



COLUMBUS WALKING AND RACEWALKING CLUB

Volume 15 Issue 6

www.buckeyestridders.com

November/December 2013

PRESIDENT'S LETTER

It's hard to believe we are already looking toward the end of the year -- 2013 has flown! Still, we have a few fun things to look forward to.

Our Holiday Party is only a month away! Please come!

There are plenty of Thanksgiving Day races for us to enter. Several of us are already registered for the Flying Feather, The Turkey Trot and a new Thanksgiving Wattle 5K Walk/Run in Grove City.

There are a variety of races in December, including the Jungle Bell Run and the Holiday Run. (Anyone entered in one)

And don't forget to sign up for the First on the First.

When and Where do we Walk Inside?

As the weather turns colder, we will occasionally need indoor walking locations. Last winter we ended up at the Westerville Community Center a few times. Though nice, it is hard to do any distance on the short loop, and there is a fee for non-residents. In previous years we had permission to use the Capital University indoor track.

We will look into our options and keep everyone informed.

If you are unsure whether we will be outside or inside on any Saturday morning, check your email before leaving your house. (I'll try to update our Facebook page, too, but that is probably less reliable.)

Typically, if it is below 20 degrees, if the trails are too covered with snow, or if the trails are icy, we will officially move the group walk inside. If you decide you are going to walk inside on any Saturday, feel free to send an email to the group, someone might want to join you.

I hope to see you Saturday!

Cindi

P.S.: Thank you to everyone who wrote articles and provided photos!

Plan now to attend:

Buckeye Strider Holiday Party

Date: December 5

Location: Cimi's Bistro at Pinnacle
1500 Pinnacle Club Dr.
Grove City, OH 43123
614/539-0397

Social Hour: 6:00 to 7:00 p.m.

Dinner: 7:00 p.m.

We will be ordering off the menu.

RSVP by 11/21/13 to Deb Chenault
dchenault1@live.com or
614/791-9342

Don't forget to bring a White Elephant gift!

Don't Forget to Sign Up For First on the First 5K -- New Year's Day Race

This M3S Sports event is becoming a Buckeye Strider tradition!

Register by December 21 for only \$35.
www.m3ssports.com

Wait for the start of the race in the comfort of the Westerville Community Center. You'll get a nice long-sleeved technical shirt and great food afterward.

Meet Jack Shuter

When did you become a race walker? Why?

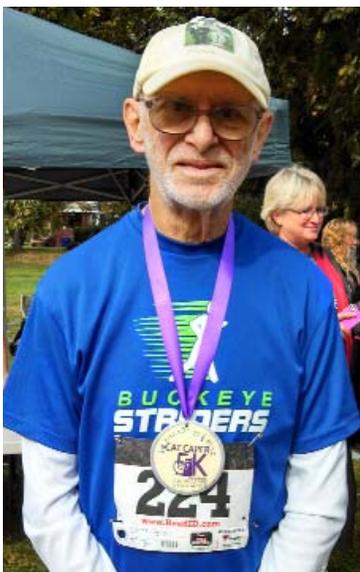
I ran my first race in 1976. This was the beginning of the running boom. Each year more races became available. In 1984 we moved to Atlanta and I joined the Atlanta Track Club. The club had one or two races every month. I continued to compete, but my knee started to bother me. (I had injured it in high school high jumping.) I wore a knee brace when running and it was OK. I went to see the doctor who was the team physician for the Atlanta Falcon Football Team. He had been featured in a TV program where he repaired the knee of a football player who was back playing football. He did arthroscopic surgery and told me that I had torn my anterior cruciate ligament. He said that running was hard on knees and that I should find some other exercise. Racewalking was a big thing in Atlanta. The Walking Club of Georgia was based in Atlanta and they put on walking only races. Also, the Atlanta Track Club started adding walking divisions to some of their races.

One day I happened to see a walking race in Piedmont Park and thought maybe I could learn how to do it. When I worked out on my lunch hour at a sports club, I tried to copy what I had seen at the park. It turned out that one of the best racewalkers in the southeastern part of the U.S. worked out at the same sports club. He saw what I was trying to do and became my mentor. It was very helpful. In 1988 I started entering racewalking events and soon realized that I was more competitive as a racewalker than I ever was as a runner.

