

BUCKEYE STRIDERS

COLUMBUS WALKING AND RACEWALKING CLUB

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www.buckeyestridders.com

November/December 2011

PRESIDENT'S MESSAGE

Where did the year go?

I'm not sure how we arrived at this time of year. As I write this, I'm planning my local races for November (Turkey Trot) and December (Jingle Bell 5K) and half marathons for next year. It seems like only yesterday that I was complaining about the heat and humidity and planning for the cooler weather of fall! Now I'm trying to figure out how to stay motivated through the winter (it was 32 degrees Sunday morning at my 8 a.m. walk - brrr). I find it much more difficult to get out in the cold weather than in the summer - where's a nice cave to hibernate in when you need one?

I'm hoping that signing up for next year's races will keep me motivated. As Steve pointed out on our walk Saturday, it's easier to maintain your fitness level, no matter what the weather or holiday season, than it is to regain it once it's lost.

So I've just signed up for the Mississippi Blues half marathon on January 7 (Jackson, MS) and the NC Half Marathon on March 25 (Concord, North Carolina), and I think the Missoula (Montana) half marathon is in my future for July.

I'm excited to be racing these, and I hope the anticipation carries me through the next few months.

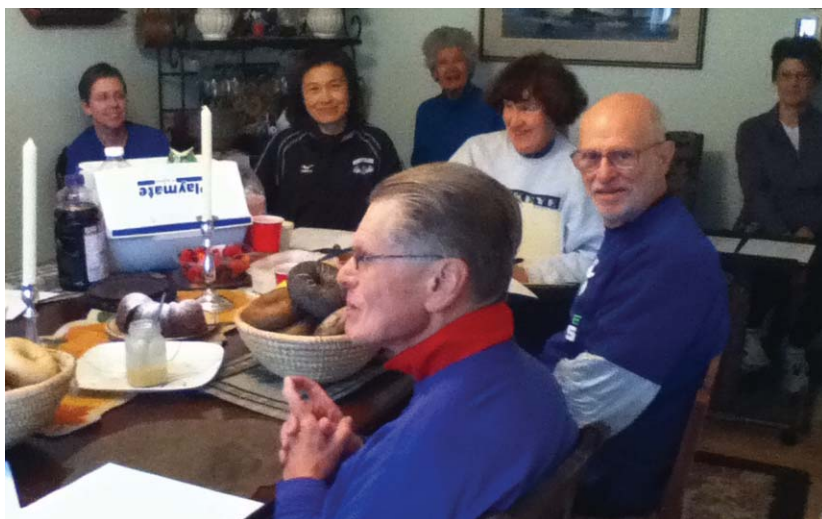
What are you doing to stay motivated into the holidays and through the winter months ahead? Have you planned a "must-do" race for next spring? I hope you stay motivated through the winter and come into next year's races better than ever.

Have wonderful holidays and plan for those next year PRs!

Laura Modisette

October Meeting -- Well Attended!

The Buckeye Striders had a well-attended meeting Saturday October 29. After our regularly scheduled walk at Franklin Park, we held our breakfast meeting at Barb Chuko's house. There was plenty of food and the 14 attendees had a good time! A special thank you to Barb for allowing us to use her home! Be sure to attend the next meeting in January.



Enjoying breakfast after the October 29 meeting are (from left to right around the table) Cheryl, Catherine, Laura, Jack and Steve. In the back are Cindy and Nancy.



From left to right around table are: Jack, Steve, Elaine, Peggy, Barbara and Sharon.

Cat Caper 5K: Good Race for a Good Cause

By Pat Roam

The first weekend of fall was a perfect backdrop for the Cat Caper 5K. What a wonderfully organized event! Laura Modisette was in



PDPPhoto.org

charge of making it event happen and she did an awesome job.

Though runners and walkers enter the event, most of the participants were walkers. It was so much fun.

The race had a great course followed by a pancake and sausage breakfast. The shirts are adorable. There were awards for both walkers and runners. The course had volunteers directing us at every turn; you couldn't get lost. Most inspiring were all the friendly volunteers who came out on a chilly Sunday morning.

The Cat Caper is a fun but challenging race all for a good cause. There is a raffle with fabulous items for both people and pets with the proceeds going to Cat Welfare.

