

Running Times

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July 2004



2004 Officers

- President Brad Rhoden (brhoden11@wmconnect.com)
- Vice President Frank Weinhold (frank.weinhold@co.shawnee.ks.us)
- Secretary Elaine Gill (zzgill@ktwu.wu.edu)
- Treasurer Jim Price (jpntop@aol.com)
- Board Member at Large Norma Weiser (weiser.2@juno.com)
- Board Member at Large Marla Rhoden

President's Pen

It's dangerous out there! With summer months upon us, there are more and more people traveling about all the time. This means an increase in motor traffic and as we all realize (or should realize) it takes more caution on our part to remain safe while running or biking along our streets and sidewalks.

It has become quite common for drivers to disregard stoplights and stop signs. Many drivers simply continue their right turn after glancing left at stoplights and many vehicle operators will speed up to get through an intersection, often times after the light has changed to red.

We probably all know of someone who has been hit by a vehicle while out for a run or bike ride. And, in turn, many who encounter such fate are not able to continue to enjoy those daily physical activities they once took for granted.

John Reinhart, who now lives near Washington, D.C., was seriously injured recently when a car hit him while he was out running on the Mall in Washington. John was in the hospital several days recovering from the injuries he received as he was propelled over the front of the car onto the windshield. Reading the account of what happened, it is a wonder John is still with us. John is truly "blessed" and we wish him a speedy and complete recovery.

So, please be careful and be aware. That goes for when you are operating a vehicle as well as when you are out for a run or ride. Remember, you do not have control over what others do on the road.

On a brighter note, I read where some direct exposure to the sun each day is considered good for you. There is now evidence that too little sunshine, especially among older people can increase susceptibility to many serious diseases. As little as 20 minutes of sunscreen-free exposure several times a week helps create plenty of vitamin D. That gives an added benefit to the hour or so most of us spend outdoors every day.

An aunt recently gave me an article with accompanying photo from our local newspaper about the contingent of Striders getting ready to compete in the 100th Boston Marathon. I believe most everyone in the photo is still running eight years later, but nearly half the people have moved away. Many of us have been able to keep in touch with most of those who no longer live in Topeka, either at races or to visits to where these friends have moved.

It just goes to show that a lot can happen and change in as short a period as eight years. For all those members who have left us, many others have joined the club. And many others will continue to join. I would like to invite all new members to come join in any of our group activities that may fit into their schedule. We would especially like to have more fitness walkers come join us.

I hope everyone has enjoyed our mild spring weather. Other than some windy days, I would rate this one of the nicer springs we have had the last few years. As with all good things, our milder days are starting to come to an end. Remember to hydrate well and not overdo it during our hot summer months.

Stride On,

Brad

Strider in the Spotlight

By Jim Edwards

Our Strider for this month's spotlight has been a club member since 1986.

Margie Rogers quit a 20-year smoking habit when she was 39 and found that playing tennis a couple of times a week did not control her steadily increasing weight. In February of 1985, she ventured outside in the dark of early morning and ran up to the corner and back wearing sneakers and sweatpants. Before long, she was running more, wheezing less, and having fun doing it. In the fall of that year, at the encouragement and insistence of her husband, Steve, she entered the Coyote Run. This 8-K race was sponsored by the Kansas Air Guard at Forbes Field. She ran a respectable time (43:46) and she was not last. Well, that race and the fun she had doing it hooked her!



She ran only local races for a period of time and completed her first 10 mile run on her 40th birthday. The Sunflower Striders that she saw at those races looked like they were having fun running together and she became part of the group on the last Wednesday night that the Striders ran from Petro Center at Washburn. Soon after that, Wes Nicholson, Jimmy Price and Mike Baker took her in tow and at least one race and sometimes as many as 3 per weekend became the norm. It was the beginning of a new and major part of Margie's life.

Margie's training and racing was soon taking on a different look. While she still enjoyed shorter races, she found herself running more and more miles. In October of 1991, she ran her first marathon in Kansas City. Sixteen more quickly followed--too quickly possibly. (But it was so much fun training and traveling with friends to far away races!) Margie is very proud of her 3:28 PR in Lincoln and of the fact that all but one of her marathons were Boston Qualifiers. (While she competed once in Boston, she said it definitely is not her favorite race.)

