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PRESIDENT'S PEN By Brad Rhoden

This edition of the Sunflower Striders' Running Times newsletter marks the first issue to be published electronically and accessed through our web site. One of the advantages I can think of is that photos, and we would love to include more photos in the newsletter, will be in full color on your computer screen as opposed to the customary black and white newsprint version.

The primary way to let members know that a newsletter has been published and available to be read online is through email notification. We try to gather important information about club members, such as email addresses, but realize that for a number of reasons that's not always possible. We will also use other mediums, such as Facebook to get the information out. Of course, even today, we realize that not everyone has an email account or possibly access to a computer. Therefore, we will continue to have a quantity of newsletters printed and available at Garry Gribble's as well as at area races and other events. As a reminder, we publish a newsletter during each of the six even months over the course of each year.

Following the success of the Topeka to Auburn ½ Marathon, the race committee (board), has decided profits from the 2013 race be donated to a local charity. With great support from a number of club members, as well as other volunteers, our race has been stable for a number of years. However, a bottom line in the black is never guaranteed, so we appreciate everyone's support to help make our race as efficient as possible.

With profits from our 30th race this past January we are going to have flag banners created for the mile markers along the course. These 8' to 10' banners are the feather flags that are highly visible fluttering in the Kansas breeze and are prominent advertising tools outside businesses. We also want to provide the opportunity for sponsors to be a visual part of our race by highlighting each mile banner with a business or organization's logo. There are a number of club members who are associated with a business or organization that we would like to feature as a supporter of our race. Other ways of promotion, such as logos on race material and packet stuffers will also be available to sponsors. For a one-time commitment, these banners will be utilized annually for our race and there's the possibility a number of our other local races will want to use them to highlight their mile locations.

The Striders' relay team is gearing up for a late summer date in California. This year's relay starts with a jaunt across the Golden Gate Bridge, then snakes along a 190 trek among the Redwoods and through the Napa Valley countryside to a finish at Calistoga. Unlike the last several years, this relay will not entail traversing mountain passes, but offers to be just as beautiful.

Team relays, besides testing stamina and compatibility, are a lot of fun. Possibly following in the popularity of the Brew to Brew Relay another shorter relay is coming to the area this fall. The Apple to Capital baton pass is a one-day event following the Kaw downstream from Manhattan to Topeka.

Following a busy spring racing season, there are several local races this summer before the coolness of fall sets in. Jazz in the Park 5k is a new Sunday evening event at Gage Park that features a dinner and concert post-race. Other long-standing traditional summer races include Fiesta Mexicana, Big Shunga and the Sunflower State Games' Governor's Cup and cross country race. There are two free events on July 4th that some will run as races, but are not actual races. Folks will gather in rural Wabaunsee County the evening of July 3rd, then enjoy a 4 mile run under a full moon along Skyline Road at midnight. After what could be a short night, the Lake Sherwood time predict(no watches) run begins at 7:30 Independence Day. And later this fall, runners from all over the Midwest will descent upon Topeka as the 7th annual Rescue Run will host the RRCA regional championship 5k race downtown.

Stride on,
Brad





STRIDERS SPOTLIGHT:

The Lequier Family

The family that works together, plays AND runs together!

Paul and Lisa agree that their current fitness habits began years ago growing up. “We both were active in sports in high school”, Lisa said “It didn’t particularly focus on running but our conditioning habits learned in sports laid the framework for how we exercise as adults”.

After they finished college and were married they would often run together usually a distance between 3 and 4 miles. When they were planning to start a family they were both determined to maintain a fitness regimen. After their first was born in 1996 Lisa was able to increase her distance and get out of her 3-mile cycle and she trained and ran her first 10K. She would often run with Jake in her running stroller to fit it in. “I didn’t even think about running early in the morning in those days. I would run with him after work and on weekends”. Paul would often join her and they would take turns doing speed work and pushing Jake was the break in-between sets.

With the birth of their second child, Jolie, running changed. “At this time, Paul and I didn’t run together as we didn’t up-grade to a double stroller.” To maintain their work-outs Lisa discovered the benefits of running early morning. “It was an obvious transition with 2 children, I would run early and Paul would go in the evening.” Lisa was able to increase her miles more and ran her first half-marathon in 1999. Paul changed his running to shorter distance speed work similar to the running conditioning he did for football in college. “I enjoy short, burst sprints anyway, especially in the grass.” This workout regimen was able to be maintained through the business of life with the birth of their third child Jaycie. “That was when we went from playing man-to-man, to zone defense,”



says Paul. “It was and still is tough to fit it in with work, but I do better working out in the afternoons and evenings anyway”.

As the children were old enough, they would take them out in the yard and play and run using equipment like jump ropes and orange cones. “At that time it was more play than anything but I could still get a good workout in, it helped that we had a big yard too.”

Their next transition was taking the kids to a trail and walking/running with Paul or Lisa carrying Jaycie in a back-child-carrier. Of course, we had to bring water and snacks for motivation for the kids. As the kids have gotten older and involved in sports we’ve maintained running as part of a family workout, whether it be shorter distance with sprint style races in their back yard or longer distance at one of their favorite destinations of Illiff Commons. “They know the trails pretty well, yet we always seem to weave our way through a different way each time.” said Lisa of

the kids. "The hills are tough, every time we are approaching one I hear "oh no, again?" "But, we try to motivate them each to get up the hill in strength." They usually pair up to race the hill. "My favorite part is the last hill we come to", says Jolie "we race up it as a family because we are almost to the car!"

