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PRESIDENT'S PEN By Brad Rhoden

It's difficult to not talk about the weather when the conditions over the last several months have been so mild. It was so nice being able to run in shorts more often than in tights this past winter and I only pulled out the heavy tights a couple times. We're just barely into spring, but it seems like spring has been around for a while. Here's hoping we have a true spring season that lasts for a while before summer.

Kudos to Becky Arensdorf for organizing our annual fun run/picnic held March 28th at the Kansas Museum of History. With this event preceding Easter and emphasizes on it being a family event, an Easter egg hunt was held for a number of kids. After the hunt, a number of runners and walkers, including some members we don't often see and some potential new members enjoyed a trek on the wood chip trails around the Museum grounds. No one went away hungry, as the evening was concluded with club member Eric Wenrich catering a great dinner from Dickey's BBQ.

This annual event is another free offering provided by the club (donations accepted to help offset the rental fee) and we would like to see even more participation in the future. We realize people's lives are busy and there's never an evening or time that will work for everyone. If other commitments have made it difficult for you to attend, please suggest an alternate date or time. We do want to keep it an early spring ritual and the main thing is that we want to make this an event the whole family can enjoy.

We've talked about doing this from time to time and that time is probably now to go to primarily an electronic newsletter. We will still have a limited number of newsletters printed and make them available for new members and for those who do not have means to access and print an online version. In that regard, we want to make sure we have the most up-to-date information for every club member. Our lives are constantly changing and it's easy to forget notifying sources when we have a change of address, a new phone number or a new email address. If you are not sure that the club roster contains your most current information, please provide your data to any board member.

I would like to take this opportunity to welcome all new members to the club. As is the trend, our membership grows some as each year progresses, then toward the end of the year and with the promotion (discounted fee) we give members when entering the half-marathon, membership jumps substantially. Then membership drops off early in the year as some of the previous years' members do not renew. We would like to break that trend by keeping everyone on board from one year to the next, while adding new members throughout the year. I've mentioned it before and will once again, purchase of one pair of shoes at Garry Gribble's offsets the annual membership fee.

You may have noticed that the club's web site took on a somewhat new look around the beginning of the year. Bryan Jobo, who along with greatly turning his life around when he joined the club in the fall of 2010 also revamped the web site within the last year. Bryan has since returned to his native home and was not able to fully complete the process. This change has not come about without some trials and tribulations while trying to make the site better. Please be patient, as new member Jack Galan is working to help get the web site back to the informational piece it has been. Look for some new features, including a membership roster (names only) on the site soon.

There has been some interest again in acquiring club apparel for members to purchase. Singlets, technical shirts and jackets are the obvious items, but suggestions are always welcome and can be forwarded to Jared Durall. We plan to get something in the works soon, so let us know of your interest.

Racing season is upon us, as April is jam-packed full of area races and there are many to choose from in May as well. There's a lot of variety also; from the standard 5ks to area marathons and half-marathons. The Run for Life 10 mile is once again a state championship event and one that we should strive to maintain in that capacity.

Stride on,
Brad



HOW'S YOUR RUNNING FORM?

Running is one of the most popular forms of exercise with an estimated 35 million American runners. It is as easy as putting on a pair of shoes and heading out the door. However, it is not without risk; approximately 35-45% of runners suffer from a running-related injury every year. In fact, as many as 90% of runners training for a marathon will suffer an injury each year. Despite the high potential for injury, we run on.

What are some physiologic risk factors for developing a running injury? The list includes poor flexibility, muscular weakness, postural issues, poor biomechanics, muscular imbalances, malalignment issues, or improper shoes. Most runners have one or more of these problems. However, you don't have to think about it until an injury forces you to stop, slow down, reduce miles or cross-train to stay active. Extreme frustration and crabbiness ensue. Just ask my wife!



At **Tallgrass Balance, Hearing & Physical Therapy**, we have a new running program called "*Run Mechanics in Motion*" that can help. We use technology and our understanding of biomechanics to evaluate how you run. Our goal is to provide you with a unique physical therapy evaluation and treatment plan utilizing state-of-the-art high speed video analysis to give you a complete biomechanical understanding of your form.

