

# Running Times

Volume 5, Issue 2

June 2005

## President's Pen

Consider joining one or more of the following club runs.

- ❖ *Wood Valley Racket Club on Monday at 6:15 pm.*
- ❖ *Maximus on 21<sup>st</sup> Street on Wednesday at 6:00 pm.*
- ❖ *Fairlawn Plaza west-end (Popeye's) on Saturday at 7:00 am during the warm weather.*
- ❖ *Northeast corner of SW 10<sup>th</sup> St. and Fairlawn on Sunday at 7:30 am.*

### Upcoming Strider Fun Runs:

- *July 2, Lake Sherwood; Howard's for Potluck Breakfast.*
- *August 7, Crow's Flight Across Topeka.*

Most of us started running in our youth, at play. Before school, at recess, after gobbling down our lunch (a guy thing), afternoon recess, after school, after getting home from school, during our summer break from school and in general, any other time we could be outside, most of our games and outdoor activities involved running of some sort. Then, as we became a little older, we had regular physical education classes in school. More running and physical activity. What a concept! Some of us became involved in organized sports, which usually required quite a bit more running. But, not all that long ago, one whole gender was left out of being able to compete in organized sports. It's hard to imagine that today.

We all started to become runners for a variety of reasons and at different times in our lives. Some may have continued through organized sports and may have even come to enjoy it such that they came to specialize in running only sports. For others, it may have been a progression from not being able to play their favorite sport(s) (at least not as well as before), to being able to still play or compete by donning those light-weight sneakers. For many, it might have been a life-changing event that got them into running.

At some point, maybe still in our youth or for many of us a few years later, we decided running was good for us and we decided to become a runner. The progression for most of us probably was that we worked our way to be able to run a mile and then 2 miles and then 3 miles at one time. As time went by and our aerobic capacity became greater, we were able to run further and further without stopping. Then, since we could run a long

way without stopping, we saw and heard of others who were doing it – only faster, in races.

Once we ran that first race, no matter how long it took us or how much perceived pain we thought we put ourselves through, most of us were hooked. We became interested in running further and faster and in actually learning how to train our bodies to do those things. And another great thing happened. We suddenly had a whole new group of friends - happy, healthy, goal-orientated friends who could share in our failures and shortcomings as well as our triumphs and accomplishments. What a great support group!

Outside of the people we work with and our families, we spend more time with our running or fitness friends than any other group. Some of us spend more time with our running friends than our families and I imagine most of us would like to spend more time with our running friends than the people we work with. I know my life revolves around running and the great friends I've acquired along the way.

Your club officers are busy trying to create a more vibrant organization. There are a number of fun runs, including some possible new events, being formulated for the rest of the year. A brochure has been produced, highlighting club activities, to help make potential members aware of our organization. The club has been involved in two health fairs within the past month to help promote a healthy lifestyle. To my knowledge, this is the first we as a club have been involved in such events. The Sunflower Striders website continues to add new features such as Striders Weekly, discount online Road Runner Sports ordering, Yahoo Groups emailing, and other timely information. You can read more about those features in this newsletter.

Be safe and be aware,

Brad

# Strider in the Spotlight, Kaycee Simon

By Suzanne MacDonald

I met Kaycee Simon for the first time on a recent Saturday morning Strider run. She was gracious enough to run along with us plodders as we grilled her about herself and her interest in running. It is amazing how much you can learn about someone if you run slowly and talk fast! I learned that Kaycee is a new member to the Striders but has been running for about three years. She is a nurse anesthetist at St. Francis Hospital, having completed her undergraduate degree at Washburn and her graduate degree at KU.

Kaycee says she began running for stress reduction and found that it works! Kaycee and her husband, who works for the sheriff's department, enjoy running, hiking, and off road biking together and often take along their Golden Re-

triever. Unfortunately, their retriever is a short distance kind of dog and simply stops when he's had enough. I guess some of us human runners should take a lesson from him.



Kaycee has raced in several 10Ks and looks forward to continuing her running, both in races as well as with the Striders.

I found we have some things in common. We both love to read and we both made the questionable decision to shave our Golden Retrievers for the summer! We think that it makes them feel cooler but they look a little like a cross between a lion and a dog that sat on a squirrel.

I hope to run many more miles with my new friend, Kaycee. Say hello next time you see her out on the road!

## SSRC Membership Card

By now, you have found enclosed within this newsletter your new Sunflower Striders Running Club membership card. Please tuck this safely away in your wallet or purse because in the near future you will be able to present this card to area businesses to receive discounts.

Members of the Striders Board are currently working on obtaining shopping discounts to local businesses who support health, wellness and running in our community. If you know of or own a business that would consider participating, please

*Tuck this valuable new  
card into your wallet for  
future rewards!*

contact any Striders Board member. We will be actively pursuing business discounts in the upcoming months, and will be posting the names of participating businesses and their discounts on the Striders website and in our newsletters.

