

BUCKEYE STRIDERS

COLUMBUS WALKING AND RACEWALKING CLUB

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www.buckeyestridders.com

May/June 2011

PRESIDENT'S MESSAGE

Hello Striders,

Well, as Cindi said in a recent blog posting, the forsythia are blooming so it must be spring! Despite the rain, I hope you've all been able to get away from the treadmills and indoor tracks and walk outside more. The world is in bloom, making trail and even sidewalk walks more inviting. Spring also means more opportunities to race. The Cap City Half Marathon here in Columbus is scheduled for May 7; the Cleveland Marathon is May 15th and the Lake Health Distance Classic half is June 5, while the Columbus 10K is June 12. I hope you all find the perfect distance for your spring race.

And speaking of races, the next time you race, I encourage you to introduce yourself to another walker you don't know. You never know how much you may be inspired. I met Bill Whipp, a long-time walker from Cincinnati, at the ORRRC full and half marathon in Xenia and saw him again at the Earth Day Challenge in Gambier. At Gambier, Bill was walking his 263rd full marathon. (And as he told me, his full marathon and my half cost about the same, so his miles are only half as expensive as mine. Hmmm I never thought of it that way!) Bill is a member of the 50 States Marathon Club, a group whose members are actively walking or running a marathon in every state. While at the race, he introduced me to another member who is working on his 11th time through the 50 states. I came away inspired (and a bit humbled) to continue on my personal goal of walking a half marathon in every state.

On a sad note, the Striders lost a well-loved member in March when Tom Landini passed away. I'll always remember Tom as the joyful walker who always had something thoughtful (in every meaning of the word) to say to everyone he met. He will be sorely missed by all of us.

Have a great spring – and see you out walking soon,

Laura

At Sharon Woods April 30

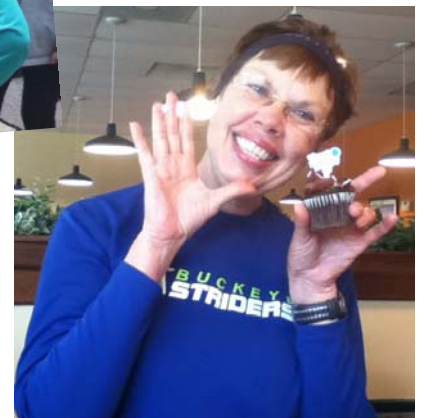


Discussing the morning's walk.

What will we eat for breakfast?



We love to talk about shoes. (Sorry I didn't get the shoes in the photo.)



Happy birthday, Peggy!

Remembering Our Friend: Tom Landini

WALKS FOR CAUSES

Tom Landini, a well-loved member of the Buckeye Striders, died Sunday, March 13, 2011 at the age of 63. He was born October 9, 1947 in McKeesport, PA to Edward and Louise (Christie) Landini. Tom had a long career in public broadcasting with local TV affiliates and CPB in Washington, DC. He was a man of varied interests, with a wry sense of humor. He



Tom and Peg always enjoyed a good Clippers game, hot dog and beer included!

loved to study, learn and create, whether it was through technology (an Apple fan), scientific topics, cooking, or studying the world in general. He liked travel in the West, particularly New Mexico. He was a fan of the Columbus Jazz Orchestra and the Pittsburgh Steelers.

As a long-time Feldenkrais practitioner, Tom was very interested in body movement. It helped him in becoming efficient in how he used his body while being kind to it. Always physically active in some way, Tom and Peggy started walking when she retired. "It was a great way to spend time together," says Peggy. "He used to jog but felt that returning to running would just lead to injury."

Peggy joined the Striders in Fall 2008. Tom came to the Christmas party that year and fell in love with the group. He gradually started walking with the group and on his own.

Tom got hooked on racewalking when he attended the Salvage/Seaman racewalking clinic with Peggy in Chicago. Private lessons with Bonnie Stein were also very helpful. After discovering chi walking in 2010, Tom got faster and felt more balanced.

