



## COLUMBUS WALKING AND RACEWALKING CLUB

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[www.buckeyestridders.com](http://www.buckeyestridders.com)

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### PRESIDENT'S MESSAGE

Hello Striders,

Well, the hot and muggy days of summer have returned. But despite feeling like lounging on the patio with a cold drink or just staying inside in the air conditioning, it's time to be in training if you have a date with a fall half or full marathon. And it's hard to train this time of year. Along with the weather, there are so many other distractions like festivals, vacations, and even yard work. So if you need a little motivation or maybe just a reason to stay in on smog alert days, you may want to check out one of the websites below. I find them helpful for staying in a competitive racewalking state of mind.

<http://www.racewalking.org/> (Dave McGovern) – Lists previously published articles, including some from WALK! Magazine, and training schedules.

<http://www.racewalk.com/defaultRW.asp> (Jeff Salvage) – Many images and articles on technique, training, and racing.

<http://www.eracewalk.com/> (North American Racewalking Foundation and North American Racewalking Institute) – Technique videos, tutorials, and calculators.

<http://www.multimediasini.com/index.php> (Italian site) – Collection of racewalking photos going back to ~1900.

<http://www.acewalker.com/> (Bonnie Stein) – Articles on technique, proper nutrition, stretches, and training.

<http://walking.about.com/> (Wendy Bumgardner) – Articles about walking in general and walking gear and gadgets.

<http://www.walk-magazine.blogspot.com/> (Cindi Leeman) – Our very own Cindi Leeman blogs about the trials and tribulations of training and racing.

<http://racewalkertammy.blogspot.com/> – A blog about day-to-day training and competitive racing.

So stay motivated, and I hope to see you at a race during the fall racing season!

*Laura Modisette*



There were a bunch of us in Chillicothe!

## Health, Hills and Heat

By Pat Roam

Like a child awaiting the holiday season, I eagerly anticipated the arrival of the Buckeye Striders to Chillicothe. It seemed like the day would never be here and when it did, I worried about rain cancelling us out.

The Striders arrived for their Saturday walk donned in club shirts and eager to get started. The sun came out and the threat of rain was not immediate. We walked through the Adena Mansion grounds starting with a big downhill path. We then navigated through the Yaples neighborhood with its challenging hills. I heard moans and groans when we tried to "Kill the Hill". It really was fun and I kept reminding everyone how good we'll feel the next day. After the five-mile workout, there were plenty of high fives to go around.

The Striders were joined by four walkers from Chilliland. One of them, Paula Moyer, has joined us as a new member. I am hoping to inspire others to join our ranks and realize the benefits of racewalking and the support of this wonderful club.

Of course, a Saturday walk wouldn't be the same without breakfast. VP Cindi Leeman facilitated our monthly meeting while we enjoyed an IHop breakfast.

It truly was a special day and meant so much that the Striders would give up their time to travel to Chillicothe. Hopefully, we'll be able to plan a future visit. Be forewarned, however, the hill will be higher and tougher; we can all look forward to that.

(More photos on the next page.)

# Health, Hills and Heat (Continued)



THANKS BUCKEYE STRIDERS!

I am very excited to be a member of the Buckeye Striders. Thanks for coming to Chillicothe!

It was a pleasure to meet all of you last weekend. It is an honor to be a member of your walking and racewalking club. I look forward to seeing all of you in upcoming races and group walks. Your determination and motivation to stay healthy and youthful is inspiring!

Special Thanks to Pat Roam for introducing me to racewalking and for motivating me to walk faster and farther during every walk.

Hope to see you soon.

Paula Moyer



## It's Picnic Time!

At the last Business Meeting we set dates for three summer/fall picnics.

They will be the third Saturday of the month: July 16, Aug. 20, Sept. 17.

We are asking for volunteers to provide: fruit, bread, egg/main dish, juice, coffee and possibly water. Our goal is to have everyone volunteer once without repeats. If that isn't possible, we'll change things up and plan for everyone to bring his or her own breakfast.

However it works out, the picnics are a great way to take advantage of the nice weather!

Contact Deb Chenault at [dchenault1@live.com](mailto:dchenault1@live.com) to sign up for food!

## Cap City Half

By Deb Chenault

Five members of the Buckeye Striders enjoyed a crisp morning on race day May 7 — Elaine, Peg, Cheryl, Nancy, Steve and me. Driving through a blocked off section of roadway and helping fellow race participants with their timing chips established a good sense of camaraderie.

I think this was one of the best and most organized races that David Babner has put on. Waiting for the race to start, back in corral "F", we were able to hear all (or most) of the announcements. After a jazzy rendition of the National Anthem, played by the saxophonist from the rock group O.A.R., and with 30 seconds between corral send offs, we started on our journey.

It was a different route this year — Twin Rivers Drive, along Olentangy where Barbara Gossman was there to cheer us on, to the campus area, Short North and beyond. The crowd support was great; lots of people had funny signs (some of which can't be described here). Water stops were plentiful with smiling faces.

