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PRESIDENT'S PEN By Brad Rhoden

I'm not a big proponent of making unnecessary changes, but sometimes change is necessary. As you may be aware, late additional security requirements potentially jeopardized the club's ability to host our annual half-marathon. It would have been difficult to come up with the resources; additional course volunteers, more barricades blocking off side streets along the route, and coning (tall cones) a full mile of the course, to hold the race this year on the course starting from Fairlawn Plaza.

With not a whole lot of time to work with, the decision was made to try to move the race completely outside Topeka city limits. That would require a new starting location and altered course for the first 5.72 miles to the connecting point on Urish Road at 41st Street. From there the balance of the route to the finish in Auburn would remain the same.

The Shawnee County Sheriff's Department was quite responsive in the request regarding a change in the first part of the race course near Lake Sherwood. Auburn-Washburn USD#437 was receptive to our utilizing Indian Hills Elementary for pre-race activities. With a January race, it's important to be able to have a facility large enough where runners and volunteers can be inside before the start of the race and plenty of restrooms is a necessity. After securing the liability insurance and approval of the rental request along with meeting with the Principal, we were set with the school. Final course approval from the Sheriff's Dept. came one week before race day.

That did not leave enough time to get the course certified, but I can attest after measuring several times by vehicle (a Garmin works well, but not as accurate as running straight lines) and on foot, that the entire course was very close to the 13.1094 mile distance. Considering a like course is used for next year's race, it will be certified. The overwhelming response from runners and volunteers alike is that most everyone liked the new course. The Sheriff's Dept. wants to address their manpower requirements for keeping the runners safe, but I'm optimistic that we'll be able to utilize a similar course moving forward.

Volunteer support was probably the best we've ever had for the race and for that I'm very appreciative. That's a reflection of our club and a very positive image portrayed to others. The race was once again profitable and we'll make a donation to our charity, the Bridge of Topeka. We will be looking for a new charity partner for next year, so suggestions would be appreciated. We really want to get an organization involved in helping promote our event and that will be part of the criteria when searching for a new charity. Inside this newsletter is a copy of the letter I sent to some of the individuals who had an impact on the race this year.

Our membership continues to grow! In the last newsletter, I highlighted that the club had topped 200 member units (individuals and families) for the first time ever. New memberships continue to come in and counting all the active members through 2013, total Sunflower Striders memberships reached 223. That's great news! But, as of the end of January, the active count for 2014 stands at 132. While this newsletter was mailed to those 223 members, club benefits, including the Gribble's discount apply to only those 132 active members as of January 31st. Continually looking at ways to make it easier for people to renew annually, we are looking into the probability of adding credit card payments as a renewal/new member option. Hopefully, that is something we'll be able to implement in the near future.

RRCA bylaws dictate that officers should be elected every two years. That doesn't mean that current officers can't continue to serve, but with our increasing membership numbers, there are always opportunities for additional representation. Anyone interested in serving on the club's board in any capacity (or with just helping with some of our events throughout the year) should feel free to contact any current board member or attend a monthly board meeting.

Since we're over halfway into the winter season and looking ahead to longer and warmer days ahead, stay tuned for information about our annual spring picnic and fun run. A family event, which has featured an Easter egg hunt for kids along with hamburgers, hot dogs and other picnic food for all, was attended by nearly 100 people last year at Gate Park.

Stride on,
Brad





The 32nd annual Topeka to Auburn Half Marathon held on January 18th, hosted by the Sunflower Striders Running Club, was once again a successful event. The 386 entrants represent the third largest number of entries in the race's history. Even with the gusty winds that day, moderate temperatures and dry pavement allowed many competitors to be able to run in shorts for the second consecutive year. Even though our event will never be large compared to other road races, our philosophy has always been to put on a quality event for those who run it. This year, we had competitors come from California and South Dakota and besides our neighboring states, as far away as Tribune and Deerfield within our state. One impressive trend is the increase of youth running the race, as 33 competitors under 20 ran and for the first time, three pre-teens, an 11 year old and two 12 years finished this year.

Additional requirements beyond our club's resources dictated that we would need to make some last-minute changes to make sure the race could be held this year. On behalf of the Sunflower Striders, I want to express appreciation to all entities that helped insure continuation of our event.