The kids' background in running started in elementary school with PE class and the beginning of the Meadows Run Club in 2006. At that time Jake was in 4th grade and Jolie in first grade. Along with the many Meadows Run Club members, they both worked their way up to 1 mile and participated in their first race in 2006. Jaycie joined the club as a kindergartener the next year and ran her first 1 mile race with big sister Jolie and brother Jake. At this time they were able to track their distance each day they met for run club and would even "time" their mile to check progress, helping to solidify the habit of healthy running. Due to the many run club kids needing more challenge the next year the Meadows race increased to include a 2 mile event. That was Jake's first 2 mile. He followed it up with another 2 mile in the Run for Life. "I am not fast, sometimes it's really tough, but I like how good I feel when I am done." Jake said, "Then, when I was in 6th grade I ran my first 5K with my mom at the Fiesta race."

Jolie and Jaycie have also participated in the Run for Life 10 mile relay with fellow friends and run club members and the Rescue Run 5K. "The rescue run is my favorite, says Jolie, but another fun race because I ran it with my mom was the Polar Express 5K, it was a windy, chilly day and I pushed my mom to do it with me even though she had already run earlier."

Currently, they have been maintaining 1 -2 days a week of workouts together as a family. Usually that means they are at Hummer sports complex by the big grass hill, at Illiff Commons. "We'll warm-up, and then do a circuit with resistance bands, push-ups, lunges and then some speed work. We end by doing repeats up the hill," said Paul. ■

31st Annual
Topeka to Auburn
Half Marathon
January, 19, 2013

Updates:

For 2013, the Sunflower Striders Running Club board has voted to dedicate race profits to a local charity. That choice is currently being finalized.

There will be sponsorship opportunities! The club is planning to purchase feather flags to use as mile markers. Sponsors will have their logo on a flag on the course.

Please email us for more information:

striders@sunflowerstriders.org

The race will be chip timed!!

Best Day Ever!

By Joell Chockley

I'm sure there are many that would argue that there is no way possible that a Marathon race day could be the best day ever, but I'd disagree, for my first Marathon ever, it was a wonderful day and an awesome experience.

I'll start with the venue, Austin Livestrong Marathon in Austin, TX on February 19th, 2012. What a great event! We arrived from Topeka, KS expecting a warm and maybe humid Austin, instead we got off the plane to a rainy, dreary 50 degree city. The first stop was to catch a bus and be dropped off at the race Expo. Even with the large number of people wandering though all the vendor tables, it was easy to quickly pick up race packets and pace group information. I even talked to Bart Yasso, Chief Running Editor, from Runners World magazine, before he began his lecture. From there, it was a short walk to find our hotel (Historic Driskill Hotel), which wasn't hard to find since it was only one block off the Finish Line area for the race. With all the energy in town, it was hard to remember to get dinner and get settled in early for a good nights rest.

Before talking about the race itself, I think Pace Leaders are a concept worth mentioning. I think pace groups are a smart idea, especially when you're talking about a first marathon. I picked the 4:25 pace group based on some recent half marathon times and was able to stay with them until I faded in the last mile. For this marathon, the pacers did even pace as opposed to 'Smart' pace which I know some experienced marathoners prefer, but even pace did work for me on this day. Another reminder is to still keep track of your time and pace, Pace Leaders aren't perfect and even they can have a bad day.

Now to the WOW! The start of the race is huge. The Marathon and Half Marathon start together and that puts about 18,000 people crossing the start line. It took the group I was with 12 minutes to get to the start line. But, during that time I was able to talk to both pace leaders and introduce myself to several others starting with that group. The Half Marathon doesn't break off until mile 11, so at my pace, there was quite a crowd through that point (think wall to wall people across two lanes of city streets). After that, it thins out quite a bit, but you're still always surrounded by people. I was surprised at how fast the first 8 miles

went by. With 18,000 runners between the half marathon and full, the pace group seemed to just roll with the flow of people. There were moments when someone would call out another mile passing and I'd have sworn we were barely past the previous mile marker.

The half marathon point marks a big change of pace on this course. At this point, the marathon runners have just lost the stream of 2/3rds of the starters as they cut off to finish the half marathon, and it marks the point for starting into a series of uphill climbs that doesn't end until between miles 19 and 20. Interestingly enough, we also lost one of our two pace leaders at that point. The race goes on a uphill climb close to Mopac and wanders through some neighborhoods until mile 18, then the course finally turns and begins the trek back down San Jacinto to University of Texas campus and around the State Capitol to the finish line on Congress Avenue. Once we were between miles 19 and 20, I was told 'it's all downhill from here'. Of course, this isn't 'literally' true, but overall, there was much more downhill than up in the last 6 miles. I know the University of Texas campus is beautiful, but honestly, I don't remember it much, what I remember from that point is running past a guy, only to hear him say "hey, you from Kansas" as he caught back up to me. I had a Hospital Hill shirt on and he had noticed when I ran by. We ran together for a bit and talked, then he had to drop back to a walk, but I can tell you it helped me to focus on something besides my legs in that last full mile.