One card has been sent to each family, but you may request additional cards by emailing Kelly Christensen at [kelly7262@sbcglobal.net](mailto:kelly7262@sbcglobal.net).

Watch for more to come!!

## Win-Win with Road Runner Sports Brad

The Sunflower Striders have joined the online affiliate program of Road Runner Sports. You can now go to the Helpful Links page of the Striders' website, scroll to the bottom of the page and click on the Road Runner Sports banner. The current banner (promotion) is for 15% off your entire order and when clicked on, will take you to the home page of Road Runner Sports and you can go about your online shopping. The banner (promotion or discount) will change periodically.

If you have ordered from Road Runner Sports in the past, you probably receive regular emails with special offers to place orders online. You may also receive postcards in the mail for a certain amount off your next purchase and of course, each catalog has its own promotion. With the 800 number right there, for most of us it's simply easier to pick up the phone and call an order in. But wait a minute.

Through the affiliate program, the Sunflower Striders will earn a commission on orders placed to Road Runner Sports on our website. After orders placed through the website reach a certain amount, a commission check will be sent to the club. The amount of commission has been a straight 8%, which is

really good, but will soon go to a sliding scale depending on amount of orders placed. So, the rewards could be even greater.

The first time you order online through the website you'll need to set up an account or if you already have an account, make sure that information is correct. That way, RRS will have all your information on file each time you place an order. RAC (Run America Club) and VIP discounts that you may already benefit from will apply along with the current website banner promotion, making for an even greater savings.

Helping our running club bring in some extra cash is great, but we also want to make it an incentive for members to utilize the program. Details will need to be worked out, but we want to reward club members who place their orders through the club website. Because of privacy issues, we will need to track individual or family purchases from our end. Therefore, we would ask that documentation of your orders be turned in at some point to earn credit for those purchases.

## Road to Boston by Norma Weiser

Last fall when Marla Rhoden told me her goal of running her 100th marathon in Boston 2006, I thought I would like to go. In my previous attempt at qualifying, I missed by 12 minutes so I asked Marla to write a program for me. When I saw it, I wondered what I was getting myself into. All of last fall I trained hard and did a half marathon each month, in Des Moines setting a P.R. On some of my long runs I had a guest with me. I pushed my grandson in a stroller. After one of the runs Kenny Jessop pointed out that we had a flat tire on the stroller. I guess, it just made me stronger. After our track workout finished, we hit the hills and ran and ran most Tuesdays. Some of those workout were with the stroller also. I must give a big THANK YOU to all that helped push. In my previous attempts I ran 4 or 5 long runs. A 15, 18 and maybe a couple of 20 milers. That was not in my new schedule, I had 4 16-18 runs and 4 20 milers. I was wondering how I was going to do it, several of my running friends climbed on board and helped me with all of my long runs.

My training was to start the 1st week of January. The weather didn't cooperate and that really worried me. At 13 weeks, I signed up for Abilene Marathon. Up until the week before, I didn't know if I would do the half or whole. The previous 2 years the wind had been horrible but the weather gods were with us that day. It was perfect.

I learned many things that day. Do not try anything different on the day of the run. (Have you heard that before?) I tried some oranges at the half and boy, was that a mistake! My stomach bothered me for several miles.

About 5 miles from the finish, I tried an animal cracker and ended up spitting it out, which was very hard with a dry mouth. By this time we are about 2.5 miles out, we can see the church steeples. I was very tired and started walking. Many things went through my mind—if I don't qualify today, I'll have to do this again! As I got close to the finish line, the first person I saw and heard was Marla. She was yelling that I qualified! I needed a 4:05 and I did a 4:02:06!

I know I can only run 1 or 2 marathons a year. I do need the long runs. The speed workouts helped me to run while uncomfortable. I still need to figure out what to use for nourishment during the run.

Come join us for the marathon in Wichita, Oct 16th. Thank you to all of you that helped me reach my goal.

## Ramblings by Frank Weinhold

Aaahh. Spring has arrived. I wasn't sure that it would. We had a warm-up then the temperatures dipped and the evenings were very cool hovering around the 30's. Then in four days we had evenings and mornings in the 60's and a couple of afternoons hitting 90's. Of course, we needed the strong wind, we live in Kansas.

The weather sure was gorgeous for the Abilene "Eisenhower Marathon" and the "Run for Life". That was very unusual for the Eisenhower Marathon. Everyone that tried did qualify for Boston.

This is the second year the Sunflower Striders have teamed with Topeka/Shawnee County Keep America for the Earth Day Run and the "Great America Cleanup". The Sunflower Striders helped by picking up trash. The count on the number of bags of trash collected was 31. The comment was the bags were bigger this year. It was tougher getting a full bag back to the trash bin. Thanks to John Bartel for helping. For my part I appreciate the twenty runners picking the trash up. Thanks.

Many Striders went to Lawrence to run the Raintree Run. There were at least four running the Heart & Sole Classic in downtown Olathe.

