

Inside this issue:

Striders Spotlight	2
Race Results	4
9.11	5
Chicago City (Cramping) Blues.....	6
Warrior Dash	7
Getting to Know Scott Cook.....	8
Race Directors Meeting Recap	9
Race Etiquette	10
To Eat or Not To Eat?	11
Tails on the Trails Update	12
Runs & Races.....	13



PRESIDENT'S PEN By Brad Rhoden

Surprisingly, my comments last time about how I was looking forward to fall and cooler weather, considering all the excessively hot days we encountered this past summer, didn't come back to haunt me. September was a nice respite from all those 100 degree days of the previous months, with even a number of below normal temperature days. It's amazing when you think back to this past summer and then back to last winter, the extremes we manage to train through over the course of a year.

The 4th annual Labor Your Legs continued a growing trend, as nearly 250 people came out to Crestview shelter house on a beautiful Labor Day morning. Among the activities was a fun run/walk along the Shunga Trail, followed by breakfast, which again featured a variety of pancakes created by the Regniers and McGirrs, along with pastries, fruit and casseroles. At one point while most people were eating, I think every seat inside the shelter house was occupied. Raffle prizes were again plentiful and included a number of nice items from Garry Gribble's and several race directors provided complimentary entries for their upcoming races.

Not to be outdone, the club held a special one-time ½ price discount that morning on entry for the 30th annual Topeka to Auburn race coming up on January 21st. At least 30 club members along with a few non-members took advantage of that promotion. So, we're off to a good start as far as increasing participation over last years' record setting numbers. With this being the 30th running of the event, we are planning to make it well worth it for participants to run the race.

The Striders continue to add new members (and returning members) to our club roster, which is as large now as it's ever been. Participation at most of our group runs remains strong and I would like to extend an invitation to new members to join us when they can. It's always more enjoyable with others around and the old saying "misery loves company" applies when we look back to this past summer and forward to what winter may bring.

As we've done the last several years, any new member who joins after September 1st will have their membership extended through 2012. One shoe purchase at Gribble's pretty well offsets the amount paid for dues and there are a whole lot of other benefits to belonging to the Sunflower Striders.

Justin Chockley has settled into the treasurer position nicely and Bryan Jobo continues to do a great job keeping the web site fresh and informative along with promotion through other media. Both Bryan and Justin are new members within the last year or so and are adding a younger element to the club. Bryan is also initiating the role of making sure new members feel welcome and are informed of club activities.

Our next all club function will be our run/walk around Lake Sherwood from the Sherwood Club House Thanksgiving morning. It's a great way to start off the long holiday weekend and we will once again be collecting canned goods for a local charity. Look for further details on the web site as time draws near.

Congratulations to Chris and Vivian; another couple created through the club. Keep up the good fight, Vivian. Condolences, Jared.

Stride on,
Brad



STRIDERS SPOTLIGHT:

Tony Estes

by Mary Anne Durall

Have you ever met someone who turned out to be nothing like the person you thought they were? A year and a half ago I did.

Now it wasn't because of anything I did, Jared actually found him, I was happy just running beside Jared. Crossing finish lines together and seeing how much farther we could run and how much faster. Just like anyone who doesn't pay attention to those warning signs that your doing too much, I ran just a bit too far and a bit too fast, and in the middle of the 2010 LittleRock Marathon, mile 18 to be exact, overtraining caught up with me and I ended up with stress fractures in my left ankle. Jared finished the race less than 60 seconds away from his Boston qualifying time. Pumped to find someone who could help me heal and help him drop that last 59 sec he went looking for someone... Who we found was Tony Estes.

What can I say about Tony that most of you don't already know. He's a tough coach/trainer. He will give you that kick in the butt you need when you aren't trying, call you out when you cut corners but has a heart of gold and will slug through the pits with you when you struggle to even tie up your shoes. If you need someone who can help put you back on track... If you want to work with someone who challenges you, keeps you healthy when you listen, and who you end up calling a friend... Well I can't think of anyone better.

1) How long have you been running?

I ran track and distance in grade school but worked through high school and beyond. I started running as an adult in 1990.

2) How did you start running?

Funny enough I was a smoker for almost half my life. I quit smoking on Valentine's Day. That same year, over Memorial Day weekend, my Dad got my sons interested in running. They started racing and asking about training. They were 11 and 9 at the time. I didn't want them out running on their own so I ran with them to be safe and it was a great opportunity to spend time with them. Like many dads I put in a lot of hours at the job so any chance to do something we enjoyed together was worth every second. Over time, they became more interested in other sports and less interested in running while I became more interested in it.

3) What made you decide to become a trainer?

After putting corporate life and travel behind me just before Christmas of 2001, I decided that I'd had enough of the hours that come with working for someone else. Looking for work in the aftermath of 9/11 wasn't much better than it is now. I did a lot of research and a lot of praying, and after many discussions with my wife, we decided that I should get my certifications and make a go at being self employed. The first eighteen months were extremely difficult for us financially but we got through it and with God's help we haven't looked back.

4) I know you love coaching kids.... What about coaching do you like most? What events do you coach?

Kids or adults it doesn't matter, when they finally get what you've been telling them for what seems like forever and they have a breakthrough performance, it's so rewarding to see the look in their eyes and to share their excitement and joy. I most enjoy pushing, pulling, and shoving (but really encouraging) kids through workouts and races. To see those that listen to me respond and perform to the very best of their ability is both rewarding and humbling.

I treasure the opportunity to help anyone realize that they can do so much more than they ever dreamed possible and that we all possess the power within to reach far beyond our self-imposed limitations.

