



COLUMBUS WALKING AND RACEWALKING CLUB

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www.buckeyestridders.com

January/February 2012

PRESIDENT'S MESSAGE

Happy New Year to you all! I'm writing this after completing the River Run 5K on New Year's Day with 10 other Buckeye Striders (and at least three other Striders who raced the First on the First 5K). Despite a morning of cold, sunny heat, rain, and a nasty wind, all 11 of us placed in our age groups in the walking division. That shows the positive outcome of resolve (and maybe some resolutions) applied in 2011.

Probably like most of you, I've been reading this week about New Year's resolutions. Most of it is the same old "stuff" but I would like to recommend the Resolutions Workshop in one of my favorite magazines, *Experience Life*. Named *Lessons from a Life Coach*, the article points out that it's the quality and timing of your questions – and then your answers – that make the difference in your success. The magazine features a different Resolutions Workshop each January; you can check out all of their articles at <http://experiencelife.com/>.

So considering the Striders, there are two examples of resolve that I'd like to mention. When I talked with Vince Walsh at the Christmas party, he said he walks one hour every day without fail – whether outdoors or on a treadmill. (An hour on a treadmill? Oh no!) And I know that Vonnie Kriebel trained for the Disney Goofy on January 7 & 8. For those who may not know, the Goofy requires you to complete the half marathon on Saturday followed by the full marathon on Sunday. Vonnie's been training most of 2011 and was ready for the challenge. So think about what you want to accomplish this year and start asking the right questions and laying your plans for success. And whether you make a formal resolution or just work your plan, know that your fellow Striders will be cheering for you!

Laura Modisette

TURNING OVER A NEW LEAF Setting Fitness Resolutions

By David Sabgir, M.D.

There is nothing like turning over a new leaf. That feeling is often the strongest at the beginning of the year. Odds are you have already made some fitness resolutions for 2009. If you are like me, you wouldn't mind some more—if they work.

I've been fortunate enough to be involved in two separate successful exercise programs the past three years. Never one to re-invent the wheel; here is what makes our programs work. The competitor inside me doesn't want to share them; they are that good.

Keep your goal list short; big goals/short list. Write them on a 3X5 card and keep it someplace you will see it all day long like on your computer, or in your wallet or purse, etc. I recommend three to four goals. (You successful overachievers can always adapt.)

Tell people what is on your list. "Bill, it looks like you've already worked out. It's only 6:30 in the morning." "That's right, Jimmy. If I want to walk the Columbus Marathon, I need to get up early."

Be very specific. "I'm going to complete the Columbus Marathon on October 18th, 2009."

Workout in the morning. Too many things happen during the day that provide excuses to avoid the evening workout. There is only one main excuse in the morning. Give yourself a non-food related reward for just getting up and dressed. A lot of days that is half the battle. Over 90% of people who exercise consistently exercise in the morning.

Exercise with a group. There are millions of people out there looking for exercise partners. It's multitasking at its finest. Two birds—one stone. Exercise hour and social hour. Hydrate well while you are working out and make it three birds.

Exercise with a friend/group. (I know I said it twice, it's that important.)

Drink 8 glasses of water a day. (I hate writing this, it's so cliché, but...) It will give us the energy we are lacking in the afternoon or on our walk. It will also suppress our hunger.



(Continued on page 4.)

Flying Feather

By Cindi Leeman

On Thanksgiving, Barbara, Steve, Sharon and I did the Flying Feather.

We separated at the starting line based on how fast we thought we would be. Barbara and I went back to the 13-min mile area. These types of events attract people and families who don't enter a lot of races, and don't know they should be near the back. We almost went back farther, but decided 13 was close enough and would reduce the number of people we would have to pass. There were huge speakers all along the starting corrals and the music was loud and great!

The first mile was on a wide road, so everyone was spread out and it was easy to maneuver. The race progressed into Glacier Ridge Metro Park where the wide road turned into a narrow path. It was a little more difficult to pass people and we got stuck a few times with nowhere to go. In the park, there were trees near most of the path, so the wind was blocked pretty well. There is a section of this park we call the plains, and though it is usually pretty windy here, it wasn't this time!