Running is a complicated series of repetitive biomechanical events that are too fast for the naked eye to see. The two dimensional high-speed video analysis may reveal hidden problems or help prevent future ones. What if there was a very small, subtle, but potentially harmful movement that you were doing on every step. An *efficient* runner takes about 180 steps a minute. So, in a 7 minute mile, that small event occurs 1,260 times! That means

that you are repeating that small but damaging movement over 1,200 times for every mile you run! Now consider running a marathon. That small event is now a BIG problem, because you've done it a whopping 33,000 times! With our technology we can detect those abnormalities by measuring various points and angles to determine any biomechanical issues that may be contributing to your problem or that may eventually cause an injury.

Whether you are a seasoned runner or just starting out, our physical therapists, who are passionate about running, will provide you a thorough musculoskeletal evaluation and treatment plan. The full-body run analysis not only includes video analysis, but also an assessment of flexibility, strength, posture and balance. Since we are evaluating an injury and/or pain, this is often covered by health insurance.

Treatment plans try to address problems by stretching tight muscles, strengthening weak ones, assisting in proper footwear, checking skeletal alignment, and recommending changes in running form.

We also offer this comprehensive evaluation for those individuals who are not currently experiencing problems, but want to maximize their running performance. The same *Run Mechanics in Motion* evaluation can help you improve your efficiency, reduce your energy costs, and prevent injury.

We want to help you run and perform at your best while decreasing your risk for injury. To schedule an evaluation, or if you have any questions, please call (785) 228-6100 or email runmechanicsinmotion@gmail.com

Tim Willingham, PT



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

5 Experiments to Improve Your Runs This Spring

By Matt Fitzgerald

Every runner is a hurdler. The hurdles we face are barriers to the improvement we seek. Each time we clear a hurdle and achieve a goal, we soon discover that the next hurdle is close at hand. The specific nature of the hurdle that an individual runner faces at any given time depends on a number of factors. For a beginner, the first hurdle might be simply feeling comfortable running any distance. For a very experienced runner, the next hurdle might be figuring out how to squeeze out that last 1 percent of his or her potential after already realizing the other 99 percent.

Clearing hurdles requires jumping—or taking a leap of faith. You need to come up with a hunch about the best way to change your training to overcome the particular challenge you're facing, and then test that hunch. There are no guarantees. Every change in training is an experiment. If it works, you retain the solution; if not, you discard it and try something else.

Spring is an ideal time to experiment in your training. It's the start of a fresh "season" of running, allowing you to take advantage of what you learned in the last season and devote a full season to giving your hunch a fair test. Here are five experiments to consider trying this spring. Choose the one that seems like the best way over the hurdle you're currently facing.

1. Run more.

For the vast majority of runners, the simplest and surest way to improve is simply to run more. Average weekly running volume is the single most powerful determinant of fitness outcomes. The more you run, the more efficiently you run, and the more efficiently you run, the faster you race.

Set a short-term goal to become a higher-mileage runner. If you currently run 20 miles per week, build up to 30. If you currently run 30 miles per week, aim for 45. Take your time, increasing your mileage by no more than 10 percent per week and cutting back by 25 or 30 percent every fourth week for recovery or whenever your body needs it.

2. Get serious about cross-training.

Every runner has a limit in terms of how much he or she can run without getting injured. It's important to respect



your limit, but you can also work around it. By incorporating cross-training into your routine, you can get the same stimulus for cardiovascular development that you would get from logging more miles, but without the additional beating that would come with it.

I recently tried this very experiment and it has worked exceedingly well. I cut my running volume from 80 miles per week to 40 miles and made up the difference by spending lots of time riding an ElliptiGO. The result has been that I'm racing just as well I did when running twice as much. But my muscles, bones, and joints feel far more sound and healthy.

3. Start training by heart rate.

Research has shown that runners perform best when they do 80 percent of their training at low intensity, 10 percent at moderate intensity, and 10 percent at high intensity. The average runner actually does about 45 percent of his or her training at low intensity, 50 percent at moderate intensity, and 5 percent at high intensity.