Kids are like sponges and they soak it all in. Adults are often harder to get moving and a bit tainted by their past which can prevent them from being as willing to step out far beyond their comfort zone.

As a high school track coach I work with runners who do the 800, 1600, and 3200. I also coach high school cross country. The adults I coach run a variety of distances.

5) Of all the races you have run what is you most memorable? What about races that kids you coached ran? Any that stand out?

I have a lot of memorable races. The first ones at each distance are always special, the first Boston, the first overalls, first masters, first senior masters, the ones that my kids came to, and could cheer for me, especially the ones where they were there when I won. I guess it's hard for me to pick a specific race. Maybe Lincoln in 1995. It was my

first marathon. My younger son had gotten into trouble a few weeks before and my wife wouldn't allow him to stay home while I travelled so he had to come with me. During the race, he stayed with a friend's wife who was out on the course at a variety of spots so my son could see us running. Even though he's forgotten about it, I think something clicked and even though he didn't start running again until recently, he turned his life completely around and is now an electrical engineer for Garmin, currently designing (project leader) the next generation Forerunners. I had three running goals that day and I accomplished them all.

Even I get nervous at races like other runners. Prior to the start at Lincoln my stomach bothered me and I threw up. Fred Clark was there and he asked me if I was nervous. I told him I was and he said "Good, you'll do well." He was right.

6) What advice do you have for new runners or parents of kids who want to get into running?

Watch for too much, too soon. The true joy of running is not as much in the destination as it is the journey. Take your time progressing, stay healthy, and enjoy the ride. The clock only ticks on you when you let it.

Most of all you have to have fun at it and by having fun you'll keep doing it. I expect everyone I coach/train to be aiming for 70's, 80's and 90's. I'm not talking mileage per week. I expect them to train wisely and listen to their bodies so that they'll still be able to run AND enjoy it when they're in their 70's, 80's, and 90's.

Only the elite of the elite should punish themselves so much that they pay a price in their senior years. To destroy your body for the sake of recreation doesn't make sense to me.

7) Talk about your fit runners program and the clinics you host. What sort of clinics do you see happening in the next few months?

Having coached adults for as long as I've been a trainer, I decided to re-start the FIT Runners group training program in February. I've been fortunate to again work with a variety of interesting people who have a wide range of interests and abilities. Everyone who has stuck with the program has done quite well and made great progress. Most are regularly placing in their age group but more importantly; they've learned a lot about running and about themselves. We do fully supported group runs on Saturday mornings when we're not racing and enjoy the camaraderie of running in groups while trying to minimize those long runs alone.

In conjunction with the running store and other local medical and fitness services we host a variety of monthly clinics pertaining to running-related issues. We've covered nutrition, yoga, training plans, running form, running gear, shoes and barefoot running. In September we did an injury clinic with a panel of medical experts. Look for sessions on strength training and possibly video analysis in the near future. The clinics are free and open to all.

In closing, I could write a very long book to thank everyone I've met in our running community who has been such a great influence on Jared and I. And maybe over time I can do that in these pages. But today I have to save this chapter for Tony - to thank him for all his advice, for all the runs, all the clinics and most of all for his friendship and his great big heart! ■

REGISTRATION IS NOW OPEN!

Topeka to Auburn Half Marathon Saturday, January 21, 2012

Visit: www.sunflowerstrider.org

for more information to and get registered today!



Free pancake breakfast to all runners
Free Finish photos for all runners
Hooded Fleece Sweatshirt • Finisher medal

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.

Race Against Breast Cancer 5K

October 1, 2011

Miguel Espinosa	17:40	3 rd OA
Sergio Baez	18:57	1 st age
Bryan Jobo	21:28	3 rd age PR
Mitchell Ummel	22:33	2 nd age
Mary Anne Durall	22:09	1 st age
Larry Liggatt	26:34	3 rd age
Richard Harmon	27:01	
Debbie Simecka	27:15	2 nd age
Brad Rhoden	20:22	1 st age
Marla Rhoden	23:37	OF Masters
Myron Leinwetter	21:44	2 nd age
Roger Underwood	24:25	2 nd age
Rosemary Wilkerson	24:14	2 nd age
Kelly Tosh	22:34	2 nd age
Vicki Vossler	24:01	3 rd age
Elaine Gill	27:00	1 st age
Susan Hageman		
Ralph Howard		

Omaha Marathon September 25, 2011

Brad Rhoden	3:29:33	2 nd age (3:30 pace leader)
Joshua Watson	3:40:14	
Marla Rhoden	3:44:21	1 st OAF (3:45 pace leader)

Omaha Half Marathon September 25, 2011

Angela Roberson	2:16:55	44/91 age
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Senior Games September 25, 2011 100 meter Run

Rick Beattie	13.34	1 st age
Lesa Roberts	16.72	1 st age

200 meter Run

Rick Beattie	27.53	1 st age
Lesa Roberts	36.34	1 st age

400 meter Run

Rick Beattie	1:02.62	1 st age
Lesa Roberts	1:28.65	1 st age

1500 meter Run

Lesa Roberts	7:26.57	1 st age
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Swimming-50 Free

Lesa Roberts	40.88	1 st age
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Swimming-100 Free

Lesa Roberts	1:31:50	1 st age
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200 Free

Lesa Roberts	3:26:87	1 st age
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500 Free

Lesa Roberts	10:01.13	1 st age
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Swimming-50 Breast

Lesa Roberts	55.35	1 st age
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100 Breast

Lesa Roberts	2:02.42	2 nd age
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Swimming-50 Back

Lesa Roberts	54.93	1 st age
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Swimming-100 back

Lesa Roberts	1:59.17	1 st age
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Washburn Alumni Association 5K September 24, 2011