I did not walk, I did not stop. The last mile was brutal, but I kept reminding myself, you've made it this far and it's only a mile left...any day, you can run 1 mile. I'll never forget cresting the last short climb and





knowing it was just down the hill and around the corner to the finish line. I'll never forget the feeling of crossing the finish line, of raising my arms in victory. I'll never forget seeing my pace leader waiting for me as well as the two ladies that were with us the entire race. I'd never met these ladies before and will probably never see them again, but there

Upon getting home, I posted on Facebook my thoughts on the experience. The positive feedback from many friends is inspiration in and of itself. Getting back to work the next day, I sent out a note to many of my friends about my experience and recalled a conversation with a friend from work that is also on Facebook. He had seen my post and asked (and remember, he is a non-runner), "Did you win?" I had to think a minute and do a mental checklist. Did I finish the marathon? Yes. Did I finish in the time I wanted? Under 4:30, so yes. Did I finish and think "I could do this again?" Yes to that question too. So, after thinking, I had to say that "Yes, I did win!" ■

was a connection felt by all of us that day! The pace leader gave me the pace flag to bring home and I'll keep that as a reminder of the day.

A Call for Volunteers

Ever wanted to be in a Parade? This year the Sunflower Striders are sponsoring a "float" in the annual "Miracle on Kansas Avenue" parade. The precession follows the Rescue Run 5K down Kansas Ave. and past the thousands of spectators who gather to kick off the Holiday season the Friday after Thanksgiving.

Our theme will be to promote the 31st Annual Topeka to Auburn half marathon.

We need volunteers to design and construct a sign, decorate a vehicle and trailer and numerous walkers to hand out trinkets and candy along the route. Depending on the participation there should be room for family members (kids, grandkids) to ride along. Sounds like fun!

We would meet initially in July and schedule further times after that.

Interested members should contact Jared Durall at jadcq@aol.com. Thanks!

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.

Amy Thompson Run 8K • 05-29-12

Michelle Andrew 31:52 1st OAF PR

Andy Payne Marathon • 05-28-12

Katrina Engstrom 4:49:51 5th age

Andy Payne Half Marathon • 05-28-12

Jon Engstrom 2:16:47 4th age

Sacred Heart Brat Tot 5K • 5-26-12

Juvenal Espinosa 18:25 2nd OA
Rudy Chavez 18:30 3rd OA PR
Lezlee Jones 21:45 1st OAF
Susan Hageman 28:42 3rd age
Ralph Howard
Erin Habig 32:04 3rd age
Jennifer Habig 46:15

Five Trails Half Marathon • 05-20-12

Les Wilkerson 1:47:09
Rosemary Wilkerson 2:03:04

Fargo Marathon • 05-19-12

Michelle Andrew 3:24:30 1st age & 5th masters

Spring Burn 5K • 5-19-12

Sharon Wenger 29:55 1st Sr. Masters
Clay Lang 32:08 3rd age

Spring Burn 15K • 5-19-12

Eric Wenrich 54:11 1st OA
Juvenal Espinosa 1:00:37 3rd OA
Tim Willingham 1:03:26 4th OA & 1st age
Kevin Lemasters 1:03:45 2nd age & 5th OA
Brad Rhoden 1:06:47 1st Sr Masters
Neal Farron 1:08:54 1st age
Paul Wagner 1:09:39 2nd age
Lezlee Jones 1:11:09 2nd OAF
Jill McCartney 1:13:03 3rd OAF
Mary Anne Durall 1:13:24 1st age
Jon Didde 1:15:32 1st age
Rachel Peck 1:19:12 1st age
Bob Wenger 1:19:55 1st age
Natasha Henderson 1:22:03 1st age
Dale Channel 1:22:08 2nd age
Traci Dultmeier 1:22:44 1st age
Vicki Vossler 1:25:42 1st age
Jamie Hornbaker 1:44:04 4th age
Tanya Scott 1:44:07 4th age

Mother Day 5 K • 05-13-12

Michelle Andrew 18:49 1st OA PR

Rock On Perry 50K • 05-12-12

Sophia Wharton 6hrs & 12 min

Running with the Cows Half Marathon • 05-12-12

Mitchell Ummel 1:51
Rosemary Wilkerson 1:58:15
Brenda Curl 2:04:13
Cheryl Haefele 2:08:53
Angela Roberson 2:15:50
Sarah Larison 2:23:44
Justin Chockley 2:35:50
Joell Chockley 2:37:03

Heart and Sole 10 K • 05-06-12

Michelle Andrew 41:04 1st OAF

Kalamazoo Marathon • 05-06-12

Brad Rhoden 3:19:46 1st age & 1st masters

Miwok 100K • 05-05-12

Sophia Wharton 15 hrs & 14 min

Warrior Dash - Kansas City • 05-05-12

Adam Arensdorf 32:46
Rebecca Arensdorf 36:05

Natasha Henderson 38:31

Law Day 5 K • 05-05-12

Dale Channel 24:46 1st age
Tom Eck 25:26 2nd age
David Prager 28:30
Clay Lang 33:16
Ethel Edwards 38:56