The average runner, in other words, needs to be held back in training, and a heart rate monitor is a great tool for that purpose. With a heart rate monitor, you are given objective, quantitative definitions of low, moderate, and high intensity that make it easy to keep the intensity low during the 80 percent of your runs that should be.

continued...

5 Experiments to Improve Your Runs This Spring

continued...

Following the 80/10/10 rule is even easier with a device such as the Square One from PEAR Sports, which essentially puts a coach inside a heart rate monitor so that training at the right intensities becomes a virtual no-brainer.

4. Speed up.

As I've mentioned, most runners do the majority of their running too fast, yet few runners do very much true high-intensity training. That's because they're too worn out from their excessive moderate-intensity training to contemplate it. But adding just a small amount of proper speed work to your routine will send your fitness catapulting.

Each week, do roughly 10 percent of your training at the equivalent of your 10K race pace and faster. So, for example, if you normally run 30 miles per week, be sure that three of those miles are fast. Combining this addition with a decided shift from moderate intensity toward low intensity in the rest of your running should make you feel like a whole new runner.

5. Get serious about recovery.

The major challenge facing many of the more competitive runners is recovery. Runners who train hard in pursuit of ambitious race goals often fail to allow their bodies to recover adequately from all of their hard work, and when you don't recover properly from your hard work, a lot of that work is wasted.

When we think about recovery, we usually think about post-workout nutrition, ice baths, and massages. But by far the most powerful determinant of your recovery is your training. To get adequate recovery you must first of all plan your training wisely. Instead of devising or following training plans that represent the most your body will be able to handle in the ideal scenario, create or choose a schedule that's a little more conservative—something you're sure you can manage with energy to spare even if everything doesn't go perfectly. In addition, plan a recovery week every third week, where you cut your volume by 25 or 30 percent to let your body catch up.

Beyond planning your training wisely, you can further boost your recovery by listening to your body. Don't treat your training plan as a mandate that you must follow at any price. Instead be willing to replace a scheduled hard run with an easy run, or an easy run with a day off, whenever your body feels unready for the workout you've planned. Sometimes discretion is the better part of valor. ■

7 Mistakes to Avoid

The long run is truly the bread and butter of an endurance running program. It teaches your body how to spend time on its feet, how to utilize fat as a primary fuel source and is a dress rehearsal for the big dance. The secret in perfecting your long runs is to keep it simple and avoid making these common training mistakes.

1. Running too far too Quickly

Soon after you commit to a half or full marathon, it's time to train. Excitement from the target can encourage runners to tackle longer runs than their bodies are ready for at that point, which can quickly lead to aches, pains, burn out and poor performance down the road. The greatest way to assure your success on race day is to follow a plan that starts from where your current fitness level and mileage is.

For example, if your longest run is 4 miles, you'll want to find a plan or create one of your own that starts no higher than 5 miles for the first long run. This may not look all that exciting. However, the goal isn't about how many miles you tackle each week; it's about getting to the start line healthy, fresh and ready to rumble. Start from where you are and you'll perform well, recover better, and have fun along the way.

2. Running too Fast

The difference between running for fitness and training for a long-distance running race is one stays consistent week to week (fitness) and the latter builds and progresses throughout the season. Because of this progression, it is important to vary your effort level as you train. In other words, run at a pace that is easy and conversational. If you can talk while you're running the long run, you're at the right effort. If you can't, you're running too fast. Avoid trying to run the long runs by a pace or target time. This sets you up for the race pace training disaster where you feel great for about four to six weeks, then things start to crumble when your energy levels decline, your body aches, and performance begins to suffer.

3. Fueling With too Much Sugar

Sports drinks and other on-the-run fueling products such as gels, beans and Clif Shot Bloks were originally invented to supplement your energy intake. Your body can only take in so much energy in the form of sugar, and when you exceed that level, it causes nausea and stomach upset. The idea is not to replace the energy lost while running but to only replenish some of what is lost. This, I believe has been lost in marketing translation.

