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PRESIDENT'S PEN By Brad Rhoden

The Sunflower State Games' Governor's Cup 5k and 10k races were Topeka's first bib chip timed event. With the temperature that Friday evening hovering near the century mark and the real feel temperature around 10 degrees hotter than that, a record number of participants entered one or the other race. Even though conditions made it very difficult to run fast times, several club members participated or volunteered.

It was good experience to observe first-hand the operation of an event being chip timed, especially considering it was bib chip technology, which is becoming state of the art as far as race timing. As many of you may know, the board is still trying to determine the feasibility of acquiring such a system for use in timing our local events. Any input, you, as a club member may have regarding such a purchase would be appreciated through email to the club's address at striders@sunflowerstriders.org.

The Sunflower Striders relay team enjoyed a successful completion of the Wasatch Back Relay in Utah in June. This was the toughest relay we have participated in to date, but the scenery and organization helped make it quite enjoyable. Our mixed masters team placed 2nd in our division and approximately 150th overall out of the nearly 1200 teams participating. Not bad for a bunch of flatlanders and a group with a mean age well north of 50!

Congratulations to Charles Steinkuehler, who not only gained entry into, but also completed the grueling Mt. Washington 7.6 mile run. You may have read about this race recently in Running Times and yes, about twice as many apply to "run" this event than are actually accepted. With absolutely no flat stretches and an average 12% grade, Mt. Washington is one of the toughest races around. Those of us who have driven up to the highest peak in New England (and down) the Mt. Washington Auto Road know exactly how steep it is by the many times needed to pull over to let the brakes cool descending the mountain. Achievements such as this are what the Mettle Award is based upon.

Congratulations also to Norma Weiser, who was recognized at the United Way volunteer awards luncheon for her work with the Running Free Run Club at the Topeka Correctional Facility. Besides the normal recognition, Norma received special acknowledgement in the overall wellness category, which certainly fits with our club's mission. Be sure to look for an article in the upcoming issue of Runner's World about the marathon held at TCF in May.

The club will once again host an event we call "Labor Your Legs" on Labor Day at Crestview Shelter House. This will be the 4th year such an event has been held and participation has grown each year, to approximately 200 last year. It's a community-wide event, where everything is free and we encourage a good representation of club members as well as all members providing an open invitation to friends and family. Please RSVP on the club website to insure we have plenty of food and drink for all and if you have any items you would like to donate for a raffle, they would be gladly accepted.

Save the date. Shawnee County's 2nd annual largest workout will be September 13th at 6:30 pm at Washburn University. This event was well-attended by club members last year and is geared to get average citizens out to participate by getting some exercise. With this year's workout being on a Tuesday, I encourage all club members to come a little early to participate in an abbreviated interval session before the workout.

This year, more than ever, I am really looking forward to Labor Day and then a few weeks after that to autumn, as the oppressive heat we've had this summer has made daily runs difficult at best. Once we get into September, the race schedule really picks up again and there's the possibility of a couple new races making debuts before the end of the year.

If you get a chance to purchase, borrow, or checkout a copy of "Unbroken" do so, as it is an outstanding read. It will definitely change your perspective of adversity.

Stride on,
Brad



STRIDERS SPOTLIGHT:

Rosemary Wilkerson

by Joell Chockley

I've known Rosemary Wilkerson for a number of years and really enjoy running into her family at many of the area races. They are very dedicated and supportive runners! Here's a little more about what drives and motivates Rosemary and how her family is involved in the running community.

How long have you been running? What motivates you to keep running?

I get asked this all the time and my answer is always, "I don't remember ever not running." I can remember running in the halls in grade school and constantly getting in trouble. It seemed impossible to have to walk everywhere. I lived on a dairy farm and I ran barefoot all summer. I used to be able to sprint 50 yards over loose gravel carrying a full pitcher of milk from the barn to the house and never spill a drop. I loved running cross country and track in high school and I continued running in college. I used to coach high school cross country and track at Rossville and St. Marys High Schools, and I loved running with the students. I think what keeps me running is the opportunity to race on the weekends. It makes me feel like a kid every time I hear the start gun go off.

Does your family run? Tell me about other family members getting started with running?

My whole family runs (and they are all Topeka Striders). My husband, Les, is a fantastic runner, but he didn't get started until he saw me come home with my first 5K trophy. I remember him saying, "You won that?" I guess he thought that if they were just handing out trophies that easily then he needed to get in on the action.

My Dad, David Schock, was always our biggest fan. He would come to our races and get so excited watching us come in and improve our times. I think he was 60 years old when he decided he wanted to join the running craze. I remember he didn't even own a pair of shorts or track pants and he would run a couple of miles in his blue jeans. I have to keep my training up just to keep him from beating me now. He is so excited for his 70th birthday so he can move up into the next age division.

My 14 year old daughter, Rosalie, grew up in a jogging stroller. I pushed her around until she was at least 5 years old and I got tired of her yelling, "Go faster!" when I was on



a hill. Her tolerance of running goes in spurts. She loves the running clothes, but is not such a fan of the practices. That is until she joined the Holton Track Club this summer. She finds it much easier to train when she is running behind shirtless teenage boys.

When/How did the Holton Scramblers get started? Tell me a little bit about some of the events the group puts on? The group also has quite a showing at many of the local events, tell me about getting everyone participating in organized events.

The Holton Scramblers was an annex group modeled after the Topeka Striders. Les and I couldn't continue driving to Topeka three times a week to run with the Striders, so we got a group of friends together and started meeting on Wednesday nights for a run and potluck dinner. After awhile, the potluck part started getting tedious, so we eliminated it and added more training nights. I send out a weekly Scramblers update email to more than 70 Scrambler members in Jackson County and a few outside the area- "wish they lived in Holton" Runners. We have had a dozen relay teams in the Brew-to-Brew race and nearly 40 members for some recent 5K races. The events we put on are mostly free "social" runs hosted annually by members. We just finished the summer "Hower Hotter than Hell" 11 mile endurance run from a member's home to Whiting, Kan. There are so many small towns with little cafes outside of Holton, that it is a lot of fun to organize a one-way run to Circleville or Mayetta to eat breakfast or meet for post-run beverages.