Tree Trotter 3.5 Mile Run • 04-29-12

Justin Gordon 23:06 2nd OA

Oklahoma Marathon • 04-29-12

Kevin Lemasters 3:10:46 1st age
Lisa Regnier 4:02:46

Trolley Run 4 miles • 04-29-12

Tony Estes 23:10 2nd age
Michelle Andrew 24:03 1st age & 4th OAF PR

Myron Unruh 26:51
Monica Schrag 34:11

Run For Ronald 5K • 04-28-12

Haley Davee 26:06 1st age

Christie Clinic Marathon • 04-28-12

Paul Wagner 3:30:45
Dave Provorse 4:29:59

Toledo Marathon • 04-22-12

Mark Fisher 4:09 PR

Kansas Half Marathon • 04-22-12

Juvenal Espinosa 1:26:03 3rd age
Neal Farron 1:34:30 2nd age
Joe Wagenblast 1:35:08 1st age
Justin Chockley 1:36:31
Scott Cook 1:38:40
Michelle Andrews 1:43:27 4th age
Myron Unruh 1:44:34
Les Wilkerson 1:46:56
Mitchell Ummel 1:50:01
Marcia Henderson 1:55:21 2nd age
Rosemary Wilkerson 1:55:38
Ken Tillery 1:57:57 1st age
Joell Chockley 1:59:47
Ed West 2:07:41
Cheryl Haefele 2:09:09
Kim Wilson 2:10:08
Elaine Gill 2:12:50
Tom Lemon 2:16:51
Megan Bergquist 2:20:12
Frank Weinhold 3:52:40 2nd age

Oz Half Marathon • 04-20-12

Mitchell Phariss 1:39:20 2nd age
Jamie Didde 1:56:29
Angela Roberson 2:20:01

Oz Marathon • 04-20-12

Michelle Andrew 3:24:29 1st age & 5th OAF
Brad Rhoden 3:29:54 1st age 3:30 pace group leader
Bernard Didde 3:44:30

Farley 5 K Run • 04-20-12

Justin Gordon 21:36 1st OA
Hunter Munns 22:23 1st age & 3rd OA
Lynette Stueve 28:39 1st age
Jordan Munns 41:35

Amy Schutter Memorial Run 10K • 04-14-12

Doug Stacken 47:21 1st Masters & 4th OA
Kathy Stacken 1:04:18 3rd Masters

Rock the Parkway 5 K • 04-14-12

Kari Friedrichs 23:55 3rd age

Kevin Kulm 24:17

Rock the Parkway Half Marathon • 04-14-12

Scott Cook 1:44:07
Marley Baum 1:44:11
Justin Chockley 1:44:22
Tracy Jones 1:48:40 PR
Mitchell Ummel 1:53:45
Marcia Henderson 1:55:33
Ed West 1:58:25
Joell Chockley 2:03:18
Cheryl Haefele 2:07
Megan Bergquist 2:12:13
Elaine Gill 2:20:38
Frank Weinhold 2:28:03 3rd age
Lana Best 2:39:18

Palmetto Half Marathon, S.C. • 04-14-12

Bryan Jobo 1:42:06 PR

Eisenhower Half Marathon • 04-14-12

Brad Rhoden 1:33:44 1st age

Eisenhower Marathon • 04-14-12

Jill McCartney 3:40

Heritage Christian School 5K • 04-14-12

Michelle Andrew 16:02 1st OA

Run for Life 2 Miler • 04-07-12

Bo Jones 15:12 3rd OAM
Morgan Jones 15:36 2 OAF
Tracy Jones 15:36 3rd OAF
Dan Rethman 19:14
Vivian Cozadd 20:00
Marilyn Dibble 29:24
Skip Dibble 29:27

Run For Life 10 Miler • 04-07-12

Mark Allen 1:02:53 1st age & 4th OA
Juvenal Espinosa 1:04:18 1st age & 5th OA
Rudy Chavez 1:06:33 2nd age & 10 OA
Tim Willingham 1:07:18 1st age
Brad Rhoden 1:11:33 2nd age
Neal Farron 1:12:26 4th age
Justin Chockley 1:13:31
Myron Unruh 1:14:45 3rd age
Mary Anne Durall 1:17:28 1st age
Jill McCartney 1:17:49 2nd age
Mitchell Phariss 1:17:51
Rachel Peck 1:19 1st age
Christina Reichert 1:23:47 2nd age
Roger Underwood 1:24:15 3rd age
Scott Cook 1:34:28
Susan Hageman 1:38:39
Vicky Walters 1:39:51 3rd age
Tanya Scott 1:41:35
Liatris Struder 1:46:31 3rd age

Silver Lake 5K • 04-07-12

Michelle Andrew 18:07 1st OA
Lezlee Jones 1st age
Angela Roberson 27:47 1st
Lana Best 29:47 1st age
Rosemary Wilkerson 23:22 3rd age
Les Wilkerson 1st age
David Schock 1st age

Brew to Brew 43.4 Miles • 04-01-12

Joshua Watson 7 hrs & 43 min (Solo)
David Schock 5:57:21 (Mixed/Male Team)
Les Wilkerson 6:16:05 (Mixed/Male)
Rosemary Wilkerson 5:30:33 (Womens Team)
Brenda Curl

Lawrence Love 2 Run 4 Miles • 02-10-12

Team: Les & Rosemary Wilkerson 1:01:13
Team: David Schock & Brenda Curl 1:15:33

The Iliotibial Band

Ah, IT band syndrome. This is the most commonly injured tendon in a runner. In my clinic I see this probably once a day, and during running season, more than that. But what is it? The Iliotibial band is a long tract of tendon that begins at the upper portion of the leg and goes along the outside of the leg all the way to the outside of the knee. The muscle that controls that tendon is on the outside of the hip. The IT band has multiple functions. Its main function is the abduction (lifting the leg to the outside) of the leg. Its secondary functions include helping in squatting, standing, and running/walking when putting weight on that leg so as to keep your leg steady. What many don't know is that when walking and running, there is a slight amount of abduction that occurs with each stride. Couple that with the consistent amount of repetitive weight bearing strain, and one can see why it's so commonly overstrained and injured to walkers/runners.