For the third year Charles and Chris Steinkuehler have hosted the Potwin Run. We all enjoyed touring their newly remodeled home and Charles gave us an interesting running tour of the Potwin neighborhood. He did a great job! The run ended in the kitchen and dining room because, of course, that is where the food was! (If you had sore feet, the brick streets got you.)

Even with all of the fun runs, there is still time for some out of town races. Many gather together and car-pool to other towns to show the locals and others how the Sunflower Striders run. The Striders had representation at the Trolley Run, Lawrence Run to the River, Oklahoma City Marathon, Olathe Marathon, Heart and Sole, Most Pure Heart, One Hill of a Run and Amy Thompson.

Edward G. Keller has completed his 89<sup>th</sup> marathon with the completion of Olathe Marathon. Way to go Ed!!

I hear that Susan Stark is going to have a full time teaching job!

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 Karen Yokley for the time and effort spent on this project. IT IS LOOKING GOOD!!

Have you noticed all the folks thinking and qualified for Boston?? Kelly Christensen, Bob Boehm, Marty Garen, Julie Garen, Jamie Kim, Doug Stacken, Vivian Tucker, Norma Weiser, Brad and Marla Rhoden and me. Now, Marla has her work cut out for her, if she plans on Boston 2006 being her 100<sup>th</sup> marathon. That means she will also have to go back for Brad's 100<sup>th</sup>. Believe me, there WILL be more qualified and wanting to go to Boston before January 2006!! They are already in training.

*A look at roads  
recently traveled and a  
view of the road ahead*

WOW!! You should see the BIG trophy Chris Cozadd won for being first overall at the Rock-to-Rock race. Will he ever come back to earth?

If anyone has any suggestions or thoughts on doing a run or changes, *please let me know*. My telephone number is 272-8640.

## Striders Weekly

Now appearing on the home page of the Striders website – Striders Weekly. Striders Weekly is a short, informative piece about what's happening on the local running scene. It may contain information about upcoming races; it may highlight the accomplishments of some of our members; or it may provide information about club fun runs, special club activities, or changes in group run times.

Striders Weekly on the website replaced Margie's Thursday e-mails. So, check the Striders Weekly column to be informed and up do date.

Please let me know if you have problems with it.  
Thanks! Marla

## What About Bob???

I got back into running with a friend from church in 2001. We would meet and try to get three miles in without either one of us having to walk. Our course was from 3501 Wanamaker (our church) to 37<sup>th</sup> east to Fairlawn around French Middle School, up 35th Street west, up and down the hills, and back to Wanamaker. We felt really good when we were able to get this run down to under thirty minutes. Then in the summer of 2002, he had to cut back on his running because he wanted to build a new home. I would go out running on my own more. I would regularly see the same couple running together at a variety of places and times.

As time went along, I remembered that there was a running club in town that I had heard about back in the early 90's. One Saturday morning in the fall of 2002, I put on my sweat pants, cotton shirt, running shoes, and jacket and went to the west end of Fairlawn Plaza Mall to see what was going on. The first week I found out who I was not able to keep up with for a five mile run. The next week I got to know a couple of people, and then learned that just because I started out with them did not mean I could stay with them the full distance. By this time, I got a better idea of what I should try to do, so I ran just ahead of this group of three people that seemed to run together about the same pace as me. On the way back we were talking, and I asked how they stayed warm with so little on while I was soaked and cold. One lady was very helpful and clued me in on what I should be wearing instead of the cotton clothing I had on. After the good advice I got from Norma, I started dressing better for the weather and got to know more people. Eventually, I joined the Striders in January of 2003.

About now you are thinking, why is this guy writing his own biography?

In February 2003, after doing the Valentine's Day run at Jan Leuenberger's home, I was sitting and eating after the run. Brad and Norma were nearby talking about a race. Norma looked at me and said, "What about Bob?" My response was, "What do you mean, what about Bob?" Norma proceeded to ask if I'd be interested in becoming part of a relay team in August going to

Oregon. I questioned my ability to be part of a team, since I was a relatively new runner with the group. Brad explained that it wouldn't be much different from my usual running routine, he considered me a strong enough runner to be a team member, and the trip would involve a vacation afterward. I was honored to be considered a member of this running group, so I agreed to participate.

I'm sharing this "biography" to let people know that any runner could have been approached to participate and any runner can be part of such a team. I've enjoyed the last two years of running with this team and treasure the many memorable experiences we've shared. The relay allows each team member to run his or her own leg of the race while having the rest of the team cheer the runner at both the start and finish of each leg. This was especially important to me, as a relatively new runner, who needed the extra encouragement that the team provided. This encouragement helped me continue to run and work to improve my running.



Enjoying the camaraderie of the team is such that several of us are looking forward to it and have made adjustments in our schedules in such a way to be a part of the relay team again this year. I'd encourage others to consider forming a relay team like the one I've been a part of. The team approach involved not only encouraging each other as we ran our various legs of the relay that took a total of about 24 hours to run, but all the vacation was as a team with each person volunteering in different areas taking care of the various domestic chores involved in living together in one house.