Even though my feet were hurting by mile six due to too-small shoes, I made it through. Andrea Cambern was at the finish line with a high five; I picked up my great medal and met up with the rest of the Strider crew.

Then it was off to Champps for lunch to celebrate a successful race and Cheryl's first half marathon!

## LAKE HEALTH DISTANCE CLASSIC

By Nancy Palma

On June 5, 2011 at 7:30 am the 3rd annual Lake Health Distance Classic Half Marathon and 5K took place in Painesville, Ohio, which is a half-hour Northeast of Cleveland, Ohio. This was a 2-hour and 40 min. drive from Worthington.

New to the half marathon this year was a walking division. That is why Pat Roam and I decided to participate. There were approximately 850 runners and 50 walkers in this race. The Race Director, Geoff Weber, volunteers and sponsors were very organized for this only being the third event. The Saturday packet pick-up was at Lake Health Tripoint Medical Center, which ran smoothly. You could also pick up your packet the morning of the race. There was no expo, but they had a local sports store selling shoes, socks, protein/sport bars, etc. The technical shirts were good quality with mens and WOMENS sizing.

The host hotel was furnished in mahogany and contemporary décor. Quail Hollow Resort was only a half mile from the start and finish line. We ate in their casual dining room called CK's Steakhouse. The food was excellent and the menu was diverse, serving aged beef, fresh seafood and pasta dishes.

On race day there was plenty of parking and plenty of porta-potties. On the course there were six water stops with two GU stations. They had chip timing, which attached to your shoe. The mile markers were easy to read and the course had great signage. The course was closed to traffic on the right side of the road and they had adequate police and volunteers directing racers.

The best part of this race was the challenging, but beautiful course! There were neither bands nor entertainment along the way, but the course included Quail Valley Golf course, affluent homes on residential streets and a metro park. The heart of the race starts at mile 5.5 and provides 5 miles of rolling elevation and a 1-mile climb at mile 8.75! As our "wooden" legs passed over the finish line, we received beautiful green-ribboned, heavy medals. The walker-friendly race had plenty of watermelon, ice cream, breads, cookies and protein bars for everyone in the race.

Pat and I both would recommend this race to all walkers of any speed. The small-town atmosphere and friendly people were refreshing. The entry fee was only \$40 and the resort was only \$109 per night for two. Awards were given to top 3 placers in each age group for walkers and runners. The top 3 placers (runners) overall were awarded prize money. Pat and I were just happy to complete this one!

## SHIRT NEWS!

If you are interested in ordering Buckeye Strider tank shirts, contact Deb Chenault -- [dchenault1@live.com](mailto:dchenault1@live.com).

# Speed Workouts at Griggs

By Cindi Leeman

Dave McGovern is fond of saying something like: In order to walk faster, you need to practice walking faster. And if any of you have ever followed one of Dave's training schedules, you know he always includes speed workouts of 400 meters (~1/4 mile), 800 meters (~1/2 mile) or 1600 meters (~1 mile). (His schedules may indicate meters or fractions of miles -- the conversions are not precise.)

If you don't have ready access to a high school track, it can be hard to find a place to do these types of workouts. We could all take a measuring stick and measure the distances in our neighborhoods, or measure in our cars, but lately I want to be more precise than that.

One of the reasons I often walk at Griggs Reservoir, (off of 33 just south of the Fishing Road bridge) is because there are painted marks on the road every 1/4 mile for about 2 miles of the road through the park. The zero mark is toward the south end of the park, near the dam and before the hill leading up to the police station.

## Using the Markers

On the schedule I am currently using to train for the Parkersburg Half Marathon, Mondays are speed days. One week may call for 4 X 400, 6 X 400 or 8 X 400 -- that means you walk 400 meters (1/4 mile) at a fast pace, rest for 2 min. and repeat until I've walked 400 meters the designated number of times.

Starting at the zero mark, sprint to the 1/4 mile mark, and rest for 2 min. The next sprint go to the 1/2 mile mark, and rest for 2 min. Turning around, head back, sprinting to the 1/4 mile mark and then the starting point with a 2-minute rest in between.

## Pros and Cons

There are a couple of benefits to walking here. This 1/2 mile section is very flat compared to the rest of the park, there is a drinking fountain near each end, and in the summer, the restrooms are open. This section also seems to be measured accurately.

The disadvantages: There can be a lot of traffic, the asphalt is uneven in places, and geese, lots and lots of geese.

However, for me, the advantages far outweigh the disadvantages right now.

If you are interested in doing speed, check it out.



## THINGS TO NOTE:

Enter the park at the traffic light just south of Fishing Road. Turn left at the bottom of the entrance. If you drive up a hill, you have gone too far.

Some of the markers further up river do not seem to be accurate. This half mile appears to be a pretty accurate section.

There is both a bathroom and a drinking fountain close to the 1/2-mile marker making it a good starting point, too.

The drinking fountains are in the grass, a little ways away from the road. Look in the grassy section toward 33.