Greg Gaul	18:33	1 st OA
Michelle Andrew	18:52	1 st OAF
Rebecca Arensdorf	20:55	1 st age
Lezlee Jones	19:25	1 st age-4 th OA
Gary Pratt	20:06	1 st age
Debbie Simecka	25:38	1 st age

Combat Air Museum 5K September 24, 2011

Miguel Espinosa	17:49	1 st OA
Sergio Baez	19:22	1 st age-3 rd OA
Justin Chockley	20:29.3	2 nd age-7 th OA
Joell Chockley	25:35.2	
Brenda Curl	27:55	2 nd age
Neal Farron	20:22	1 st age-6 th OA
Joe Wagenblast	21:15	1 st age-9 th OA
Dan Curl	29:19	2 nd age
Richard Harmon	29:20	4 th age

Senior Olympics 10K September 24, 2011

Les Watson	1:27:13	2 nd age
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Senior Olympics 5K September 23, 2011

Les Watson	37:44	
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Florence Crittendon 5K September 18, 2011

Jamie Hornbaker	31:01	8 th OA
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Ironman Branson 70.3 September 18, 2011

Mark Allen	5:04:40	3 rd age
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KC Zoo 4 Mile Run September 17, 2011

Debbie Simecka	37:35	3 rd age
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Cross Roads 11.75 K Hilly Miles-Quantico, Va.

Edward Keller	2:01:24	
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Top of Utah Marathon-Logan, Utah September 14, 2011

Mark Fisher	4:16	PR
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Great Prostate Challenge 5 K Overland Park September 11, 2011

Marla Rhoden	25:40	2 nd age
Brad Rhoden	25:41	3 rd age

Patriots' Run Marathon Olathe, Ks September 11, 2011

Brad Rhoden	4:03:05	1 st age
Marla Rhoden	4:06:27	1 st OAF

Holy Smokin' 5K September 10, 2011

Lezlee Jones	21:23	OAF
Les Wilkerson	20:38	1 st age
Rosemary Wilkerson	25:24	1 st age
Debbie Simecka	28:19	1 st age

Clinton Lake North Shore 5K Trail Race September 3, 2011

Jordan Munns	44:17	1 st age- PR
Hunter Munns	44:17	

Clinton Lake North Shore 8.5 Mile Trail Race September 3, 2011

Rebecca Arensdorf	1:39:28	
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Leawood Labor Day 5K September 5, 2011

Frank Weinhold	29:52	
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Seneca Labor Day 5K September 3, 2011

Les Wilkerson	20:20	3 rd MOA
Rosemary Wilkerson	24:16	3 rd WOA
Brenda Curl	28:25	
Danny Curl	29:21	1 st Masters PR

Moose's Tooth Marathon-Anchorage, Alaska September 3, 2011

Kevin Lemasters	3:22:55	
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Iron Mountain Trail Run 30 miles- Damascus, Va.

Edward Keller	8:48	
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North Face Challenge 10 K- KC August 28, 2011

Les Wilkerson	43:20	7/75age 14 th OA
Rosemary Wilkerson	53:00	3/39 Age
Justin Chockley	48:39.5	
Joell Chockley	54:43	

North Face Half Marathon August 28, 2011

Charles Millhuff		
Linda Millhuff		

Speedy Parkinson Disease 10 K August 27, 2011

Lezlee Jones	43:28	2 nd OAF 1 st age
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Jackson County Triathlon (long) August 21, 2011

Mark Allen	1:45:43	1 st age
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Tall Corn Festival 5K August 13, 2011

Michelle Andrew	20:42	
Brad Rhoden	21:14	
Lezlee Jones	21:25	1 st Masters
Dale Channel	23:52	1 st 70-75
Susan Hageman	28:33	1 st age
Ralph Howard	28:43	2 nd age
Rosemary Wilkerson	24:47	1 st age
Rosalie Wilkerson	33:45	
Dan Curl		29:54 1 st age
Joe Wagenblast	21:43	2 nd age
Mary Anne Durall	22:24	1 st age
Shawn Beach	24:03	2 nd age
Marla Rhoden	24:22	1 st age
Kevin Brown	24:33	2 nd age

Warrior Dash-Copper Mountain, Co**August 20, 2011**Justin Chockley 32:08:75
Joell Chockley 35:25:95**Manhattan Brew2 Shoe 10K****August 6, 2011**Les Wilkerson 44:12
Rosemary Wilkerson 59:43**Course of Dreams 5K****July 30, 2011**

Frank Weinhold 32:27

Rattlesnake Triathlon (Olympic Distance)**August 20, 2011**Mark Fisher 3:11:26 (1st Triathlon)
.93 swim, 25mile bike,6.2 run**Jeff West 5K Tiger Run****August 6, 2011**David Schock 27:55 1st age
Brenda Curl 29:28 3rd age
Danny Curl 31:11 3rd age
Rosalie Wilkerson 36:20 1st age**Blue Crab Bolt-6.8 mile trail run-Clarksburg, MD****August 20, 2011**

Ed Keller 1:26:15

Big Shunga Cross Country 6K**July 30, 2011**Jordan Munns 44:22 1st age
Avery Munns 48:45 2nd age**Leesburg, Va. 20-K****August 14, 2011**