I'm now coming up to my third year as part of this relay team, returning to the site of my first relay with this same group – the Hood to Coast Relay – running from Mt. Hood, Oregon, to the Pacific Ocean on Oregon's coast at a total of 198 miles.

I hope what I've written encourages other runners. After I ran my first half-marathon in 2003, I thought I'd never want to run that far again. But with the encouragement of the Strider's group, I've not only run several more half marathons, but I've done three marathons in the past two years, which I never thought I'd do three years ago. So keep up your running, and I hope to see you around.

Bob Wenger

## Striders Yahoo!

We have created a Yahoo Group for the Sunflower Striders to help communicate between members. It is easy to get started. Go to [www.yahoo.com](http://www.yahoo.com). Click on the word Groups. Create a Sign on ID if you don't all ready have one.. After creating a sign on ID you are able to join a Group. The Striders' Group name is SunflowerStriders. Click on the Join this Group button. If you are the searching type you can select 'Recreation & Sports', then 'Sports', then 'Running', then search for SunflowerStriders. If you have any questions or problems with getting set up, please let me know at [kyokley@cox.net](mailto:kyokley@cox.net). I have included a link on our Membership page.

How can being a member of the SunflowerStriders group be helpful to me? If you are wanting to go for a run on a weekday morning and you don't want to run by yourself you can send out an e-mail to the group and everyone who has signed up will get notified and can either respond or just show up at the designated time and location. This is a quick and easy way to get notification to everyone. Hopefully, everyone will sign up and the Weekly Status will be posted on the web-site and also sent via the Yahoo Group.

# Drama in Olathe

by Claire Phillips

I love the drama of a marathon. Olathe, Kansas, Saturday, April 21, was the setting for the third Olathe Marathon, but the drama for me began at 10:00 o'clock the night before. I was getting ready for bed at my brother's house in nearby Shawnee. When I opened my suitcase, my running shorts were missing! My sister-in-law could only find her spandex exercise shorts and basketball shorts belonging to my 15-year-old nephew, Alex. Thankfully, Alex came home as we were discussing my dilemma and said he thought he could help me if I gave him about 15 minutes. After looking through many objects on his floor, he found his track shorts that he had not yet returned. They were the shortest shorts I have ever seen, but when the temperature rose on Saturday I was glad. They were cool—and they fit! The dry weave T-shirt given to all participants matched and was very cool also.

There were 330 participants in the marathon. Additionally, there was a marathon relay. A 15K was held with a different starting line. Finishing very well were Topekans Marla and Brad in the marathon and Tony in the 15 K. I parked my car at the finish line in downtown Olathe and rode a bus to the starting line at the Gardner-Edgerton High School. On the bus I met Carol, a friend of Norma's, from North Kansas City and a man from Florida. There were 30 states and 2 countries (England and Germany) represented.

A high point for me was having family members there. My brother, Gary, from Kansas City, stood with me in the chilly morning, took pictures, and shared his sunscreen—a very important item I had also left at home. Even though the temperature got to around 80 degrees, there was a cool breeze that was our salvation. The water stops were exceptional—every 2 miles until close to the end and then every mile. Six miles into the race, the sound of an ambulance caught our attention and up ahead was a collapsed runner being attended by medical personnel. The seriousness of the heat and the need to hydrate were apparent. Medical people on bikes were seen throughout the race and I was asked several times if I was feeling okay and told to be sure to hydrate.

The race course was well marked and well manned. At one point, we ran past the only campsite where the three historic trails—Santa Fe, California, and Oregon—converged. There were rural scenes with beautiful horses and highway routes with overpasses across I-35 on 2 occasions. I passed a runner from Atlanta, Georgia (Georgia is my home state). I told him his southern accent warmed my heart. I passed an older gentleman who had run in all 50 states and he said "it's like whiskey—it's addictive." I asked him his favorite race and he said "Big Sur." A Topeka couple I visited with before the race said this was their first marathon.

Mile 14 provided a remarkable "coincidence"—not a coincidence at all as I truly feel I was being encouraged by my unseen "Higher Power." Traffic had been slowed for the runners to cross over I-35. I heard someone call out "Claire!" I turned around and there in the line of traffic was Shari, my much beloved former supervisor from St. Francis, and her husband. She waved and smiled and I ran on. She told me later she had no idea why traffic was being slowed. I delighted in that encounter for several miles and felt a surge of energy from her encouraging greeting.

My attention was then drawn to a man standing on the side of the highway with a big bucket filled with orange slices. He said "My wife has run 3 marathons and she told me to take this bucket and stand here—she said I had to." That was the best orange I have ever tasted!

The last few miles of the race took us around a small lake in a park that was shaded with pleasant scenery. Then, we wove through old shaded neighborhoods. When I turned the corner to run the several blocks to the finish line, my eye spotted my daughter, Laura, and she screamed "Mom, you can make it! You can make it! I'll run with you"—which she did. That was the high point for me—to finish with my daughter cheering for me. A beautiful medal was placed around my neck and I posed for her picture. I finished in 5 hours, 39 minutes. I was pleased. I had overcome a very hot race, had met people along the way, and enjoyed the experience with 2 family members. I also learned I was second to the oldest female runner.