What's your favorite race distance? What are your favorite local races? What about favorite races you have participated in anywhere? What's the craziest event you've participated in?

I think the 5K is still my favorite race. It is fast and hopefully over in about 22-25 minutes (you know, depends on my legs). I love the camaraderie of races and the friendship between all the runners from all over. My never miss races are the Topeka to Auburn Half and the Brew to Brew Relay. A couple of new favorite races are the Love2Run 5K in Lawrence at Valentine's Day, when they combine a running couple's times; and the Brew to Shoe 10K in Manhattan, which ends with a big pizza party, band and beer garden at 9 a.m. in the morning (I didn't love running 6.2 miles in August up the Manhattan hills, but the post-run party rocked!) The craziest race I was in was the 5 Mile Baileyville Lost Boys Tequila Endurance Race. We ran over terraces, in dry creek beds, through the middle of crowdad infested farm ponds and even had to repel from a barn hayloft to a tractor waiting below (actually that part was optional). The race ended with a slip-in-slide water finish line and a shot of tequila.

Anything else you would like to add?

People are always saying they would like to get started running, but they feel too intimidated running with the organized group of "seasoned" runners. Maybe it is the coach in me, but I always love helping new people start and watching them improve their times and really develop a love for running. I can remember running with the Topeka Striders and members like Fast Kenny or Sharon Wenger, Lana Best and Angela Roberson keeping pace with me and encouraging me. That is the best part about belonging to a group like the Topeka Sunflower Striders, you are on a team and everyone wants to help you succeed. ■

BOOK REVIEW

Unbroken

By Laura Hillenbrand

Reviewed by: Ken Wall, www.kenwall.com

Marla Rhoden, who reads my newsletter each month and has become a good friend over the last couple of years, recommended that I read this book called *Unbroken*. Marla told me that it was the best running book and also the best book that she has ever read. So I thought what the heck, and I went out and bought a copy.

It was perfect timing since Darlene and I were off to a Caribbean holiday and even though the book was long, reading on the beach while getting a tan sounded very enjoyable.

Unbroken, is the true story of Louie Zamperini. The prologue of the book starts off with Louie and two of his friends in a life raft in the South Pacific with no food or water and numerous large sharks constantly circling the raft. This is during WWII and their bomber had gone down, and to make matters worse, their raft was floating into Japanese waters.

Then I start reading chapter one and the book goes through Louie's early life and tells how running dramatically turned his life around. As I am reading the book I was wondering how Louie in a life raft fitted in with running. I had just started chapter two when Dar tells me that her book sucked and I nicely offered *Unbroken* to her as I had an Agatha Christie book to read.

As soon as Dar started reading the book she was hooked and as we went for our many long walks along the beach she told me about the book without wrecking the plot. When Dar was almost finished the book she started crying. She just couldn't believe the ending. Of course she wouldn't tell me about it, as she wanted me to read it. I finally got around to reading it in June and I also cried when I reached the end. It is an incredible book. I would highly recommend that everyone read the book before you look up Louie on the internet. The neat thing is that Hollywood is going to be making a movie about the adventures of Louie Zamperini. When you read the book you simply will be amazed at what happened to him. ■

“I Have Finished the Race”¹

By Curtis S. Sneden,
Topeka, Kansas

It's all right there on the video. I lumber into the finish area, arms thrust skyward. Blowing a kiss to my wife who is waiting in the crowd, I cross the finish line with a soggy grin. I have just completed the Half-Marathon at Kansas City's 2011 Hospital Hill Run in 1:55. Given the heat and humidity, and the eponymous Hill, this is an achievement of which I can be proud.

Given what happened last year, it's remarkable.

* * * *

The morning of June 5, 2010 dawned angrily in Kansas City. The temperature was already in the low 80s by the time the sun breached the horizon and the humid air seemed anxious and irritable. I did not immediately notice any of this. I was nursing a sinus headache made slightly more acute by the three glasses of red wine I had drunk the night before. But I had no reason to worry. I popped a decongestant and sipped coffee all the way from Topeka.

Following my customary one mile warm-up jog, I wound my way through the crowd at the starting line and found my pace marker. No one else seemed to be sweating as much as I was. I began to realize what an uncomfortable morning it was turning out to be. I was sweating and trembling as though I had already run the race.

The horn blew and we were off. I knew what to expect. This was my second half-marathon and I trained at this distance. The first 3 miles were unremarkable. Somewhere during mile 4, I began to feel run-down. By 5, I could scarcely bear to imagine that I still had 8 miles to go. But I convinced myself to trudge on, sure that eventually I would find my groove and leave this bitter tiredness behind. I arrogantly passed-up the first two aid stations – to stop for water might have impacted my pace. The notion that I was already succumbing to severe dehydration never crossed my mind.

By 5.5, my misery was all-encompassing. I stopped running and walked; clammy, eyes downcast, utterly discouraged and a little disoriented. After a minute or two, I started again and passed over the 6-mile marker. My last memory of the race is of looking forward at a stream of bobbing heads flowing up the next hill.

I awoke in the back of an ambulance. I remember drowsily surveying the racks of dark blue cardboard boxes surrounding my gurney and asking the attendant, “Why do you have all this Bud Light in your ambulance?” “Those are boxes of rubber gloves,” he chuckled.² I was transported to a nearby emergency room, bathed with ice and pumped full of IV fluids. Physically, I was back on my feet within a few hours. Mentally, the recovery took longer.