Sergeant Salehar responded immediately when I inquired about moving the part of the course inside the city to outside the city limits. Lieutenant Reynolds also contacted me during the process to assure they would work with us and we were able to come up with a course starting near Indian Hills Elementary. The Shawnee County Sheriff's Dept. has always done a very good job of providing protection along the rural part of our course, especially at intersections along Urish Road and continuing on to Auburn where the Auburn Police Dept. has always been present. The additional traffic control and safety for runners provided by the Sheriff's Dept. as we ran along the north, west, and south sides of Lake Sherwood before accessing the regular part of the course was probably the best we've ever had.

USD#437 was receptive to our staging the race start from Indian Hills Elementary. After securing the insurance certificate and facility rental request, I was able to meet with Principal McDaniel at Indian Hills. He was very gracious in opening up their school the evening before and morning of the race. The school proved to be an ideal venue for pre-race activities. With the race finish in Auburn and the fact that we bus those who leave a vehicle at the finish to the start before the race, Indian Hills Elementary is more logistically convenient than Fairlawn Plaza. Susanna Wesley Church, next to the school, allowed us to use their lot for overflow parking.

It's also nice that we were able to get another Auburn-Washburn school involved as we were once again able to utilize Auburn Elementary for post-race activities. Auburn Elementary PTO holds their annual pancake feed the same day as our race and besides allowing us to hold our awards ceremony inside the school; they keep the pancake feed open for our runners and volunteers. Several runners and volunteers joined us and we were glad to provide an additional \$1200 to the school. It's possible we could partner with Indian Hills Elementary to help create a revenue source also.

Road races are very volunteer dependent, as including the four aid stations, course locations, and other duties it takes nearly 100 people to put on our event. Two of our aid stations are manned by local high schools and it would be good to get Washburn Rural involved again. For several years now, women from the Running Free program at Topeka Correctional Facility have staffed one of our aid stations. They certainly appreciate the opportunity to be involved for the day. New this year, the Auburn Fire Dept. worked the last aid station, manned locations, and provided medical support close to Auburn.

The overwhelming response from runners is that they like the new course as well as the pre-race location, which was very accommodating with plenty of space to get in out of January weather and restroom facilities, important to runners. Therefore, I am proposing a permanent change similar to this year. As our race closes in on one-third of a century, the Sunflower Striders extend appreciation to all those who expressed a cooperative spirit to insure its continuation.

Brad Rhoden
President, SSRC



2014-32nd Topeka to Auburn Half-Marathon
Courtesy of Sunflower Striders

Thanks everyone for great support and volunteering... Thanks to organizers for smooth flow of events...
– Ramandeep Arora

Thank you Sunflower Striders Running Club for putting on a fun and memorable Topeka to Auburn 13.1 today. NE winds exceeded a chilly 25+ mph, and all volunteers smiled and cheered runners on to the finish. To the volunteers in the middle of the nowhere at aid stations - ready to help anyone - to the bus drivers, to the Acapella-style singer who sang the Star Spangled Banner (fast and from memory)... it was a cool experience. Thank You.
– Casey Kershner



2014-32nd Topeka to Auburn Half-Marathon
Courtesy of Sunflower Striders

Great Job Striders! As always you put on a first class race. I think the Location change didn't hurt the race one bit! Next year just don't bring in so much wind! :0)
– Ronnie Smith



2014-32nd Topeka to Auburn Half-Marathon
Courtesy of Sunflower Striders

By far the most challenging race I have ever run! Lying on my sofa now...I think I might run it again.
– Mary Kroh



2014-32nd Topeka to Auburn Half-Marathon
Courtesy of Sunflower Striders

Call Him the Streak

Though I don't always agree with his political views, I have found guidance and inspiration from the late 20th and early 21st century humorist and song writer Ray Stevens. Early in life assured me all my physical ailments could be cured by "Jeremiah Peabody's Polyunsaturated, Quick Dissolving, Fast Acting, Pleasant Tasting, Green and Purple Pills. Later in life he warned "Don't Go Near the Water With a Man too Drunk to Fish." But this article is inspired by his comments on a certain social oddity, namely streaking. To quote Ray
*"They call him the streak, boogity, boogity
He loves to show off his physique, boogity, boogity"*

To spare you readers traumatic nightmares, me embarrassing moments, and another court appearance explaining that showing my physique is not a copyright infringement of the Pillsbury Doughboy, this article is not about physiques, but about streaks, namely running streaks. The idea for a running streak came from the December 2013 "Runner's World". It is obvious that this publication does not have a subscription integrity department since they have been sending their magazine to me for many years even though I have hardly been a runner for any of those years. But nonetheless the December issue contained a challenge of running at least 1 mile, every day from Thanksgiving Day till New Year's Day or a total of 35 days.