Everyone will have their own unique menu for fueling on the go. Some go with sports drinks only as it contains both sugar, electrolytes and fluid and is easily digested. Others

on Your Long Runs

By Coach Jenny Hadfield • For Active.com

go with sports drinks plus a gel along the way. Still others go with the simplicity of water, use electrolyte tabs such as Nuun and Succeed or gels as their main source of energy. Confused yet? You should be. Endurance fueling has become as intimidating as selecting a cereal at the grocery store. Keep it simple and target to get in 30 to 60 grams of carbohydrate per hour for runs longer than 60 minutes.

If you are on the lighter side, lean toward the lower end of the range and vice versa. Practice this in training to identify which products agree with your system. Avoid mixing a sports drink with a gel or beans, as all of these products are designed at about a 6 to 7 percent sugar concentration to allow for quick absorption rates. If you mix sports drinks with a gel, this increases that concentration level and you'll develop sugar belly. You can also develop this condition if you take in too much sugar during the run. Keep track along the way, and you'll develop a recipe that works for you. Look at the carbohydrate content on the label. Aim for an hourly rate on the low end of the range, and tweak it from there. You'll avoid a lot of issues along the way and take in only what you need to replenish.

4. Running by Pace Rather Than Feel

The easiest way to bonk during a long run is to run it by a pace. Pace is only the outcome. It's not the target. When you run by feel (effort level) and stick with a conversation-pace effort, you'll always be in the right zone for that day. This is because there are a variety of things that affect performance and turn your normal easy 10:30 pace into a hard run.

Running on a very hot day will be much harder on the body. Lack of sleep, stress, training fatigue from other workouts and more can affect your performance. If the goal is to train in the easy effort so you can cover the distance and recover efficiently, you can't pin this running goal on a specific pace. Doing so can lead you to over training and under training and will rarely keep you in the optimal zone. Listen to your body, do a talk test, and stick within the easy zone when going the distance.

You'll teach your body how to utilize fat as the primary fuel source, get in quality time on your feet, and recover more quickly. As you develop your long-distance resume and your body adapts to running longer, you can weave in faster paced long runs to fine-tune race-day performances. But this is best left for those who are seasoned and have a solid base of miles behind them.

5. Running too Many Long Runs Back-to-Back

It's easy to get caught up in the numbers game. That is, getting in a lot of back-to-back long training runs and

believing you have to run the race distance before you run the race. Just because you can do something, doesn't mean you should. A long run schedule should ebb and flow through two to three building weeks and cutback weeks to recover.

Once you get into the longer miles, you can alternate a longer run one weekend with a shorter run the next. This allows your body time to recover from the last effort before you hit your next building long run. Running too many long runs back to back (12, 13, 14, 15, 16...) can lead you quickly and efficiently to no man's land where you're fatigued and struggle to make it through the day. It's not about the total miles. It's about the quality of the long runs.

6. Training with a Buddy Even Though They Aren't in Your Pace

One of the best parts of being a long distance runner is running with a buddy or group but if they aren't at your fitness level you can end up running too quickly or slowly and both can have a negative effect on performance. I've already mentioned the reasons to avoid running too fast and going it too slowly can alter your natural stride and increase impact forces on the body. Train at your effort and find a buddy or group that closely matches it and schedule a post run breakfast to catch up with your buddies outside your zone.

7. Catching up on Mileage When you Have a Set Back

The training plan is a blueprint that will evolve and change as you progress through the season. In the event you get sick, miss a training run while on vacation or have other issues that get you off track along the way, it is better to merge back into the plan and modify than to try and catch up. This is one reason I create training plans over 14 to 20 weeks for half and full marathons. It allows for a few missed days and week.

Avoid catching up with the plan and flow from where you are. When you miss a week due to illness, you are coming back from the illness and the time off. The best route is a few test runs of 30 minutes or so to remind your body that you're a runner. From there, you can build back up in mileage while keeping it at an easy effort for the return week.