Ed Keller 2:14:57

Rock and Roll Chicago Half Marathon**August 14, 2011**

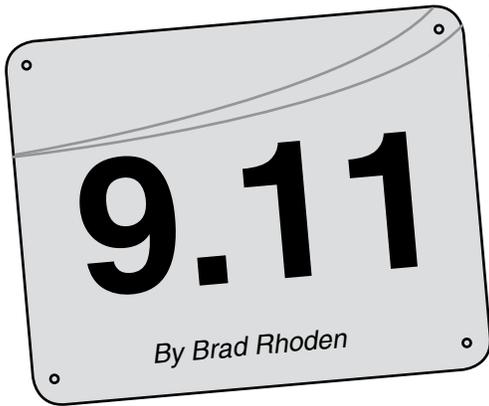
Les Watson 3:05:49

Warrior Dash-KC**July 30, 2011**Justin Chockley 43:22:75
Joell Chockley 45:08:15
Lloyd Fleming 1:16:00 3rd age
Suzi Pazek 1:14
Logan Pazek 1:30:**Farmstead Stampede 5K****August 13, 2011**

Frank Weinhold 32:27

Race Results

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



September 11th will always be an important date in our nation's history, at least to those of us who remember the events of that fateful day 10 years ago. Beginning in 2002, as a way of never forgetting, the Patriots' Run has been held each year on the anniversary of the terrorist attacks on America.

There are many races around that bring awareness to and benefit a cause, including the recently held 20th edition of Topeka's Race Against Breast Cancer. A relative new benefit event has started within the last couple years and is being held in a number of cities throughout the country this fall. The Great Prostate Cancer Challenge was also held September 11th this year in Kansas City.

I found it important to support the GPCC by participating in the 5k, as two years ago on September 11th I was just finishing my first week of treatment for the disease. As one can imagine, I was experiencing quite a bit of uncertainty at that time. I can attest, though, that all is much better two years later. Many guys who either have had or are going through treatment for prostate cancer participated and there were a number of other runners who showed support by joining teams for those individuals.

With a noon start and a short drive from Overland Park to Olathe, there was plenty of time to relax a little and take in the pre-race ceremony before the start of the Patriots' Run. Participants show their support by honoring those who lost their lives surrounding the events of 9/11, as well as pay tribute to the police, firemen, Salvation Army, and numerous other organizations and individuals involved in all aspects of recovery, along with providing a show of support for our present and past military personnel, by running or walking any distance from one lap to continuing covering the 1 mile loop for 9 hours, 11 minutes.. A companion 9.11K run involving several thousand U.S. soldiers was to be held in Afghanistan, but had to be canceled. Even with heavy shelling in the area, a number of soldiers swapped their combat boots and ran the 9.11K during the night-time anyway.

Ironically, I was given the same bib number for both events that day. I doubt the odds of that happening are very great and I have been trying to figure out the relevance of that number. The only thing I can come up with is the number of marathons (Patriots' Run) I've completed minus the 10 years since 9/11/2001. ■

Chicago City (Cramping) Blues

By: Les Watson

Nicknames for Chicago:

Windy City

Second City

Toddlin Town

Hog Butcher of the World

Leg cramps that make you want to die

Okay, the last one is mine from the Rock and Roll (RNR)

Chicago Half Marathon on August 14, 2011. But before I explain this nickname, allow me to give some background leading up to my participation in this event.

My job allowed travel in the United States and there were places I really wanted to return and do a race. Upon my retirement I made a list of those places. I hate to call it a "bucket list" as this phrase connotes a certain finality that I'm not ready to accept. Rather I view as an achievement list because as items are achieved others are added. Anyway I made numerous trips to Chicago and it was one of those places I wanted to do a race.

Why chose to do a half marathon in Chicago in mid August? Mostly because it was a RNR event and what is more fun than training during the heat of a Kansas summer? I agree with those who think the RNR race series is the "national big box chain" of running events, but to me there are some advantages to RNR. Those advantages include a well organized event, great race atmosphere, an entertaining expo, and really good swag. So if it is your first race in a city, doing a RNR event helps guarantee a pleasurable experience.

Training for this race occurred during the heat of the summer and most of my runs were with three other runners who met and ran the Washburn Campus at 5:30 AM. I thank you for support and I putting up with my "old man shuffle". On my own I did a nine miler at Washburn and started a ten miler before rain and lightning stopped me. Hey rain isn't bad, but I know I can't out run lightning.

With all my training (well about half of what I should have done) I flew to Chicago on Friday August 12. The flight was uneventful, which is what you want, and arrive at the hotel in mid afternoon. I preceded do perform my pre race ritual, namely walking and trying to find all the watering holes I had enjoyed during previous trips to Chicago. Amazingly I found most of them.

Saturday morning did shopping for race day breakfast and then a cab ride to McCormick Place for the expo and packet pick up. I shopped, visited with local runners, vendors, listened to speakers and just enjoyed the ambiance of the event.

Ate an early supper at an Italian restaurant and turned in for a good night's rest. What occurred next seemed to be right out of a bad TV sitcom. First a mass of Japanese motorcycles gathered in the "canyon" between the buildings and revved up their engines. I am quite sure if you took all the bees in the world and had them buzz at the same time, they could not have equaled the noise. Okay, that over with, some fellow lodger's dog wasn't happy about being left alone and began complaining. After half hour of this a fellow lodger step into the hallway and with a voice that would make a Marine drill sergeant sound like a cherub, made despairing remarks about the dog's heritage and listed things to do to the dog and its owner. I believe these things are not only illegal in several states but probably against the laws of gravity. It did however convince the dog to be quiet. Ah, now back to sleep! Two AM and the partying non-runners return to their rooms. We humans have amazing stamina whether it is completing an endurance race or partying all night and then recapping it all to those of us who just don't care and want to sleep.

Race day morning and with everything laid out the night before no problem in getting ready and heading to the starting line. The weather was cloudy, misty, mid 50's and a little wind. The usual wave starts at a RNR event. I didn't notice as many crazy costumes, but did notice a lot more people running for charities which is heartening.