Yes I am hearing some of you out there saying, 35 days? Les, my running streak is not measured in days, weeks or months! It is measured in years and decades. Based upon my recent experience I say to you congratulations as I am in awe of your accomplishments, and "keep on truckin."

A week or so before Thanksgiving I decided to give the RW's challenge a try. But before I would start I determined the need to do two things. First, determine my longest running streak to date, and find my cold/foul weather running gear. As a self-professed yo-yo runner, who could train for a run or lose weight I knew my number of streak days couldn't be very long. Even when I was taking the Washburn University Marathon Training (WUMT) class and running 5 days a week I still took off Sundays and Wednesdays. The best I could determine, my longest streak came from Army basic training where we ran every morning Monday through Saturday. This made my longest running streak 6 days.

Since this challenge would occur during December I knew I needed my cold/foul weather running gear. Throughout the years with purchases and gifts, I had accumulated a lot of cold/foul weather gear, which was neatly stored in the garage. This gear and I had a very practical understanding. Except for a few times when doing the WUMT, if the weather was such that I needed the gear, it stayed in storage and I stayed indoors. I would say the gear was not

happy with me altering this arrangement and some became pretty small about it. In fact a Gore-Tex running suit I got some years ago became smaller from the change in this arrangement and had to stay stored away the whole time.

The first two days of the streak I learned two traits you must have. They are flexibility and rigidity. Let me explain this. On Thanksgiving Day I scheduled myself to get up and run around Lake Sherwood with the Striders, but I overslept. So I had to have flexibility to arrange my schedule to get in a 5 mile run. The next day the need for rigidity arose. Normally, a 5 mile run would earn me at least 1 if not 2 days off. Heck it could even be more, but if I was to do a streak then I had to do at least a mile. So with tired legs I did a mile. So there you are with the traits of flexibility and rigidity. You have to be flexible enough to change schedules depending on life's surprises but rigid enough to not "just" do it, but "must" do it.

During the streak there were memorable moments. On December 4, I set a personal best of 7 straight days of running. Listen, at my age, any personal best relating to running is memorable. There I was running the Shunga Trail on a Sunday afternoon after a snowy morning, no baby strollers, no dog walkers, or kamikaze bicyclists, just me, my breathing and snow crunching under my shoes. Truly a "Zen" run. There were other days that with the brutally cold weather when it seemed to take longer to get dressed to run than the run lasted and let's not count the days of tired legs when propping them up in the recliner seemed like the best exercise to perform. But I didn't want the streak to end with me setting in a recliner. So I just kept going out and putting one foot in front of the other.

Real writers sometimes use a tool named an "epilogue". They use it to update the reader about how the main characters fared after the story has ended. I am going to borrow the epilogue tool for this paragraph. (Yes, I will give it back to the real writers.) As January 1 approached, I began wondering on why I would stop the streak on that day? After all, I was relatively injury free, in good health, and dealt with some of the worst weather winter had to offer. So why end the streak? So I didn't. As I finish up this article on January 28, I am on day 62.

The streak is alive, boogity, boogity. ■

Les Watson
Irrpwatson@aol.com

RACE RESULTS

This list of race results is not to be considered official or necessarily inclusive of all races or runners. Our apologies to anyone whose name we may have left out. If you are aware of race results that haven't been published, please notify any Lana Best, runlanarun@cox.net.

Groundhog Run 5K

01-24-2014

David Schock	29:42	3 rd age
Monica Schrag	27:02	

Groundhog Run 10K

01-24-2014

Rosemary Wilkerson	56:11	
Hunter Munns	58:35	
Jordan Munns	58:35	PR

Topeka to Auburn Half Marathon

01-18-2014

Lezlee Jones	1:37:52	3 rd OAF
Amber Campidilli	1:57:59	
Bobbi Shinn	2:23:48	
Megan Berquist	2:31:54	
Bre Berroth	2:12:41	
Michelle Rose	2:23:48	
Rachel Peck	1:38:01	1 st age
Tracy Jones	2:03:56	
Amanda Kiefer	2:19:51	
Andrea Beach	2:29:51	
Sarah Vincent	2:50:04	
Michelle Andrew	1:39:44	1 st age
Natasha Bangel	2:27:26	
Tanya Scott	2:18:27	
Saskia Jacobse	2:33:37	3 rd age
Vicki Vossler	2:12:54	3 rd age
Virginia Barnes	2:19:51	
Marcia Henderson	2:23:34	
Marla Rhoden	2:12:54	2 nd age
Debbie Simecka	2:16:02	3 rd age
Sharon Wenger	2:22:12	2 nd age
Elaine Gill	2:30:31	3 rd age
Claire Phillips	3:02:10	2 nd age
Jordan Munns	2:26:29	PR 1 st Half (12 Years old)

(1st 12 year old boy to finish in history of the race.)