"Walking was important to Tom for many reasons," says Peggy. "He walked for health, but there were so many other benefits. He loved his friends in the Buckeye Striders and became very close to the group. He liked to train and racewalking gave him yet another way to explore lots of neat technologies to record and analyze walking techniques. (And) we got to travel to participate in races together and couple it with vacations."

As many of us already knew, Tom's favorite events were the New Albany Walking Classic 10K and the Arizona Distance Classic in Tucson, which combined his love of the West, good friends and a fun race.

In addition to Peggy and his parents, Tom is survived by his daughter Elizabeth Leigh (John) Wright and grandson Jack, uncles and cousins, and brother-in-law Tom (Nancy) Hopkins.

Peggy would like to thank both the Buckeye Striders and the New Albany Walking Club for their donations to the Columbus Jazz Arts Group, in Tom's name. At last report, the total from all of Tom's friends has reached over \$2,000.

Walk 4 Faith is an organization that allows participants to raise funds for their own faith-based organizations. Participants indicate where they would like their fund-raising dollars to go, and this group will distribute it to the correct church or organization.

This local event will be held at the Columbus Zoo on May 21. A \$20 entry fee includes the race, parking, zoo entry for the day, T-shirt and a goody bag. Participants can choose to walk 5K or 1 mile. After the early morning walk participants can spend the whole day at the Columbus Zoo, for no extra charge. For more information go to www.walk4faith.com.

The National Alliance on Mental Illness is hosting **NAMI Walks** on June 4th at Fred Beekman Park at 10 a.m. (Check in is 9 a.m.) This 2K walk will benefit either the national organization or the Franklin County Chapter, depending on how you register. Any amount of donation is acceptable and you will be very welcome even without a donation! For more details and you can register by going to: <http://www.nami.org/walkTemplate.cfm?Section=NAMIWALKS&template=/customsource/NAMIWALKS/WalkerInstructions.cfm&walksiteID=124&rgtype=INDV>. (I will try to post this on our website at www.buckeyestridders.com.)

If you have questions about either of these events, talk to Barb Chuko at our next Saturday walk.

New Walking Series

There is a new walking series now being offered in the area Metro Parks.

Wellness in the Woods brings together individuals, families, communities and organizations for healthy and fun activity and social connectedness at the Metro Parks. Each month at a different park, there is a walk ranging from 2 miles to 5K to longer distances as the year progresses.

The series benefits the Stewards of the Metro Park – a 501c3 organization. The events are organized by Greenswell, founded by Craig Thompson. All details about upcoming events can be found at www.greenswell.com.

Ohio River Runners Club Marathon & Half Marathon

By Steve Hebenstreit

Laura Modisette and I did this half marathon April 3. Great race. Great bargain. Supposedly the oldest marathon in Ohio, it's in its 44th year. It departed the Xenia Y.M.C.A. at 8:30 in the morning, giving Laura and me plenty of time to make it there the morning of the race, pick up our packets, do the race, and make it home in the early afternoon. (Xenia's a nice town, but we saw no need to spend a day or two there.)

Registration prior to December 31 was only \$25. I registered prior to March 1, and it cost \$30, still one of the least expensive half marathons around. And that included a light hot lunch afterward! If you were so inclined you could also

partake in a spaghetti supper the evening prior for eight bucks.

The race was very well organized, with people controlling traffic and directing you at virtually every intersection. It's a fairly flat course, since most of the race is along the Ohio-to-Erie Bike Trail. The section of trail we used was better shaded than the section of the same trail we did last spring when we picnicked at our house. The weather was perfect for racing, only a slight head wind in a couple of places.

There was chip timing with awards for age groups, but not separate awards for walkers. I was, however, pleased to see walkers broken out separately in the results. I was a couple of minutes short of my personal best, and, of course,

Laura beat me by a whole bunch. They gave out nice medals, and the shirts were of a very light non-cotton fabric that will be nice for summer.