Next year, I would love to return and do the marathon relay with family members.

However, if Alex joins me, I'll have to be sure and bring my own shorts!

Minutes  
Sunflower Striders Running Club, Board Meeting  
April 10, 2005

Brad Rhoden, President  
Frank Weinhold, Vice-President  
Kelly Christensen, Treasurer  
Norma Weiser, Member at Large  
Marla Rhoden, Member at Large

Brad opened discussion on the new website and passed around a copy of what Karen Yokley has developed to date. The cost will be \$70.50 for 12 months through Startlogic. Brad will check to see if that is in addition to current charges or if that is the total cost for the website. Brad suggested the group hold a work session at Karen's house this week in order to finalize the website, pending Karen's availability.

Secretary's Report. Marla is filling in for Sharon Patnode, who was not able to attend. Marla read the meeting minutes prepared by Sharon for the meeting held on March 13, 2005.

Treasurer's Report. Kelly distributed a report outlining income and expenses for 2005 to date. The current account balance is \$5,848.79. Kelly then presented a draft informational brochure for discussion. Kelly will e-mail the document to the board for further review and input. It was decided that the brochure would be given to potential members and mailed to new members with a handwritten "welcome" note, and that a postcard for new members would not be necessary.

Vice-President's Report. Frank reported that he has obtained prizes for the first and second place teams for the Earth Day Run, scheduled for April 20<sup>th</sup>, 6:00 p.m. at Maximus. There will be six members to a team. Frank also has a supply of trash bags and dots for the event.

Planning is progressing for the May 15 fun run at the Steinkuehlers' in Potwin.

Crestview Shelterhouse has been reserved for August 7<sup>th</sup> for the Crow's flight run.

President's Report. Brad reported or initiated discussion on the following:

- A suggestion has been made that the club recognize individuals who have been members continuously for 20 and/or 25 years and asked the board to think about it.
- We need to acquire and update information for current members. Norma volunteered to work on getting the missing information. There was also discussion on putting a directory on the website, where individuals can add their information.
- After discussion, it was decided that only race results for current members will be compiled and published in the newsletter, although it was acknowledged that there may be occasions when non-members are included inadvertently.
- It was suggested that the club look into purchasing a wheel for measuring race courses/routes and a bullhorn for making announcements. Brad will look into purchasing a wheel, possibly from the Thunderbolts/Gerald Christensen. He will also check on the working condition of the Striders bullhorn to determine whether buying a new one is necessary.
- It was suggested that the club comp entries for TTA for those who run a road race record book qualifying time the previous year. The board was asked to think about. Brad will check this year's race results to see how many would qualify.
- There was discussion on creating a database with TTA entrants on a laptop to compile results at Auburn. Brad will check with Steve Iliff about the system he used for the Iliff Common events. Also, Elaine Gill suggested putting the TTA entry form in Master Pieces. Brad will check into it.
- Update on upcoming races:
  - 4/9 YMCA Races – did not take place
  - 4/17 Raintree Run – using our clock; Norma will take it to Lawrence
  - 5/21 Army National Guard 5k, Heartland Park & Forbes. Brad passed around some printed information. Sharon and Norma will volunteer. There are several related activities that weekend at Forbes.
  - 6/11 Lions Journey for Sight 8k, 2 mile – using our timing equipment
  - 6/25 Alzheimer's 5k, Hummer Park. Brad measured a course yesterday; it will start and finish on the track. The run will begin at 8:00 a.m. and the walk at 10:00 a.m. We will need to provide 3-4 people for timing and results. Early entry fee \$18, with \$3 discount to Striders.
  - 7/9 Fiesta Mexicana 5k, Oakland Community Center. We provide clock and timing; they do results.
  - 7/16 Sunflower State Games, Gage Park. Need volunteers!
  - 8/6 North YMCA 10k or 5k. Need to find out what they want from SSRC.
  - 9/17 Race Against Breast Cancer 5k, Washburn. Provide backup timing, clock.
  - 9/24 Combat Air Museum 5k, Forbes. No recent contact.
- Margie is to get the newsletter to Karen for printing at BCBS. We may have the group stamp the newsletters for mailing at the group session this week at Karen's. The club will not print a directory this year.

The next meeting is scheduled for May 8, 2005, 5:00 p.m. at the Classic Bean.

**Sunflower Striders Running Club**  
**Board Meeting Minutes**  
**5/8/05 – 5:00 PM – Classic Bean, Fairlawn Plaza**

Treasurer's Report         \$5,807 balance in Account  
Kelly is trying to locate each Club member and ensure they get a newsletter.

Vice President's Report - Fun Runs  
Frank is finalizing all the fun runs.

