

# RUNNINGtimes

Sunflower Striders Running Club

## Inside this issue:

President's Pen .....	1
ZigZagging to Christie Clinic Illinois Half Marathon .....	2
Topeka to Auburn Updates .....	3
Running Map .....	4
Labor Your Legs .....	5
Race Results .....	6
Runs & Races.....	7

## PRESIDENT'S PEN By Brad Rhoden

Wash the car, then watch it rain. Maybe if I mention the weather, the seemingly never ending oppressive summer we are experiencing; that is only half over; that has made any run a challenge; that has seen many overnight lows not dip below 80 degrees; that has seen many record highs tied or broken; that has prompted more early mornings than ever; that is keeping many in on the treadmill; that is making it difficult to think about ramping up marathon training long runs; that has made me not look forward to 6 pm track workouts; that has actually made me think there might be some positives to running on those cold winter nights; that has caused me to ramble on way too long, in hopes that for those still reading, by the time you're reading this, our weather is at least more seasonably normal.

The Atlanta Olympics were expected to be hot and humid and they were, but my recollections of the conditions there seem mild compared to this Kansas summer. Of course, being younger then probably had some effect. Contrast London, where the conditions for some outdoors sports are not great, but should be for most running events.

Definitely inspired by the popularity of the Brew to Brew Relay, another team relay is being planned for this fall. A month after the Apple to Capital Relay from Manhattan to Topeka, the Bison 50 Relay from west Topeka to Lawrence is scheduled to take place. This latest relay of 50 miles can be taken on solo or by as many as 10 people on a team. Yes, I'm a proponent of team relays, as the Napa Valley Relay next month will be the 10<sup>th</sup> time the Striders have fielded a team. Long-distance overnight relays that challenge fatigue as well as endurance are a great way to experience other parts of the country. Maybe some day Kansas can play host to such an event that highlights the scenic flint hills.

We are moving forward with several additions for the Topeka to Auburn ½ Marathon for next year. The Bridge of Topeka, a mentoring program for at-risk youth in central Topeka, is our designated charity for the race in 2013. Proceeds provided from the race will help send kids to camp. I want to extend appreciation to the club members who helped secure sponsorships through businesses and organizations for the feather flag mile markers. Those flags will prominently mark mile locations along the Topeka to Auburn course as well as be available for use along other local race routes. The ½ marathon course will be re-certified with a couple slight alterations planned (sorry, can't remove any hills) and it will be chip timed next year for the first time. Also, to help runners fuel for the race next January, the Lazy Toad in Fairlawn Plaza will be offering a pasta dinner on Friday evening. Watch the web site for details and the opening of registration for the race.

Don't forget about the passport promotion, where participants accumulate mileage by running in or volunteering at our local events during 2012. We gave away some great prizes for last years' promotion and would like to do so again for this year. Passports can be picked up and stamped at any local race and it's not too late to get caught up for events participated in earlier this year.

Get ready for a number of local races coming up in the next several months, including at least seven 5ks scheduled during September. October and November dates are filling up also and most of our local races are a benefit for an organization or cause. One new event in October that will be a little different than the average 5k, as it entails the culmination of 6 months of Get Fit Topeka Style competition, akin to the Biggest Loser, where 20 contestants have been working with trainers, dieticians and psychologists to regain their health. Club members and others are welcome to participate at this event – and even more importantly offer encouragement to those working to change their lives.

Be sure to RSVP for our Labor Your Legs event on the front page of the web site. This will be the 5<sup>th</sup> year the club has hosted this laid-back free event open to all and it's expected to be bigger and better than ever. Besides the *non-competitive* fun run/walk, we'll also provide breakfast; have information on upcoming events and are working on acquiring a number of nice prizes for the raffle drawing. Best of all, it's all free! It should be a good time to make some new friends and catch up with some old ones.

Stride on,  
Brad



# Zig/Zagging to Christie Clinic Illinois Half Marathon

By Les Watson

I heard them in November 2011. I was running the San Antonio Rock and Roll Half Marathon. They were a soft, almost imperceptible calling, just like the Sirens in classical literature that lured sailors into shipwrecks on the rocks. I was at the point where the thundering herd of half marathoners split from the lone wolf full marathoners. They were calling, "Les you need to run another full marathon". Fortunately their calling quickly diminished as I struggled the last mile of the half marathon. In fact I was so exhausted I couldn't even run downhill.