2nd 12 year old to finish in race history. Both 12 year olds finished this year's race, and an 11 year old!

Ryan Hahn	1:24:58	1 st age
Justin Chockley	2:27:28	
Matt Ledell	1:42:44	
Jon Didde	1:44:03	
Joshua Watson	1:45:07	
Jason Yuhasz	1:47:13	

Iradj Stroble	1:58:27	
Greg Gaul	1:42:25	
Scott Hirschi	1:44:27	
Shawn Beach	1:55:45	
Josh Thompson	2:12:45	
Jason Lewis	2:25:02	
Mark Johnson	1:41:14	
Charles Steinkuehler	1:44:31	
Hunter Munns	2:26:30	
Brian Budden	2:20:19	
Neal Farron	1:35:45	2 nd age
Ben Bradshaw	1:43:07	PR
Steven Buckley	2:18:38	
David Scott	2:18:44	
Nick Xidis	3:32:16	
Tom Amhold	1:47:40	
Kevin Brown	1:59:57	
Jared Durall	2:01:29	
Brad Rhoden	1:50:24	3 rd age
Kermit Trout	1:51:07	1 st age
Ken Tillery	2:13:31	1 st age

Westport Santa Dash 5K

12-07-2013

Rosemary Wilkerson	23:40	1 st age
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Holton Life Care 5 miler Turkey Trot

11-30-2013

Rosemary Wilkerson	44:44	1 st OAF
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Turkey Trot 5K, Lawrence, Ks.

11-28-2013

Ken Tillery	25:30	21 st age
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Gobbler Grind Marathon

11-24-2013

Rosemary Wilkerson	4:58:42	
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Living History Farms CCR 7 miles

11-23-2013

Ryan Hahn	46:22	49 th OA
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Las Vegas Rock N Roll Marathon

11-17-2013

Mark Fisher	4:47	
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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 Amazing Age Factor at Topeka to Auburn

Were you running in 1982? The Topeka to Auburn Half Marathon was initiated that year. Obviously, there are participants from this year's race who were born after the inaugural year. In fact, a noteworthy feature of the 32nd Topeka to Auburn Half Marathon is the wide range in ages.

Here are some interesting statistics: Kyle Schluben recently turned 11 and is the youngest participant to have completed the race. Jordan Munns, age 12, ran his first half-marathon and is the 2nd youngest to compete. Marissa Christensen, age 12, is the youngest female to finish.



Ann Nelson

With 66 years difference in ages, Ann Nelson, age 78, came across the finish line. The men finished strong with Ken Tillery, age 71, Herb Brown, age 76, and Louis Joline, age 81. We should all pause and give a cheer for the determination and discipline of these amazing people!

Jordan Munns has been running for three to four years. He really liked the ½ marathon. He liked it all. He really

liked finishing it! He liked talking to the other runners along the route. That was fun! He liked the country roads part of the race the best. The only dislike he had was the wind. The stretch between mile 10 and 11 heading west was the worst--right into the wind. He runs because it is fun. He states: "I enjoy being outside and seeing the scenery." Jordan is 12 years old and is a 6th grader at Farley Elementary.

Ann Nelson started running when she turned 50. She is now 78. She and several friends have run the Topeka to Auburn for many years. She states: "It's a challenging course and many times there is bad weather, but we seem to like to be miserable! It is also a beautiful course and we like to be out facing the elements as well as the hills." She

says they prepare their smiles for Dick Ross, the "intrepid photographer" who positions himself at the crest of Urish hill every year to record runners conquering the big hill. She anticipates the pancakes at the end and appreciates the care and thoughtfulness that go into selecting the "goodies" that go into the packs and age group awards. She states she is "inspired by the sense of freedom that comes with running and the benefits of staying in shape."