**TOP PHOTO:** The zero mark at the south end of the parking lot, before the hill to the police station.

**MIDDLE PHOTO:** The 1/4-mile mark is painted on the right side of the street if you walk north toward the Fishing Road bridge.

**BOTTOM PHOTO:** The 1/2-mile mark (0.5) is near a sign describing what types of fish are in the river.

## MEMBERSHIP DISCOUNTS

These stores offer discounts to Buckeye Striders members. Show your membership card to receive the discount.

- ◆ Second Sole Athletic Shoe Store, 28 North Sandusky Street, Delaware, Ohio is offering a 15% discount.
- ◆ The Columbus Running Company, 6465 Perimeter Drive, Dublin, Ohio is offering a 10% discount.
- ◆ FrontRunner, 1344 West Lane Avenue, Columbus, Ohio is offering a 10% discount on shoes.
- ◆ Fleet Feet, 1172 East Powell Road, Lewis Center, Ohio is offering a 10% discount on shoes.
- ◆ Road Runner Sports, 535 Lakeview Plaza Blvd, Worthington, Ohio is offering a 10% discount.

## CLUB OFFICERS

OFFICE	NAME	PHONE	EMAIL
President	Laura Modisette	614-299-0315	ljmodis@gmail.com
Vice President	Cindi Leeman	614-451-8667	bookeditor42@yahoo.com
Secretary	Deb Chenault	614-791-9342	dchenault1@live.com
Treasurer	Cheryl Estep	614-793-0245	estep2jc@wowway.com

## BUCKEYE STRIDERS MEMBERSHIP APPLICATION FORM

Please supply the information requested in the blanks below, sign the release, make out a check to Buckeye Striders for \$18 (individual) or \$24 (family) and bring it to the next monthly meeting or mail it to:

Buckeye Striders, 559 White Oak Place, Worthington, OH 43085.

New members will receive a free short sleeve shirt. Please indicate size below.

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Mailing Address \_\_\_\_\_ Work Phone \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_ E-Mail Address \_\_\_\_\_

Birthday \_\_\_\_\_

MEMBERSHIP (\$18 or \$24)..... \$ \_\_\_\_\_

### SHIRTS

<u>Style</u>	<u>Size</u>	<u>Price - \$</u>	<u>Order</u>
Short Sleeve	_____	14.00	_____ \$ _____
Tank	_____	11.75	_____ \$ _____
Long Sleeve	_____	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(s) \_\_\_\_\_ Date \_\_\_\_\_

## Upcoming Races

Date	Race Name	Start Time	Location	Walk Div?
7/9	Cinco de Julio 4 Miler	6pm	The Bluestone (583 E. Broad)	No
7/9	Dash for Donation	8am	Arena District	No
7/16	Beerathlon 5K	7pm	Buffalo Wild Wings – Bethel	No
7/16	A Walk in the Park 5K	9am	Westerville	No
7/23	Christmas in July 5K	4pm	Jimmy V's (Westerville)	Yes
7/23	Ronald McDonald House 5K	9am	Genoa Park	No
7/31	Ohio State Fair 5K	8am	Crew stadium	Yes
7/31	Giant Eagle 5K	8am	Downtown	No
8/4	Dublin Irish Fest 5K	7pm	Dublin	???
8/6	Bull Run 5K	9am	Downtown	No
8/7	Follow the Yellow Brick Road 5K	9am	Genoa Park	No
8/13	Columbus Crew 5K	8am	Crew stadium	???
8/13	Julie Smudz Memorial 5K	8:30am	Delaware State Park	No
8/14	Columbus Half Marathon, 10K & 5K	7am	Three Creeks Metro Park	Yes
8/20	Dog Jog 5K	9am	Genoa Park	No
8/20	Brendan P. Krannitz 5K	8am	Lancaster, OH	No
8/27	Mount Carmel Up and Away 5K	8am	Beulah Park, Grove City	No
8/27	Race for the Residents 5K	9am	Homestead Park, Hilliard	Yes

Go to our website at [www.buckeyestridders.com](http://www.buckeyestridders.com) for more information and links to the race websites.

## 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 for July and August is as follows:

July 9	Whetstone Park near the Park of Roses
July 16	Sharon Woods Park
July 23	Worthington Hills Park
July 30	Griggs Reservoir Park
August 6	Franklin Park
August 13	Alum Creek Bike Path
August 20	Whetstone Park
August 27	Sharon Woods Park
September 3	Worthington Hills 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.
- **Griggs Reservoir Park** is on Riverside Drive. The entrance is just south of Fishinger Road across from Nottingham Road. Meet at the south end of the parking lot at the bottom of the hill.
- **Franklin Park** is at 1777 East Broad Street. Meet in the parking lot near the entrance to the Conservatory.
- **The Alum Creek Bike Path** is in Westerville west of Alum Creek and south of Main Street. The Main Street bridge over Alum Creek is closed, so park west of the bridge. Follow the path detour signs to the new start of the path.
- **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 a facility near the scheduled location. If the weather is iffy, check your e-mail before leaving to the walking location for the latest updates.