I know several Striders have done this race in the past, and it is certainly one I can recommend to Strider Nation.

Upcoming Races

Date	Race Name	Location	Walk Div?
5/7	Cap City Half and Quarter Marathons	Columbus -Downtown	No
5/14	Cleveland Marathon and Half	Cleveland	Yes
5/14	Race for the Cure 5K	Downtown	No
5/19	2FGR 5K	Dublin	No
5/21	Lyndsey & Kyle 5K	Dublin	No
5/21	Hands for Haiti Half Marathon	Lima	No
5/22	Jack Roth 5K	Bexley	No
5/28	Pet Promise Rescue Run 5K	Arena District	No
5/28	Walk for Thought 5K	Fred Beekman Park	No
5/30	UA Memorial Day 5 Miler	Upper Arlington	
5/30	Ring Around the Roses 5K	Whetstone HS	No
5/30	Lancaster 5K	Lancaster	No
6/4	Run for 1 in 110 5K	Grove City	No
6/5	Lake Health Distance Classic Half	Concord Twp.	Yes
6/11	Run for the Rose 5K	Lancaster	No
6/11	Run for Pride 5K	Goodale Park	No
6/12	Columbus 10K	Genoa Park - COSI	No
6/12	Gary Smith Worthington Classic 5K	Worthington	No
6/12	Kill the Hill 10 Miler or 5K	Chillicothe	No
6/19	MoveMMore 5K	Fred Beekman Park	No
6/25	Run with the Pack 5K	Scioto Audubon Metro Park	No

Go to our website at www.buckeyestridders.com for more information and links to the race websites.

JUDGED RACEWALK TO BE INCLUDED IN MAY TRACK & FIELD CLASSIC

New World Track Club invites racewalkers to participate in the finest outdoor all-comers Track & Field meet in the Midwest. In 2010, over 550 athletes competed. This year's Columbus Track & Field Classic will be held on May 22 at Jesse Owens Memorial Stadium on the campus of the Ohio State University starting at 8:30 a.m.

Eligibility: All male & female, Youth, Open & Masters athletes. (USATF cards not required).

Age Divisions Include (among others):

Open: Born before August 1, 1992 and less than 30 on meet day; and

Masters: Ages 30 and over on meet day (competing in five-year age groups, e.g., 30-34, 35-39, 40-44, etc.).

Events (among others): Racewalks - 1500, 3000.

On-Line Entries: www.coacho.com

Entry Fees: \$5.00 per event

ON-LINE ENTRIES MUST BE COMPLETED BY 10:00 P.M. May 18, 2011. Only online entries will be accepted.

Questions: cstitt@insight.rr.com or (614) 563-5165.

Competition Schedule: Track events will be contested by age group beginning with Open and Masters followed by youngest to oldest youth divisions. Ages may be combined for field events, the walks and events over 400 meters. All other track events will be contested as timed finals.

A flyer for this event will be added to the Buckeye Striders' website www.buckeyestridders.com.

Emerald Across the Bay 12K

By Cindi Leeman

Though it was cloudy when Deb Chenault and I left the hotel for the Emerald Across the Bay 12K Race in San Francisco in March, we were pleasantly surprised it wasn't raining.

At Aquatic Park we caught a shuttle to Sausalito where the race started. The race would finish where we caught the shuttles.

From the drop off to the start, there were several groups of port-a-johns and there was water available. We could only progress so far toward the starting line until there was a "wave check-point." Only those participants in the first wave, wearing yellow race bibs, were able to pass. After that wave started the race, then those in the second wave were able to pass. After the second wave started the race, we were able to head to the starting line. It was so well organized and made for a lot less congestion throughout the entire event.

The first half mile or so was downhill with wet roads and lots of huge nuts all over meaning we had to be careful where we stepped. Shortly after the start, the rain began and a huge gust of wind blew Deb's hat right off her head!



Heading toward the Golden Gate Bridge.