* * * *

I was determined to return to Hospital Hill this year and finish the half-marathon because I was carrying some unpleasant emotions around with me that needed to be exorcised. Every

time I visited Kansas City after the race, a feeling of irrational dread roiled in the pit of my stomach. What gnawed at me for the entire year was that I could not account for the moments between the last unpleasant step which I do remember and my awakening in the ambulance. There is some evidence of what happened. I know, for example, that I did not fall down. My body didn't have a scratch on it. So, I either sat down or some gentle soul ushered me to the ground. I also overheard the medic say into his walkie-talkie that this was the guy who had been, “wandering around saying he was from Topeka.”³ Aside from these hints, those minutes have remained a discomfiting blank space for me.

So, I was back to Hospital Hill on June 4, 2011 to create new memories. Intent upon erasing my past mistakes, I drank copious amounts of water and Gatorade this year, before, during and after the race. I even ingested a cup of dill pickle juice beforehand because it is chock-full of sodium and potassium and would ensure I had the electrolytes my body needed to manage its fluids over the next two hours.

When I ran past the area where I must have gone down, I smiled to think that I was feeling so much better than I did a year ago. That is the same triumphant smile captured by the video camera at the finish line.

Epilogue

As my wife and I drove back to Topeka after the race, I basked in the courage I had shown that morning. Chris even mentioned how impressed she was by my nerve in reentering this race which had so brutally defeated me the year before.

Then my thoughts wandered to a neighbor of mine who only recently returned to his wife and young children after a lengthy overseas deployment with his National Guard unit. I thought about another neighbor who is struggling with cancer and who manages to stroll up our street with her husband despite the apparent pain and frailty in her bones. I recalled a friend who has been battling illness for several years and, yet, attends Sunday Mass with the bravest smile she can muster. And perspective began to set in.

What I showed was not courage; determination maybe, but not courage. My running of the 2011 Half Marathon was, at best, a dull facsimile of the courage my neighbors and their families have shown. Perhaps the most heroic thing that can be said of my comeback story is that it is a sort of metaphor for the bona fide struggles our friends and neighbors face and for confronting our fears. But it's my metaphor and now it is complete. I finished the race.

(Next year, I'll be shooting for a metaphor in the 1:45 range!) ■

1. 2 Timothy 4:7
2. You can't make this stuff up.
3. The incredulous reader will kindly review footnote number 2.

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.

Eisenhower Half Marathon

April 9
Tim Owen 1:55:06

Hospital Hill Half Marathon

June 4
Kyle Seiwert 1:58:17
Justin Chockley 2:07:13
Joell Chockley 2:17:49
Brad Rhoden 1:37:37 3rd age
Marla Rhoden 1:52:15 2nd age
John Ragsdale 1:51:57 PR

Hospital Hill 5K

June 4
Larry Liggatt 28:50

FANS 24 hour race

June 4
Joshua Watson 24 Hrs - finished 88.66 Miles

Wash DC Trail Marathon 28.1 (North Face Endurance Challenge)

June 4
Ed Keller 6:36:03

Poyntz Avenue Mile (Manhattan)

June 8
Kyle Seiwert 6:08

Auburn 5K

June 11
Richard Morgan 23:03 5th OA

Utah Valley Marathon Provo, Utah

June 11
Brad Rhoden 3:14:13 2nd age
Marla Rhoden 3:39:15 1st age, new age record

Run-Shunga, Coucil Grove

June 18
Rachel Peck 22:26 3rd OAF

Rock the Night, Lake Perry Trail 5K

June 24
Jordan Munns 46:55 1st 5K
Hunter Munns 46:55
Liz Munns 46:66 1st Trail Race

Sabetha Firecracker 5K

July 2
Les Wilkerson 20:53 2nd age
Rosemary Wilkerson 25:19 2nd age
David Schock 28:04 2nd age
Brenda Curl 30:45 1st age
Dan Curl 31:34 3rd age
Rosalie Wilkerson 31:43 5K PR

Firecracker 5 K Tulsa, Ok

July 3
Lezlee Jones 21:55 1st age

Mass Mile Lawrence

July 3
Larry Liggatt 7:56 1st age

Buena Vista, CO Freedom 5k (8000+ ft. above sea level)

July 4
Rebecca Arensdorf 24:24 3rd age

Fiesta Mexicana 5K

July 9th
Kevin Lemasters 18:49 1st age
Sergio Baez 20:02 1st age
Les Wilkerson 20:27 2nd age
Neal Farron 21:25 2nd age
Mitchell Ummel 22:15 4th age
Becky Arensdorf 23:08 1st age
Kelly Tosh 23:43 1st age
Shawn Beach 23:50 5th age
Chris Cozadd 23:54
Vivian Tucker 23:55 1st age
Dale Channel 24:14 1st age
Vicki Vossler 24:17 2nd age
John Stambaugh 24:48 2nd age
Kevin Brown 25:12
Roger Underwood 25:20 4th age
Myron Leinwetter 25:44 4th age
Joell Chockley 25:57
Tim Owen 26:24
Cheryl Haefele 27:43 5th age
Emma Palmer 27:47 1st age
Donnie Palmer 27:47
Larry Liggatt 28:31 1st age
Susan Hageman 29:09 4th age
Ralph Howard 29:14 3rd age
Claire Phillips 34:37 3rd age
Andrea Beach 35:55
Nancy Perih 40:12 4th age
Skyler Watson 46:32 6 years old
Skip Dibble 48:42 5th age