At the end we were given a finisher's medal, bottled water, Nutri Grain bars and a bottle of Georges Duboeuf Beaujolais-Villages 2009. There were holiday cookies for those under the age of 21.

A Thanksgiving race is a great way to start a holiday devoted to food! This one is well organized and the course is not difficult. With the registration we received a technical shirt, a fleece hat, toss-away gloves, a finisher's medal and a tasty bottle of wine. The shirt is a little bit ugly even though it is a technical shirt. (The earlier races gave more attractive



shirts.) But I'll wear the hat and the wine was good! So, overall, it was a positive experience and I'll probably do the race again.

In photo above, from left to right: Sharon, Barbara, Cindi and Steve.

RACE RESULTS

(I apologize if anyone was missed.)

Flying Feather 4 miler -- Thanksgiving 2011

Steve Hebenstreit	46:32	11:38
Sharon Hebenstreit	56:58	14:15
Cindi Leeman	55:07	13:47
Barbara Gossman	55:12	13:48

Turkey Trot 5 miles -- Thanksgiving 2011

Deb Chenault	1:10:36	14:08
Catherine Lee	51:16	10:16

First on the First -- New Year's Day 2012

Steve Hebenstreit	36:24	11:45
Sharon Hebenstreit	45:51	14:48

River Run -- New Year's Day 2012

These times are not accurate.

Laura Modisette	37:17	12:00
Catherine Lee	38:47	12:29
Elaine Langford	43:51	14:07
Cindi Leeman	43:54	14:08
Cindy Kollmer	45:50	14:46
Deb Chenault	45:52	14:46
Jeff Chenault	47:04	15:09
Barbara Chuko	48:30	15:37
Jack Shuter	53:12	17:08

Disney Goofy

Vonnie Kreible	
1/7/12 Half	3:00:33
1/8/12 Full Marathon	6:16:22

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

Join the Buckeye Striders for
our weekly walks -- every
Saturday.

If you are training for a
marathon or half marathon,
train with us!

New Year's Day River Run 5K

By Cindi Leeman

A bunch of Buckeye Striders entered the New Year's Day River Run 5K this year.

The race was on a bike path that started at the North Bank Park Pavilion in downtown Columbus and went south along the Scioto River. Much of the race course was pretty narrow -- it was the width of a typical bike path. Despite being narrow, the crowd thinned out quickly.

The only point of the race that was way too narrow was in that first mile on the sidewalk of a bridge. There was enough room for only one person going each direction. Luckily the crowds had thinned quite a bit, and the runners heading back were the leaders, so they just trickled by us. If there were a lot of people hitting this point at the same time, it would feel VERY narrow.

The first mile was chilly, but as we walked, we warmed up pretty well. In the second mile, the sun came out. We had been walking hard and the sun made us too hot! As we passed the only water stop, they were folding up and had run out of water.

Unfortunately, the sun didn't last. It went behind some dark clouds, the wind picked up, and with about 1/4 mile to go, it started raining hard.

At the end of the race, I was handed a card to fill out for entry in a drawing for entry in the Columbus Marathon, we received a plastic cup from New Balance and there was pizza and bread sticks. As I got to the pizza the rain started coming down harder, everyone was huddled under a small tent and the food was getting soaked.

While we waited for the last Buckeye Striders, the race staff encouraged the finishers to take the last few pieces of pizza (even though there were people on the course) and tried to close up as much as possible. A couple of us grabbed pizza for the others and tried to fill out our entry cards while we tried to keep from getting more wet. (It is hard to write on wet cardboard.)

After everyone finished, we left pretty quickly. By this

point we were all soaked and cold.

Initially the race results were way off. (They had me finishing this 5K averaging a 9:55 mile. I wish!) After an email conversation with the director, he thought the times had been fixed, but Jack says his time is still more than a minute off of what his watch said.