Favorite marathons are Lincoln and Chicago. Favorite half marathons are Lincoln (PR there again with a 1:38) and, of course, Topeka to Auburn. Cedar Crest is another favorite race. Margie has either competed or volunteered there every year since its inception. She identified her favorite training run as any time that she gets to run with her friends. (Remember why she joined the Striders?)

Margie's 37 year marriage to Steve has produced 3 children (all of which ran at Topeka West) and 6 grandchildren--at least one of which she day cares every day and sometimes there are as many as four of them in the basement playroom at her house. She defines her life not only by her wonderful family but also by her "running world." Margie fully appreciates the major role that running has had on her life. When Margie is hurt (not so often any more) it means not only missing out on the physical workouts, it means missing out on the important camaraderie of the workouts.

As the years have passed, she has been forced to realize more the need to rest when her body tells her to and she has sort of accepted the fact that she won't be all that 'fast' again. However, speed is relative and being the strongest you can be as you grow older is the best any of us can do. These two lines of thinking will most assuredly keep Margie running and racing for years to come.....and.....there are certain joys to just running for fun. When 2 year old Steven and Margie take a walk in the neighborhood together, he says "Run, Run, Run" and away they go, hand in hand.

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“Ramblings” by Frank

. April brought the Earth Day Run and the “Great America Cleanup”. The Sunflower Striders helped by picking up trash. Unfortunately, I was unable to participate. The count on the number of bags of trash collected was 53. I can not imagine where the runners were finding all the trash. The streets usually look clean. Anyway, we know the City was even cleaner after the run. This year’s project was in collaboration with the Topeka/Shawnee County Keep America Beautiful, Expert Tire on 21st Street and Frances O’Dooley’s. Keep America Beautiful provided the trash bags; Expert Tire provided a trash bin and Frances O’Dooley’s provided three plates of appetizers. For my part I appreciate the twenty runners picking the trash up. Thanks.

May brought the Steinkuehler’s C C Run. This was purely a social run. Charles gave us the talking points of interest tour of the Potwin area. Charles did a great job! The run ended on the front porch of the Steinkuehler’s house. This was a nice social while munching on the potluck breakfast. The event was nice after running the usual Sunday routes. (If you had sore feet the brick streets got you.)

Even with all these fun runs there is still time for some out of town races. Many gather together and car-pool to another town to show the locals and others how the Sunflower Striders run.

If you have not visited the Sunflower Strider web site, please do so. The web is full of good current information and links to other running associations. Be sure to thank Margie Rogers for the time and effort spent on this project. IT IS LOOKING GOOD!!

Since Hunter turned 40, he says he has to double dip the Gatorade to stay on top in his new age group.

I do not know what Tony Estes is putting in the Gatorade. Did you see the times turned in at the Lincoln Race! Wow! To think Janelle Rethman allowed me to run with her. She even talked to me about Lincoln. How embarrassing. She turned in a 1:44 for the Half. I have never even thought of such a time. Then Stephanie Nickelson and Noble Morrell turned a 2:01 & 2:02. Wow!! I am going to follow Hunter Munns advice and start double dipping the Gatorade. (Tony’s Gatorade, that is.) Denis Hill smoked a blazing 2:18.

Congratulations to Vivian Tucker for qualifying for the Boston Marathon with a 3:57.2!!

Speaking of Lincoln, there were a lot of stories from that trip. To get the straight story you will need to talk to those involved. What I got was: Kelly Christenson took a ride in a port-a-potty (sounds like fun), Mark Penn took over Vivian Tucker’s spot in “how far is 6 #%%# miles”, Kelly is framing Mark’s picture in the port-a-potty (I want to see that one!) and Tony Estes’ new night before the run diet of one carb bottle instead of twelve. Gary Miller and Chris Cozadd spent the half wishing they had some carbs to catch Tony. Sounds like the group had a lot of fun!

Wow!! Did you see all the Sunflower Striders and Get-Fit runners at Hospital Hill on June 5h? There was good group of supports that did not run there as well! We were well represented!