Sunflower State Games Governors Cup 10K

July 15
Ralph Howard 30:29 1st age
Sharon Wenger 31:03 2nd age
Kevin Lemasters 44:20 1st age
Sergio Baez 45:22 1st age
Neal Farron 45:24 2nd age
Michelle Andrew 47:12 1st age
Lezlee Jones 47:42 1st age
Joshua Watson 47:54 3rd age
Mary Anne Durall 51:28 2nd age
John Ragsdale 52:24 4th age
Kyle Seiwert 52:54 5th age
Vicki Vossler 53:30 3rd age
Paul Wagner 53:36 3rd age
Bryan Jobo 55:10
Kevin Brown 55:22 4th age
Dale Channel 55:29 1st age
Rachel Peck 56:24
Mitchell Ummel 56:40 5th age
Joell Chockley 1:01:45
Frank Weinhold 1:07:42 2nd age

Sunflower State Games Governors cup 5K

July 15
Jacob Bull 17:19 1st OA
Les Wilkerson 21:22 1st age
Myron Unruh 22:01 2nd age
John Stambaugh 26:28 1st age
Rosemary Wilkerson 26:45 2nd age
Ralph Howard 30:29 1st age
Sharon Wenger 31:03 2nd age
Angela Roberson 31:20 3rd age
Brenda Curl 32:28 4th age
Clay Lang 32:57 2nd age
Dan Curl 33:42 2nd age
Rosalie Wilkerson 42:01

Grant Pierce 2nd Indoor Marathon, Arlington, Va.

July 16
Edward G Keller 5:26:07

Sunflower State Games Cross Country 5K

July 23
Jacob Bull 17:26 1st OA
Sergio Baez 22:32 2nd age
Neal Farron 22:59 1st age
Dustin Schillinger 23:03 2nd age
Adam Arensdorf 27:13
Shawn Beach 27:50
Rebecca Arensdorf 28:17 4th age
Dale Channel 28:58 1st age

Shunga 6K

July 30
Kevin Lemasters 25:21 1st age
Kyle Hett 26:19 1st age
Michelle Andrew 26:31 2nd OAF
Leslie Curley 28:21 1st age
Mary Anne Durall 28:27 1st age
Marla Rhoden 30:48 1st age
Dale Channel 30:53 1st age
Brenda Wagemaker 31:05 2nd age
Bryan Jobo 32:08 3rd age
Eric Smith 38:41
Liz Munns 39:43 4th age
Jordan Munns 44:20 1st age
Hunter Munns 44:21
Ethel Edwards 45:45 2nd age
Avery Munns 48:45 2nd age
Skyler Watson 59:59 2nd age
Joe Schrag 1:04:42 4th age

Warrior Dash K.C.

July 30
Eric Wenrich 25:56 1st OA out of 6700 (Sat.)
3rd OA (Sat.)
Aaron Pope 26:45
Kevin Lemasters 34:41
Adam Arensdorf 43:25
Rebecca Arensdorf 43:42



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!

The Grace to Race:

The Wisdom and Inspiration of the 80-Year-Old World Champion Triathlete known as The Iron Nun

By Sister Madonna Buder with Karin Evans

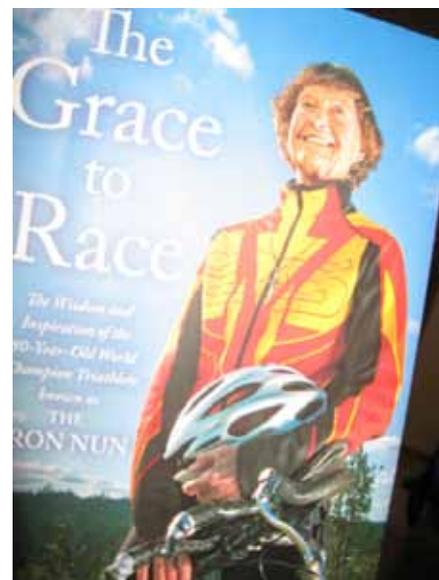
When I picked up my mail last week, I found a book from friends David and Robin Edwards. Dr. Edwards formerly worked in my department as a sports medicine doctor and is now teaching and working with athletes at Texas Tech. He and his wife heard Sister Madonna speak and asked her to autograph *The Grace to Race* for me. I was so intrigued and inspired by her story that I read it in several days. Sister Madonna has completed more than 38 marathons and 340 triathlons. She took up running in her late forties. She states that looking back on her life, there were two profound events that changed everything. The first event occurred when she pronounced her final vows to become a member of the Sisters of the Good Shepherd at age 26. "In 1978, another event occurred that was just as drastic, but unplanned. I was introduced to running, and I'll never forget it." It happened while she was attending a workshop on spirituality on the Oregon coast. "During an informal conversation at the retreat, Father John Topel began talking about the benefits of running. He mentioned what a joyful release it was to harmonize mind, body and soul. He went on to explain how running helped diminish depression, diabetes, addictions, stress, increase concentration, and so forth. "Nothing could be that good," I told him." However, later that evening she found a pair of running shorts in a pile of donated clothing and put on a pair of secondhand tennis shoes given her by her sister-in-law. She set out running on the beach and she says: "I'll never forget it. I can still conjure up the feel of my feet moving over the sandy beach, the sense of absolute freedom." Five weeks later, she entered the second annual Bloomsday run, an 8.2 mile race in which she got fourth out of 300 in her age group.

Now, 30 years later, she holds many records. Five years ago, the age 75-79 category was created for her at the Hawaiian Ironman in Kona. She completed this event as the oldest woman ever to finish, just eight weeks after she suffered a broken elbow in a bicycle crash. "It is my faith that has carried me through life's ups and downs. Whenever injured, I wait for the Lord to pick me up again and set me on my feet, confidently reminding Him, 'God, you know, my intent is to keep running toward you.'"

She completed the Boston Marathon last spring as the oldest woman to cross the finish line. "There is this interior voice, or seventh sense, to which I try to be attentive," she says. "I am always running in God's presence, admiring His Creation. There is something urging me on."