Driving back from San Antonio, my mind kept playing back their calling to run another full marathon. With all the windshield time I decided I would heed their call, use my alumni status with the Washburn U Marathon Training Class and set a straight course to complete one more full marathon. Little did I know the course would be anything but straight and at the end I would still keep hearing the call.

Since I had trained some for the San Antonio run, I felt good about the chances of doing a full marathon, after all I had lost a few pounds and I could keep it going. But the first Zig arrived between Thanksgiving and New Year's. Those lost pounds came home and brought a few of their friends and relatives. Oh well, losing weight I can do, the problem is the keeping it off. I started eating and training better and by the start of Marathon Training Class I was confident I would heed the call to run a full marathon.

The first four weeks of class training went well. The class was a good mix of new runners and alumni and I was achieving my time and distant goals. But then a Zag occurred.

My older brother started to have health problems, and trips to Kansas City and Leavenworth were needed. These trips seemed to occur on class days and pretty soon my training slipped until by March, I knew I wasn't going to be able to do a full marathon. The Marathon Training Class was going to the Christie Clinic Illinois races and I registered to run the half marathon. This was an okay compromise and I hoped my training would be enough to set a PR. But more importantly my brother's health greatly improved.

The Christie Clinic Illinois Marathon is hosted in Champaign/Urbana which is the home of the University of Illinois (U of I). I planned to use I 70 through Missouri and Illinois to get there. But the computer generated route added another Zig. It recommended US 36 instead. Having traveled US 36 in Kansas I just couldn't imagine using it to get to Champaign/Urbana. Kansas US 36 tends to be a two lane highway with slowdowns in a lot of small towns. I decided I had enough time on the way there to use the computer generated route and prove it wrong. To my surprise, the computer generated route was a pleasant Zig. U S 36 through Missouri and Illinois was a four lane divided highway with limited number of towns setting directly on the highway. It was a pleasant, scenic drive and the computer was right.

Friday, I went to the expo and packet pick up which was located on the U of I campus. The packet pick up process was streamlined and the expo surprisingly large. Race day weather called from some rain, wind and cool temperatures, so I picked up some race day gloves and found a special on a fleece vest. As some of you know I have fondness for micro-breweries, and I my research before leaving hadn't produced any good results. But another Zig happened at the expo. A microbrewery/restaurant had a booth and after completing my stay at the expo I went for a little sample and snack. They had tasty food and great beer and made note to return here after the run on Saturday.(Yes I did).

The alarm went off at 4:45 AM Saturday morning and I looked out the window and found another Zag. Hurricane Champaign/Urbana was raging with winds and sheets of rain. I thought to myself, you didn't get this old by being really stupid, so if this keeps up, I won't run the race. Turning on the TV to find out the forecast was not helpful. However I did learn I could Zumba dance while steam cleaning my floors as I juiced a rutabaga. At 5 AM a Zig occurred as a radio station switched over to race day coverage. In fact about 5 local stations started to do race day coverage. The radio weatherman predicated the current storm would clear out in 40 minutes and another would come through, but by race time the rain would quit and he nailed. Also got a lot of reports on traffic and parking concerns.

The race started on the U of II campus and there were plenty of encouraging spectators cheering for us and this support continued throughout the race. The race course was mostly on streets and flat with the only squeeze area was a couple of miles on a park trail a little bit wider than Shunga Trail. There were plenty of well-staffed water/aid stations. Perhaps the best one was the pirate crew at Mile 10. They were there to help because everyone was running so "aarrd".

Approaching the last half mile of the run I was within striking distance of setting a PR, but a Zag occurred. Actually it was zig and zag. In order to finish on the U of II football field 50 yard line, the course zigged and zagged including going up a few stairs and through places where spectators were almost on the course. This unfortunately gave me a feeling of being lost and slowed me down enough to miss a PR. But I can't complain because I had earlier opportunities to run a faster pace.

I recommend you try this race, especially as an alternative to Lincoln or Oklahoma City. The course is flat, fast (Dr. Wagner ran a 3:30:45 full marathon), and the event is well supported by the community.

As I headed back to the motel, I passed a couple of areas where the full marathoners were still on the course. I listen for the call and sitting at a stop light there it was. I don't know when I will heed it, but may be the path to get there won't zig/zag so much. ■

31st Annual  
Topeka to Auburn  
Half Marathon  
January, 19, 2013

## Updates:

For 2013, the Sunflower Striders Running Club board has voted to dedicate race profits to a local charity. The Bridge is a mentoring program for at-risk children and youth in central Topeka. "Our mission is to empower children to become the responsible, servant leaders of the 21st Century."