Once I started, I kept to my run 4 minutes /walk 1 minute strategy. This was working for me as the course went through downtown Chicago, the Loop, and Greek Town. An occasional light shower kept me cool and going into mile 9 I was on pace to break 3 hours and set a personal best. At about 9.5 miles the leg cramps hit. At first I thought I had pulled a hamstring in my left leg, but knew I wasn't running fast enough to do that and to make sure I had offsetting pain my right thigh started to cramp. All this just as heavy rain and a strong head wind started. Boy was I having fun now!! The rain and wind died down and I was able to hobble in the last few miles. My time was just over 3 hours so the personal best will wait until the next half marathon.

So this is why my nickname for Chicago is "leg cramps that make you want to die". Since this race I have done research on cramp prevention and have concluded the need to be more aware of fluid replacement, the use of salt tabs during long runs, and incorporating exercises to prevent cramps. So look out 3 hours, you may get busted before the end of 2011. ■

WARRIOR DASH -

By Joell Chockley

The Craziest Frickin' Day of your Life!

Don't get me wrong, I enjoy a good road race as much as the next person. I'm up for any of them; 5k, 10k, 15k, half marathon, heck, I'm even signed up for a marathon in 2012...I enjoy them all. But, when it comes to adventure, I'm also on the outlook for fun things to do that also requires a bit of athletic ability. When I first heard about the Warrior Dash, I knew it would be right down my alley.

This race is part of an International series and features an approximately 3 mile course that involves running over, under and sometimes through a wide variety of obstacles. A fun and challenging event, it starts in waves of 500 and includes people of all fitness levels and levels of insanity. I enjoyed just checking out all the crazy costumes that people will find to wear, imagine standing in the start area with a group of 'vollyball' girls and another group of husbands and wives dressed up as Sponge Bob Square Pants. I've also heard a 6 foot tall guy talking to friends over the trials and tribulations of getting a store clerk to figure out what size 'dress' he needed to purchase for the event. After my initiation to the event in 2010, I took advantage of two opportunities to run the event this year.

The first event was at the end of July in Kansas City. And too my surprise, the satisfaction that I had after participating in my 2010 WD event was equally received when I began spreading the word to a number of co-workers, who literally embraced the idea and began recruiting family members and friends of their own to an unexpected degree. There were a whole group of crazies from my work going and it was guaranteed to be a blast! My husband and I had an 11am start time and could not wait to get on the course. The Kansas City event was held at Tiffany Springs Park and was a tough event with the majority of the course running on trails and up and down hills. Added to that there were 4 water crossings during the course of the race, which equaled to some very slick trails and quite a bit of walking. It was also typical unpredictable Kansas weather and the temperature topped out at around over 100 degrees. All these factors combined with the obstacles equaled out to a tough event. I was glad to see the fire burning at the end of the course, even if I still had to navigate the mud pit to cross the finish line. After finishing, we enjoyed several hours of

watching the jumbo-tron live stream of the mud pit while waiting for friends to cross the finish line.

Our second Warrior Dash for the year was at Copper Mountain in Colorado and was on the final days of our week

long vacation. The event started off with packet pick-up and expo on Friday night and featured live bands. On Saturday, we were in the group for the 9am start and were off in a blaze of fire! You never know what you might come up against for obstacles. With names like Deadman's Drop, Assassin's Escape, Muddy Mayhem and Warrior Roast...it's a surprise at every turn. Not only did my husband and I participate at this event, but my Dad and his wife (Dan and Brenda Curl) also joined in the fun. After completing our run through the course, we relieved them of babysitting duties and they hit the gates for their 10:30 start. The beauty of the mountains in the background is hard to beat while running! With the kids in tow, we were able to catch them starting, going through the mud pit, then again

as they jumped through fire to make it to the finish line. We spent time over the following day and a half watching people navigate the course, cheering creative entries into the mud pit, encouraging people to climb the final rope climb before cruising to the fire pit and finish line and cheering as runner after runner came close to the completion of their own Warrior Dash experience.

I've seen many comments from Warrior Dash Survivors on Facebook about how the pure enjoyment of the event has activated or renewed and interest in fitness and breathed new life into many a training plan. By signing up and competing in an adventure race, I've run across many people competing for many reasons. I think the reason that tops the list is 'I love running and this is just plain fun'. There are many different varieties of this type of event out there to try; Tough Mudder, Spartan Race, Run for your Lives, and Ruckus to name a few. There's also some more traditional type of cross country or trail events if that's more down your alley. Try the Living History Farms Run or Trail Nerds Trail Running series. Whatever your inspiration or goals...give something new a try, you might just be surprised at what you can accomplish. ■



Getting to Know **Scott Cook**

Scott Cook is a friend, co-worker and fellow Sunflower Strider. In recent years, he has been both a motivation and inspiration when it comes to becoming more active, encouraging others to be more active, and in setting and reaching for goals. Scott has shown me how physical wellness helps mental wellness, and encouraged me to dig deeper and drive harder when it comes to my own goals. Here's a little bit about how Scott got started with running.

How long have you been running?

I've been running for about 7 years now, but I consider myself to still be new at running since it's not something I grew up doing. Participating in sports all my life, running was something I did because I had to, NEVER because I chose to. However, after having one sport related injury after another, I found myself having to drop them one by one as I kept getting injured (and older...ha, ha).

What motivated you to start running and motivates you to keep running?

Actually, as I found myself drifting away from many of the more active sports (golf is excluded because I still enjoy golfing, and I don't really consider golfing all that "active"), we added a member to our family - an energetic black lab named Maddie. As I quickly found out, this young puppy needed an outlet for all her energy. I started taking Maddie on short runs and walks near Lake Shawnee. Also, about that time, the County began work on the trail that now goes all the way around Lake Shawnee. With energy to burn, and a beautiful place to be outside, it was a matter of time before I started "running" on a more regular basis.

