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PRESIDENT'S PEN By Brad Rhoden

As we approach the end of another year, there are a few items and reminders I would like to address before 2012 comes to a close. The first item is that we have decided to go back to a printed and mailed version of the newsletter. While not printing and mailing a newsletter to around 180 members saves some money, it was apparent that the online version wasn't being read as extensively. As I learned, some of the details, such as photos and other graphics, are not viewable on all computers. We will continue to link each newsletter on the web site, which is a good resource when a printed version is not handy.

After adopting a family or sometimes two families through the Christmas Bureau for the last several years, the Board has decided to switch directions and collect donations for the Topeka Rescue Mission this year. With the Mission's building expansion project underway and the ever-increasing need for the basics of food and shelter in our community, we feel money collected through the club will serve a more meaningful purpose this holiday season. Cash or checks, made out to Topeka Rescue Mission, may be mailed to SSRC, PO Box 67054 at zip code 66667 or given to any board member. We plan to present the donations on or around December 15th and would appreciate receiving donations by that date. Your generosity and caring is appreciated.

Our membership roster has been forwarded to RRCA and if you were an ongoing member or joined the club during 2012, you will be on our club roster for the beginning of 2013. We would like all current members to be able to continue enjoying all the benefits of club membership by renewing before January 1st. Among those benefits, which can easily pay for the annual dues, is the renewed 20% discount (with no restrictions on regular priced merchandise) at Gribble's. To help make it convenient, membership/renewal forms are included on the back of each newsletter as well as downloadable from the web site. Including a form with your renewal will insure we have your correct information.

41 club members took advantage of the discounted Topeka to Auburn entry fee earlier this fall. If you missed that promotion, but are planning to run the race, the early deadline is December 31st and entering by then will save substantially over entering January 1st or later. Not planning to run the race? Not counting aid stations, we will need at least 50 volunteers to make sure we again host a quality event. To help show appreciation, the pre-race pasta dinner at Lazy Toad on Friday evening will be complimentary for race volunteers. And, as in the past, you can leave your money at home as we will take care of volunteers at the post-race pancake feed in Auburn. Please keep in mind that the club will donate funds through the race to a charity, the Bridge of Topeka, this year and contributions from members are welcome.

Our New Year's Day fun run/potluck get-together will be hosted again by Jim and Ethel Edwards. The run will start at 8 am from the Edwards' home just east of 37th and Wanamaker. Check the web site and watch for email blasts for details closer to the end of the year.

Dean, Dane, Bill, Frank and Dick. Many runners will recognize those five men by first name only and as icons of running, both present and past. All five men were guests at a different one of four marathons I ran this fall. Each is an ambassador of our sport and very approachable. Two axioms attributed to one of these individuals solidifies how running is different from other sports and is a lifelong endeavor. "Running is the only sport where anyone can line up and compete in the same event as elite runners." "There's no boogie in running." Food for thought!

Runners view having birthdays a little different than the general population, as we appreciate experiencing as many birthdays as possible. As we grow older, each successive year of enjoying a healthy lifestyle separates us more and more from our inactive friends, family and co-workers. Every 5 years we are rewarded with moving into a new age group, which entails new goals and new peers to compete directly with. I'm excited to soon embark upon a new age group, as well as a new decade of life. The best thing is I still do not feel I've reached the mid-point yet!

Here's hoping for a healthy and prosperous 2013 for you and yours.

Stride on,
Brad





STRIDERS SPOTLIGHT:

Lana Best

By Norma Weiser

When did you start running or how many years have you been running?

Running has always been a part of my active life. My husband has always supported my love of the sport. After my third child, I started entering local races in 1978.

What local event is your favorite and why?

Topeka to Auburn is probably the most challenging course in this area. Silver Lake 5K and The Rescue Run are flat and fast. The Mexican Fiesta 5K and Rossville 5K have been around a long time. We have a supportive running community so it would be hard to pick one.

How many times have you been to Boston? What are some of the marathons you ran to qualify?

I've been to Boston three times but only ran twice. I was injured before my third trip and was unable to run. I give credit to Tony Estes, who wrote my schedule and trained me each time I qualified for Boston. He is a fabulous coach! My favorite qualifying marathon was St George, Utah in October - Beautiful race, fast course and well organized. The Tucson Half and Marathon are also favorites of mine. The Tucson area and Mount Lemon are spectacular sites any time of the year.

You took several marathon trips with friends, any interesting stories?

Planning a vacation around a run is most memorable: 14 of us went to Anchorage, Alaska for the Run of the Midnight Sun Marathon, (what a majestic place), 10 to Marine Corps, in D.C., 10 to St. George, Utah, and 10 to Tucson Marathon. My most challenging course was the Mount Rushmore Marathon. The hills were plentiful and a never ending challenge. I'm sure Kenny Jessop and Susan Hageman were glad we signed up for that one. HA! HA! Other Marathons include the Flying Pig in Cincinnati, Austin, San Antonio, and Dallas White Rock; these were all great runs. The Marine Corp Marathon in 2001 was

inspiring. After 9/11, the spectator support was outstanding. I ran the Disney Half Marathon in Orlando, Fla. a year ago, Jan. The course was nice, glad it started at 5:30 am (it tends to warm up quickly). Grandma's Marathon in Duluth, MN was soooo hot & humid. It reached 86 degrees with no breeze and found out what calf cramps are like. **Ouch!** Some of my running & traveling companions were Frank & Carolyn Weinhold, Kenny & Barb Jessop, Sharon and Bob Wenger, Angela Roberson & Dick Thomas, Susan

Hageman, Margaret Warner, David & Gwen Kramer, Jamie Kim (parents), Jon & Mary Fetterhoff, Nobel Morrell, Kelly Tosh, Joanie Dergan, Elaine Gill, Don Baker and my dear friend Wes Nicholson. My stories are endless and I treasure each one of my friends.