Consider joining one or more of the following running groups:

- ❖ Wood Valley Racket Club on Tuesday at 6:15 pm
- ❖ Maximus on 21st Street on Wednesday at 6:00 pm.
- ❖ Fairlawn Plaza west-end (Popeye’s) on Saturday at 7:00 am.
- ❖ Northeast corner of SW 10th St. and Fairlawn on Sunday at 7:30 am.

Upcoming Strider Fun Runs:

- July 3, Lake Sherwood; Howard’s for Potluck Breakfast
- August 8, Crow’s Flight Across Topeka.
- September 11, Stacken’s Hills, History and Hamburgers
- October ??? Awsome Fall Run – Need a host or an idea.
- November 25 Morning Turkey Trot around Lake Sherwood
- December ???? What do you want to do this holiday season?
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If anyone has any suggestions or thoughts on doing a run or changes, *please let me know*. My telephone number is 272-8640.



Ramble On!

If you have not visited the Sunflower Strider web site, please do so. It is full of good current information and links to other running associations. sunflowerstriders.org

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

Reach the Beach 2004

On September 16th fourteen Sunflower Striders are going to board an eastbound 737 for Boston to run a 208 mile relay from the White Mountains of northern New Hampshire to the resort community of Hampton Beach on the state's southern coast. Each of the twelve runners will cover an average of 17 miles in three legs over a hoped for 26 - 28 hour period.

The same award winning team from last years' Hood to Coast relay has remained intact. They are: Brad and Marla Rhoden, Cheryl Haefele, Bob Wenger, Donna Romans, Frank Weinhold, Kelly Christensen, Marty Garren, Norma Weiser, Ralph Howard, Vivian Tucker and John Patch. Sharon Patnode and Chris Cozadd will be along to provide support, encouragement the security that someone will be awake to drive the vans during the later stages.

Most of the group will stay the whole week and tour much of New Hampshire and Maine after the race. Some of the highlights are expected to be spending a night on an island off the coast of Maine, taking in a lobster bake and enjoying the beauty of the start of the New England fall foliage season.

John Patch

Welcome New

Members

- Carol & Harold Bragdon
- Kim Jones
- Carol Lapka
- Kim Sykes

Volunteers Needed—Please Help

Taking a phrase from the movie, "Field of Dreams", build it and they will come, do you think this is what Gerald "Chris" Christensen and Dana Ferrel had in mind when they developed the cross-country course out at Stateland for USD 501 and Hayden HS.

I'm not sure how it happened but 2 years ago K-State came over and ran a race. They came back a 2nd year. This year they will be hosting the NCAA Cross-Country Championship Meet at Stateland. How exciting

is that?

Our club has been very active in all of the meets at Stateland, providing peoplepower (is this politically correct?) and our timing equipment. With a huge meet like this we will be needing many VOLUNTEERS.

Chris is guessing at least 70 will be needed. To work this meet, you will also be requested to work the Hayden Invitational. If interested, please let me know. (I wish I could call all of you personally.) You can reach me by e-mail at Weiser.2@juno.

com or 640-3102.

At 2 of our races this year we had many cross country runners working at our aid stations. I really appreciated their help at Topeka-Auburn and the Race for Life. I also would like to thank all of you that have help with any of our races!!! We could not have a race without VOLUNTEERS. You guys are great. Thank you.

We also need Volunteers before the fall. Brad Rhoden can use help with the State Games and I need Finish line people

Thank You, Friends

Many thanks to all of you for the cards, e-mail messages, and warm thoughts and prayers during my mother's illness and then her death and funeral. It's not that we ever forget how thoughtful and caring

our running friends are, but during tough times like these we are reminded of what a strong extended family we have in our running community. Your support meant a great deal to Brad and me

and my family, and it made a really difficult time a little easier. For that, we thank you from the bottom of our hearts.