July 4<sup>th</sup> – at Ralph and Kay Howard's  
Aug 7<sup>th</sup> – Crow's Flight – 5:30 Crestview Shelter House

President's Report

Brad discussed the following Strider activities:

5/12 – Striders will host a booth at the Kansas Dept of Health and Environment Health Fair – Thanks to Tony Estes, Kim Sykes, Jim Price, Brad and Marla, Ralph Howard, and Sharon for helping with this event

5/21 – Striders will do timing and results at the Forbes Field Army National Guard 5k – Thanks to Norma Weiser, Bob Wenger, and Wes Nicholson for helping

5/25 – Westar Energy Health and Fitness Day – Brad, Marla, and Kelly will staff

Brad will write an article describing the Road Runner Sports web site link via the Sunflower Strider web site.

Nick and Leon will be determining the Strider's who have been members for more than 20 years. The Club will provide an item to commemorate this long-term support of the Club.

The Club will purchase a new measuring wheel to measure race distances.

Upcoming races supported by Sunflower Striders equipment or people:

5/14	Most Pure Heart 5k
6/11	Lions Journey for Sight 8k - Striders will either get a discount or will ask the Lions Club to pay to use the equipment.
6/25	Alzheimer's 5k – Brad will mark the course
7/9	Fiesta Mexicana – Striders will assist at the finish line
7/16	Sunflower State Games 10k and 5k
8/6	North YMCA 10k and 5k
9/17	Race Against Breast Cancer 5k
9/24	Combat Air Museum 5k

The new website is up and running, thanks to Karen Yoakley. Karen needs links, articles, etc to post to the web site.

Every board member will provide a Striders Weekly column on the web site. Sharon will provide those columns for the month of June.

Those present: Brad Rhoden, Frank Weinholt, Sharon Patnode, Kelly Christensen, Norma Weiser, Marla Rhoden. Next meeting will be June 12<sup>th</sup> at Classic Bean.