What motivates you to keep running?

I can't answer that with just one reason. I find running to be a great form of exercise because of the convenience. I absolutely love traveling to new places where going for a run is a perfect way to see the city, or become familiar with the surroundings. I enjoy running because I've found it to be one of the best ways to maintain good health. I enjoy running because of the community of friends I have made by participating in different events and various social clubs, like the Sunflower Striders. I enjoy running because it allows me to be competitive by establishing goals, whether they are time related goals or distant related goals. I enjoy running because Maddie loves to go for a run. I enjoy running because it allows me to maintain a fitness level that has opened doors for me that otherwise would not have been there.



Scott Cook (far right) giving instructions before the Blue Cross Blue Shield 5k.

Do you have a person(s) that have influenced and/or inspired your running?

The most influential person isn't actually a person, it was Maddie I'd have to say. However, a few people have influenced me and my continued interest in running. Stan Langhofer - a friend who I ran my first race with (Run For Life 10 mile run). He taught me how to enjoy running, and taught me how to appreciate the many volunteers who work the sidelines and help put the run together. Tim Borchers - another running friend who has taught me more about running, and continues to motivate me as a running partner to becoming a better runner. Huey Counts - a friend from Salina who has similar ability as me, and someone who has challenged and encouraged me to run my first half marathon, and soon to be first marathon. My family - for their support and eventual interest in running. Norma Weiser - for her endless support to anyone and everyone by always being willing to help work or time an event, and for introducing me to the Sunflower Striders Club and the wonderful people that make up that club; who collectively have shown to be a humble and supportive group. Each Striders member I've met wears their membership to the Striders with pride, and I have been honored to show my appreciation to the club by volunteering to help work events whenever I can. Brad and Marla Rhoden are two more examples of the commitment and passion that make the Striders such a rewarding group.

Does your family run? What other activities you do as a family?

My wife has taken up walking, and occasionally will run near Lake Shawnee but would DEFINITELY not call herself a "runner". She has also participated in many

5K events, either running or walking. I also have twin daughters who have both done some running in the past, but one daughter has done more 5K runs where the other daughter prefers biking. The most family inclusive activity we do is probably biking. However, it's tough to compete with teenage friends, so my wife and I tend to run/walk separately from the girls, who are now freshmen in college. We also enjoyed playing tennis together when they were younger.

What's your favorite race distance? What are your favorite local races?

My favorite race is probably the 10K, and maybe even the half marathon. But, with the 5K being so popular and less expensive, it's hard not to do more 5K's than other races. My favorite local races are Run For Life (10-mile), Rescue Run 5K, & the Big Shunga Run, to name a few.

What about favorite races you have participated in anywhere?

I haven't done many races outside Topeka. I do have an interest though to some day participating in some kind of race in Chicago. I love running along Lake Michigan, but would definitely have to target a race in the Summer/Fall season.

What's the craziest event you've participated in?

This is a no-brainer - The Warrior Dash this past July in KC. I do have tentative plans to do a Tough Mudder in February, but I haven't committed to that yet.

Goals?

My immediate goal is to do my first marathon, scheduled for this Oct. 9th in Wichita (PrairieFire). The goal may have to be modified somewhat because of a hamstring issue I'm dealing with, but I'm still hoping to race in my first marathon in October. Outside of that, I want to return to a running schedule that allows for more flexibility and enjoyment. I haven't taken Maddie on a run in so long because of the longer distances and pace schedule I've tried to maintain as I've trained for this marathon. Returning back to more social running is a goal. I also want to try doing some of the Striders group training sessions throughout the week. As much as I enjoy running on my own at times, I also find it very rewarding and helpful to run with others. Once I can find a more workable running/training schedule, I plan on setting some time goals for the 5K and other distances.

I wish Scott the best of races with his upcoming first marathon (you don't need luck because that's what training is all about) and look forward to seeing you at Striders group runs in the future. Oh yeah, sign up for the Tough Mudder race because I'd really like to hear more about the event. ■

RACE DIRECTORS MEETING RECAP

On Thursday, September 29th the Sunflower Striders hosted its second race directors informational meeting of the year. The number of Topeka area races seems to be increasing each year, so the Striders are trying to work together with all area race directors to give them information and help them have successful events.

All in attendance introduced themselves and shared some information about their event. Following introductions the floor was opened for discussion. The topics discussed included:

- A race calendar for 2012 on the SSRC web site listing events as they are scheduled; a listing of races and race directors on the web site, with e-mail links to race directors (for inclusion of other race brochures in packets, etc.)
- Mallory invited all to have packet pickups hosted by Garry Gribbles Running Sports
- What is involved in getting a course certified
- Possible move by the city to charge more for police protection on race routes
- Insurance options for races
- Setting entry fees
- Promoting races
- Marketing Topeka races to the Holton Scramblers

All in attendance agreed the meetings held so far are beneficial and the next meeting will be planned for early 2012. ■

Rules of the Race: Race Etiquette for Runners

By Miss Road Manners,
Road Runners Club of America (RRCA)

In the interest of promoting an enjoyable race experience for everyone, the Road Runners Club of America sought the advice and counsel of their own race-etiquette maven Miss Road Manners. Whatever the pace, wherever the race, race manners matter.