Marla Rhoden and family

*We need your
help with high
school and
college cross
country meets
this fall*

Race Results

2004 - Bank of America River Run - 10K Wichita - May 8, 2004

Name	Rank	Time
Overall Winners		
Dave Halferty	3 rd Male	32:20
Michelle Hein	3 rd Female	28:56

Male Age Group 50-54

Joe Wagenblast	2 nd	38:53
Brad Rhoden	5 th	40:34

Male Age Group 65-69

James Hague		51:41
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Female Age Group 45-49

Marla Rhoden	3 rd	44:45
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2004 - Rock to Rock - 6K

Minneapolis - May 8, 2004

Name	Rank	Time
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Male Age Group 30-39

Chris Cozadd	1 st	25:00
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Male Age Group 40-49

Gorden Wade	2 nd	26:20
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Male Age Group 60& up

Frank Weinhold	1 st	29:53
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One Hill of a Run 5K Merriam May 15, 2004

Female -

50-54	Dee Boeck	1	23:17
50-54	Elaine Gill	4	26:11
55-59	Donna Romans	2	29:04

Male -

65-69	Frank Weinhold	2	25:10
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Olathe Marathon May 29, 2004

Brad Rhoden	3 rd Overall
Marla Rhoden	17 th Overall
Karen Yokley	19 th Overall

Female -

35-39	Karen Yokley	1	3:38.40
45-49	Marla Rhoden	1	3:36.39

Male -

40-44	Edward Keller	31	6:15.00
50-54	Brad Rhoden	1	3:13.24

15 K

Tony Estes	3 th Overall
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Female -

40-44	Kathy Stacken	10	1:39.32
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Male -

45-49	Tony Estes	1	57.39
45-49	Doug Stacken	6	1:17.36



*Good
Job,
Striders!*

**Amy Thompson Run to Daylight
May 31, 2004**

5 K

Female –			
50-54	Elaine Gill	2	25:48

8 K

(No times available – result problems)

Female –			
	Michell Heine	1 st Overall	
50-55	Norma Weiser	11	
55-59	Donna Romans	6	
55-59	Margie Rogers	8	
Male –			
30-34	Chris Cozadd	5	
60- 64	Jim Price	6	
65-69	Frank Weinhold	4	

**June 5, 2004 - Carondelet Heart institute
Hospital Hill Run - Kansas City**

Female – 1/2 Marathon

30-34	Lezlee Jones	6	1:39.12
30-34	Janelle Rethman	28	1:55.35
35-39	Karen Yokley	6	1:39.13
30-34	Christine Kleckner	24	1:55.36
45-49	Marla Rhoden	2	1:36.14
45-49	Sue Mowder	11	1:53.50
50-54	Elaine Gill	10	2:04.44
60-64	Marcia Groth	6	2:54.23

Male – 1/2 Marathon

30-34	Chris Cozadd	20	1:38.16
30-34	Scott Ediger	23	1:40.11
30-34	Curt Clinkinbeard	111	2:31.41
45-49	Tony Estes	2	1:19.49
45-49	Kevin Brown	44	1:45.58
45-49	Gorden Wade	47	1:46.48
50-54	Brad Rhoden	3	1:27.48
50-54	Bob Wenger	35	1:56.11
64-65	Denis Hill	16	2:27.58
65-69	Frank Weinhold	4	1:56.33
65-69	James Hague	7	2:03.21

Female – 12K

25-29	Meghan Nicoline	11	1:04.01
30-34	Liz Ganser	29	1:24.59
35-39	Kim Wilson	17	1:10.49
35-39	Julie Funk	25	1:14.01
40-44	Evie Deitrich	9	1:03.20
55-59	Donna Romans	1	1:07.18

Male – 12K

40-44	Hunter Munns	6	49.53
40-44	John Deitrich	24	1:03.21
40-44	Eric Smith	36	1:09.24
45-49	Tucker Porter	10	1:00.11
60-64	Noble Morrell	7	1:08.36
60-64	Clay Lang	6	1:12.32

Female – 5K

40-44	Kim Sykes	20	35.27
40-44	Laurie McKinnon	30	41.59
50-54	Norma Weiser	2	27.24
50-54	Sharon Patnode	5	28.17