We moved back to Columbus in 1989 where the only racewalking opportunities were the annual Jack Mortland and Central Ohio Senior Olympics racewalks. In 1990 I went to my first National Masters T&F Meet and in 1991 I went to my first National Senior Olympics. This was followed by five more National Senior Olympics and five more National Masters T&F Meets. My best National Senior Olympics results were in Pittsburg in 2005 -- 1st in the 1500 and 2nd in the 5K. My best National Masters results were in Berea, OH in 2011 -- 1st in both the 5K and 10K.

How long have you been a member of the Buckeye Striders?

In 1999 Melissa Ungerleider moved here from Atlanta, where she had been very active in racewalking.



When she found that there were no race-walking clubs in Columbus, she decided to start one by rounding up all of the racewalkers she could find in the area. This new club was called the Buckeye Striders. A year later her husband's job moved to Springboro, OH, so she left and the rest of us had to pick up the pieces and move on.

What shoes do you currently wear for race walking?

When New Balance was making race-walking shoes, I bought several pairs of the RW 100 and the RW 110 models. I still have half of them that I use for races.

How often do you walk?

What is your longest mileage day each week?

Most of my long-distance training is done on the Olentangy bike path. I try to do a little walking every day, alternating hard days with easy days or cross training like biking or swimming. When I was training for the Columbus Half Marathon my longest walk was 10 miles once a week.

What are your favorite types of races?

I prefer to do races on Saturdays or holidays when it doesn't interfere with going to church. Next I look for races that have walking divisions to encourage race directors to continue having them. Finally I look for races with age divisions where the top division is at least 70+ and preferably 80+. I can't compete with 60 year olds.

How long have you and Pat been married?

How many kids and grand kids do you have?

My very understanding wife, Pat, puts up with all the running and racewalking and out of town trips to national competitions. These trips have given us a chance to see a lot of the country that we probably would not have seen otherwise. We have been married 55 years and have three wonderful children: Mark, Matt and Marty and two grandchildren: Damon and Derek. We also acquired several step grandchildren and great grandchildren when Marty married Steve Blake, earlier this year, who was already a grandfather.

Columbus Marathon -- Half -- October 20



The view of the starting line as Corral D got to the front.

By Cindi Leeman

This year's Columbus Marathon and Half was another successful event! The course didn't change, the expo was the same and the race director was the same. So I'm just going to touch on some of the highlights.

- Security was stricter. Participants had to show their race bib to enter the corral area and all gear check bags had to be clear.
- Each corral had a separate start including fireworks! It was fun!
- Traffic became an issue. It was good we got downtown very early.
- No one was allowed to cross the finish line without wearing a race number. People who normally cross with their kids were not allowed to do that.
- In the food corral, each participant was handed a reuseable grocery bag with food.
- The family reunion area was very crowded, but fun. There was a large-screen TV for family to



Unfortunately, the other photos did not turn out. After the race, from left to right, Cindi Leeman, Barb Chuko, Nancy Palma and Pat Roam.

watch their loved ones crossing the finish and a band played.

- The technical shirts are long-sleeved and the medals are huge!
- In the future, if you need to use a port-a-john during the race, wait till about mile 7 when the course turns west on Broad Street again.

More Race Photos



Vince Walsh and Jack Shuter at New Albany Walking Classic.



Vince Walsh at Air Force Marathon.



Vince Walsh, Steve Hebenstreit, Pat Roam and Nancy Palma at New Albany Walking Classic.



Cat Caper winners: Pat Roam, 2nd place woman walker; Steve Kern, 3rd place male walker; Cindi Leeman, 1st place woman walker.

Flash Five 5K in Pataskala

By Pat Roam

The Coughlin Chevrolet racing series moved to Pataskala for the Flash Five 5K on 9/14. Steve and I did this one and it was great fun. The morning was cold but we could wait inside the dealership.

The course was good with a few inclines the participants called hills. Water stations were adequate. The race begins with just the elite runners both men and women competing for time and trophies. In our race, there were many walkers

although the awards were age group only.