Sharon Patnode, Secretary

# Race Calendar

6/11	Lions Club Journey for Sight 8k, 8k inline skate, 2 mile	Westridge Mall Topeka, KS	8:00 AM	Russ Willis: 785-234-9476 Smith: 785-273-7818	Spencer
6/11	Maryville Chamber Country Classic Marathon, 1/2 marathon, 10k, 5k	Donaldson Westside Park Maryville, MO	6:30 AM	Matt Gaarder: 660-582-8643 maryvillechamber.com	www.maryvillechamber.com
6/18	Grandma's Marathon 1/2 marathon, 5k	Duluth, MN	7:30 AM	<a href="http://www.grandmasmarathon.com">www.grandmasmarathon.com</a>	
6/18	Topeka Tinman Triathlon, Duathlon	Lake Shawnee Topeka, KS	7:30 AM	Larry Huey: 785-272-2266 topekatinman.com	www.topekatinman.com
6/18	Alert 10k, 2 mile fun run	Randolph, KS	7:00 AM	Teresa Moore: 785-632-2127	
6/25	Alzheimer's Association Memory Walk 5k, 5k walk	Hummer Park Topeka, KS	8:00 AM	Trisha McClanahan: 913-831-3888 nekansasmw.kintera.org	www.nekansasmw.kintera.org
7/2	Sabetha Firecracker 5k, walk	Leman Recreation Complex Sabetha, KS	8:00 AM	Rick Smith: 785-284-2303 runsabetha.com	www.runsabetha.com
7/4	Coors Freedom Run 10k, 1 mile fun run	5th & Washington Junction City, KS	7:30 AM	Jerry Frakes: 785-238-7733 ors@NQ.com	JC Coors@NQ.com
7/4	Powerade Freedom Run 10k, 5k	Old Town Lenexa Santa Fe & Pflumm Lenexa, KS	7:00 AM	Susan or Jim: 913-541-0209 lejnexa.ks.us	jfinlen@ci.ks.us
7/9	Fiesta Mexicana 5k, walk	Oakland Community Center Topeka, KS	7:30 AM	Artie Gonzales: com	artieobo@aol.com
7/10	Shawnee Mission Medical Center Triathlon	Shawnee Mission Park 7900 Renner Road Shawnee, KS	7:00 AM	Jill Leiker: 913-831-3355 leiker@jocogov.org	jill.leiker@jocogov.org
7/16	Sunflower State Games Governor's Cup 10k, 5k	Gage Park Topeka, KS	7:30 AM	Brad Rhoden: 785-273-6331 sunflowergames.com	www.sunflowergames.com
7/16	Amelia Earhart 8k, 2k	YMCA, Atchison, KS	8:00 AM	Lisa Howard: 913-367-4948 sam_79@hotmail.com	li-sam_79@hotmail.com
7/17	Banyard Boogie 10k, 1 & 2 mile run/walk	Blue Rapids, KS	8:00 AM	Duane Iles: 785-363-7941 rus@bluevalley.net	drugs-rus@bluevalley.net
7/17	\$10 Ten Miler & Invitational Mile	Roe Park Overland Park, KS	7 AM 9 AM	Rusty Collins: 816-822-9000 rusty@metrowalkandrun.com	rusty@metrowalkandrun.com
7/22	Sunflower State Game 3000 meters	Hummer Park Topeka, KS	7:00 PM	Erin Rodvelt: 785-235-2295 sunflowergames.com	www.sunflowergames.com
7/23	Sunflower State Games 1500 meters	Hummer Park Topeka, KS	9:00 AM	Erin Rodvelt: 785-235-2295 sunflowergames.com	www.sunflowergames.com
7/23	Wichita Open 5k	Bradley Fair Shopping Center Wichita, KS	7:30 AM	Clark Ensz: 316-708-0808 org	www.runwichita.org
7/23	Cancer Action Grand Prix 5k	Fairfax GM Plant & Sunshine Road KS	7:30 AM	Brendan Sneegas: 913-321-8880 Brendans@canceractionkc.org	Brendans@canceractionkc.org
7/23	Floyd Honeycutt Memorial Triathlon	Noyes Field/Pool 26th & Messanie St Joseph, MO	6:45 AM	Nikki Walter: 816-232-3344 ymca_nwalters@yahoo.com	ymca_nwalters@yahoo.com
7/23	10-5-2 Mile Prairie Run	Fort Riley, KS	7:00 AM	King Field House: 785-239-2148	
7/24	Midwest Mayhem Triathlon Long & short courses	Lone Star Lake Lawrence, KS	TBA	913-385-9466 midwestmultisportraces.com	www.midwestmultisportraces.com
8/5	Race the Pace Car Twilight 5k	Kansas Speedway	8:00 PM	913-385-9466 midwestmultisportraces.com	www.midwestmultisportraces.com
8/6	Tarmac 8k	Downtown Airport Kansas City, MO	7:30 AM	B J Taylor: 816-353-3149 com	www.bjthedj.com
8/6	Devils Duathlon & Duathlon Sprint	Kansas Speedway	7:00 AM	913-385-9466 midwestmultisportraces.com	www.midwestmultisportraces.com
8/7	Hotter Than Hell Sprint & Half Ironman Distance Triathlon	Wyandotte Lake and Kansas Speedway	7:00 AM	913-385-9466 midwestmultisportraces.com	www.midwestmultisportraces.com
8/13	Rossville Tall Corn Festival 5k	Rossville Grade School Rossville, KS	7:30 AM	Scott Hammer	
8/13	Crosstown Unity Run 10k, 2 person relay, 1 mile fun run	Free State High School Lawrence, KS	8:00 AM	Earl Richardson: 785-841-6458 unityrun.com	www.unityrun.com
8/14	Komen Race for the Cure 5k	Union Station, 30 West Pershing Rd, Kansas City, MO	7:30 AM	816-842-4444	
8/20	F.L.A.G. 10 Mile & 5k	Prairie Life Center, 10351 Barkley, Overland Park, KS	7:00 AM	913-269-0759 www.theflagrun.com	www.theflagrun.com
4/21	Stroke, Stroll & Run 4 mile	Kansas Speedway	7:00 AM	Rochelle Kanter: 913-681-8224	
8/27	Tiblow Trot 5 mile, 2 mile walk	Kelly Murphy Park, 2nd & Elm Bonner Springs, KS	7:00 AM	Bruce Coleman: 913-422-3040 (Day) 3047 (Night)	913-721-3047 (Night)
8/28	Baptist-Lutheran Medical Center Triathlon	Longview Lake	7 AM 8 AM	Joni Mosby: 816-276-7123 mosby@hcamidwest.com	joni.mosby@hcamidwest.com

## 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 Striders Board member.**

Raintree 5K and Half-Marathon – April 17, 2005  
<http://www.sunflower.com/~mcdaneld/results.html>

5K  
 Hunter Munns 2<sup>nd</sup> AG 19:23  
 Paul Ganser 24:14  
 Steve Stumbaugh 4<sup>th</sup> AG 25:21  
 Stephany Stumbaugh 4<sup>th</sup> AG 25:28  
 Max Keller 43:33  
 Ed Keller 43:33  
 Kathleen Levy 45:09

Half Marathon  
 Tony Estes 1<sup>st</sup> Male Masters 1:20:38  
 Jon Gerdel 5<sup>th</sup> AG 1:24:49  
 Brad Rhoden 1<sup>st</sup> AG 1:28:31  
 Marla Rhoden 1<sup>st</sup> Female Masters 1:36:10  
 Josh Stimpfle 6<sup>th</sup> AG 1:37:02  
 Marty Garren 6<sup>th</sup> AG 1:40:18  
 Les Wilkerson 1:47:05  
 Larry Gill 1:49:46  
 Kevin Brown 1:50:21  
 Ron Rousser 1:57:32  
 Kenny Jessop 2<sup>nd</sup> AG 1:58:15  
 Bob Boehm 2:00:02  
 Norma Weiser 2<sup>nd</sup> AG 2:00:03  
 Donna Romans 2<sup>nd</sup> AG 2:00:56  
 Cheryl Haefle 6<sup>th</sup> AG 2:02:04  
 Mitzi May 2:03:52  
 Sharon Patnode 4<sup>th</sup> AG 2:06:41  
 Bob Wenger 2:06:51  
 Rosemary Wilkerson 2:06:56  
 Clay Lang 4<sup>th</sup> AG 2:15:34  
 Elaine Gill 2:18:22  
 Liz Ganser 2:43:56  
 Barbara Kanelakos 2:56:50