There will be a pasta dinner served at The Lazy Toad the night before the race. Watch the website for more details!  
[www.sunflowerstriders.org](http://www.sunflowerstriders.org)

The race will be chip timed!!

# RUNNING MAP

By Kasey Clark

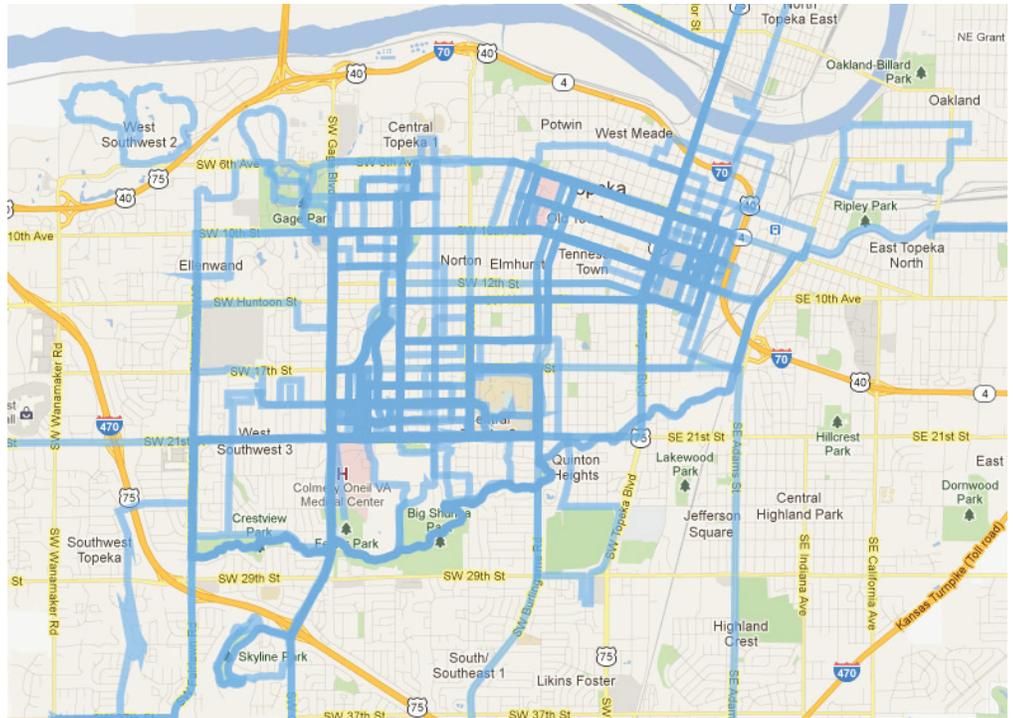
I love data. I love quantifying data. I love molding data and modeling data and learning from data. I mix cheerios and rice crispy treats together so I can eat 1's and 0's.

Okay...Now that I have that out of my system I'd like to take you on a very swift journey of my running over the past year. March of 2011 I decided to quit smoking. It was a good choice. I can go on about how great I feel, but I'm sure everyone has heard it before. Quitting smoking sucks, but it's worth it. Jump ahead 3 months and I noticed something different about myself.

Somehow I brought a "softer side" upon myself, where my 5'9" frame suddenly held 30 pounds that it hadn't seen before.

I wanted to work out, but didn't know how to trick myself into liking it. I started cycling and eventually transitioned into running. I tried a couple of other methods of tracking my routes but found runkeeper easy to use and fairly painless. One of my favorite features was the mapping capabilities, and the fact that I like data made me even more giddy when I started researching that I could actually extract this data too. Check out this map that I made using the gpx data exported from runkeeper.

I extracted all my data using their handy "download everything" button found on your accounts page.



After that, I was emailed a ZIP file with a bunch of GPX files. GPX is a light-weight XML data format for the interchange of GPS data, it's really easy to work and very user friendly.

The after the ZIP was extracted, I needed to find a way to crunch everything onto one map, enter stage right Google Earth. Google Earth made easy work of the files, as all I had to do was import all the GPX files with a File>Open, then I got all of my routes under the "Temporary Places". I then used it to generate a KMZ file. A KMZ file is essentially a ton of KML files (which are alot like GPX files).

The KMZ needed to be hosted somewhere, so I dumped it on my web server and pointed google maps to the url of the file.