Next year, every Strider needs to come out and support Laura and Sharon Hebenstreit who put countless hours into putting on this event. See you in 2012.

Who is Going to Breakfast?



After a chilly walk at Griggs Reservoir, members of the Buckeye Striders count up the number of people heading to breakfast. From left to right are Barbara, Steve, Peggy, Jack and Cindy.

Mark Your Calendars Now!

Buckeye Striders Holiday Party Thursday December 1 Bridgewater Banquet Facility - Sawmill Road

The menu includes your choice of a vegetarian dish or a chicken entree. The cost per meal will be about \$25.

Don't forget to bring a wrapped gift for the White Elephant! (The odder and most off-the-wall, the better.)

Deb Chenault will be sending an email to all members with more details. If you don't get the email, RSVP to Deb at dchenault1@live.com. More information will be available on the Buckeye Strider website - www.buckeyestridders.com.

New Albany Walking Classic Still Strong

By Pat Roam

Every year, I look forward to the New Albany Walking Classic, 10K and half marathon. This is a great walkers only race, and there are thousands who participate. I am inspired each time I see the turnout of walkers practicing healthy behaviors.

There were lots of positive comments about the rain jackets (given to registrants) which were available in smaller sizes. The socks were a huge hit as well. The packet pick up was well organized and flowed well. The expo was fun with numerous health testing and complimentary items.

The weather turned out nice, mocking the threat of rain and wind that was in the forecast. There were plentiful water stops with cheerful volunteers in abundance.

On the course this year were several Buckeye Striders serving as monitors, making sure no one was running. Seeing them along the course was a reason for high fives. There were lots of bands and people along the way cheering us on.

Coming into the finish line, there were greeters and cheers. The post-race food was plentiful with something for everyone. The sponsors went all out this year with pizza, veggie burgers, The Noodle Company and Grinders' subs. The food area seemed to be better managed with the implementation of the rule that you had to have a bib number to get food.

It would be great for all the Striders' to come out in force wearing our team shirt. It is a great race that supports walking and racewalking. Phil works tirelessly to put on a great event that showcases premier racewalkers and gives our sport visibility. Hope you will put this one on your 2012 calendar.

Columbus Half Marathon Adds Walking Division



Scene from the start of the Columbus Marathon.

By Cindi Leeman

I hit the expo the day before the race. Though there were plenty of exhibitors, it was crowded and the aisles seemed too narrow. I had difficulty finding where to sign up as a Competitive Walker. (Competitive Walkers agreed to walk the entire event and were eligible for prizes. We were given a sticker for the front bib, and a “Competitive Walker” bib to wear on our backs. After the race we had to turn in a bib.) It was well attended, and I like that I was given a woman’s size shirt. (It fits.)

The temps were in the low 50s when we arrived at the starting line. Long-sleeved shirts and shorts were perfect for this kind of weather.

While waiting for the start of the race, the sound system was great! Way in the back we could hear the Danger Brothers playing, we heard the National Anthem and we heard the cannon boom to signal the race had started! The coolest part was the fireworks going off!

All along the course there were people cheering. Barb Chuko and Barbara Gossman were in Bexley not far from the Governor’s Mansion giving high fives!

Somewhere around Olde Town, we heard sirens and a firetruck and two squads were given the right of way as we were moved onto the sidewalk for a short stretch. We saw paramedics working on a man, but we never heard what happened or how he did.

The rest of the race was fun and uneventful. We saw great water stops, heard good music and there were plenty of great signs held by cheering people. There seemed to be much more crowd support this year than in previous years.

We turned onto High Street and the wind picked up. Lucky for us, it was at our back. It made the fact High Street is slightly uphill seem unimportant.

At mile 12, the crowd was even thicker. I love making that left-hand turn to the finish line, with people lined up cheering.

Members of the military were handing out medals! Getting our silve blankets and a bottle of water was a smooth process. The food line was efficient – we were each

handed a bag with snacks in it. However, the selection in the bag was not very exciting – mostly generic chips, granola bars and a piece of fruit.

There was a security guard working hard to keep family and friends from blocking the exit out of the food area. It was so much better than last year and the guard was doing his best.

It took a little while to find where to turn in our Competitive Walker bibs. When we finally found it, the process was easy. (Take off the bib, write your bib number, finish time and name on it. Hand it in.)



After the race -- Deb, Nancy and Pat.