The key is to give your body time to get back into the swing of things rather than jumping back in. It is better to toe the line healthy and with a few less long runs under your belt than to show up hurt or fatigued after having crammed in all the scheduled runs. Your training plan is a work in progress. Let it naturally flow with the rhythm of your life. ■

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

10/01/11
Ed West..... 25:22..... 153/740

Run For A Reason 5K

10/08/11
Ed West..... 24:53..... 16/114

Bert Nash Dash 10K

10/09/11
Ed West..... 56:21..... 67/141

Pilgrim Pacer 13.1

11/12/11
Ed West..... 1:57:33..... 102/302

Gobbler Grind 13.1

11/20/11
Ed West..... 2:07:32..... 666/1201

Thanksgiving Day Run 5K

11/24/11
Ed West..... 23:31..... 152/964

New Years Double 13.1

12-31-11
Ed West..... 1:53:15..... 45/414

New Years Double 5K

01-01-12
Ed West..... 33:20..... 127/288

Topeka to Auburn 13.1

01-21-12
Ed West..... 1:53:38..... 192/514

Groundhog Run 10K

01-29-12
Justin Chockley..... 43:17
Joell Chockley..... 56:33.1

Frost Bite 5 K

02-04-12
Neal Farron..... 3rd OA
Mitchell Ummel..... 21:40
Brad Clark..... 27:28
Claire Phillips..... 36:38

Rocky Racoon 100 Miler

02-05-12
Sophia Wharton..... 23:31:15..... PR

Melbourne & Beaches Music Marathon

02-05-12
Susan Hageman..... 5:33:52
Ralph Howard..... 5:33:52..... 2nd age

Psyco Wyco Run Toto Run 50K Trail Run

02-11-12
Ryan Hahn..... 4:37:40..... 3rd OA

Psycho Wyco Run Toto Run 10 mile Trail Run

02-11-12
Rebecca Arensdorf..... 1:57:58

Mercedes Birmingham Al Marathon

02-12-12
Mark Fisher..... 4:09..... New PR

UCHC Duathlon, Sahaurita, AZ

02-18-12
Doug Stacken..... 41:44..... 2nd Male Masters
Kathy Stacken..... 48:55..... 1st Female Masters

Livestrong Austin Marathon

02-19-12
Joell Chockley..... 4:25:44..... 1st Marathon
Justin Chockley..... 4:26:48..... 1st Marathon

Phoenix Half Marathon

03-03-12
Doug Stacken..... 1:41:38
Kathy Stacken..... 2:17:58..... PR

Sombrero Run 15 K Challenge

03-03-12
Angela Roberson..... 1:29:30..... 1st age

Pi Day Run Half Marathon Trail Run

03-04-12
Neal Farron..... 1:43:11..... 10th OA
Hunter Munns..... 1:46:03..... 15th OA
Ed West..... 1:50:39..... 22 OA

Little Rock Marathon

03-04-12
Brad Rhoden..... 3:19:02..... 3rd age
Marla Rhoden..... 3:36:05..... 1st age

Shawnee Heights Early Bird 5K

03-10-12
Ryan Hahn..... 17:26..... 2nd OA 7 1ST AGE
Rebecca Arensdorf..... 22:37..... 1st OAF
Lisa Hahn..... 35:14
Makayla Hahn..... 35:14

St Patrick's Day 2 Miler

3-17-12
Brad Rhoden..... 15:50..... 2nd age
Marla Rhoden..... 16:24..... 2nd age

St. Patricks's Day Road Race 10K

3-17-12
Brad Rhoden..... 44:50..... 3rd age
Lezlee Jones..... 46:25..... 3rd OAF
Justin Chockley..... 46:30.7
Marla Rhoden..... 51:01..... 1st age
Joell Chockley..... 55:53.6

Lion's Journey for Sight 5 K

3-24-12
Justin Chockley..... 20:20..... 1st OA
Justin Gordon..... 20:39..... 2nd OA & 1st age
Gary Pratt..... 22:39..... 1st age
Dale Channel..... 25:05..... 1st
Tom Eck..... 28:09..... 2nd age
Ethel Edwards..... 39:35..... 2nd age
Irene Owen..... 41:15..... 1st age

Lion's Journey for Sight 10 K

3-24-12
Juvenal Espinosa..... 39:50..... 1st OA
Michelle Andrew..... 39:52..... 1st OAF, 2nd OA PR
Sergio Baez..... 41:10..... 1st age
Neal Farron..... 43:17..... 3rd OA & 1st age
Christina Reichert..... 48:37..... 1st age
Roger Underwood..... 50:45..... 1st age
Ken Tillery..... 51:23..... 1st age