At the finish, racers go through rows of corvettes lining the course on both sides. It was fun to read the license plates and a good distraction. The after race fare consisted of water, fruit, hot dogs and chips. We also received Frisbees, footballs and give aways from the vendors.

There is one more race in this series at which time names will be drawn to get a key to the winning car. Steve and I plan to be there!

Race for the Cure – Honolulu Sunday, October 20th

By Deb Chenault

What a great way to start off a vacation/Jeffrey's 50th birthday celebration in Hawaii! It was a two mile walk from our hotel to the start of the race, at Kapiolani Park, at the base of Diamond Head State Park. Thankfully, Jeff accompanied me through the early morning (5 a.m.) dark streets. It was so nice to be in shorts and a T-shirt at the end of October. I had pre-registered online, and this was the first race where the line for packet pick-up was longer



than race day registration! The pre-race activities included a Zumba demonstration and group participation — I tried to follow for a little bit, but it was very complicated. I contented myself with clapping and watching the more experienced crowd members participate.

The race course was a big block around the park, through an older business section, with great views of Diamond Head. I finished with an okay time, to find Jeffrey waiting for me — so nice to have a family member at the end of a race. And so nice to have been able to race in Hawaii!

RACE RESULTS

Aug 3
Purple Stride 5K
Jack Shuter 44:29 4th AG

Aug 10
Charity Challenge 5K
Jack Shuter 50:26 1st AG

Aug 17
News & Sentinel Half Marathon, Parkersburg
Cindi Leeman 2:57:45
Nancy Palma 2:58:33
Pat Roam 3:04:23

Aug 25
Emerald City Quarter Marathon
Ruth Ann Farthing 1:33:19

Aug 31
Race for Marriage Equality 5K
Ruth Ann Farthing 39:59

Sep 2
Run 4 the Health of It 4 Miler
Jack Shuter 58:12 4th OA
Cindi Leeman 53:54

Sep 8
New Albany Classic
10K
Jack Shuter 1:32:02 2nd AG
Vince Walsh 1:10:17
Nancy Palma 1:16:24

Half Marathon
Steve Hebenstreit 3:11

Sept 21
Air Force Half Marathon, Dayton
Vince Walsh 2:29:53
Steve Kern 3:07:44
Peggy Landini 3:07:45

Sep 29
Cat Caper 5K
Ruth Ann Farthing 43:57
Jack Shuter 44:52 1st AG
Cindi Leeman 39:03 1st woman, walker
Steve Kern 41:29 3rd male walker
Peggy Landini 41:34
Pat Roam 39:03
Deb Chenault 43:02

Oct 5
Run Like a Girl
Deb Chenault 3:04:32

Oct 6
Joyce Prohaska 32:20 4th AG
National Masters 5K, Kingsport, TN

Oct 20
Columbus Marathon (Half)
Cindi Leeman 2:51:53
Nancy Palma 2:51:43
Pat Roam 3:++
Steve Hebenstreit 3:08
Barb Chuko 3:26:48

One Lucky Buckeye

By Pat Roam

It was a perfect day for a race. The One Lucky Buckeye was held on September 22nd at the Grandview Yard. It was a women's only event with all the participants in red to celebrate heart health.

The course was scenic, peaceful, with numerous beautiful homes to view. In fact, we suggest going with a friend or bringing music as there is no on course entertainment. Water stations were plentiful and more volunteers than usual; even the army reserve unit turned out to volunteer.

Runners and walkers could choose a distance of 2 miles, 4 miles, or 8 miles. Nancy and I did the 8 miles to get in some half marathon training. The day started with some OSU band members getting everyone moving. It was brisk and clouds were dark at the start. As the race proceeded, it became a sunny and perfect day.

The medals were great and especially the gender specific shirt. The race was followed by an outdoor brunch. One lucky Buckeye, a male, was selected to run with the women. He told his story of being a heart transplant recipient.

This is a race to do; walkers are encouraged and it makes one feel good about doing a health activity. We certainly felt great after the miles and better prepared for our next half marathon.