The after-race party in Celebration Village was very crowded. A band was playing and it could have been fun, but we were cold and it was difficult to get around, so we left pretty quickly.

Overall, the Columbus Marathon Half was a great event! Though there were a couple hiccups with pacers (we couldn’t find them) and after-race food, there is a lot to like about this race.

What I especially like is that the race director listens to the participants. Even if everything that is tried doesn't work, you have to admire a race director who listens and is willing to make efforts to make a race better. And I think that is why this race gets better every year.

A 10-mile Challenge

By Pat Roam

The first weekend race of October reminded us that fall is here. Several Striders showed up for the Step N Stride 10-mile walking challenge. It started out as one of those mornings when you didn’t want to get out of the car: it was blustery.

We had a great race in spite of the weather. The course took us through the scenic Glacier Ridge Park. Water stops were plentiful. The course was well marked. It was a flat, fast course. At the end of the race we were treated to homemade cookies and goodies, bread and bagels.

This was a fun event and good practice for the Columbus Marathon. Kendra was pleased at the support from the Buckeye Striders. For the Striders who participated, we had a great time.

Walking Tours Available for iPhone, iPod and iPad

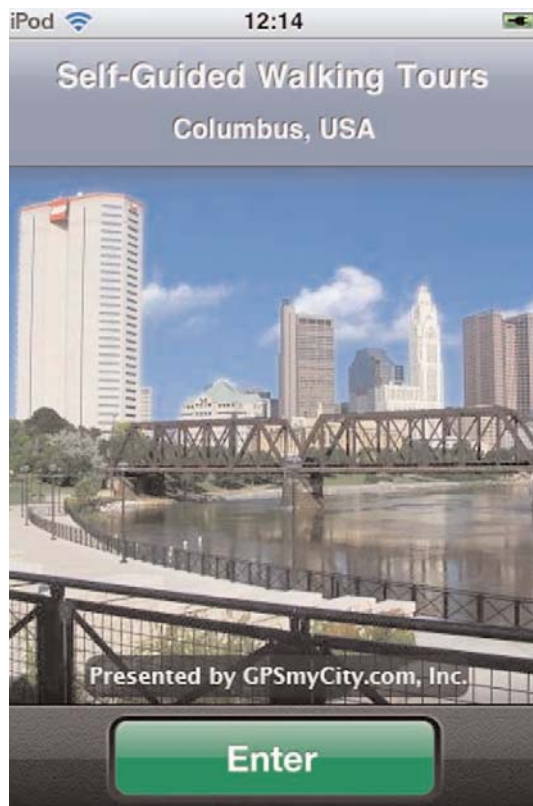
The next time you are planning a trip to another city, check out GPSmyCity.com for walking tours you can take with you.

The self-guided city walking tour apps can be downloaded to and played back on iPhone, iPod Touch or iPad. The site has over 5,000 walking tours covering more than 470 cities throughout the world. According to the website, "each walking tour offers accurate turn-by-turn directions to famous attractions, monuments and interesting sights as well as hidden gems; as if you had brought along a local guide."

Because the tours are downloaded, an Internet connection is not required and there are no cell phone roaming fees. The "lite" version for many cities is free with a small charge to purchase the full version.

The introduction to each tour includes the distance to be walked, the projected amount of time to complete the tour and the number of sights featured. A map shows the route and where the sights are on the route. A "find me" button indicates where you are on the map and an auto-tracking feature shows where you have been. The "help" button offers suggestions for getting to the starting point and the "about" button includes information about the writer of the tour.

Try out the app by downloading the Columbus, Cincinnati or Cleveland tours. The Cincinnati package includes nine tours featuring more than 63 sights at a cost of \$4.99. The Columbus download includes five tours featuring about 36 sights for the same price.



A screen shot of GPSmyCity.com for Columbus.