How many days of the week are you running? What do you do on your off days?

I continue to run 3 days a week and cross train with power pump classes and weight training. My husband (Bob) and I take 3 to 4 trips a year. My BFF sister accompanies us on most of these trips. Yes, they include a race. Get the race in and then it's time to relax and sight see.

Are you still racing?

I just finished the Buffalo Creek Half Marathon in Butler, Pa. in Oct. This is a great course, well

organized and very friendly volunteers. I ran three half marathons last year and several 5 K's. I am ready to start planning next years' races and trips.

Are you still making race shirt quilts?

Yes I am. Have no idea how many I have made over the years. I am also making reversible duffle bags, thanks to Susan Hageman who needed a new duffle bag for a trip.

What tips do you have for beginning runners?

Enjoy every mile and every race. Only a runner can understand the thrill you receive when you finish a race. ■





31st Annual Topeka to Auburn Half Marathon

Saturday, January 19, 2013 • 11:00 AM

Start: Topeka, KS • Finish: Auburn, KS

This year's race is Bib Chip Timed • Hats, gloves and socks for the first 500 registrants

RACE PACKET PICK-UP & LATE REGISTRATION

Thursday, January 17th from 11:00 AM - 7:00 PM and
Friday, January 18th from 11:00 AM - 6:00 PM at:
Garry Gribble's Running Sports
2130 SW Wanamaker Rd. (next to Target) • Topeka KS
6:00 - 9:00 PM inside Fairlawn Plaza Mall

Race day packet pick-up and registration will be at Fairlawn Plaza Mall, 2114 SW Chelsea Dr., Topeka KS, beginning at 9:00 AM.

PASTA DINNER

This year there will be a pasta dinner available at The Lazy Toad on Friday, January 18 from 6-9PM. Dinner is \$10/person and includes pasta with choice of vegetarian or meat sauce, bread, water and tea. Soda and alcohol are extra. Please RSVP.

COURSE

The race goes through the streets of southwest Topeka, into Clarion Woods subdivision, along the residential area of Lake Sherwood, then south and west on country roads to Auburn. Complete course directions along with course map can be found at www.sunflowerstriders.org. No vehicular traffic will be allowed on the rural sections of the course. Please take Auburn Road or an alternate route to the finish in Auburn.

BUSING

ATTENTION: Park at the finish in Auburn!
We are going to bus participants before the start of the race from the finish area to the start in Topeka. Buses will begin loading near the Auburn Community Center, which is west of the finish line, beginning at 8:30 AM and will continue until 10:00 AM. Parking is available

south of the Community Center, along the north side of the ball diamond and in the Presbyterian Church parking lot east of the finish line. Busing is provided for runners only.

BAG DROP-OFF

Personal belonging bags may be dropped off at the start and will be taken to the finish at Auburn Elementary School.

AID STATIONS

Aid stations are located at approximately 3.8 miles, 6.8 miles, 10.0 miles, and 11.8 miles. Water and Gatorade will be at all aid stations.

SAFETY

As the course is run entirely along city streets and country roads, please be aware there is live traffic and use caution as necessary. There is a roundabout at SW 37th St. and Wanamaker Rd. which will require more caution in that area. **The use of headphones or headsets during the race is strictly prohibited.** Strollers, skateboards, roller blades, bicycles and dogs are not allowed on the course.



POST-RACE PANCAKE FEED

The post-race ceremony is at Auburn Elementary School at 251 W. 8th St. (one block south and one block west of the finish line.) A free pancake feed will be provided to all participants and volunteers by the Auburn Elementary School PTO. Family and friends may also eat for a small monetary donation to the Auburn Elementary School PTO fundraiser.

AWARDS

The awards ceremony will begin at approximately 2:00 PM at Auburn Elementary School. Awards will be presented to the first three overall male and female finishers and the first three male and female masters finishers. Age group awards will be given accordingly in standard five-year age groups. Masters age group awards will not be age graded. Awards will not be mailed, so please make arrangements as necessary.

BAG PICK-UP AND CHANGING ROOMS

Personal belonging bags may be picked up in the hallways of the elementary school. Changing rooms are available; there are no shower facilities.

PREMIUMS

This year's race give-aways include hats, gloves and socks. These items are only guaranteed to the first 500 registrants.

QUESTIONS?

Contact race director, Brad Rhoden, at 785-224-5193 or striders@sunflowerstriders.org or visit the race section of our website, www.sunflowerstriders.org.

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GREAT CLIPS • FITNESS IN TRAINING • MINOR MED
SUNFLOWER STATE GAMES • ADVANCED FOOT CARE
RESTORE PHYSICAL THERAPY • OASIS TANNING SALON
RUN FOR LIFE • MIDWEST TRANSPLANT NETWORK
THE BALANCE CENTER AT TALLGRASS • THE LAZY TOAD
GARRY GRIBBLE'S RUNNING SPORTS • FAIRLAWN PLAZA MALL
AUBURN ELEMENTARY SCHOOL • DICK ROSS - SEE KC RUN
BJ THE DJ • REBOUND SPORTS PERFORMANCE
BLUE CROSS BLUE SHIELD OF KANSAS • HYATT PLACE
THE HOMESTEAD ASSISTED LIVING • HEARTLAND TIMING

2013 Topeka to Auburn REGISTRATION FORM

Read carefully before completing this form. Each competitor must complete and sign this form, agreeing to the waiver described below.