From left to right: Cindi, Elaine, Deb, Laura and Cheryl. (I apologize for not including more photos. The others did not turn out.)

Here is what I think about this race:

- 1) The entry fee was very low at only \$25.
- 2) This year we got a technical shirt, but the fabric is very thin.
- 3) The course was not bad. There were only two small hills.
- 4) The water stop ran out of water. More than 23 walkers finished after me.
- 5) They ran out of food for the last finishers. (It was raining, so they were trying to close up early.)
- 6) The initially posted results for the walkers are wrong. I definitely did not walk a 9:55 mile.
- 7) There was a walking division, but no awards for walkers.
- 8) There were only 400 people entered in this race, but it could not handle many more.

Regardless, we had a great race on New Year's Day with friends, and that is a great way to start a year.

NOTE: Anyone who was passed by the Columbus Marathon Race Director was entered in a drawing for entry in the Columbus Marathon. I was a winner.

Save the Date Annual Meeting February 19

All members of the Buckeye Striders are invited to the Annual Meeting. It will be held February 19 at Cheryl and Jim Estep's house.

Time to be announced. Directions will be provided.

Holiday Party



Nancy shows off her lovely White Elephant gift.



From left to right: Deb, Laura, Catherine, Elaine and Barbara.



At left: Ming and Vince, from Toledo, with Nancy.

Below left: Catherine loves her pig.

Below: Cheryl and Jeff.



TURNING OVER A NEW LEAF

(Continued from page 1.)

Act as if you've already accomplished your goal. This is a little abstract, but write down or say out loud to someone who doesn't care if you seem a little goofy (usually spouse or dog). "I can't believe I just walked the Columbus Marathon. The weather was perfect. I only stopped at the water stations. That band at mile 21 really helped for the final push! I saw so many people I know! My legs are tired, but other than that I feel great."

Write down your activity minutes, not speed—that's not the point and you'll burn out. "There's no way I can walk 3 miles in an hour like last Sunday; I'm just not going to do it. 2 weeks later....."

If you have room on your short list; **add an anaerobic component** like weight lifting or pilates.

Follow the 10% rule; never increase more than 10% over your (recent) previous best week.

Follow these simple rules and I'm confident you will have your best year to date!♦

David Sabgir, M.D. F.A.C.C., a cardiologist in Clinical Cardiovascular Specialists, is the creator of **Just Walk! Walk with a Doc**, the nation's premier physician-led walking club based in Columbus, OH.
contact@walkwithadoc.org.

Reprinted from the January 2009 issue of WALK! Magazine.

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 _____

February and March 2012 Races

Date	Race Name	Start Time	Location	Walk Div?	Notes
2/19	Fitness and Fashion 5K http://www.stepandstride.com/Upcoming_Events.html	10:30 am	Tuttle Mall	Only walkers	For fun
2/26	Last Chance for Boston http://premieraces.com/lastchance/lastchanceraceinfo.html	8 am	Dublin	No	Age groups for half and full
3/10	St Patrick's Day 4 Miler http://www.m3ssports.com/events/st-patricks-day.htm	6 pm	Kinsale Golf Club, Powell	No	First beer free.
3/17	Flannagan's Sy Patrick's Day 5K http://www.ultrafit-usa.com/Flannagans12.html	9 am	Flannagan's, Dublin	No	Breakfast included at 7am; 300 mugs for finishers.
3/25	ORRRC Xenia Marathon & Half http://www.orrcc.org/marathon-home.html	8:30 am	Xenia	No	

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:

January 14	Griggs Reservoir Park
January 21	Franklin Park
January 28	Alum Creek Bike Path
February 4	Whetstone Park
February 11	Sharon Woods Park
February 18	Worthington Hills Park
February 25	Griggs Reservoir Park
March 3	Franklin Park
March 10	Alum Creek Bike Path
March 17	Whetstone Park
March 24	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.
- **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.