At the Starting Line

1. Line up according to how fast you plan to run or walk. Slower runners and walkers should move to the back of the group.
2. Pay attention to the pre-race instructions. What you hear will not only help guide you through the course but will also keep you safe. Examples are: stay on the right side of the road, or stay inside the traffic cones, or watch the course marshals (they control traffic to make your race a safe experience) for which way to go at major intersections.
3. Pin your race number on the front of your shirt. This is where it is most visible for race officials. It will also make it easier to pull the tag off at the end of the race. Miss Road Manners has been tempted to pull off errant race numbers. You don't want to feel the pull of her white-gloved hand on your derriere, do you?
4. If you drop something just as the race starts, don't stop and pick it up. you'll endanger yourself and others. Trust that a race official will get it, or move to the side and wait until everyone has crossed the starting line and then retrieve it. Miss Road Manners wait till all of the runners have passed before she picks up the white glove she's dropped at the start (after hordes of runners have left their footprints on said glove, it no longer qualifies as white – let's call it grimy gray).

You're Off!

1. Run or walk no more than two abreast. Other runners will want to get by you. If you are walking in a group, stay in the back of the pack.
2. If you are stopping at an aid station, move all the way over to the table, grab water, and move away from the table so others may get water too. if you want to stop and drink, move to the side of the road, out of the way of other runners. If there's a trash receptacle, by all means use it. If not, don't go too far with your cup. The race volunteers will be collecting the cups and will appreciate not having to go on an extended "litter patrol."
3. Even though of us who perspire instead of sweat may have to deal with bodily functions during the race. If you need to spit, move to the side of the road and do it there; same goes for throwing up. If nature calls, pull off the course and check for a port-a-potty or kind homeowner, or, as a last resort, a discreet clump of bushes. Even Miss

Road Manners, who admits to sweating, has been known to spit, hurl, and heed the call of nature during a race.

4. Move to the side if someone behind you says, "Excuse me" or "Coming through." Yes, you are about to be passed and the person behind you in giving you a heads up. It's proper race etiquette to let that person through.
5. If you need to tie your shoe, or stop for any reason, please move to the side of the road. People coming up behind you are still moving and if you stop in front of them, the scene is set for a collision. Miss Road Manners almost took a header in a race when someone abruptly stopped in front of her. In addition to the bruises to her dignity, just think of what the fall would have done to her white gloves!
6. Feel free to shout words of encouragement to other runners. The other runners will appreciate your cheers. Miss Road Manners is confident you will hear encouraging words in return.
7. Pay attention to what is going on around you during the race. Just as in real life, expect the unexpected. Think loose dogs, lost kids, low branches, and looming potholes.

Approaching the Finish

1. Follow the instructions of the race officials at the finish. You may be told to stay to the right or to the left.
2. Most races don't allow your nonregistered friends and relatives to run with you in a race. If, even though Miss Road Manners frowns on it, a friend is running the last few miles with you, and hasn't officially entered the race, tell your friend NOT to cross the finish line. He/she should move off the race course before the finish.
3. Once you have crossed the finish line, don't stop. Keep moving to the end of the chute; stay in the exact order in which you finished. Please don't get ahead of anyone in the finish chutes. This is very important for accurate scoring.
4. Enjoy the post-race refreshments, but remember others want to enjoy the goodies too. Moderation is the key so there's food for the last people finishing the race. Miss Road Manners asks that you not cut in front of her in the food line. She's as hungry as you are and she has a temper that flares up mightily when she is starving. Be fair to the runners who have been patiently waiting in line.
5. Don't forget to turn in the stub on your race bib if there are random prize drawings. You've got to enter to win. Listen for the announcements.

A final reminder from Miss Road Manners:

ENJOY THE RACE AND HAVE FUN! AND DON'T FORGET TO MIND YOUR RACE MANNERS!

To Eat or Not to Eat Pre-Workout?

By Hana A. Feeney, MS, RD, CSSD (from Active.com)

Should you eat before working out? Is it better to exercise on an empty stomach so that you tap into your fat stores and burn them away? What if you have a sensitive stomach? Should it be carbs or protein or both?? So many questions!

The bottom line: When you eat carbohydrate-rich foods before exercise, you will perform better--mentally and physically--during your workout. The question then becomes, what works best for your body?

Sensitive Stomach?

Choose low-fiber and low-fat foods before exercise. Try to eat at least one hour before beginning your workout. Skip the peanut butter and high-fiber dry cereals before your workout. Fat and fiber hold food in the stomach longer and with your sensitive stomach, you want the food that you eat before a workout to be digested and out of your gut when you start exercise. Best low-fat, low-fiber foods:

- Banana
- Low-fat yogurt
- Whole wheat English muffin

Trying to Burn Fat?

While it is true that exercise on an empty stomach allows you to burn fat during exercise, this does not translate to a reduction in body fat. When the body is burning fat for fuel during exercise, it inevitably means that you are working out at a lower intensity. What does that mean? It means that you are burning fewer calories per minute of exercise.

To really blast through fat stores, you need to be in the carbohydrate-burning zone. When your body is using carbohydrate to fuel exercise, it means that you are burning more calories per minute. When carbohydrate isn't available, your intensity drops, both physically and mentally. Exercise on an empty stomach generally feels much harder. Choose a satisfying meal or snack, but keep the high calorie additions to a minimum if you are trying to lose body fat. Give yourself 30-60 minutes to digest and then hit a high intensity workout. Best lower calorie, carbohydrate-rich foods to blast fat:

- Unsweetened cereal with skim milk and fruit
- Toast with light spread of almond butter and preserves
- Low-fat yogurt-fruit parfait

Protein to Build Muscle?

Eating protein-rich foods before exercise won't necessarily lead to bigger muscles. Focus your attention on protein-rich chicken, salmon, turkey and Greek yogurt for after your workout when your muscles are more receptive to the powerful muscle-building affects of protein.