PLEASE PRINT ALL INFORMATION CLEARLY.

FIRST NAME: _____ LAST NAME: _____

ADDRESS: _____

CITY/STATE/ZIP: _____ DAY PHONE: _____ EVENING PHONE: _____

EMAIL: _____

BIRTH DATE: _____ AGE AS OF 1/19/13: _____ SEX: MALE FEMALE

Will you need bus transportation from Auburn to the start in Topeka on race day? YES NO

ENTRY FEES: (NOTE DEADLINES)

- SUNFLOWER STRIDERS MEMBER* (postmarked by 12/31/12) - \$35
- SUNFLOWER STRIDERS INDIVIDUAL MEMBERSHIP FEE **AND** RACE ENTRY (postmarked by 12/31/12) - \$55
- SUNFLOWER STRIDERS FAMILY MEMBERSHIP FEE **AND** (1) RACE ENTRY (postmarked by 12/31/12) - \$60
- RACE DAY REGISTRATION or POSTMARKED AFTER 12/31/12 - \$60

- PRE-RACE PASTA DINNER AT THE LAZY TOAD (Friday, January 18, 6PM) - \$10

TOTAL AMOUNT ENCLOSED: \$ _____ Make checks payable to SSRC and mail to SSRC, PO Box 67054, Topeka KS 66667



WAIVER OF LIABILITY:

In consideration of your acceptance of my entry, I hereby for myself, my heirs and executors waive and release any and all rights and claims for damages against the Sunflower Striders Running Club, race officials, and volunteers for any injuries suffered by me in this event. I have read all warnings on this entry form pertaining to the race. I certify that I am in good physical condition to participate in this endurance event. I understand that race officials and medical personnel reserve the right to pull any competitor from this race due to any physical problem. **DISCLAIMER:** Runners may be exposed to severe weather conditions including ice, sleet, snow and freezing temperatures. Hypothermia is a danger! Footing may be hazardous as some of the race is over unpaved rural roads and the course is quite hilly. Headsets, headphones, strollers and dogs are not allowed on the course.

Signature: _____ Date: _____

Parent or Guardian Signature if Participant is under age 18: _____

*Regular Sunflower Striders dues are \$20 for individual or \$25 for family per year and renewable on or before January 1st each year. Benefits include a bimonthly newsletter, discounted entry fee to Sunflower Striders sponsored events, including most local road races, weekly group runs, annual banquet, discounts at Garry Gribble's Running Sports, and club membership in the Road Runners Club of America (RRCA).

Great News from Gribble's Stores

Garry Gribble's Running Sports is updating our running group's discount status! Effective **December 1st, 2012**, our group will receive a 20% discount off our regular retail price shoes, clothing, accessories, and food! No exclusions!



2013 Membership Dues are Due

We would like all current members to be able to continue enjoying all the benefits of club membership, including the generous discount at Garry Gribble's Running Sports mentioned above, by renewing before **January 1st**. To help make it convenient, membership/renewal forms are included on the back of each newsletter as well as downloadable from the web site. Including a form with your renewal will insure we have your correct information. Individual memberships are \$20/yr and family (household) memberships are \$25/yr. Please fill out the membership form and send your check to: SSRC, PO Box 67054, Topeka KS 66667. Thank you!



Holiday Donations

This year in lieu of adopting a family through the Christmas Bureau we have decided to collect funds to donate to the Topeka Rescue Mission. Money that goes to the Mission helps care for many people, especially through the cold winter months when the Mission is especially full. Donations to the Topeka Rescue Mission are tax deductible, so if you would like to be able to claim that please make your check payable to the Topeka Rescue Mission, but give it to the Sunflower Striders so we can make a donation as a club. Checks can be mailed to SSRC, PO Box 67054, Topeka KS 66667 or given to a board member. Please have donations to us by Sunday, December 16. Thank you!



Pre-race Pasta Dinner

NEW this year there will be a pasta dinner available at The Lazy Toad on **Friday, January 18** from **6:00 – 9:00PM**. Dinner is \$10/person and includes pasta with choice of vegetarian or meat sauce, bread, water and tea. Soda and alcohol are extra. Please RSVP!

UPCOMING Fun Runs

Saturday, December 15

CHRISTMAS GARB / Ugly CHRISTMAS Sweater Fun Run

7AM

Meet at west end of Fairlawn Plaza



Come out for the regularly scheduled Saturday morning run dressed in your tackiest (or fanciest!) Christmas attire! Hats, sweaters, lights...whatever tickles your fancy! Show off your Christmas spirit! There might be prizes for Best Dressed! We hope to have some hot chocolate and maybe a few treats to share post-run.

Tuesday, January 1

New Year's Day Fun Run

8AM

Jim & Ethel Edwards' home -
3634 SW Spring Creek Ct.



Kick off the New Year right with a fun run! After the run stay for a pot-luck breakfast. Please bring an item to share for breakfast.

My Summer of Tents

By Les Watson

Be warned this is not a narrative about sacrificing creature comforts to gain firsthand knowledge of what bears really do in the woods. Though I have had a few of those experiences, I am now at the age where roughing it means carrying my luggage and having no room service or mini bar. No this narrative is about my summer in the tents of “in” and “discon”.

These tents were part of my summer as I tried to answer my Siren call to make this 65 year old body complete, and hopefully less than 6 hours, one more marathon. I plan to keep to answer this call until one of three things happen:

- I actually complete a marathon or;
- I realize my body can't complete another marathon or;
- I do a Paul Ryan and just remember my last marathon time as being better than it was.
(Sorry, nothing political just too good of an opportunity to pass on)

After completing a half marathon in late April I spent May and part of June with a trip to New Orleans for JazzFest, lawn work, softball and just bumming around. On June 22 I decided it was time to get busy on answering the Siren call of doing a full marathon. So I started summer in the “tent” of intent.