Boston Marathon – April 18, 2005  
[http://www.bostonmarathon.org/cfm\\_Public/2005/pg\\_RaceAdvancedResults.cfm?snap=76085157&](http://www.bostonmarathon.org/cfm_Public/2005/pg_RaceAdvancedResults.cfm?snap=76085157&)

Doug Stacken 3:52:37  
 Kelly Christensen 4:11:57  
 Lana Best 5:23:18  
 Frank Weinhold 5:26:29  
 Denis Hill 5:29:37

Trolley Run 4 mile – April 24, 2005  
<http://www.trolleyrun.org/>

Brad Rhoden 4<sup>th</sup> AG 24:25  
 Hunter Munns 24:47  
 Larry Gill 25:49  
 Marla Rhoden 4<sup>th</sup> AG 27:06  
 Larry Kietzman 28:32  
 Norma Weiser 31:11  
 Mitzi May 35:02  
 Noble Morrell 35:09  
 Kaycee Simon 37:33

Lincoln Half and Marathon – May 1, 2005  
<http://www.lincolnrun.org/index.htm>

Half Marathon  
 Tony Estes 2<sup>nd</sup> AG 1:19:24  
 Chris Cozaad 1:31:45  
 Vivian Tucker 1:54:58  
 Paul Ganser 1:59:04  
 Norma Weiser 2:01:04  
 Sharon Patnode 2:12:38  
 Barbara Kanelakos 2:38:46

Marathon  
 Jon Gerdel 47<sup>th</sup> OA 2:58:19  
 Brad Rhoden 6<sup>th</sup> AG 3:03:24  
 Marla Rhoden 1<sup>st</sup> AG 3:20:11  
 Marty Garren 3<sup>rd</sup> AG 3:32:18  
 Julie Garren 7<sup>th</sup> AG 3:36:10  
 Les Wilkerson 3:40:12  
 Mary Sparling 4:25:12  
 Bob Wenger 4:35:39  
 Rosemary Wilkerson 4:39:51

Kansas Heart & Sole Classic 10K (Olathe) – May 7, 2005  
[http://www.olatherunningclub.com/Heart\\_\\_\\_Sole/heart\\_\\_\\_sole.html](http://www.olatherunningclub.com/Heart___Sole/heart___sole.html)

Brad Rhoden 9<sup>th</sup> OA 40:45  
 Marla Rhoden 3<sup>rd</sup> OA Female 44:20  
 Norma Weiser 2<sup>nd</sup> AG 52:55

Bank of America River Run 10K (Wichita) – May 7, 2005  
<http://www.runwichita.org/results/index.htm>

Dave Halferty 1<sup>st</sup> OA 32:25  
 Kathleen Levy 1:11:10

Rock to Rock 6K (Minneapolis, KS) – May 7, 2005

Chris Cozaad 1<sup>st</sup> OA 23:20  
 Gordon Wade 1<sup>st</sup> AG 26:13  
 Frank Weinhold 2<sup>nd</sup> AG 32:13

Olathe Marathon and 15K – May 21, 2005  
<http://www.olathemarathon.com/sports/marathon/2005/results/>

15K  
 Tony Estes 4<sup>th</sup> OA Male 55:36  
 Mitzi May 1:26:23

Marathon  
 Brad Rhoden 8<sup>th</sup> OA 3:05:45  
 Marla Rhoden 2<sup>nd</sup> OA Female 3:22:37  
 Bob Boehm 1<sup>st</sup> AG 3:33:32  
 Ron Rousser 4:01:55  
 Todd Starin 4:45:34  
 Ed Keller 4:54:37  
 Claire Phillips 5:39:29

One Hill of a Run 5K (Merriam, KS) – May 21, 2005

Frank Weinhold 27:35

**SUNFLOWER STRIDERS**

Kelly Christensen  
2725 SW Latigo Dr.  
Topeka, KS 66614

Email: [striders@sunflowerstriders.org](mailto:striders@sunflowerstriders.org)



*On the web!*  
[Sunflowerstriders.org](http://Sunflowerstriders.org)

## **Sunflower Striders Membership Form**

Name:

Birthdate:

Spouse Name:

Birthdate:

Address:

City:

State:

Zip:

Home Phone:

Work Phone:

Yearly individual or family membership \$20

(mail to Kelly Christensen, 2725 SW Latigo Dr., Topeka, KS, 66614)