I love the first chapter in which she shared her "miracle finish" at the 2006 Hawaiian Ironman at age 76. From the outset, as she had begun preparing for the event, "there had been strange omens." She had the gut feeling "that this was going to be a very different competition." The feeling she had didn't tell her not to go; "it just said, be prepared."

An earthquake occurred in Hawaii several days before the competition and heavy rains fell the day of the event. She describes having only gotten to mile five of the marathon when a marshal on a moped came alongside her and told her: "You are three minutes down." She doesn't wear a watch for these events so she guessed he was saying she was nearing the cut-off time. She picked up her pace and "then came the deluge." Six miles from the finish, she was alone when "these four angels appeared from the opposite side of the road, running in the dark." They asked if they could accompany her in. They kept pushing her and encouraging her. They were firm that she had to do "a bit more running." She states her "team" kept encouraging her onward. Her time was 16 hours, 59 minutes, and 3 seconds. She was the last official finisher, the oldest woman on the course, and she had beat the cut-off time



(17 hours) by only 57 seconds. She was later able to identify two of the four “angels” and thank them.

In the final chapter, **Reflections**, she says: “Watch for your angels. You never know what form your angels are going to take. ‘Do not forget to entertain strangers, for by so doing some have unwittingly entertained angels.’ (Hebrews 13:2). You may actually be one of these angels for another!”

A chapter entitled “Iron Spirit” contains one of my favorite quotes. Her words reflect her unassuming nature. “People always ask me how I’m able to compete

in the Ironman competition at my age and do so well. I have a very simple answer: I don’t know.”

Also in **Reflections**, she states: “A word to the hesitant: Anyone can run. If you can walk, you can run. It takes no more skill than that. She says some people start thinking about their age and say: ‘Oh, this hurts, that hurts, I can’t do this, I can’t do that.’ Well, so what? When you were a kid, you didn’t bother about what hurt, you just went out and did it . . . Picture yourself running like they do, then do it!” ■

Lilac Bloomsday Run – May 1, 2011

By Ethel A. Edwards

The Lilac Bloomsday Run, a 12K road race, was born during the running boom that swept the nation in the late 1970s. Don Kardong, who moved to Spokane in 1974, competed in several national class road races before and after his participation in the 1976 Olympic Marathon, and in the fall of 1976 he suggested to a local reporter that Spokane should have a downtown run of its own.

So, on May 1, 1977, at 1:30 p.m., over 1,000 runners participated in the inaugural Bloomsday Run, which was billed “Run With the Stars” in posters announcing the event. Olympic gold and silver medalist Frank Shorter crossed the line first. The success of the first year’s race led to an even greater turnout in 1978. Publicity generated by a sanctioning dispute with local AAU officials also helped the race expand to over 5,000 runners. By its second year, Bloomsday was already enormous by any standard, and a victory by Boston’s Bill Rodgers helped spread the event’s national reputation. The Bloomsday field continued to grow, reaching 57,300 in 1988. In 1991, Bloomsday took another jump to 60,104, and in 1996 the event reached its all-time high of 61,298.

And this year, 51,302 runners and I finished Bloomsday. Each runner receives a postcard with time, place and finish position. My postcard arrived and included my elapsed time: 1H 36M 48S; my overall finish: 19119 out of 51303; my class: females 55 to 59, 375 out of 1899; and pace per mile: 12M 58S. If you go to the results page of the website, there is a plethora of information related to each finisher.

For me, the average pace for 57-year-olds was 15:52; I placed:

- 184th among 638 people the same age
- 2nd among 2 people from Topeka, KS (Kimberly C Waller, 44, finished in 1:07:34),
- 3rd among 4 people from Kansas
- 25th among 63 people with the same last name
- 9,368th among 30,707 females, and
- 75th out of 384 among 57-year-old females.

T-shirts are given only to finishers; and every finisher is listed in the Souvenir Results Booklet distributed on Tuesday following the race.

There are multiple heats, and it took my niece, her friends, and I twenty minutes to cross the starting line. Needless to say, there were people all around us during the race. The morning was sunny and in the low 40s, perfect race conditions. Thirty-five bands lined the course, and every kind of music was heard from gospel (a church choir) to hard rock. Like many premier events, there is a Doomsday Hill at Bloomsday, 152 foot climb in .72 miles, a 6.5% grade; and, yes, I walked it. We all finished, received our t-shirts, and met at our designated location, the carousel in the park. The park had food vendors everywhere. You could choose from Mexican to Chinese to Italian. No one could walk away hungry. This was a once-in-a-lifetime event! I’m glad I can say, “I did it!” ■

Washburn University Marathon Club Update

The Washburn University Running Club (WURC) pursued two primary activities in Spring 2011. First, we organized and orchestrated the “Run for Life” on April 8-9, 2011. This two-day event kicks-off with the “Junior Run for Life” for school-aged runners on Friday evening, and concludes with 10-mile and 2-mile events on Saturday morning. This event serves as the primary annual fund raiser for the club. Our second focus was training for, entering, traveling to, and participating in our spring semester targeted “endurance” events.

Run for Life

Some 30 club members provided over 80 volunteer hours toward the successful orchestration of the “Run for Life”, a two-day event held on the Washburn University campus in Topeka on April 8-9. Friday evening saw 56 elementary and middle-school aged runners complete non-competitive half-mile and 1-mile runs around the all-weather track inside Moore Bowl, the football stadium on Washburn’s campus. The “Toddler trot” had about 30 pre-school children running and “waddling” down the west straightaway to the delight of all! This setting allowed parents, family, and other spectators to cheer the runners on throughout the events. All the participants received finisher’s medals, and lots of hugs and pats on the back from their proud parents! Friday’s activities concluded with a free—thanks to donors!--dinner of pizza and Gatorade.