Before any workout, you need carbs. Carbohydrate powers exercise, especially high-intensity workouts like weight lifting. You can blow through your glycogen stores (carbohydrate stores) during a heavy lifting workout. When glycogen levels get low, mental and physical energy will drop. When trying to build muscle it's a good idea to incorporate small amounts protein into every meal and snack, provided that you aren't sacrificing carbohydrates. Choose pre-workout meals and snacks that provide carbohydrate and a bit of protein for extra calories to build lean mass. Best muscle-building options:

- Hummus with cucumber and tomato slices on whole wheat pita
- Oatmeal with fruit and low-fat chicken sausage
- Baked sweet potato topped with low-fat cottage cheese

Prime your body for exercise by choosing carbohydrate-rich foods for your pre-workout meal. When possible, give yourself at least 30 minutes to digest the food and absorb the nutrients. Experiment with which foods work best for your body. ■

Tails on the Trail UPDATE

Tails on the Trail is only 5 weeks away and registrations are already rolling in!

The Tails on the Trail Vet Contest begins October 1st. Participating veterinary clinics in the Topeka area will sell paper dogs to their customers in the amounts of \$1, \$5 and \$10 to help raise money for Tails on the Trail. The contest will last the entire month of October. The vet that raises the most money will receive a free pizza party from Papa John's and will get to display the Tails on the Trail Traveling Trophy for the entire year of 2012. Last year's winning vet was Westridge Animal Hospital. They will have a booth at this year's event, so be sure to stop by and say hi!

The weather is perfect for training with your fuzzy friend. Get out there and post photos of you and your training buddy on our facebook page @ www.facebook.com/tailsonthetrail



[facebook.com/tailsonthetrail](http://www.facebook.com/tailsonthetrail)

Tails on the Trail is always the 1st Saturday in November.

Registration begins at 9am and the race starts at 10am. See you November 5th! ■

SAVE THE DATE!

TAILS ON THE TRAIL

DOG-FRIENDLY 5K RUN/WALK & FAMILY EVENT

DATE: Nov. 5, 2011 **TIME:** 9am
(First Saturday in November!)

LOCATION: Shawnee North Community Park
300 NE 43rd St
Topeka, KS 66617
(785) 286-0676

TAILS ON THE TRAIL
A FUNDRAISER FOR HELPING HANDS HUMANE SOCIETY AT SHAWNEE NORTH COMMUNITY PARK

sponsored by

WWW.HHHSTOPEKA.ORG
www.facebook.com/tailsonthetrail



The Sunflower Striders are on Facebook!

Become a fan today!

UPCOMING RACES

October 15

Waddell & Reed Kansas City Marathon, 1/2 Marathon, Marathon Team, 5k, and Kids Marathon

22nd & Grand, across from Crown Center, Kansas City, MO

7:05 AM

Contact: Aaron Koelzer, akoelzer@sportkc.org

October 15

Striding for Seniors 5k Race, 1 Mile Fun Run/Walk

Rice Community Center - 432 SE Norwood St., Topeka KS

8:00 AM

Contact: Janis Deboer, jdeboer@hotmail.com

October 15

Maple Leaf 5k Run, 1 mile Walk & Kids Fun Run

Golf Course, Baldwin City KS

8:30 AM

Contact: Kit Harris, 785-221-8025

October 16

6th Annual Fall Fell 7 Mile Trail Run

Shelter #1, Kill Creek Park, Olathe, KS

9:00 AM

Contact: Ben Holmes, 816-810-0440

October 22

Lake Perry Rocks! 50-Kilometer, 1/2-Marathon, & 5K Trail Runs

Branded B Ranch, Meriden, KS (West side of Lake Perry)

8:00 AM

Contact: Ben Holmes, 816-810-0440

October 23

K-State Homecoming 5k

Manhattan, KS

10:00 AM

Contact: Andrea Bryant Gladin, 785-532-5058

October 29

First Annual Blisters & Gravy 5k Run/Walk

Pleasant Hill United Methodist - 5919 NW Glenwood Dr., Topeka KS

8:30 AM

Contact: Steve Sodergren, 785-246-1737

October 29

Pumpkin Paradise Eskridge Fall Festival 5k

Main Street, Eskridge KS

9:00 AM

Contact: Kari Warren, 785-341-6585

October 30

Boo! Run and "Trunk or Treat"

402 N. 2nd Street, Lawrence KS - Run on the levee

1:00 PM

Contact: Sarah Jane Russell, 785-843-8985

November 5

Tails on the Trails 5k Dog-Friendly Run/Walk & Family Event

Shawnee North Community Park, Topeka KS

9:00 AM

Contact: Lena Hayden, 785-608-4168

November 12

Pilgrim Pacer Marathon, 1/2 Marathon, 10k and 5k

Shawnee Mission Park at Theater in the Park, Lenexa KS

8:30 AM, 9:00 AM

Contact: Ben Holmes, 816-810-0440

November 13

Veteran's Day Fantastic 4-Mile Trail Run

Shelter 10, Wyandotte County Lake Park Kansas City, KS

9:00 AM

Contact: Ben Holmes, 816-810-0440

November 26

6th Annual Miracle on Kansas Avenue Rescue Run 5k and 1.5 Mile Walk

Bank of America building - 534 S. Kansas Avenue, Topeka KS

5:00 PM

Contact: Tony Estes, 785-213-1727

December 11

9th Annual Alternate Chili Run... "A Taste of Psycho WyCo" (a 10-mile hilly trail run)

James P Davis Center, Wyandotte County Lake Park, Kansas City, KS

8:00 AM

Contact: Ben Holmes, 816-810-0440

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