I spent time planning and plotting. First was to set late April or early May 2013 as my try to run a marathon. I would utilize the 2013 Washburn University Marathon Training Class as my intense training period for the marathon. In the mean time I build a solid running base, increase my core strength, and lose lots of weight. I mapped training schedules, running routes, planned menus, and selected certain races and goal times to measure my progress. All of this would begin July 1. After all it fell on a Sunday, was about 10 months from marathon try date and it was half way through the year. It was like setting New Year Resolutions again and besides I had given up my first New Year Resolution for Lent.

July 1 came and I was off to the races so to speak. The first race was the Fiesta 5K. However a few minutes into the race I experienced pain in my left hip. I had not trained too much so I was not concerned about the pain. Besides what better training for a marathon than continuing to move with pain so great it would make a K-State alum root for KU or vice versa. Little did I know this pain was going to be a minor inconvenience.

Home team is clinging to a small lead as the visitors take their last at bat. Runners are on base as the batter hits a low line drive to the left of the second basemen. Second baseman moves left, plants his left leg and scoops the ball with an amazing catch. Batter is out and the home team holds its lead. Hooray!!

Well it almost happened that way except when I planted my left leg I pulled my hamstring and I crumbled to the ground in pain. The batter was safe and the runners scored. On July 16 I checked into the “tent” of discontent.

I have been a “yo-yo” runner all my life. I have trained hard for months and then go months without lacing up a running shoe. In fact finding excuses not to run may be my best running attribute. Here are some examples.

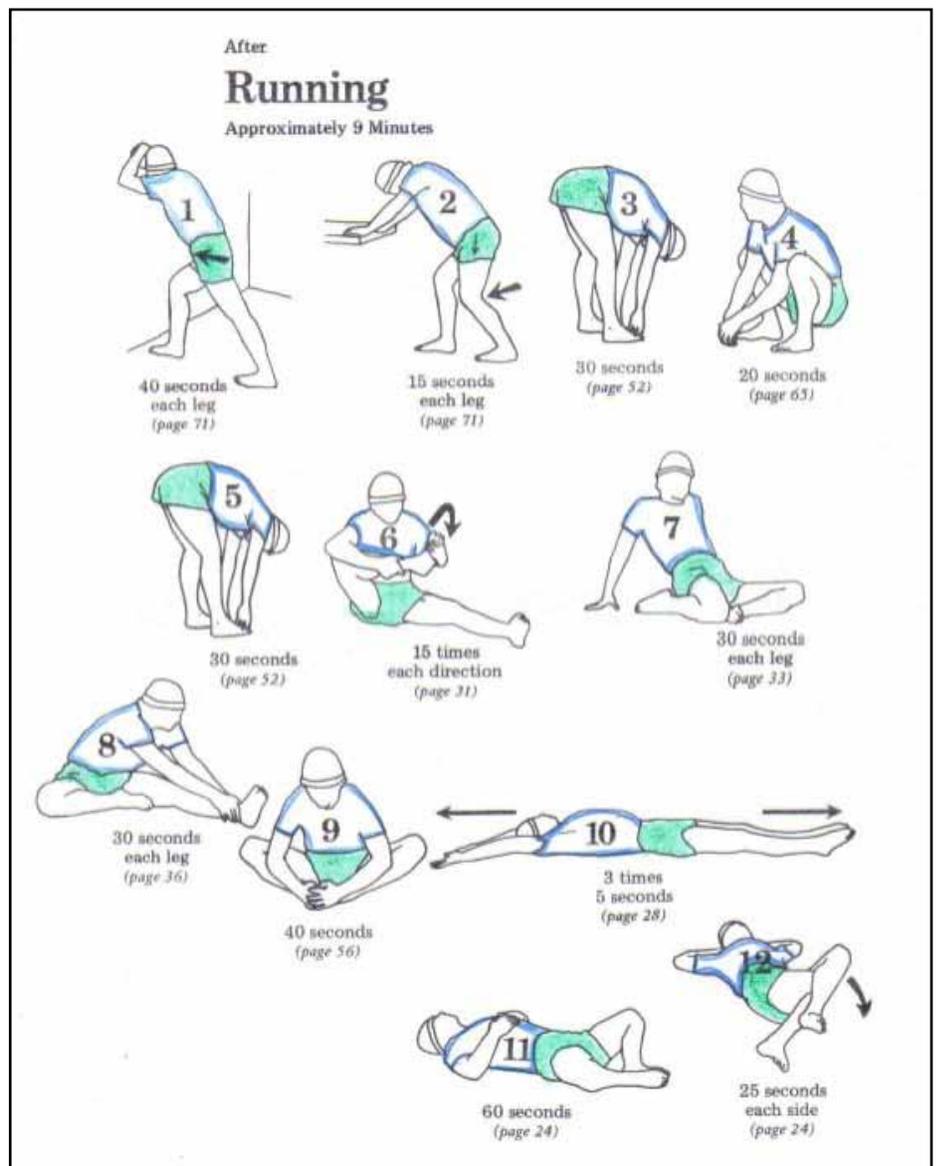
Monday: Can't start the work week and run on the same day.
 Tuesday: Too tired, stayed up late watching Monday Night Football.
 Wednesday: Hump day, too busy at work to run.
 Thursday: Need to rest up for TGIF.
 Friday: TGIF.
 Saturday: Overslept from too much TGIF.
 Sunday: On the Seventh Day, ye shall rest.