Saturday morning provided wonderful weather--partly cloudy, 60-degrees, light winds—for the over 300 runners that gathered to compete in the 10-mile and 2-mile events. The day’s worst glitch occurred when the starter’s air horn failed to sound, so runners were sent off with a shout of “GO!”. This year, national trends in entries were evident with 2-milers slightly outnumbering 10-milers, mainly due to a large contingent of fitness walkers from local hospitals and health agencies who have an investment in the event’s primary benefactor, the Topeka Organ Transplant Organization (TOTO). Another trend was an increase in the number of 5-person 10-mile relay teams made up of middle-school aged runners. Several of the local schools have after school running programs, and we hope to develop and expand this area in future years; first, by helping other schools establish such programs, and second, by promoting the relay team option for school-aged children. Financially, we have found that it takes about \$6,000 to put on an event of this size, and that the entry fees really just allow us to break even. Therefore, thanks to generous sponsorship from the Midwest Transplant Network and the Washburn Student Government Association, the event was a financial success, as we were able to donate over \$1,000 in proceeds to TOTO, and provide some money to help support other WURC.

Undoubtedly as a result of solid training, but also a nod to the fairly flat course, good weather, and competitive field of runners, four of the top six finishers in the 10-mile race

were men over 50 years old, all with times under 1:07. This group was led by Keith Long of Beaumont, KS, who missed breaking the 1-hour mark by only 32.3 seconds, with Tony Estes of Topeka less than a minute back in second place. 30-year-old Denny Gayton finished third in a time of 1:06:03. On the women’s side, six of the top eight places went to women in the 30-34 or 35-39 age groups. But, the women’s winner and 3rd place finishers came from the 45-49 age group. Cindy Cameron of Mission, KS won the women’s race (and finished 8th overall) in a time of 1:08:28.1, and third went to Karen Hyde of Lawrence in 1:20:03.9. The second-place woman was Heidi Englert of Kansas City, MO in a time of 1:13:41.4. Also of note, the men’s 70 and over age group went five deep, with Dale Chanel of Rossville maintaining 8:30/mile pace to claim age group honors with a time of 1:25:32.4.

In what has become a signature aspect of the Run for Life, top placers in the various divisions received one-of-a-kind pottery pieces hand-crafted by members of “WATUP”, the Washburn Affiliated Team of Unified Potters. For the second consecutive year, we were also honored to provide RRCA plaques to the male and female overall, master (over 40), grandmaster (over 50) and super grandmaster (over 60) winners in recognition of our status as the “Kansas 10-mile State Championship”. The Run for Life was also included in the MARA Grand Prix race series for the second consecutive year. Next year’s race is scheduled for April 7, 2012. We hope to see you all there! (www.runforlife.us).

Spring 2011 Target Endurance Events

While most members of WURC filled the role of race volunteers at the Run for Life, they also spent the early months of 2011 training for their target events. During the spring semester, much of the WURC activity centers around the Washburn University Marathon Training (WUMT) course, a 1-hour for-credit college course that has been offered for the last 15 years through the Kinesiology Department at Washburn. Starting in mid-January, and for the next 15 consecutive weeks, the over 40 students enrolled in the WUMT course were joined by members of the Washburn University faculty and staff, alumni from previous years, and a contingent of runners from the local community, totaling as many as 50 to 60 runners on the weekend “long runs”. For runners targeting a full 26.2 mile marathon, these fully-supported group long runs progressed through distances of 6, 9, 12, 15 and 18 miles, and culminated in a 20-miler in mid-April. Runners targeting a half-marathon distance completed 50-70% of each weekend long run. In addition to these weekend long runs, members of the WUMT class engaged in twice weekly workouts on Tuesday and Thursday mornings that included running, cross-training, stretching, and “core” strength work.

A total of 30 runners fulfilled their goal of completing an “endurance running event” by participating in one of five

organized races from mid-April to mid-May. The first four club members to complete their target events stayed local the weekend of April 16-17 to participate in half-marathon and marathon distance events in Lawrence and Olathe. Three runners chose the "Kansas Half-marathon" in Lawrence as their target event on Saturday, and posted respectable finish times ranging from David Hrabik's 2:09:46 and Heather Patterson's 2:10, Elaina Mendoza's 2:24:17. These early outings were highlighted by Erin Winter's sub-4-hour marathon effort in Olathe (3:59:53), which is the 6th best performance by a female (and one of only 18 sub-4 hour performances) in the 15-year history of the WUMT course! For Erin (who also happens to be the student president of WURC), this was her third marathon, and a PR by nearly 40 minutes!

A group of 25 WURC-affiliated runners traveled to the Oklahoma City Memorial Marathon on May 1, 2011. After enjoying the race expo on Saturday afternoon, many runners took time that evening to visit the memorial that commemorates the loss of 169 lives during the terrorist bombing of the Oklahoma City Federal Building in 1995. This was an emotional visit for most, and provided a greater purpose to our running efforts the next day, as we felt we were able to make at least some small contribution to the survivors and family members who serve as race volunteers for what they refer to as the "Run to remember".

Despite the cold and windy weather conditions (yes, it rained the WHOLE time, and actually HAILED twice!), 13 runners persevered to complete the marathon, and 12 completed the half-marathon. Finishing the race was a "first" for 8 of the marathoners, and 3 of the half-marathoners! Other highlights included, on the women's side, a 3:43:20 marathon for Jill McCartney, who works as the Associate Athletic Director at Washburn, that placed her as the #2 All-time Female (and 6th overall) performance in the history of WUMT! Rachael Johnson also had a strong debut marathon as she finished with a 4:19:58 that placed her 14th on the All-time WUMT charts for women! The men's side was paced by Jacob Stucky's debut marathon performance of 4:11:27 that placed him 20th on the All-time WUMT charts.