Male – 5K

40-44	Ken Stone	6	23.55
40-44	Cary Funk	14	27.51



Topeka Lions Journey for Sight 6/12/04

Frank E. Godding, Jr. Memorial Race

8K Run

Male

1st Overall Jon Gerdel 29:22.32 Topeka
 1st 17-19 Andrew Neils 34:29.05 Manhattan
 1st 30-34 Kyle Nelson 36:13.97 Topeka
 1st 35-39 Mike Metevier 34:39.32 Topeka
 Masters Hunter Munns 31:47.98 Topeka
 1st 40-44 Neal Farron 34:10.35 Topeka
 1st 45-49 Keith Hertling 32:03.24 Topeka
 2nd 45-49 Kevin Brown 37:54.89 Topeka
 3rd 45-49 Rick Morgan 42:51.64 Burlingame
 4th 45-49 Mark Barcellina 51:11.50 Topeka
 Sr. Masters Gary Pratt 33:25.32 Topeka
 1st 55-59 Ronald Francisco 41:42.10 Lawrence
 2nd 55-59 Don Baker 47:52.97 Topeka
 1st 60-64 Larry Kietzman 36:59.39 Topeka
 2nd 60-64 Ronald Strader 41:23.93 Holton
 3rd 60-64 Russell Bell 44:08.92 Topeka
 4th 60-64 Gary Conrad 49:25.77 Manhattan
 1st 65+ Clay Lang 44:29.13 Topeka
 2nd 65+ Keith Barton 53:40.29 Topeka

Female

1st Overall Karen Yokley 34:49.13 Topeka
 1st 30-34 LeAnne Calderwood 44:24.75 Topeka
 2nd 30-34 Carmen Burns 46:54.26 Lyndon
 1st 35-39 Julie Keleman 41:58.63 Topeka
 2nd 35-39 Kim Wilson 44:55.43 Topeka
 3rd 35-39 Angela Roberson 46:27.06 Topeka
 Masters Sue Mowder 40:16.17 Topeka
 1st 40-44 Mitzi May 43:12.40 Topeka
 2nd 40-44 Janet Walsh 47:25.06 Lyndon
 3rd 40-44 Cheryl Haeefele 47:56.86 Topeka
 1st 45-49 Jeanette Vogel 54:41.96 Topeka

Sr. Masters Charlet White 43:08.70 Topeka
 1st 50-54 Norma Weiser 45:06.70 Topeka
 2nd 50-54 Marcia Allen 49:24.92 Manhattan
 1st 55+ Margie Rogers 51:33.31 Topeka

2 Mile Run

Male

1st Overall Bill Allen 12:08.70 Overland Park
 1st 10 & Under Nick Walsh 18:56.34 Lyndon
 2nd 10 & Under Joe Walsh 19:13.06 Lyndon
 3rd 10 & Under Ryan France 31:23.59 Topeka
 1st 11-14 Alex Walsh 19:02.69 Lyndon
 1st 30-39 Tom Dorothy 14:55.30 Burlingame
 1st 40-49 Ed McMurphy 16:00.35 Topeka
 2nd 40-49 Kendall Payne 16:02.22 Coffeyville
 3rd 40-49 Paul Patterson 17:47.83 Topeka
 1st 50-59 John Oyler 13:58.13 Topeka
 2nd 50-59 Tom Eck 14:41.07 Topeka
 3rd 50-59 Steve Stambaugh 16:51.37 Topeka
 1st 60+ Vic Dyck 17:10.11 Topeka

Female

1st Overall Ellen Jensen 16:42.56 Lawrence
 1st 11-14 Claire France 19:01.34 Topeka
 1st 15-19 Sarita Patterson 19:13.24 Topeka
 1st 20-29 Katie Stout 19:29.45 Lyndon
 1st 30-39 Laura Liggett 17:24.02 Topeka
 1st 40-49 Kim Sykes 21:32.43 Topeka
 1st 60+ Dorothy Brown 22:57.60 Topeka
 2nd 60+ Connie Lavin 42:12.12 Topeka
 3rd 60+ Shirley Young 42:12.36 Topeka
 Spencer Smith

Fourth of July Run

(Don't miss this one!)

Hope to see you all at the Sherwood Lake Run - at the beach on Sherwood Court, on July 3 at 7:30 am. There is no fee but there will be a few T-Shirts for sale and a few free ones for prizes.
 Marcia Groth

Treasurer's Report

Income Dues \$75.00
 Clock Rental \$100.00
 Apparel \$ 10.00

Total \$185.00

Expenses Topeka
 Transit \$100.00
 Parks & Rec. \$100.00
 Stamps \$ 78.00
 Kinko's \$259.21

Total \$537.21

Balance 6-15-04
 4570.89

J.P.

**As if you haven't noticed,
 summer is here and it's
 hot outside!**