Some common symptoms of IT band syndrome include: hip pain on the outside of the hip after standing/walking/running, outside knee pain after standing/walking/running, shooting pains down the outside of the leg, snapping sensation on the outside of the hip or knee, and occasional swelling on the outside of the knee that gets better when resting.

The good news is that very rarely does one need to stop exercising when this is strained. Admittedly, I've told a few runners to stop for a few weeks to let it rest (which is the best treatment for it, in the end), but that is only temporary, and they are able to get back to their activity fairly quickly. It also has many different methods of treatment. Let's look at some:

- 1) Cross frictional massage – rubbing the knee portion of the IT band perpendicular to the fibers of the IT band
- 2) Ice massage – taking a Dixie cup or the like, and freezing water in it. Then rubbing that frozen water on the area of pain for 10-15 minutes
- 3) Stretching after a warm-up and during a cool down
- 4) IT band straps – that wrap around the leg and put pressure just above the area of pain when running to take some pressure off the tendon
- 5) Foam rollers/Hand rollers – to break up adhesions/scar tissue that forms with tendonitis, as well as to work out lactic acid build up and help loosen the muscle fibers

There are a few more, but if anyone starts getting symptoms like IT band syndrome, I would first recommend trying these tried and true methods of treatment at home. If they don't work, then it's time to see your physician for further recommendations. There are other options including corticosteroid injections, PRP injections, prolotherapy injections, and physical therapy that can help, but see your physician before considering these. Many times a biomechanical issue of the lower extremities needs to be corrected to prevent further strain on the tendon.

All in all, this injury is more of a nuisance than anything else. It is correctable, but it is also important to start the home treatments early and often if you feel it coming on. It is also important to know your limits and when to see your physician. Good luck and happy running! ■

Fun Run in Chicago

By Claire Phillips

When my daughter and I were asked to take part in a panel discussion on April 16 at the National Council Mental Illness and Addictions Conference in Chicago, I had no idea running would be a part of the experience. I downloaded the conference schedule and discovered a page entitled “Action for the Early Birds.” One of the options was a “Fun Run” each morning of the conference.

I envisioned this as a great way to network and to see Chicago on foot! I emailed the conference address to get more details. A sales rep from New Hampshire contacted me, welcoming me to join the run, giving me the starting time – 6 am, place to be announced. The final program identified the meeting place – SNAX – at the Hilton. Since our stay would be only 24 hours, I would have one day to do the fun run. The main focus for Rebecca and me was to be prepared for the panel discussion. An early morning run would help me prepare.

I got up early and went through my ritual of making oatmeal with the coffeemaker. The wind was whipping around the building. I wondered what the weather would be like for the run and who would be there. I asked my daughter how many she thought would turn out for the run. There were 3,000 people attending the conference. She guessed 25; I guessed 10.

The first person I met as I waited in the lobby was Paul, the organizer of the event. He told me he runs on trails outside his hometown, which is near Boston. He organized the conference running event several years ago because he runs every day anyway. He says he has two dogs who won't take no for an answer. His co-worker appeared and then three others—six people total! Paul said: “Let me introduce you to Angie, another person from Topeka!” I learned she was training for her first half-marathon to be held



in Lawrence in a week. We have since talked and she reported she ran well in Lawrence.

Our course took us from the downtown Hilton two blocks to Lake Michigan. The sun was coming up over the water. Paul pointed out the stunning view of the sun's reflection against the skyline. The wind was blowing so that was not any different from my runs in Topeka. Tulips were in bloom. The course went for miles around the lake, passing a statue of a river captain and turning to follow the Navy Pier where restaurants lined the waterway. Sea gulls flew against a background of clear, blue sky. I slowed my pace and told the group to go ahead. I continued around the lake. As I turned to go back, I ran along Lakeside Drive, watching people headed to work. I found my way back to the hotel, showered and dressed, and the day proceeded with the film screening and panel discussion. The early run had set the pace for the day. There were no trophies and no crowds, but the sights, wind, and new acquaintances had energized me. You never know where running will take you! ■



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

Washburn Marathon Training

Spring 2012 Race Results

The Spring 2012 edition of the Washburn University Marathon Training (WUMT) class marked the 16th consecutive year this class has been offered at Washburn. Over the years, 216 students have utilized the structured training plan of this 15-week course to complete a full 26.2 mile marathon, and another 56 have completed the half-marathon distance. Class enrollments have risen from less than a dozen per year from 1997 to 2001, 15 to 20 enrolled students from 2002 to 2005, and 25 to 40 students since 2006. After traveling to the Lincoln Marathon in Nebraska the first 12 years, recent years have seen the class travel to Nashville, TN (2009), Cincinnati, OH (2010), and Oklahoma City, OK (2011).

With the favorable weather for training this spring, the 37 students enrolled in the class completed three weekly group runs, including “threshold” type workouts on Tuesdays, “short intervals” or “hills” on Thursdays, and long slow distance on Saturday mornings. The class also mixed it up a bit with some pool running, plyometrics, and daily stretching and “core” strength work at the end of each workout. The long runs included a 10-miler out-and-back on Gage St.; a 12-miler along the Topeka to Auburn half-marathon route, a 15-miler of two loops around Lake Shawnee bike path; an 18-miler along W 10th St. from Gage Zoo to the “Horse Farm” and back; and a final 20-miler back out at Lake Shawnee. After surviving the challenges of injuries, illness, and schoolwork, 25 students completed a full or half-marathon event in late April, with six student runners from the 2012 class posting marathon finish times that placed them in the “Top 25” list of all time WUMT bests!