Here's a link to the actual map: <http://goo.gl/maps/TJbI>

Victory! I had a map that I could zoom in and out of, as well as host and share with others. I am currently researching ways of automating a portion or maybe even all of this process. If you have any tips or advice on how to do this automatically, please feel free to contact me! [kaseyclark.com](http://kaseyclark.com) ■



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](http://WWW.SUNFLOWERSTRIDERS.ORG)  
SEE YOU THERE!!



# LABOR YOUR LEGS

**MONDAY**  
**SEPTEMBER 3, 2012**  
**8:30 AM**  
**5K & 10K FUN RUN/WALK**  
**CRESTVIEW SHELTER HOUSE**

# 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](mailto:runlanarun@cox.net).*

## Hospital Hill Half Marathon • 06-02-12

Michelle Andrew	1:32:41	2nd age
Brad Rhoden	1:34:29	3rd age
Mitchell Phariss	1:34:30	PR
Jon Diddes	1:41:49	Ed West 1:50:52
Kyle Seiwert	1:46:18	
Eric Smith	1:57:48	

## FANS 24 Hour Run, Minneapolis, Mn. • 06-03-12

Joshua Watson	24 hrs	102.07 miles- 21/99
---------------	--------	------------------------

## Auburn Fire Department 5K • 06-09-12

Vickie Rogers	30:49
Dan Rethman	30:51

## Half Iron- Man Kansas, Lawrence 70.3 • 06-10-12

Mark Fisher	7:44	PR
-------------	------	----

## Grandma's Marathon, Duluth, Mn. • 06-16-12

Mitchell Phariss	3:29:36	PR
------------------	---------	----

## Hope Challenge 5K • 06-16-12

Ryan Hahn	17:04	3rd OA
-----------	-------	--------

## Father's Day Kevin Grey 5K • 06-16-12

Rosemary Wilkerson	24:04	3rd age 3/63
--------------------	-------	--------------

## Psycho Wyco Trail Nerd 2.8 • 06-16-12

Rosemary Wilkerson	24:03	3rd OAF
--------------------	-------	---------

## Topeka Tin Man Long Course Triathlon • 06-17-12

Eric Wenrich	1:25:27	1st OA
Leslie Curley	1:46:03	1st OAF
Jacyln Long	1:56:35	4th OAF & 2nd AG

## Topeka Tin Man Duathlon long Course • 06-17-12

Karl Gunnerson	1:24:33
Susan Gunnerson	1:47:49

## Reading Tornado Trot 5K • 06-23-12

Ryan Hahn	16:55	5th OA
-----------	-------	--------

## Jazz Inn The Park 5K • 06-24-12

Jacob Bull	17:26	1st OA & 1st age
Rudy Chavez	19:23	3rd OA & 1st age
James Davis	21:24	6th OA 1st age
Dan Rethman	32:04	
Monica Schrag	31:40	3rd age
Nancy Perith	41:51	1st age

## Hilton Triathlon • 06-29-12

Cheryl Haefele	1:28:	1st place
Sharon Wenger		3rd place

## Holton LifeCare Triathlon • 06-30-12

Rosemary Wilkerson	24:40	run 1st Women's team OA
--------------------	-------	----------------------------

Kelly Elias	7:43
Kate	5:04

## Copper Mountain, Frisco, Colorado 10K • 06-30-12

Dale Channel	1:10:	2nd age
--------------	-------	---------

## Lenexa Freedom Run 10K • 07-04-12

Michelle Andrew	40:49	3rd OAF & 1st age
-----------------	-------	-------------------

## Alma Midnight Madness 4 Miler • 07-04-12

Rosemary Wilkerson	35:02
Les Wilkerson	32:55

## Fiesta Mexicana 5K • 07-07-12

Jacob Bull	16:16	1st OA & 1st Age
Ryan Hahn	17:26	2nd OA & 1st age
Tony Estes	17:55	4th OA & 1st age
Rudy Chavez	18:23	1st age
Michelle Andrew	19:21	1st OAF & 1st age
Kevin Lemaster	19:57	1st age
Sergio Baez	20:11	2nd age