Pat Roam and Nancy Palma.

Buckeye Striders Membership Application Form Join or Renew in 2013, Get 2014 Free!

Please supply the information requested on this form and sign the release. Either bring the form to a weekly walk or mail it to: Buckeye Striders, 1962 Starbridge Ct., Columbus, OH 43235.

Name _____ Home Phone _____
 Mailing Address _____ Cell Phone _____
 City _____ State _____ Zip _____
 Email Address _____ Birthday _____

New memberships include a short-sleeved technical shirt. Please indicate size below. You may also purchase additional shirts on this form.

Membership (\$18 individual; \$24 family)\$ _____
 Unisex Short-Sleeved Technical Shirt (included) Size: S, M, L, XL \$ 0

Additional Shirts for Purchase

<u>Style</u>	<u>Size</u>	<u>Price</u>	<u>Qty</u>	<u>Cost</u>
Unisex Short-sleeved	_____	\$14.00	_____	\$ _____
Women's Short-sleeved	_____	\$14.00	_____	\$ _____
Unisex Long-sleeved	_____	\$17.00	_____	\$ _____
Jacket	_____	\$31.00	_____	\$ _____

TOTAL\$ _____

Release: Upon submission of this application, I agree to assume all risks associated with participation in any activity of the Buckeye Striders walking club. I release all sponsors, officers and any other persons assisting on a voluntary basis from any claims of liability resulting from my participation.

Signature _____ Date _____

Run Like a Girl Half Marathon

By Deb Chenault

The Run Like a Girl half marathon, 10K and 5K took place on Saturday, October 5th. It was the first year for this race. I went back and forth over whether I should participate in this race—fees, a race for women only and the sexism that it implied. But I also wanted to do a half marathon especially since I wouldn't be able to do Columbus this year. I was so glad I did this race—it was very empowering! The 5K and 10K racers took off first, a little after 8 a.m. The half marathon started at 8:30, and by that time, it was really warming up and getting muggy. I used the chronograph feature on my sports watch for the first time ever, activating it as soon as I crossed the start



line. The majority of the race took place along the bike/footpath along the Scioto/Olentangy River; a few uphill, with great views of the Columbus skyline. One of the most fun parts of this race was cheering the returning runners/walkers with, "Go girls!" This was an Ultrafit-USA race, and it was very well organized—many volunteers along the way directing you where to go and frequent water stops. I was attempting to beat the 3:00 hour mark, but unfortunately, the race finished on an uphill, and I was beat. I picked up my bottle of wine and went home, excited to do this race again next year.

GROUP WALKS

The Group Walks will be on Saturdays starting at 8:00 am. The walks will be rotated about the city to make it more convenient for members to attend. Walkers of all paces and fitness levels are welcome to join the group. The schedule through early November is as follows:

*Going to iHop!

*Nov 9	Worthington Hills Park	Dec 14	Worthington Hills Park
Nov 16	Griggs Reservoir Park	Dec 21	Griggs Reservoir Park
Nov 23	Franklin Park	Dec 28	Franklin Park
Nov 30	Whetstone Park	Jan 4	Whetstone Park
Dec 7	Sharon Woods Park	Jan 11	Sharon Woods Park

- The entrance to **Sharon Woods** is on Cleveland Avenue across from Saint Ann's Hospital. Go to the first parking lot on the left. Meet at the starting point for the path.
- **Worthington Hills Park** is at the south east corner of the Worthington Hills Shopping Center, 7860 Olentangy River Road. Meet at the entrance to the park. (Look for runners and bikers to find the entrance.)
- **Griggs Reservoir Park** is on Riverside Drive. The entrance is just south of Fishinger Road across from Nottingham Road. Meet at the parking lot to the right of the entrance.
- **Franklin Park** is at 1777 East Broad Street. Meet in the parking lot near the entrance to the Conservatory.
- **Whetstone Park** is reached west off High Street on Hollenback Drive just south of the Whetstone Library. Meet in the parking lot near the picnic shelter next to the path at the bridge.