Yes a lot of experience of not running with a willing body but unwilling mind. Now in the "tent" of discontent just the opposite was happening. Mentally I wanted to run but physically I couldn't. Jealously I watch runners in the neighborhood or on Shunga Trail and agonized as I read race results from races I planned to do. No this "tent" of discontent was not fun at all.

I decided the only way out was getting professional help to rehab the hamstring. I went to Rehab Therapy. Their friendly and professional staff started me on a program of therapies, exercises, and stretches. With each session I inched out of the discontent tent. On September 4, I did my first recovery run. 30 minutes of alternating 30 seconds of jogging with 30 seconds of walking. Yes the flap on the "tent" of discontent was starting to open. With a few more workouts, I stood at the threshold. To cross over I would do the Senior Olympics 5K and 10K on September 21 and 22.

Obviously with so little training I wasn't going to set any records, but then again, when do I ever set any records? But I bettered my goal time for each race and as I crossed the 10K finish line I knew was no longer in discontent. I was now ready to go back to intent.

Missing two months of training required reworking of my earlier plans but doable schedules were put together. The Siren call is still being heard, but I have my "intent" to try an answer it. We all have had and will have the "intents" and "discontents" along the way, but remember running is a simple gain. It is one foot in front of the other. ■



RECIPES

No-Bake Energy Bites

1 cup (dry) oatmeal (I used old-fashioned oats)
2/3 cup toasted coconut flakes
1/2 cup peanut butter
1/2 cup ground flaxseed or wheat germ
1/2 cup chocolate chips (optional)
1/3 cup honey
1 tsp. vanilla extract

Stir all ingredients together in a medium bowl until thoroughly mixed. Let chill in the refrigerator for half an hour. Once chilled, roll into balls of whatever size you would like. (Mine were about 1" in diameter.) Store in an airtight container and keep refrigerated for up to 1 week.

Makes about 20-25 balls.

In place of chocolate chips (or in addition to!) feel free to add peanut butter chips, dried fruit, nuts, butterscotch chips...whatever you desire!

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No-Bake Chocolate Chip Granola Bars

yield: 10 bars

1/4 cup butter (or peanut butter)
1/4 cup honey
1/3 cup packed brown sugar
2 cups quick cooking oats {not rolled oats!}
1 cup crispy rice cereal
1/2 teaspoon vanilla
2 tablespoons mini chocolate chips (or nuts, dried fruit, etc.)

In a large bowl, stir oats and rice cereal together. Set aside. In a small pot, melt butter, honey and brown sugar together over medium high heat until it comes to a bubble. Reduce the heat and cook 2 minutes. Pour in vanilla and stir. Pour over dry ingredients and mix well to moisten all ingredients. Pour into lightly greased small jelly roll pan {about 12x8x1} and press out to be about 3/4 inch in thickness. {If your pan isn't small enough, pack the mixture into one side. You really want to press them down so they stick together.} Sprinkle with mini chocolate chips and press down lightly. Cool on a countertop to room temperature for two hours or until the chocolate chips are set before cutting into bars. Wrap in parchment or plastic wrap and store at room temperature.

Recipe Notes: If your granola bars don't seem to be staying together when you cut them, you may have made them too thin or you didn't pack them in tight enough. Stick them in the fridge for 20 minutes and that should help keep them together. {Be sure not to keep them in there too long or else they'll become super hard!} The next time you make them, try reducing the butter to 3 tablespoons and really packing them down.

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.

MKA Topeka Rescue Run 5K 11-24-12

| | | |
|-----------------------|-------|---|
| Kevin Lemasters | 18:30 | 1 st age-PR |
| Rudy Chavez | 18:32 | 2 nd age |
| Michelle Andrews | 19:12 | 1 st Masters & 2 nd OAF |
| Justin Chockley | 19:50 | 3 rd age |
| Bryan Jobo | 20:38 | 1 st age |
| PR by 31 secs. | | |
| Emily Wagemaker | 20:47 | 1 st age |
| Brad Rhoden | 21:35 | 4 th age |
| Lezlee Jones | 21:45 | 1 st age |
| Rebecca Arensdorf | 22:18 | 1 st age |
| Rachel Peck | 23:18 | 1 st age |
| Natasha Henderson | 23:24 | 3 rd age |
| Abby Wagemaker | 23:28 | 2 nd age |
| Vicki Vossler | 24:10 | 1 st age |
| Roger Underwood | 24:59 | 2 nd age |
| Tim Owen | 25:04 | 3 rd age |
| Morgan Jones | 25:09 | 3 rd age |
| Susan Gunnerson | 25:42 | 3 rd age |
| Susan Hageman | 27:11 | 3 rd age |
| Jordan Munns | 27:26 | 2 nd age |
| PR by 8 min. | | |
| Hunter Munns | 27:26 | |
| Richard Harmon | 28:13 | |
| David Schock | 28:38 | 1 st age |
| Brad Clark | 29:48 | |
| Skyler Watson | 42:48 | 6 th 5K (8 yrs old) |

Lawrence Thanksgiving Day 5K 11-22-12

| | | |
|-----------------|-------|---------------------|
| Michelle Andrew | 19:21 | 1 st OAF |
| Ken Tillery | 23:38 | 1 st age |

Tulsa Route 66 Marathon 11-18-12

| | | |
|------------|---------|---------------------|
| Kelly Tosh | 3:58:28 | 2 nd age |
|------------|---------|---------------------|