James Davis	20:47	21st OA & 3rd age PR
Neal Farron	21:04	3rd age
Karl Gunnerson	21:31	1st age
Justin Gordon	21:33	2nd age
Bryan Jobo	22:03	3rd age
Lezlee Jones	22:31	1st age
Myron Leinwetter	22:45	3rd age
Jamie Diddle	23:13	2nd age
Rebecca Arensdorf	24:05	1st age
AJ Davis	25:47	7th Age & 84th OA
Kevin Brown	25:57	
Marcia Henderson	25:59	1st age
Tim Owen	26:39	
Marla Rhoden	26:47	2nd age
Cheryl Haefele	26:52	2nd age
Shawn Beach	26:57	
Bob Wenger	26:57	2nd age
John Stambaugh	27:35	3rd age
Megan Berquist	28:57	4th age
Sharon Wenger	29:29	3rd age
Tonya Scott	29:41	
Barb Martin-Thomas	29:45	
Vicky Walters	29:46	
Kenny Jessop	30:07	2nd age
Desmond Henry	30:25	
Lydia Baez	32:11	
Monica Schragg	33:54	
Claire Phillips	35:02	2nd age
Shandra Ragsdale	38:38	
Ethel Edwards	49:04	
Justin Hahn	29:40	
Lisa Hahn	38:04	
Makayla Hahn	37:51	

## All-Star Game Charity 5k • 07-08-12

Michelle Andrew	19:20	3rd OAF
Bryan Jobo	22:17	211/5439 OA

## Sunflower State Games 5K • 07-13-12

Les Wilkerson	22:38	1st age
Rosemary Wilkerson	24:46	2nd age
Jerry Kingsley	25:36	2nd age
Tim Owen	25:38	
John Stambaugh	26:41	2nd age
Sharon Wenger	29:29	1st age
Angela Roberson	30:44	
Jordan Munns	41:54	3rd age
Hunter Munns	41:54	

## Sunflower State Games 10K • 07-13-12

Mary Anne Durall	48:25	5th OAF & 1st age
Rudy Chavez	38:09	4th OAM & 1st AG
Juvenal Espinosa	38:34	5th OAM & 1st AG
Sergio Baez	42:16	1st age
Kevin Lemasters	42:24	2nd age
Neal Farron	43:56	2nd age
Paul Wagner	45:25	
Greg Gaul	45:42	2nd age
Bryan Jobo	46:33	4th age PR
Joshua Watson	48:40	3rd age
Jared Durall	48:43	
Mitchell Phariss	49:24	
Myren Leinwetter	52:39	2nd age
Kevin Brown	54:19	
Cheryl Haefele	57:52	2nd age
Norma Weiser	1:03:36	3rd age
Brenda Ackerly	1:09:50	
Irene Owen	1:35:57	

## Kirk Veach Memorial 5k • 07-14-12

Michelle Andrew	19:27	1st OAF
-----------------	-------	---------

## Jingle in July 5k, Lenexa • 07-15-12

Michele Andrew	19:00	2nd OAF
----------------	-------	---------

## Amelia Earhart 8K • 07-21-12

Michelle Andrew	31:30	1st OAF PR
-----------------	-------	------------

## SSG Adventure Race • 07-21-12

Hunter Munns/ Kyle Nelson	4:21.00	8th OA
------------------------------	---------	--------

## Pretty Prairie 5K • 07-21-12

Justin Gordon	21:16	3rd OA
---------------	-------	--------

## Big Shunga 6K • 07-21-12

Jacob Bull	21:10	2nd OA
Greg Gaul	26:52	1st age
Bryan Jobo	28:38	2nd age
Jared Durall	28:53	1st age
Mary Anne Durall	29:35	1st age
Ken Tillery	31:38	1st age
Bob Wenger	32:49	2nd age
Marla Rhoden	33:49	1st age
Monica Schrag	36:44	1st age
Desmond Henry	37:25	1st age
Vivian Cozadd	37:58	3rd age
Tanya Scott	38:25	2nd age
Sharon Wenger	40:22	
Tom Eck	41:01	3rs age
Ethel Edwards	53:11	

## Blue Cross Blue Shield 5K • 07-23-12

Rudy Chavez	16:50	2nd OA & 1st age
Tandy Leinwetter	34:53	3rd age
Les Watson	37:28	1st age

## Sunflower State Games 5K Cross Country

### 07-28-12

Jacob Bull	17:25	1st OA & 1st age
Ryan Hahn	18:31	5th OA
Rudy Chavez	19:49	2nd age
Michelle Andrew	20:58	1st OAF & 1st AG

(new Female Course record)

Sergio Baez	21:44	2nd age
Justin Chockley	23:55	
Mary Anne Durall	25:16	3rd age
Myron Leinwetter	25:31	1st age
Rosemary Wilkerson	26:56	
Avery Munns	28:22	1st age PR
Hunter Munns	28:24	
Shawn Beach	28:47	
Dale Channel	29:02	2nd age
David Schock	30:56	3rd age
Barb Thomas-Martin	32:05	2nd age
Jordan Munns	39:33	PR
Elizabeth Munns	39:59	

## Running for Food-Running for Health 5k • 07-28-12

Kyle Seiwert	21:53	1st age
--------------	-------	---------

## Race Results

Please send race results to Lana Best at [runlanarun@cox.net](mailto: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!