Ken Tillery has been running/walking most of his 71 years. He did cross country for two years in high school and one year in college. He walked faithfully until resuming running 35 years ago. Half marathons are just enough challenging and satisfying for him. He has run more than 20 marathons and will do one this summer. He states: "The Topeka to Auburn is special to me for many reasons. Organization, hills, January running and great scenery." He runs because he loves it. He shares why: "Long runs slow and gentle out of doors and sometimes exploring new areas. Speed workouts I cherish. The many physical and mental benefits provide a sense of well-being. Meeting other runners and sharing information on races and places. I endeavor to live a balanced life and keep running in perspective. My goal for every race is 'live to run again.'"

Running 13.1 miles is no small task. These runners prove that the age factor should not deter us in our running goals. The Topeka to Auburn Half Marathon set the stage for young and old alike to share the joy of running. ■

Claire Phillips
ClairePhi@cox.net



Jordan Munns

Dressing for Running in The Cold

When dressing for running in winter conditions always add 20 degrees to the outside temperature as your body temperature will increase by that many degrees within the first five minutes of running. Try to keep moisture away from your skin's surface to keep you running more comfortably. If you allow your skin to get wet you will get cold up to four times faster than normal.

Here is how to dress from head to toe and run comfortably:

	30-50 degrees(cool)	15-30 degrees(freeze)
Head	Women- headband	Headband for women Coolmax knit hat
Neck	nothing	Neck gaitor
Face	nothing	Body Glide, Sports slick, balaclava and switch to mid-weight clothing.
Hands	Cotton or Thermax gloves.	Thermax gloves and also switch to mittens. If you are 55+ wear mittens.
Upper Body	S/sleeve or L/sleeve Coolmax. Microfiber DriFit Jacket. Women wear a Coolmax bra.	L/sleeve top and Jacket. Double layer top if you get colder easy. Switch to a heavier jacket. Women - a Coolmax bra next to your skin.
Trunk	Men a windfront brief or an extra brief.	Possibly switch to a heavier tight.
Legs	Switch from running shorts to tights. Lycra or Coolmax tights.	Wool socks and a heavier tight or wear two tights and/or windpants to on top of your tights.
Shoes/Socks	Switch from no show socks to at least quarter wool socks. Wool is the best to use for keeping your feet dry.	If you plan on running outside all winter look into Yaktrax's.

Newer items to keep you warm(er) and dry have been wool products, warmer but better weight gloves, and Yaktrax for your shoes.

Running outside all winter can be fun and exhilarating if you dress properly. There is nothing as fun as you being the first one to put your footprints in the snow. ■

Garry Gribble

ggrunkc@me.com

Garry Gribble's RunningSports-Five Locations

www.garrygribbles.com

Retail stores: Topeka- Lawrence- Independence- Stoll park center at 119th and Quivira- Ward Parkway Center

Learning to Swim

One of my goals over the past few years has been to learn to swim. I wanted to do that so I could compete in triathlons. I've competed in about a dozen sprint triathlons over the past few years. And after minor knee surgery in 2008, I realized that training for and running marathons would not be a good idea if I wanted to keep running over the long term, so I took swimming lessons.

I have taken lessons from several instructors in Topeka and even spent a fair amount of money for an intensive two-day swim clinic in Kansas City; however, I finally found the best teacher close to home – Jim McHenry. Jim is a Master Swimmer, has coached for the Topeka Master Swim Association and is a member of the American Swim Coaches Association. Since 1976, he has competed as a member of U.S. Masters Swimming.

His coaching philosophy includes a brief assessment, discussion of a student's goals, and then a focus on carefully staged drills and exercises, allowing a student to progress at a comfortable pace. He follows up with students by e-mail adding drills, encouragement, advice, and answers to students' questions. Jim is in the water with students and positively advises as he watches his students swim.

I found him the best teacher for me because he learned what methods worked best for me. For example, he taught

me how to lengthen my swim stroke so that it would take fewer strokes to get from one end of the pool to the other.

You don't need to know anything about swimming to take a first lesson with Jim. He is a kind and gentle teacher. He loves working with runners because they are "adept learners who are accustomed to monitoring their bodies during physical activity." He also told me "runners show up with a high level of cardiovascular conditioning."

I spent an hour every couple of weeks with Jim for a month or two, and felt as though I'd learned a lot. He works with students to find times and locations that fit a student's needs and schedules. (I worked with him at the downtown YMCA, but he can work at other locations as well.)

While learning to swim takes practice, it is a nonimpact physical activity that works my body and my mind – as I learn to make my way back and forth across the pool. (Jim also will help triathletes with open water swim techniques.)