Gobbler Grind Half Marathon 11-18-12

| | | |
|-----------------|---------|---------------------|
| Michelle Andrew | 1:27:18 | 2 nd OAF |
| Jared Durall | 1:45:00 | 3 rd age |
| Kari Friedrichs | 1:49:35 | |

Winter Wonderland 5K 11-17-12

| | | |
|-------------------|-------|------------------------|
| Rudy Chavez | 17:55 | 1 st age PR |
| Juvenal Espinosa | 20:01 | 2 nd age |
| Justin Gordon | 20:18 | 3 rd age |
| Rebecca Arensdorf | 23:06 | 2 nd age |
| Vicki Vossler | 23:55 | 2 nd age |
| Scott Cook | 23:57 | 2 nd age |
| Marcia Henderson | 24:59 | 3 rd age |
| Lynette Stueve | 26:08 | 2 nd age |
| Elaine Gill | 27:15 | 4 th age |
| Susan Hageman | 27:22 | |
| Tonya Scott | 28:09 | 3 rd age |
| Cheryl Haefele | 28:55 | |
| Sharon Wenger | 28:56 | |

The North Face Challenge Marathon 11-17-12

| | | |
|-----------|---------|--|
| Jon Didde | 3:36:59 | |
|-----------|---------|--|

The North Face Challenge Half Marathon 11-17-12

| | | |
|--------------------|---------|--|
| Rebecca Arensdorf | 1:53:20 | |
| Ed West | 1:56:15 | |
| Rosemary Wilkerson | 2:04:06 | |
| Amanda Kiefer | 2:15:56 | |
| Kimberly Wilson | 2:15:56 | |

North Face Challenge 10K 11-17-12

| | | |
|----------------|-------|--|
| Joell Chockley | 52:55 | |
|----------------|-------|--|

SNOWashburn 5K 11-17-12

| | | |
|------------------|-------|---------------------|
| Myron Leinwetter | 22:09 | |
| Dale Channel | 25:01 | 12 th OA |

Saunders Saunter Trail 10K 11-17-12

| | | |
|--------------|-------|------------------------|
| Jordan Munns | 81:07 | PR 1 st 10K |
| Hunter Munns | 81:07 | |

White River Marathon Cotter, Arkansas 11-17-12

| | | |
|--------------|---------|--|
| Bryan Jobo | 3:17:54 | PR |
| Brad Rhoden | 3:17:46 | 2 nd age & 10 th OA (159 th marathon) |
| Lezlee Jones | 3:32:21 | 1 st age |
| Marla Rhoden | 3:57:55 | 1 st age (162 nd marathon) |

Tower Run (16 floors) 11-10-12

| | | |
|---------------|---------|--------------------|
| Rudy Chavez | 1:39.00 | 1 st OA |
| Larry Liggett | 3:02.00 | |

Soldier Marathon - Columbus, Ga. 11-10-12

| | | |
|-------------|---------|--|
| Mark Fisher | 4:22:00 | |
|-------------|---------|--|

Cliffhanger 5K 11-04-12

| | | |
|-----------------|-------|---------------------|
| Michelle Andrew | 18:52 | 1 st OAF |
|-----------------|-------|---------------------|

Bass Pro Marathon 11-04-12

| | | |
|-----------------|---------|---------------------------------|
| Kevin Lemasters | 3:04:12 | 1 st age PR (130 OA) |
| Brad Rhoden | 3:22:09 | 1 st age |
| Marla Rhoden | 4:01:08 | 1 st age |

Tail on the Trail 5K 11-03-12

| | | |
|-------------|-------|---|
| Neal Farron | 21:11 | 4 th OA & 1 st with dog |
|-------------|-------|---|

Tail on the Trail 5K Walk 11-03-12

| | | |
|-----------------------|-------|--|
| Angela Roberson/Lacey | 53:57 | |
|-----------------------|-------|--|

Bison 50 Relay 10-28-12

| | | |
|------------------|---------|--------------------------------|
| Super Amigos | 5:19:20 | |
| Juvenal Espinosa | | |
| Miguel Espinosa | | |
| Jason Kinder | | |
| Rody Chavez | | |
| Cocola | 6:59:07 | 1 st - 2 per. relay |
| Joshua Watson | | |
| Steve Tucker | | |

Esckridge Fall Festival 5K 10-27-12

| | | |
|---------------|-------|---------------------|
| Doug Stacken | 22:53 | 1 st OA |
| Kathy Stacken | 30:56 | 1 st OAF |

SOMA 70.3 Triathlon Tempe, AZ 10-21-12

| | | |
|-------------|---------|----------------|
| Mark Fisher | 6:35:00 | PR by 10 Mins. |
|-------------|---------|----------------|

Des Moines Marathon 10-21-12

| | | |
|--------------|---------|----|
| Kyle Seiwert | 4:01:23 | PR |
|--------------|---------|----|

St Louis Half Marathon 10-21-12

| | | |
|-------------|---------|--|
| Tonya Scott | 2:19:30 | |
|-------------|---------|--|

Waddell & Reed K C Marathon 10-20-12

| | | |
|------------------|---------|----------------------------------|
| Michelle Andrew | 3:14:18 | 2 nd OAF-PR by 10:11 |
| Bryan Jobo | 3:21:54 | 4 th age |
| Brad Rhoden | 3:29:14 | (3:30 pacer) 4 th age |
| Marla Rhoden | 3:59:01 | |
| Jon Didde | 3:43:54 | |
| Paul Wagner | 3:47:22 | |
| John Ragsdale | 3:57:56 | |
| Marcia Henderson | 4:12:30 | |
| Diane Bellquist | 4:19:22 | |
| Joell Chockley | 4:45:29 | |
| Megan Bergquist | 5:15:37 | |