Rounding out the Spring 2011 target events, Beth Ryszewski traveled to the "running mecca" of Eugene, Oregon and took advantage of the MUCH nicer weather there to complete here first ever marathon in 4:43:53. Four WUMT runners completed the "Spring Burn" 15k held in Topeka, with nearly all earning age-group awards (Blake Shinn, Keith Wagers, Rachel Buthorne, Kaitlin Alegria). Dana Hermes chose to save her training for her "hometown" event, the "Running with the Cows" half-marathon, and won her age group with an impressive 2:03:25, which is the 2nd best All-time WUMT Female Half-marathon performance! The final WURC runner plans to complete the "Hospital Hill" half-marathon in Kansas City in early June. ■

FIT RUNNERS

Upcoming Clinics

AUGUST 31

"Yoga for Runners – Improving Flexibility"
Kay Deiter will present a yoga session designed to improve muscular flexibility for runners

SEPTEMBER 28

"Ask the Experts – Correctly Identifying and Treating Running Injuries"
A panel of medical experts will discuss diagnosis and treatment of the most common running injuries and answer your questions pertaining to more specific personal issues

Admission to FIT Runner clinics at Garry Gribble's Running Sports (GGRS) is **free** and all attendees are invited to register for a \$25 GGRS gift certificate to be given away at the clinic.

Clinics are from 6:30 to 7:30 PM on the last Wednesday of the month.

Please contact Tony at Get-FIT@cox.net to RSVP

Tony Estes
www.fitnessintraining.us
785.213.1727

There's always an excuse for why we can't but there's always a better reason why we MUST!

Shawnee County's Largest Workout Back For Second Year

www.wibw.com – June 7, 2011

TOPEKA, Kan. (WIBW) -- Shawnee County's Largest Workout will be back for a second year! Heartland Healthy Neighborhoods, YMCA, Shawnee County Health Agency and Heartland Visioning are working to provide this free event to the community.

A press conference will be held on Monday, June 13th to announce this year's Shawnee County's Largest Workout and what changes residents can expect.

The workout is scheduled for Tuesday, September 13, 2011 at 6:00 p.m. at Yager Stadium at Moore Bowl, Washburn University. Residents of all ages and abilities are encouraged to participate in this coordinated exercise experience. The free event is just one step in Topeka and Shawnee County becoming the healthiest state capital.

Last year we had just under 600 participants, with this year's goal to reach 1,000. ■



ATTENTION!

Check out the September issue of Runner's World Magazine, on stands now!

Running Free, a volunteer operated running program for the inmates of the Topeka Correctional

Facility, is featured in an article titled "A Fresh Start."

