "I don't even have a time goal for this course. It's a major PR killer!" Before I could really give that much thought, I was spurred forward by, "Runners, get set, go!"

One part of running a hometown event that is a definite bonus: the fans along the sidelines. My mom sent me off at the starting line. A family friend whooped my name out at mile 2. Dr. Paul found me and we ran together a ways. My boyfriend walked out at the first drink station at the 4-mile mark, and handed me some water. "There's like 9 girls in front of you Kongs, pick it up!" he said, lovingly. My grandparents cheered me on at the roundabout at mile 5. It was at The Urish Hill that I started moving up. My mom, LeeAnne, cheered me on, standing at the bottom of the hill, right where I'd asked her to be. The course photographer stood at the top of that hill, snapping photos. I was still feeling good, so I lifted my arms and let out a whoop before heading down the other side.

Several miles down the road, Tyler held out a gel pack. His mom cheered, "You got this girl!" As the lady at the next water station handed me my yellow Gatorade cup, she said, "Water, Gatorade, motivation, we got what you need." I almost asked if she had two new legs for me to borrow, just for a few miles.

The hilly gravel still stretched for 2 miles ahead of me, and I could tell I wasn't going to hit my time goal, but I could still PR over my previous half marathon finishing time if I kept on at the same pace. I passed a few more runners, one walking and grabbing his hamstrings in pain, as I surged up those hills, recalling somewhat fondly my training. As I came down the crest of the final peak before the final mile, a man on a bicycle rode by, calling out to me, "Number 68, fifth female." That was all I needed to keep moving over the last, cruel inclines at a slightly enhanced speed. I didn't want to fall out of the top five! My mom, joined by my little brother, encouraged me as I turned westward onto pavement.

I had been informed by Dr. Paul earlier that the race's finish line had been moved to accommodate for a funeral at the church where the line originally had been painted. As I came around the first bend, then another, and then the final bend down to the new finishing line, I realized that extra .15 mile was no joke. I crossed the line at 1:40:44. Not the time I was hoping for, but still my PR on the PR-killer course, and still good enough to be Top Finisher for my age division. And definitely still good enough to have me planning on coming back for the 31st anniversary run, warming up in this year's hooded sweatshirt that proudly reads, "Finisher." ■

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## Benefits of Base Training

Top coaches and experienced runners know that you simply can't train the same way all the time and hope to reach your best results. Instead, you'll run better and reach higher levels by building your training through a series of phases, with each phase building on the previous one.

The goal of base training is to gradually build your aerobic fitness and muscular strength to the point where you are ready for the more difficult, race-oriented training.

### 4 Benefits of Base Training

Base training has a number of beneficial effects on the body and these benefits generally stay with you for a relatively long period of time. Here are some of the changes brought about by base training:

1. It improves your ability to process oxygen. Endurance sports are dominated by those who can take in and utilize oxygen most effectively. Done properly, base training increases the number and size of the mitochondria in your muscle fibers and allows your muscles to use the oxygen your lungs are bringing in.

2. It increases muscular strength. Base training is relatively easy on your body and does a good job of building functional strength in your running muscles. This helps them prepare for the rigors of the faster, more race oriented training that follows the base building period.

3. Physical and mental regeneration. Hard, race oriented training is tough to do all year round. Attempting to do so often leads to injury and burnout. Taking a couple of months to build a proper base gives you a chance to emphasize gentler, more enjoyable training that builds your physical and mental energy reserves, rather than depleting them.

4. Improved ability to handle and adapt to more specific training. Running with a strong foundation of aerobic training can safely handle and adapt to a larger volume of race-specific training. The better your base, the more you seem to get out of the hard workouts that come later. ■

# UPCOMING RACES

March 3

## **Mrs. Robinson's Romp 5k/10k**

Wyandotte Co. Lake Park, Kansas City KS

9:00 AM

Contact: Ben Holmes, 816-810-0440

March 10

## **Shawnee Heights High School Track Club 5k Run and 1 mile Run/Walk**

SHHS Stadium, 4201 SE Shawnee

Heights Rd., Tecumseh KS

9:00 AM

Contact: Jodi Hauschild, 785-232-6862

March 17

## **St. Patrick's Day Road Races - 2 mile and 10K**

Aggieville, Manhattan KS

10:00 AM, 10:45 AM

Contact: Pat Melgares, melgares@

LetsGoRun.com

March 24

## **Diva Dash 5k**

Park Place Shopping Center, 117th & Nall, Overland Park KS

8:00 AM

Contact: Troy Fitzgerald, troy@

kcrunningcompany.com

March 24

## **Topeka Lions Journey for Sight 5k Run/Walk and 10k Run**

Topeka KS

8:00 AM

Contact: Irene Owen, 785-249-1913

March 31

## **Clinton Lake Damn Run 12k/5k**

Lawrence, KS

Contact: Duane Peterson, 785-832-7940

March 31

## **Fools Day 5K & 1 Mile Fun Runs**

Bill Burke Park, 1501 E. Crawford Street,

Salina KS

8:00 AM

April 1

## **Brew to Brew 44 Mile Relay**

Start: Boulevard Brewery, 2501 Southwest Blvd., Kansas City MO

Solo - 6:00 AM, Teams - 8:00 AM, in waves

Contact: www.brewtobrew.com

April 7

## **Run for Life 10 mile race/relay, 2 mile run/walk**

Washburn University, 1700 SW College,

Topeka KS

8:30 AM

Contact: Dave Provorse, dave.provorse@

washburn.edu

April 14

## **Rock the Parkway Half Marathon/5K,**

Kansas City MO,

Contact: Troy Fitzgerald, troy@

kcrunningcompany.com

April 15

## **Spring Migration Triathlon - 400 meter swim, 20k bike, 5k run**

Emporia State University

9:00 AM

Contact: Casey Collins, 620-704-1637

April 21

## **Garmin Marathon in the Land of Oz - Marathon, Half Marathon & 5k**

Garmin World Headquarters, 1200 E. 151st Street Olathe, KS

7:00 AM

Contact: 913-764-1050, ext. 238 or 800-921-5678

April 29

## **Johnston's Wichita Half Marathon**

Central Riverside Park, Wichita KS

7:30 AM

Contact: Clark Ensz, 316 708-0808

June 2

## **Hospital Hill - Half Marathon, 10k & 5k**

Grand Boulevard right in front of Crown Center, Kansas City MO

7:00 AM

Contact: Beth Salinger, 312-573-1737

July 21

## **Amelia Earhart 2k/8k Fun Run/Walk**

321 Commercial Street Atchison, KS

7:30 AM

Contact: Lisa Howard, 913-367-4948

Anyone wanting to receive Thursday Striders', please e-mail Lana Best at [runlanarun@cox.net](mailto: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](mailto: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](http://sunflowerstriders.org/events/races)**

# Sunflower Striders Running Club

P.O. Box 67054  
Topeka, KS 66667

E-mail: [striders@sunflowerstriders.org](mailto: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