RACE RESULTS

8/27/11 Crim Festival of Races 10-Mile Walk - Flint, MI
Vince Walsh 1:58:14

9/4/11 Emerald City Half
Pat Roam 2:59:52

9/4/11 Marc Levinson/Bexley 5K
Lance Tibbles 39:27 1st walker

9/5/11 Run for the Health of it 4 miler
Jack Shuter 53:05 3rd

9/11/11 New Albany Walking Classic
Half: Cindy Kollmer 3:09:48
10K: Vince Walsh 1:10:52
Nancy Palma 1:14:27
Lance Tibbles 1:18:36 4th
Pat Roam 1:19:15
Jack Shuter 1:26:21 3rd
Robin Berno 1:26:35
Paula Moyer 1:30:20

9/17/11 Air Force Half
Peg Landini 3:05:47
Cherly Estep 3:14:22
Barbara Gossman 3:16:01
Vince Walsh 2:29:03

9/18/11 Presque Isle Half
Laura Modisette 2:35:11 2nd W; 3rd overall
Elaine Langsford 2:55:43 4th W; 7th overall

9/25/11 EAS 10 Miler
Jack Shuter 3:08:21 1st

9/25/11 Cat Caper 5K
Steve Hebenstreit 31:35
Nancy Palma 39:53
Par Roam 40:25
Deb Chenault 44:16

10/15 Indianapolis Marathon
Vince Walsh 5:41:17

10/16 Columbus Marathon Half
Steve Hebenstreit 2:44:34, 1st
Nancy Palma 2:47:52
Carol Musser 2:51:00, 1st
Peg Landini 2:56:56
Pat Roam 2:57:32
Cindi Leeman 2:57:11
Deb Chenault 3:02:29
Cindy Kollmer 3:11:05
Jack Shuter 3:47:53, 3rd

10/22 Chilly Bones 5K
Carol Musser 38:46, 1st

10/23 Myrtle Beach Mini Marathon
Elaine Langford 2:55:58, 3rd in age group
Laura Modisette 2:34:36

Send your race results to Barbara Gossman
barbaraann331@yahoo.com.

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 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

| Style | Size | Price | Qty | Cost |
|-----------------------|-------|---------|-------|----------|
| 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 _____

November and December 2011 Races

| Date | Race Name | Start Time | Location | Walk Div? | Notes |
|-------|---|------------|------------------------------|-----------|---|
| 11/5 | Rotary Honors Veterans 5K | 9 a.m. | Alum Creek Park, Westerville | No | |
| 11/6 | Prairie Oaks 10K & 5K | 9 a.m. | Prairie Oaks Metro Parks | Yes | Age groups |
| 11/6 | Columbus International 5K | 9 a.m. | Vets Memorial | No | Age groups |
| 11/12 | Spice it up 5K | noon | Dublin | No | Chili bowl; Age groups |
| 11/12 | Lungevity 5K | 10 a.m. | North Bank Park | No | Age groups |
| 11/12 | Cure Kidney Cancer 5K | 10 a.m. | Liberty Park | No | |
| 11/12 | United Way of Fairfield County 5K & 2 mile walk | 9 a.m. | Lancaster | Yes | Cash prizes |
| 11/13 | Buckeye Classic 10K | 9 a.m. | High Banks Metro Park | No | |
| 11/19 | Game Day 5K | 8:45 a.m. | Westerville | No | Age groups |
| 11/20 | Beat Michigan 5K | 10 a.m. | OSU | No | |
| 11/24 | Flying Feather 4 Miler | 9 a.m. | Glacier Ridge Metro Park | No | Finishers get bottle of wine |
| 11/24 | Turkey Trot 5 Miler & 2 Mile walk | 9 a.m. | Lane Avenue | No | Medals; pumpkin pies |
| 12/3 | Jingle Bell 5K | 10 a.m. | Downtown | No | Both competitive & noncompetitive divisions |
| 12/5 | Rudolph Run | 1:15 p.m. | Westerville | No | |
| 12/11 | Holiday Run at Sharon Wds | 9 a.m. | Sharon Woods Metro Park | No | |
| 12/11 | Dublin Snow Flake Run 5K | 9 a.m. | Dublin | No | |
| 1/1 | First on the First 5K | 11 a.m. | Westerville | No | Age groups |

Go to our website at 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:

| | |
|-------------|------------------------|
| November 5 | Alum Creek Bike Path |
| November 12 | Whetstone Park |
| November 19 | Sharon Woods Park |
| November 26 | Worthington Hills Park |
| December 3 | Griggs Reservoir Park |
| December 10 | Franklin Park |
| December 17 | Alum Creek Bike Path |
| December 24 | Whetstone Park |
| December 31 | Sharon Woods Park |
| January 7 | 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 email before leaving for the walking location for the latest updates.