To discuss lessons with Jim, you can check out his website: www.swimjim.net. You can call him at 785-224-1564 or e-mail him at jmchenry@cox.net ■

Sharon Wenger
Sharon.Wenger@KLRD.ks.gov

PRESS RELEASE

Looks like we're holding the second annual Bridge2Bridge 5K Run and Walk again! Last year went great and runners asked if we would do it again. Registration is now open at Brown Paper Tickets and the facebook page is up and ready to update. Here's some details, 2014 logo and photos from last year's run.

2nd Annual Bridge2Bridge 5K Run and Walk

Saturday, April 26, 2014

Registration opens at 9am

Run starts 10am

Walk starts 10:15am

Award categories for runners – 8 age categories + top 3 overall for male and female (10 and under up to 61 and over)

Pre-registration up to April 24 gets the t-shirt and light brunch - \$25

At Event Registrations - \$35 (t-shirt and light brunch only as available)

Chip timed and course certified.

Website: <http://www.brownpapertickets.com/event/562676>

facebook: https://www.facebook.com/pages/Bridge2Bridge-5k-Run-and-Walk-Downtown-Topeka/348793341925840?ref=br_tf

The original Bridge2Bridge 5K was created by the 2013 Downtown Class of Leadership Greater Topeka as a benefit for Downtown Topeka, Inc. (DTI). DTI hosts over thirty events in the downtown area each year and depends on fundraising efforts to support many of the free community events. Follow other events at www.downtowntopekainc.com.



UPCOMING RACES

February 14

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

Kansas City, KS

8AM/9AM

Contact: Ben Holmes, 816-810-0440

March 8

Shamrock Shuffle 5k Run

Ballard Center, 708 Elm Street,

Lawrence, KS

9AM

Contact: info@

lawrencepatricksdparade.com

March 15

Mater Dei Irish Fest 5k

Mater Dei Parish, 8th & Jackson,

Topeka KS

9AM

Contact: Erinn Renyer, 785-383-8854

March 15

Westport St. Patrick's Day Run - 4 mile

Kansas City, MO

10AM

Contact: kctcrunner@gmail.com

March 16

Pi Day River Rotation 1/2 Marathon & 5k on Trails

Lawrence, KS

8AM

Contact: lawrencetrailhawks.com

March 22

Early Bird 5k Run & Pancake Feed

Shawnee Heights HS Stadium,

Tecumseh, KS

9AM

March 22

Journey for Sight Run/Walk 5k & 10k Run

Combat Air Museum, Forbes Field,

Topeka KS

8AM

Contact: Irene Owen, 785-249-1913

March 29

Wicked Marathon

OZ Museum, Wamego, KS

8AM

Contact: Sydney Messick, rd@bodyfirst.

com

March 29-30

Prairie Spirit Trail 100 Mile & 50 Mile Ultras

Ottawa, KS

6AM

Contact: www.prairiespirit100.com

April 5

Run for Life 10 Mile

Topeka, KS

8:30AM

Contact: Dave Provorse, 785-670-1565

April 5

Clinton Lake Dam Run 5k

Lawrence, KS

Time TBD

Contact: Duane Peterson, 785-832-7940

April 6

Brew to Brew 44.4 mile Relay or Solo

Kansas City to Lawrence, KS

7AM

Contact: Lou Joline, 816-228-3842

April 12

Rock the Parkway 1/2 Marathon & 5k

Kansas City, MO

7:30AM

Contact: Troy Fitzgerald, troy@

kcrunningcompany.com

April 12

Eisenhower Marathon, 1/2 marathon, 10k & 5k

Eisenhower Center, Abilene KS

7AM

April 26

Bridge2Bridge 5k Run/Walk

515 S Kansas Ave, Topeka, KS

10AM

Contact: Edie Smith, 785-234-9336

April 27

Trolley Run

Kansas City, MO

7:45AM

Contact: Emily Lykens, 816-841-2284

May 31

Journey for Jo 5k Run/Walk

Lake Shawnee, Topeka KS

8:30AM

Contact: Kate, 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

Tues.— 6:00 PM - Hill or Interval 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

PRSRT STD
US Postage
PAID
Topeka, KS
Permit No 268

STRIDERS MEMBERSHIP APPLICATION

TODAY'S DATE: _____

- New Individual (\$20/yr)
 Renewal Family (\$25/yr)

Name: _____ Birthday: _____

Male Female

Address: _____ City: _____ State: _____ Zip: _____

Home 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