Waddell & Reed Half Marathon 10-20-12

| | | |
|------------------|---------|--|
| Eric Smith | 1:55:44 | |
| Tim Owen | 1:56:14 | |
| Jamie Didde | 1:56:55 | |
| Ken Tillery | 2:04:35 | |
| Nick Kramer | 2:09:36 | |
| Lydia Baez | 2:32:18 | |
| Shandra Ragsdale | 2:34:20 | |

Neewollah 10K 10-20-12

| | | |
|---------------|-------|--------------------|
| Justin Gordon | 41:15 | 2 nd OA |
|---------------|-------|--------------------|

Lake Perry Rocks Half Marathon 10-20-12

| | | |
|---------------|---------|---------------------|
| Joshua Watson | 2:07:41 | 11 th OA |
|---------------|---------|---------------------|

Buffalo Creek Half Marathon Butler, Pa. 10-20-12

| | | |
|-----------|------|---------------------|
| Lana Best | 2:28 | 3 rd age |
|-----------|------|---------------------|

Get Fit Topeka-Run 5K 10-20-12

| | | |
|------------------|-------|--|
| Juvenal Espinosa | 18:59 | |
| Neal Farron | 21:45 | |
| Lezlee Jones | 22:03 | |
| Tom Arnold | 22:38 | |

Prairie Fire Marathon Wichita, Ks. 10-14-12

| | | |
|--------------|---------|----------------------------------|
| Rudy Chavez | 3:27:31 | PR |
| Brad Rhoden | 3:29:48 | 1 st age (3:30 pacer) |
| Dan Darby | 3:48:59 | 3 rd age |
| Marla Rhoden | 4:04:14 | 4 th age |

Prairie Fire Half Marathon 10-14-12

| | | |
|--------------------|---------|---------------------|
| Mitchell Phariss | 1:31:31 | 3 rd age |
| James Davis | 1:41:04 | 18/94 in AG |
| Les Wilkerson | 1:48:31 | 20/87 |
| Rosemary Wilkerson | 2:04:00 | 33/158 |

Jared Coones Pumpkin Run 5K 10-13-12

| | | |
|-----------------|-------|---------------------|
| Michelle Andrew | 18:51 | 1 st OAF |
|-----------------|-------|---------------------|

Jared Coones Pumpkin Half Marathon 10-13-12

| | | |
|------------------|---------|---------------------|
| Mitchell Phariss | 1:31:31 | 3 rd age |
|------------------|---------|---------------------|

Run for a Reason Half Marathon 10-13-12

| | | |
|-------------------|---------|------------------------|
| Juvenal Espinosa | 1:26:26 | 1 st age |
| Bryan Jobo | 1:35:43 | 3 rd age PR |
| Neal Farron | 1:39:09 | 1 st age |
| Bernard Didde | 1:40:46 | 4 th age |
| Mary Anne Durall | 1:41:41 | 1 st OAF |
| Lezlee Jones | 1:42:10 | 1 st age |
| Jared Durall | 1:43:45 | 3 rd age |
| Rebecca Arensdorf | 1:48:43 | 1 st age |
| Jack Galan | 1:49:01 | 1 st age |
| Myron Leinwetter | 1:54:23 | 2 nd age |
| Kevin Brown | 1:58:19 | 3 rd age |
| Tracy Jones | 2:06:17 | 4 th age |
| Susan Gunnerson | 2:04:05 | 3 rd age |
| Vicki Vossler | 2:03:56 | 1 st age |
| Pam Clark | 2:04:47 | |
| Ed West | 2:03:54 | |
| Jamie Hornbaker | 2:15:44 | |
| Sharon Wenger | 2:25:19 | 2 nd age |

Run for a Reason 5K 10-13-12

| | | |
|----------------|-------|---------------------|
| Lynette Stueve | 26:43 | 1 st age |
| Brad Clark | 29:23 | |
| Tanya Scott | 34:12 | 2 nd age |

Heat Up Topeka 5K 10-06-12

| | | |
|-----------------|-------|--------------------|
| Michelle Andrew | 18:38 | 1 st OA |
|-----------------|-------|--------------------|

Apple to Capitol 09-23-12

| | |
|---------------------|----------------------|
| Red Solo Cup | 3 rd team |
| Greg Gaul (captain) | |
| Neal Farron | |

Bryan Jobo – PR'd in every race in 2012. 5K, 6K XC, 10K, HM, Marathon.

Brad Rhoden – 159 Marathons
Marla Rhoden – 162 Marathons

3 TIPS TO RUN STRONG THROUGH THE HOLIDAYS

John Hanc • *Runner's World*

Thrilled with his finish in the Marine Corps Marathon in October 2007, Alvin Gunkel of Fairfax, Virginia, promptly signed up for a spring marathon and took a few weeks off to recover. After his break, however, he found it hard to resume training. "I didn't run once between November 14 and December 7," says Gunkel, 36. He went out for a six-mile run on Christmas Eve, began to feel pain in his knee around mile four, and ended up limping home.

Gunkel's abrupt return from his holiday hiatus resulted in two months of physical therapy and his doctor telling him to forget about his spring marathon. "That was pretty devastating," Gunkel says. "I thought I could do anything after Marine Corps."

'Tis the season for training to come undone. Between social gatherings, family obligations, and the pursuit of the perfect present, runners oft en find it difficult to stick to a routine. And once the mileage plummets, so goes the body and mind.

"If you flat-out stop running around Thanksgiving and don't pick it up again until January, you could conceivably lose 30 percent of your cardiovascular fitness," says exercise physiologist Jeff Potteiger, Ph.D., of Miami University in Ohio. "You could be back to where you were when you were sedentary."