This year, the **Christie Clinic Marathon in Champaign, Illinois** was designated as the target event. While the morning of April 28 dawned cool with light rain, the rain ended by race time, with cloud cover and temperatures in the 50s for most of the race. The favorable weather conditions allowed thirteen WUMT-affiliated runners to post some impressive times. Champaign runners were highlighted by Paul Wagner’s 3:30:45 in his return to the marathon distance after a 3-year hiatus. Dave Provorse completed his 30th marathon, and checked off his 15th state, with his “best since 2008” finish time of 4:29:59. Two students from the 2011 class returned in 2012 and improved their times considerably. Michelle Ferrer knocked 21 minutes off to finish in 4:10:24 (and become the 13th fastest Female in WUMT history) ; and Nick Marling was 1-hour and 15 minutes faster with a 4:10:40 (to become the 21st fastest WUMT Male). Chase Sachs broke the 4-hour mark in his debut marathon with a 3:54:41 finish (for #15 all time WUMT Male), and Paul Stueve was less

than two minutes away from 4 hours posting a 4:01:54. Two international students also participated in the class and traveled to Champaign, and came across the finish line draped in their country’s flag. Jimena Vallejos-Barriocanal from Paraguay finished in 4:33:08 in her first marathon; and Gary McCartan from Ireland finished in 4:17:20 in his second marathon effort. Blake Shinn went the full marathon distance this year after opting for a 15k at the end of last year’s class, and finished in 4:24:15. Kiley Schmidt at 4:43:06, Cristina Rubio at 5:05:42, and Alex Olson (who still had enough energy to bust a few dance moves at the finish line!) at 5:12:21 rounded out the WUMT marathoners at Champaign.

Six other WUMT runners participated in four different marathon events during the last two weekends in April, 2012. Three students completed the “Land of Oz” Marathon in **Olathe, KS**, with Sharon Dicks posting the fastest masters female finish (and 16th best overall WUMT Female) in the 16-year history of the WUMT class with a finish time of 4:17:01. Kore Lippoldt was less than two minutes behind for the 17th best Female WUMT finish in 4:18:49. Aurea Guzman completed her debut marathon in Olathe with a 5:29:23. The **Frisco Railroad Run Marathon**, in Willard, Missouri was chosen by Erin Winter, WUMT veteran and Student President of the Washburn Running Club, and she posted a time of 4:34:39. Another runner returning from last year’s WUMT class, Beth Ryszewski, traveled to the **Eugene, Oregon Marathon** for the second time and posted a 5:05:00 finish. McKenzie Flint opted for the **Oklahoma City Memorial Marathon** and finished her debut marathon in 6:08:57.

The 2012 edition of the WUMT class reflected national trends in distance running as for the third year in a row over one-third of the student runners elected to enter a half-marathon event. Five runners traveled to the **Kansas Half-Marathon**, in Lawrence, KS where Cindy Meinholdt posted the 2nd fastest Female half-marathon in WUMT history with her time of 1:53:13. Taryn Esquibel also posted an impressive 2:14:38, followed by Brittany Swan in 2:26:00, Gabriela Berumen in 2:30:30, and Heather Hartley in 2:37:00. Three runners competed in the “Land of Oz”, event in Olathe, KS, and posted half-marathon times of: Melissa Widup, 2:36:10; Kelsie Maxwell, 2:44:50; and Nancy Blanco, 2:44:56. Two runners selected trail events for their half-marathon efforts, with Yulieith Armstrong completing the **Free State Trail half-marathon** outside Lawrence, KS in 2:46:58, and Maddie Martin completing the “Rock On” Trail Half-marathon in Lake Perry, KS in 3:15:49. ■

What's New with Running Shoes?

Should you try the new minimalist shoes available or stick with your regular running shoes? Garry Gribble weighs in...

Regular running shoes. Running shoes keep improving all the time and the cushioning and stability category are about the same in popularity. Retail stores sell about as many cushioning or neutral shoes and they do stability ones. Most running shoe companies continue to change the colors every six months and then a major style change every 12 to 18 months. The styles mentioned are the same for both men and women. Most of these styles are also available in width sizing and in case you have forgotten here are the width:

- Women- 2A- narrow, B- regular width, D- wider width, 2E- widest widths available in 3-4 styles.
- Men- B- narrow, D- regular width, 2E- wider width, 4E- widest width.

Width sizing constitutes approximately 20-25 % of all retail sales of running shoes.

REGULAR RUNNING SHOES

adidas - This company has been making running shoes as long as any of the other ones but they seem to have fallen asleep with the lowest amount of shoe sales among the major shoe companies with the Sequence 4 (stability) and Glide 4 being their two best offerings.

Asic's - the second or third most popular running shoes and their Cumulus (cushioning) and 2170 (stability) prove to be some of the most popular models. The Kayano and the Nimbus continue to be very popular.

Brooks - now the most popular running shoe company that sells the most shoes. The Adrenaline 12 (stability) and Ghost 4 (neutral) are two of the most popular if not number 1 in their categories. The Dyad 6 (neutral) and Glycerin 9 (high end neutral) are also good sellers.

Mizuno - The Rider 15 (neutral) and Inspire 8 (stability) are their most popular models.