# UPCOMING RACES

August 25

## Run for the Wild

Location: Topeka Zoological Park, 635 Gage Boulevard, Topeka KS  
8AM  
Contact: Mallory Senne, 785-273-1456

August 25

## Tiblow Tro 5 Mile Run & 2 Mile Walk

Kelly Murphy Park, 2nd & Elm, Bonner Springs KS  
7AM  
Contact: Bruce Coleman, 816-810-9912

August 25

## Great Escape Run

USDB, Fort Leavenworth KS  
8AM  
Contact: Leonard Lewis, 913-684-5136

August 26

## Head for the Cure 5k Run/Walk

Corporate Woods, Overland Park KS  
8AM  
Contact: Lauren Ziegler, lziegler@vml.com

September 1

## Clinton Lake North Shore Trail Race - 8 mile/5k

Clinton State Park, Lawrence KS  
9AM  
Contact: Ben Holmes, 816-810-0440

September 3

## Heart of America Marathon

Stadium Road & College Ave., Columbia MO  
6AM  
Contact: Joe Duncan, 573-445-2684

September 8

## Holy Smokin' 5k Run

2014 NW 46th St., Topeka KS  
8AM  
Contact: Kristi & DeAllon Wildeman, 785-224-6505

September 11

## Patriots Run 9 hour 11 minute Run

Great Mall of the Great Plains, 20700 W 151st St., Olathe KS  
Noon  
Contact: Tony Drew, 913-339-6767

September 23

## Apple to Capitol Relay

Start: Manhattan, KS Finish: Topeka, KS  
6:30AM  
Contact: Sophia Wharton, ultraphia@gmail.com

September 29

Combat Air Museum Winged Foot 5k/10k  
Combat Air Museum, Forbes Field, Topeka KS  
8AM  
Contact: Gene Howerter, 785-862-3303

September 29

Washburn Alumni 5k Run/Walk  
WU Alumni Center, 17th & Jewell, Topeka KS  
8:30AM  
Contact: Susie Hoffmann, 785-670-1641

September 30

Blues & Brews 10 mile (solo or relay) and 5k  
18th & Locust, Kansas City MO  
7AM  
Contact: 913-894-6923

October 7

Sandrat Trail Run - 9.5 miles  
Lawrence River Trails, Lawrence KS  
8:30AM  
Contact: Steve Riley, 785-842-4351

October 13

Run for a Reason  
Hummer Sports Park, Topeka KS  
7:30AM  
Contact: Amy Pinger, 785-233-1750 x229

October 14

Prairie Fire Marathon & Half Marathon  
8AM  
Contact: Wichita Area Sports Commission, 316-265-6236

October 27

Fearless 5k Costume Fun Run  
Cedar Crest, Topeka KS  
Time TBD  
Contact: becky@petersonpublications.com

Anyone wanting to receive Thursday Striders', please e-mail Lana Best at [runlanarun@cox.net](mailto:runlanarun@cox.net).

Some e-mails were invalid or we didn't receive that info when they joined the club. This will help in updating our records and getting correct e-mail addresses.

Thanks, Lana

## WEEKLY RUNS

Sat.— 7:00 AM -To be announced that morning (see below).  
Sun.— 7:30 AM - Northeast corner of 10th & Fairlawn  
Mon.— 6:15 PM - Wood Valley  
Tues.— 6:00 PM - Hill Workouts  
Wed.— 6:00 PM - Rebound Physical Therapy\* - 17th & Fairlawn  
(\*First Wed. each month run is from Garry Gribble's Running Sports - next to Target)

### Saturday schedule for routes:

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

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

## Call for Articles:

For future editions of the Running Times, please submit any articles or pictures to Becky Arensdorf at [becky@petersonpublications.com](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](http://sunflowerstriders.org/events/races)

# Sunflower Striders Running Club

P.O. Box 67054  
Topeka, KS 66667

E-mail: [striders@sunflowerstriders.org](mailto: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