A total lapse in training not only shrinks your heart and widens your waistline, it can also hurt your head. "When you stop running, things tend to go south in a hurry, psychologically," says sports psychologist and runner Michael Sachs, Ph.D., of Temple University. "You're used to running to help reduce your stress levels. Now you're making a choice not to do it at one of the most stressful times of the year."

Fortunately, you don't have to log mega-mileage during the hectic holiday season to preserve your fitness, sanity, and motivation. Here's how to do just enough to keep you ready to train in earnest come the New Year.

Stay Fit

An abbreviated training schedule can keep you in shape—if it packs enough intensity and enough duration. "Just because you're doing less doesn't mean you're wasting your time," Potteiger says. "You can cut back a day or two a week and still maintain your fitness, as long as you train hard enough and long enough to offset the fact that you're training less."

That said, all runners should aim for a minimum of three runs per week. If you were getting out six days and logging 40 to 50 miles per week for marathon training, you can cut

back 50 percent of your volume and maintain a baseline fitness level. But that may be too much of a cutback if you logged fewer miles. Two of your three workouts should elevate your heart rate to work your cardiovascular system and maintain your VO2 max level, or at least prevent it from significantly decreasing during this reduced-training period. The third workout should target endurance—reaching at least half the distance of your previous long runs.

Stay Sane

You want to run, but there are all those presents to wrap and parties to plan, and you feel selfish sneaking out. But don't let guilt keep you off the roads. "When times are stressful, people rely even more on proven coping strategies," says Sachs. "For many of us, running is one of our most effective strategies."

If your partner or kid is giving you a hard time whenever you pass up the 'nog for the treadmill, says Sachs, try saying something like "When I run, I'm more productive, more energetic, less crabby, and can be more helpful to you." Or more simply, "I'll be a nicer person if I run."

Running when you're tense or angry can cause injury. Here's how to unwind safely.

If you're blessed with an understanding family, round up everyone and head out for a jog together. "It's a nice way to get some time together over the holidays," says Sachs, "and you'll be helping them to better understand why exercise is so valuable to you, and they'll get some of those benefits themselves."

Stay Motivated

Maintain your focus by signing up for a Turkey Trot, a Holiday Ho Ho Ho 5K, or a Resolution Run. Just remember to embrace the glad tidings and cool those competitive engines. "Don't go out there and really race it," says New York City-based coach Mike Keohane. "This is not the time to set a PR."

Find a race or event near you.

Better yet, set a longer-range goal with a group of friends. In Massachusetts, the Brookline-based Heartbreak Hill Striders kick off training for April's Boston Marathon around December 1. Sure, it's a little early for serious running, says coach Jim Carroll, "but it helps with the group's collective motivation." ■

UPCOMING RACES

December 8

MARA Chili Run (6.5 miles)

Wyandotte County Lake - 91st & Leavenworth Rd., Kansas City KS
10AM
Contact: 816-331-4286

December 8

Jingle Bell Run 5k

Lawrence, KS
8AM
Contact: bballentine@arthritis.org

December 8

Alternate Chili Run Trail 10 miler

Wyandotte County Lake - 91st & Leavenworth Rd., Kansas City KS
8AM
Contact: Ben Holmes, 816-810-0440

December 9

Jingle Bell Run 5k

Meritex Enterprises, Lenexa KS
9AM
Contact: Steve Rock, srock@arthritis.org

December 15

5k Before Christmas

Emmaunel Foursquare Church, Salina KS
11AM
Contact: 785-825-1943

December 16

2nd Annual Holiday Hustle

Junction City KS, Junction City KS
9AM
Contact: timothytesta@usd475.org

December 16

Jingle Bell Run

First Presbyterian Church, Manhattan, KS

January 19

Topeka to Auburn 1/2 Marathon

Fairlawn Plaza - 2114 SW Chelsea, Topeka KS
11AM
Contact: Brad Rhoden, 785-224-5193

January 27

Groundhog Run 5k/10k

Kansas City, MO
8AM/10AM
Contact: 816-756-0780 or info@childrenstlc.org

February 9

Psycho Wyco Run Toto Run 50k/20m/10m Trail Runs

Wyandotte County Lake - 91st & Leavenworth Rd., Kansas City KS
8AM/9AM
Contact: Ben Holmes, 816-810-0440

March 9

Westport St. Patrick's Day Run (4 mile)

Kansas City, MO
10AM
Contact: kctcrunner@gmail.com

April 7

Brew to Brew 44.4 Mile Relay

Kansas City to Lawrence KS
6AM +
Contact: Lou Joline, 816-228-3842

April 13

Rock the Parkway 1/2 Marathon/5k

Kansas City, MO
7:30AM
Contact: Troy Fitzgerald, troy@kcrunningcompany.com

April 13

Topeka Thunder Baseball 5k & Fun Run

Shawnee North Community Center
8:30AM
Contact: Michelle Juarez, topekathunderbaseball@gmail.com

April 20

Free State Trail Races - 100k/40m/ Marathon/Half Marathon

Clinton State Park, Lawrence KS
7AM/8AM
Contact: Ben Holmes, 816-810-0440

April 27

Active Water 5k & 1 Mile Run/Walk

Rossville Grade School - 312 Pottawatomie St., Rossville KS
7:30AM
Contact: Jenny Falk, 785-806-2530

June 1

Journey for Jo

Washburn University, Topeka KS
8:30AM
Contact: Kate or Julia, 913-706-3213

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 - 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. 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 foregoing 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