New Balance - The 860v2 (stability) and 880 (aka 779 and a neutral shoe) are two shoes to review. New Balance seems to be more popular with the older generation with the exemption of their newer minimalist offerings.

Nike - Continues to be very popular and their Structure Triax (stability) and Pegasus (neutral) and their best

retailers. The Vortex is a popular higher priced neutral shoe.

Saucony - Growing in popularity and no longer owned by Payless Shoes. The Guide and Ride are popular and the newer Kinvara and Mirage are also very popular too.

MINIMALIST RUNNING SHOES

These shoes are most effective with your foot landing mid foot instead of heel to toe running.

adidas - has one called the adipure for cross training .

Asic's - Gel Neo 133- available in neutral and stability and these models don't have much distribution or are in many stores.

Brooks - Have the Pure models available for all categories and they are quite popular.

Mizuno - Has the Elixir which is a lightweight running and training shoe.

New Balance - has their 10 series which is a great minimalist offering and their 00 series which is very minimal.

Nike - The Free comes in two models and is the most popular of all minimalist running shoes.

Saucony - The Kinvara for cushioning and Mirage for a little stability are both winners. ■



On Neutral Ground

For those of us who love to run, and those of us who are hikers, we are aware of a new trend in running/hiking that involves the minimizing of the shoe based off of barefoot running. For years we had been told that our gait had a certain type of movement to it that if incorrect, could lead to many different types of injuries. We adjusted to this incorrect gait by wearing inserts, and developing shoes that gave extra arch support and extra padding at various spots throughout the shoe. The gait we thought was normal involved landing on the heel, called the heel-strike, transferring body weight through the foot and pushing off at the great toe. The dynamics of this particular type of gait is well studied and has allowed for different types of shoes to help with abnormalities of the gait during running and walking.

But recently, after some research into this type of treatment for problems with gait, there was a new thought. What if the “abnormal” gait we had previously been trying to adjust was actually a natural movement of the foot that was not meant to be tampered with? What if we ran/hiked barefoot? That was when the minimalist shoe was invented.

There are many different types of minimalist shoes including New Balance Minimus, and Vibram 5 fingers. Many who use these shoes describe a big change in any pain they used to have when running/hiking and so, swear by them. But should everyone wear these shoes? What are the advantages/disadvantages to these types of footwear?

My first piece of advice is that before you begin wearing shoes like these, you should see your doctor for a gait evaluation and lower extremity assessment to see if there are any individual reasons for utilizing the shoes or avoiding them.

Some advantages to the minimalist shoes are related to biomechanics that occur when barefoot running/walking. Due to less padding at the heels, our gait is naturally changed to more of a toe touch landing instead of the usual heel strike we have when running in regular padded shoes, this allows for less of a “pounding” on the bones because we are forced to use the muscles of the foot and lower leg to dissipate the energy from ground contact. In minimalist shoes we also change our stride to a much shorter stride which is more of a natural running stride for a human.

We change our cadence (amount of strides per minute) to an increased one because of the shorter strides. The shorter strides actually become more energy efficient in the long run, and lead to more distance covered before fatigue sets in.

Disadvantages of minimalist shoes and barefoot running/hiking include the risk of blunt or penetrating trauma to the foot (which has been adjusted with the changes in the shoes over time). Increased amounts of foot related injuries, metatarsal stress fractures in particular, and only anecdotal evidence to support their benefits.

What we do know is that the minimalist style of running is a legitimate running style. But we also know that it is not intended for everyone. When asked about barefoot/minimalist running, one of my old mentors used to say: “The minimalist shoe was intended to make things more natural, but remember we were not, naturally, intended to walk on pavement either.” What he meant by that was the adjustments we, as a society, have made such as roads and sidewalks have also forced us to adjust how we protect our feet.

Finally, if you decide to switch from a padded shoe to a neutral shoe for hiking/running, I recommend starting slowly. Over time most people develop a comfort in their stride with padded shoes. This stride is not compatible with a neutral shoe and, in fact, can be detrimental to your foot and lower leg if that stride is not adjusted. I tell many runners to begin running 100 yards in the neutral shoe, with the new stride, after running your normal amount in padded shoes. Slowly increase your distance in the neutral shoe and decrease your distance in the padded shoe over the coming 2-4 months until you are running entirely in the neutral shoe and your stride has adjusted accordingly. This will help prevent any injuries in the process of the switch. If you are developing any problems, always consult your physician.

Happy hiking and running! ■

a RACE REMEMBERED

By Les Watson

St. Patrick's Day in a fine Aggieville establishment and I am starting the all important post-race fluid replacement process after completing a 10K. As I sat there I pondered three questions:

1. Do they keep moving out the turnaround point? Every year it takes longer to get there and back.
2. If I am running forward at 4.5 mph and the wind is blowing against me at 25 mph, how do I make any forward progress?
3. How many times have I done this event?

I didn't ponder these questions too long and went back to the all important fluid replacement process.

The next day after, my 24 hour Irish ancestry license expired, I decided to find the answer to question number 3. It seemed I had run the St. Patrick's Day 2 miler or the 10K more than any other event, but just how many? To find the answer, I started an archeology dig as grand as the uncovering of King Tut's tomb. No, it was more like finding an arrowhead while you were digging in your garden. I also found very few pieces of evidence to determine a true answer.