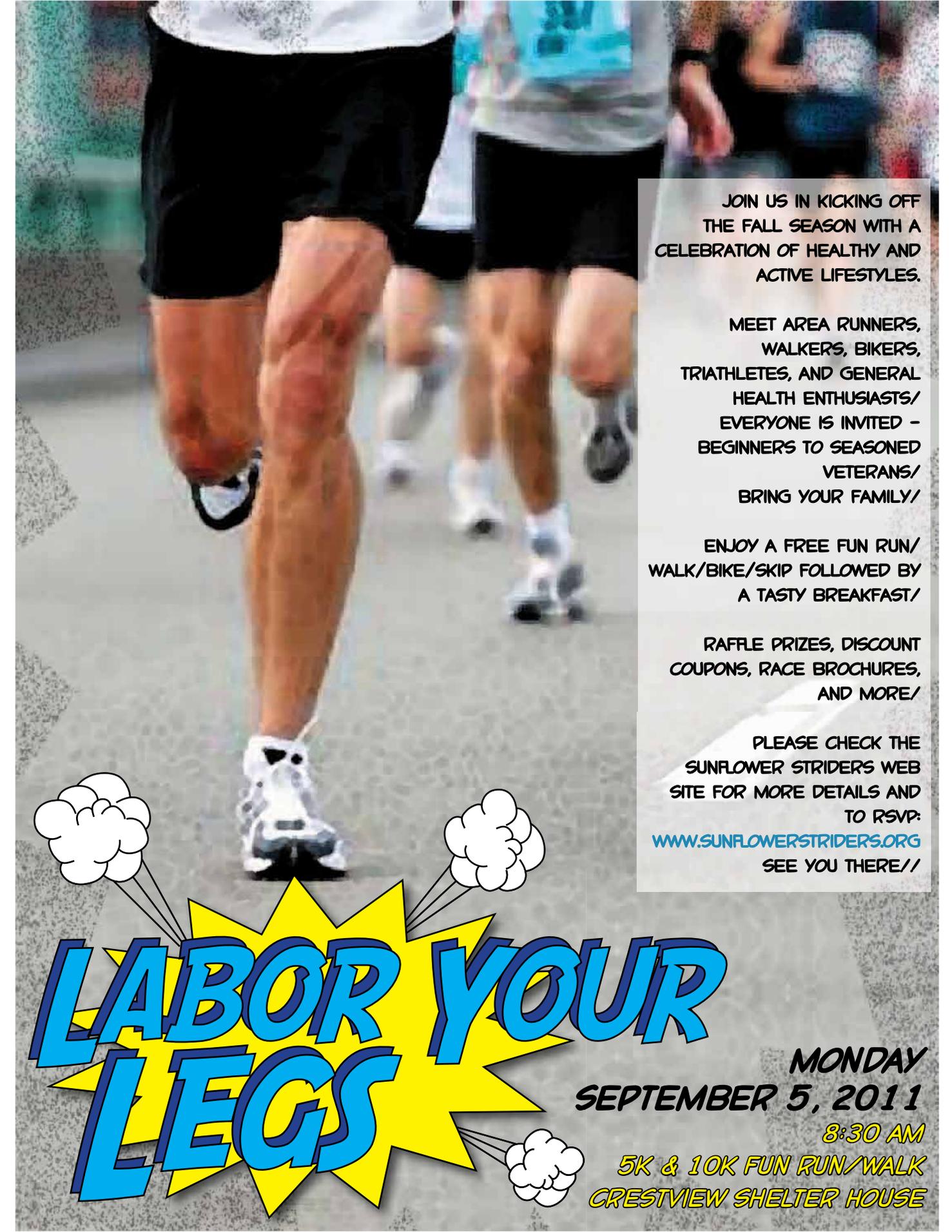


VOLUNTEERS NEEDED FOR YMCA KIDS TRIATHLON

The Southwest Topeka YMCA is hosting a kids triathlon on Saturday, September 24th. Volunteers are needed to help check in children athletes, help in the transition area (helping with helmets, tying shoes, etc.) and race course support. If you are interested in helping please contact Beth Gartner, Community Relations Director, YMCA of Topeka, at 785-224-6402.

Thanks!

If your child is interested in signing up for the Kids Triathlon there is an informational meeting, Saturday, August 13th at 9:00 AM at the Southwest YMCA. There is a transition clinic on Friday, September 23 at 6:30 PM. The Triathlon is on Saturday, September 24th at 8:00 AM. Children ages 6-15 are welcome to participate. Entry fee is \$25/child. Contact Beth Gardner for more information, 224-6402.



JOIN US IN KICKING OFF
THE FALL SEASON WITH A
CELEBRATION OF HEALTHY AND
ACTIVE LIFESTYLES.

MEET AREA RUNNERS,
WALKERS, BIKERS,
TRIATHLETES, AND GENERAL
HEALTH ENTHUSIASTS/
EVERYONE IS INVITED -
BEGINNERS TO SEASONED
VETERANS/
BRING YOUR FAMILY!

ENJOY A FREE FUN RUN/
WALK/BIKE/SKIP FOLLOWED BY
A TASTY BREAKFAST!

RAFFLE PRIZES, DISCOUNT
COUPONS, RACE BROCHURES,
AND MORE!

PLEASE CHECK THE
SUNFLOWER STRIDERS WEB
SITE FOR MORE DETAILS AND
TO RSVP:

WWW.SUNFLOWERSTRIDERS.ORG

SEE YOU THERE!!



**LABOR YOUR
LEGS**

**MONDAY
SEPTEMBER 5, 2011**

8:30 AM

**5K & 10K FUN RUN/WALK
CRESTVIEW SHELTER HOUSE**

Tails on the Trail Update

We have officially kicked off planning for the 2nd Annual Tails on the Trail dog-friendly 5k run/walk. This event is a fundraiser for Topeka's Helping Hands Humane Society and will take place on November 5th, 2011. Last year was a huge success and we are excited to see what this year has in store. Already we have some great news! Construction around the Shawnee North Community Center has been completed, which means we will have access to the entire 5k route without having to back track like last year. The new route will flow more smoothly and ensure a pleasant and enjoyable view. Remember, it's a trail run, so it may not be easily accessible for strollers. A map of the route will be available in the near future.

IMPORTANT: The race will start at 10am this year, with late registration beginning at 9am. This is an hour later than last year.

Fuzzy friends of all shapes and sizes are welcome! And remember, you are not required to run with a dog. This event is open to everyone regardless of canine ownership. ■

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

August 13

Run For Your Momma

Marion, KS

7:00 AM

Contact: Bethany Carlson,
mopsofmarion@gmail.com

August 13

Rossville Tall Corn Festival 5k and 1 mile Fun Run

Rossville Grade School, Rossville KS

7:30 AM

Contact: Scott Hammer, 785633-1494

August 27

The North Face Endurance Challenge

Frank A. Theis Park, corner of Volker Blvd & Oak St, Kansas City MO

6:00 AM

Contact: Becca Ellinor, 215-451-1901

August 27

Speedy P.D. 5k & 10k

Tuttle Creek State Park, Manhattan KS

8:00 AM

Contact: Cotti Frigon, 785-410-2814

September 11

Holy Smokin' Jamboree 5k

2015 NW 46th Street, Topeka KS

7:00 AM

Contact: Pat Shehi, 785-246-0452

September 18

The Inagural Plaza 10k Run/Walk

Country Club Plaza, 450 Ward Pkwy, Kansas City, MO

7:30 AM

Contact: Troy Fitzgerald, 816-204-1780

September 18

Florence Crittenton Services 3rd Annual 5k

Lake Shawnee, Topeka KS

2:00 PM

Contact: Julie Harron, 785-207-6916

September 24

Washburn Alumni Association 5k

Bradbury Thompson Center, 17th & Jewell

8:30 AM

Contact: 785-670-1641

October 1

Race Against Breast Cancer 5k (20th Anniversary)

Washburn University Law School, Topeka KS

9:00 AM

Contact: 785-271-1500

October 2

The Lemon Run Kansas City 5k

Waterfall Park, 4501 South Bass Pro Drive, Independence, MO

8:30 AM

Contact: Claire Cumberland, 610-649-3034

October 2

Sandrat Trail Run - 9.6 miles

Lawrence River Trails, Lawrence KS

8:30 AM

Contact: Steve Riley, 785-842-4351

October 9

Bert Nash Bash Dash

600 Block of Massachusetts St, Downtown Lawrence KS

8:30 AM

Contact: Rosie Kern, 785-830-1833

October 9

Prairie Fire Wichita Marathon, Half Marathon, 5k, and Fun Run/Walk

Downtown Wichita KS

8:00 AM

Contact: Greater Wichita Area Sports Commission, 316-265-6236

October 23

K-State Homecoming 5k

Manhattan, KS

10:00 AM

Contact: Andrea Bryant Gladin, 785-532-5058

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

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 - **NEW!** Rebound Physical Therapy - 17th & Fairlawn

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