***If it is raining or the weather is otherwise undesirable for walking outside, the Group Walk will move inside to the Westerville Community Center at Cleveland Ave. and County Line. There is a \$4.50 charge for non-residents. If the weather is iffy, check your email before leaving for the walking location for the latest updates.**

Check for other announcements on our website: www.buckeyestriders.com.

By Nancy Palma

October 6th at 8:00a.m. was the inaugural Mini and Half Rock n Roll Marathon held in Cleveland, Ohio. The weather predictions were 80% rain with a cold front moving through sometime during the day. The predicted highs were to be in the mid 70s. Pat and I prepared for the cold and rain and decided to wear Capri pants, thicker tech shirts and rain coats made out of 30 gallon trash bags.

As we made our way to the start, which was at the famous Rock and Roll Hall of Fame, the marquee on the building showed the temp as 79 degrees, which is by the River. A little warmer than we expected. There were corral wave starts which kept 8,000 racers very organized and under control. The music was exceptional along the course, but we thought there were some long stretches between bands. At about the 7- 8-mile mark we were still keeping up with the 3-hour pacer. Then the rolling hills started and the heat index rose to 90 degrees! The medics were busy picking up rac-

ers with heat exhaustion. Our endurance took a nosedive to the finish, but we had a great time getting there.

The finish was at the Horseshoe Casino with a live concert of bands playing in the city square. The atmosphere was very festive and the security was bigger than we have ever seen at any race. The expo and racing village was competitive to any other large race and the gender size tech shirts fit great. The medals are shaped like a guitar – very cool!

What wasn't cool was the hot weather! The sun was hot like an August day, no rain and no cold front. Cleveland is a fun city with great restaurants and museums. Next visit we will tour the inside of the Rock n Roll Hall of Fame where it is air-conditioned!



Buckeye Striders' Library

The Buckeye Striders recently added the entire series of walking materials by Tim Seaman and Jeff Salvage to our library! The series includes four books and a DVD.

Members are welcome to borrow materials. Deb Chenault is our club librarian, so be sure to contact her to borrow anything.

Books:

- Race Walk Faster by Training Smarter, Tim Seaman & Jeff Salvage;
- Race Walk Clinic—In a Book (2009 & 2011), Jeff Salvage and Tim Seaman; • Racewalk Like a Champion (2004), Jeff Salvage;
- Looking at the Best, Jeff Salvage & Tim Seaman;
- Excellence in Training -- A Race Walking Specific Training Log, Jeff Salvage & Tim Seaman;
- Boomer Walk: Why Baby Boomers Should Replace Running and Jogging with Racewalking (2009), Brent Bohlen;
- Two Feet Goes Race Walking: A selection of the best works from Jeff Salvage's coverage of race walking (2008) (beautiful photos);
- Fast Walking (2000), Ron Laird;
- The Complete Guide to Marathon Walking (2000), Dave McGovern;
- The Complete Guide to Racewalking Technique and Training (1998), Dave McGovern;

- Advanced Racewalking: The Serious Racewalker's Guide to Competitive Success (Two copies: first edition-1987, and 4th edition-1994), Martin Rudow;
- Walk Like an Athlete (1996), Jeff Salvage, Gary Westerfield;
- Masters Racewalking: American Coaches and Athletes Share ideas on Technique, Training and Racing (1996), edited by Elaine P. Ward;
- Gary Yanker's Walking Workouts (1985);
- Racewalking for Fun and Fitness (1985), John Gray;
- Visual Athletics: Visualizations for Peak Sports Performance (1990), Kay Porter, Ph.D., Judy Foster;
- Stretch and Strengthen: A safe, comprehensive exercise program to balance your muscle strength with life-long flexibility (1986), Judy Alter;
- Aerobic Walking (1987), Casey Meyers.

VHS Tapes

- How To Walk Faster—Tips from the Pros (1999), 2 copies;
- Maximum Walking (1995);
- Judging Video—North American Racewalking Foundation;
- Women's 20K Racewalking Olympics (unknown year);
- Men's 20K Racewalking Olympics (unknown year).

Library materials are available to loan from the club via Deb Chenault. Contact Deb at dchenault1@live.com if you're interested in borrowing materials.