My first bit of evidence was a running logbook dating back to 1979. This piece of evidence proved to be somewhat perplexing in determining any accuracy since there were entries from 1979-1982. However there was a record of two St Pat Day runs in Manhattan. Using these dates and a little computer searching I determined they dated from 1981 and 1982. This made sense because I had turned to running in 1979 after a divorce and a failed business. As they say, "running is cheaper than therapy" and as I founded out, a lot less stressful than golf. The 1982 participation was also confirmed when I found a race day T-shirt. So beware, you are reading an article by someone who owns a 30 year T-shirt. My credibility and your sanity may come into question.

Though there was no written record, I know I did the 1983 race. This is because the date I took to cheer me on, either became impressed with my performance or took great pity on me, because she married me later that year.

There is no evidence of participating from 1984 to about 1995. This made sense as I was busy with my career, marriage, and raising a family. My memory says I was probably doing a lot of the Winnie Hess Memorial (now Run for Life) 2 milers during this time. After all it was the

same distance, about the same time of the year, and here in Topeka.

During the period of 1996-1998, I remember running at least one 10K. This was because the whole family came to cheer me on. Unfortunately, for these Jayhawk fans, being around so much purple and white was somewhat traumatic, but with medications and therapy their recovery is coming along.

I did find a written record of doing the 1999 race. I presumed this was because with Y2K on the horizon, there was a chance the event would never be held again. Furthermore, I chose paper and pencil to make the record since all computers were going to crash as the result of Y2K. Hey, all you Mayan Calendar freaks, you ain't got anything on the Y2K doomsday soothsayers.

Again there is a gap from 2000-2005, but in 2006 I ran the two miler with my son who was a junior in high school.

Can't say he was impressed or really enjoyed it, but later found out he had a torn miscus from playing basketball.

From 2007 on I found written records and race T-Shirts to support my participation. Of note was 2009 when I was training to complete my first marathon. I did my 8 mile training run in the morning and then drove to Manhattan to do the 2 miler. This was my last St Pat's Day two miler and don't think I will do another anytime soon. It is a fun event, but it has seemingly outgrown the course and I was tired of getting beat by all the ten year olds.

The last three years I have run and enjoyed the 10K race. I also enjoyed that the races begin in the morning before the St Pat's Day parade. This has reduced parking problems as well as allowed the races to start on time.

The answer to the question of how many times I have done this event is? I don't know and I won't ponder it anymore. Because I what got instead of an answer was a better understanding of lyrics from my oracle Jimmy Buffett in his song "Semi True Story". It is not what is written or even remembered, it is the "livin and tellin that is real to me".

So if you are someone who has written records of everything, or trove of race T-Shirts dating back 30 years, or person who just goes by memory, I suggest you enjoy the livin and tellin and remember running is a simple game, from start to finish, it is one foot in front of the other. ■



UPCOMING RACES

June 16

14th Annual Alert Road Race - 10k, 5k, 1 mile Fun Run

Alert Covenant Church, Leonardville KS
7:30AM
Contact: Teresa Moore, 785-630-0977

June 16

Hope Challenge 5k

Theis Park, Kansas City MO
8AM
Contact: hopechallenge5k@gmail.com

June 16

Summer Into 2.8 mile Trail Run

Wyandotte Co. Lake Park, Kansas City KS (Shelter 14)
9AM
Contact: Ben Holmes, badbendrs@yahoo.com

June 22

Rock the Night Away! Trail 5k, 10k, Half Marathon

Branded B Ranch, Lake Perry, Meriden KS
8:30PM
Contact: Ben Holmes, badbendrs@yahoo.com

June 24

Jazz In the Park 5k Run/1.75 Mile Walk

Gage Park, Topeka KS
6PM
Contact: Tim Owen, 785-221-1796

July 4

Ward Parkway 4 on the 4th

Ward Parkway Center, 8680 State Line Road, Leawood KS
7AM
Contact: 816-399-5330

July 13

Sunflower State Games: Governor's Cup 10k/5k

Hummer Sports Park, Topeka KS
7PM
Contact: Brad Rhoden, 785-224-5193

July 14

Horsethief Run 5k

8th and Main Street, Eudora KS
7:30AM
Contact: Paul Boone, 785-542-4960

July 14

Psycho Psummer Run Toto Run 50k, 20 mile, 10 mile Trail Races

Wyandotte Co. Lake Park, Kansas City KS
8AM
Contact: Ben Holmes, badbendrs@yahoo.com

July 21

Amelia Earhart 2k/8k Fun Run/Walk

321 Commercial Street Atchison, KS
7:30 AM
Contact: Lisa Howard, 913-367-4948

July 28

Sunflower State Games: Cross Country 5k

Iliff Commons, Topeka KS
8AM
Contact: Dorothy Iliff, 785-357-1854

August 4

Red Dog Run 5k/10k

Lawrence KS
7AM
Contact: Erika Zimmerman, 785-423-1864

August 25

Run for the Wild

Location: TBD, Topeka KS
8AM
Contact: Mallory Senne, 785-273-1456

September 1

Clinton Lake North Shore Trail Race - 8 mile/5k

Clinton State Park, Lawrence KS
9AM
Contact: Ben Holmes, 816-810-0440

September 23

Apple to Capitol Relay

Start: Manhattan, KS Finish: Topeka, KS
6:30AM
Contact: Sophia Wharton, ultraphia@gmail.com

October 7

Sandrat Trail Run - 9.5 miles

Lawrence River Trails, Lawrence KS
8:30AM
Contact: Steve Riley, 785-842-4351

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