UPCOMING RACES

April 14

Rock the Parkway Half Marathon/5K,
Kansas City MO,
Contact: Troy Fitzgerald, troy@
kcrunningcompany.com

April 15

**Spring Migration Triathlon - 400 meter
swim, 20k bike, 5k run**
Emporia State University
9:00 AM
Contact: Casey Collins, 620-704-1637

April 21

**Garmin Marathon in the Land of Oz -
Marathon, Half Marathon & 5k**
Garmin World Headquarters, 1200 E.
151st Street Olathe, KS
7:00 AM
Contact: 913-764-1050, ext. 238 or 800-
921-5678

April 21

**Free State Trail Runs - 100k, 40 mile,
Marathon, 1/2 Marathon**
Clinton State Park, Lawrence KS
7:00 AM
Contact: Ben Holmes, 816-810-0440

April 22

Kansas Half Marathon, 5k/10k
Lawrence, KS
7:30 AM
Contact: Troy Fitzgerald,
troy@kansashalfmarathon.com

April 28

Run for Ronald 5k Walk/Run
Lake Shawnee, Shelter House 1, West
Edge Drive, Topeka KS
8:00 AM
Contact: Martha Hagedorn-Krass, 785-
235-6852

April 29

Trolley Run 4 Mile Run
75th & Wornall, Kansas City, MO
7:45 AM
Contact: Susan Belger Angulo, 816-841-
2284 x2017

April 29

Johnston's Wichita Half Marathon
Central Riverside Park, Wichita KS
7:30 AM
Contact: Clark Ensz, 316 708-0808

May 12

Running with the Cows
227th & Metcalf, Bucyrus KS
7:30 AM
Contact: Troy Fitzgerald, troy@
runningwiththecows.com

May 12

**Rock On! Lake Perry 50k, 1/2 marathon, 5k
Trail Races**
Branded B Ranch, Lake Perry, Meriden KS
8:00 AM
Contact: Ben Holmes, 816-810-0440

June 2

Hospital Hill - Half Marathon, 10k & 5k
Grand Boulevard right in front of Crown
Center, Kansas City MO
7:00 AM
Contact: Beth Salinger, 312-573-1737

June 16

Summer Intro 2.8-mile Trail Run
Wyandotte Co. Lake Park, Kansas City KS,
Shelter 14
9:00 AM
Contact: Ben Holmes, 816-810-0440

June 29

**Rock the Night Away Trail Run 5k, 10k,
1/2 Marathon**
Branded B Ranch, Lake Perry, Meriden KS
8:30 PM
Contact: Ben Holmes, 816-810-0440

July 21

Amelia Earhart 2k/8k Fun Run/Walk
321 Commercial Street Atchison, KS
7:30 AM
Contact: Lisa Howard, 913-367-4948

August 25

Run for the Wild
Topeka, KS
8:00 AM
Contact: Mallory Senne, 785-273-1456

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
Tue.— 6:00 PM - Hill Workouts
Wed.— 6:00 PM - Rebound Physical
Therapy* - 17th & Fairlawn
(*First Wed. each month run is from
Garry Gribble's Running Sports -
next to Target)

Saturday schedule for routes:

We will continue to begin at 7:00 AM
from Fairlawn Plaza.

1st Sat. of each month: Midtown
2nd Sat. of each month: Hills
3rd Sat. of each month: Potwin
4th Sat. of each month: South City
Limits
5th Sat. (only for those months with a
5th Sat.): Indian Hills

Call for Articles:

For future editions of the Running
Times, please submit any articles or
pictures to Becky Arensdorf at [becky@
petersonpublications.com](mailto:becky@petersonpublications.com). You can
send them as a Word document
attached to an e-mail, or in the body of
the e-mail itself.

Submissions can be articles from
Striders about events they have
participated in, personal essays about
running and exercise, or articles from
sources that you think the group would
enjoy (please cite where you pulled
the information from so that it can be
properly credited). You are only limited
by your creativity!

**For more information on these races and others,
visit: sunflowerstriders.org/events/races**

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