After the race the skies were turning dark and it started to pour! (From left to right: Cindi and Deb.)

The biggest hill of the race led up to the Golden Gate Bridge and started less than a mile into the race. The hill was so steep I needed to rest on the way up!

Walking across the Golden Gate Bridge was very cool! At the beginning of the bridge it was chilly – the wind gusts and blowing rain were horrible! Near the middle the rain stopped. It seemed as if we were on the bridge forever and since it is 1.7 miles long, well it was a good chunk of the race.

At the end of the bridge, we went underneath it to go past Fort Point, a nature preserve and along the ocean (Crissy Field) and the Presidio. It was very pretty. As we progressed there were tons of wooden walking paths along the shore and beautiful homes across the street.

From there it was a straight shot to Aquatic Park. At the finish line we were directed to the party. (We somehow missed that the race does not give out medals.) Along the way there were tables with finisher shirts and there were plenty of sizes left. We received a bottle of water, then walked around the soggy park and received bags of Emerald nuts, Kettle chips (baked), and a few other samples. There was music playing and I heard there was beer available, though I didn't see any. There were not many people hanging around but I think when the weather is nice, people probably stay longer.

As we were ready to leave it started pouring! We rushed off to catch a trolley back to the hotel.

Our finish time was 1:55+. Considering more than two miles we were slower than 16 minutes per mile, I'm not really surprised. Actually I was more surprised that we walked two miles under 15 min. -- our fastest was 14:10!

This is one of the best organized races I have ever completed! The waves were done well, they moved a lot of people very efficiently on the shuttles, there were plenty of port-a-johns at the beginning. We were told that there were not as many people as typical for this race (because of rain?), which could add to the fact they handled the crowds well. When we finished there were plenty of shirts in a variety of sizes – I have to wonder if that would be the case if there were more people.

Despite the rain, it was a good race and I would recommend it for anyone wanting a chance to walk across the Golden Gate Bridge.



Welcome Baby Leo!

Elaine Langford's first grandchild, Emilio Langford Mucchetti, arrived January 25! Baby Leo weighed 7 lbs. 4 oz. and from all reports is absolutely perfect. Elaine says he is now able to roll over and hold his head up, so he is much bigger than this early photo. Congratulations, Elaine!

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	laura.modisette@rrohio.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 _____

SOLE2SOUL BENEFITS CENTRAL OHIO FAMILIES

Sole2Soul is a program that collects gently used athletic shoes from runners and walkers and distributes them to kids, teenagers and adults in need, regardless of race, religion or class.

Donate by bringing your gently used shoes to any Greenswell event. In partnership with the City of Columbus' Institute of Active Living, and the Greenswell Participant Foundation, the shoes collected will be distributed to churches and charitable organizations.

Last year alone, Americans discarded more than 300 million pairs of shoes. When these shoes break down in our landfills, the toxic glue that holds the shoes together can leak into our water supply and atmosphere.

For more information about Greenswell, visit www.greenswell.com.

Race Results

Mar 6	Little Rock Marathon/Half Marathon, Little Rock, AR
	Laura Modisette 2:42:45 31st F 55-59
	Elaine Langford 3:09:18 2nd F 70-74
Mar 20	Emerald Across the Bay 12K, San Francisco, CA
	Deb Chenault 1:55:54
	Cindi Leeman 1:55:54
Apr 9	Tin Man 5K, Prairie Oaks Metro Park, Hilliard, OH
	Jack Shuter 45:57 1st M OA Walker
Apr 17	Hoover Hustle 10K, Westerville, OH
	Nancy Palma 1:15:17
Apr 1	Akita 5K, Jones Middle School, Upper Arlington, OH
	Jack Shuter 45:44 (No walking division)

Please send your race results to Cindi Leeman at bookeditor42@yahoo.com.

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 May and June is as follows:

May 7	Griggs Reservoir Park
May 14	Franklin Park
May 21	Alum Creek Bike Path
May 28	Whetstone Park near the Park of Roses
June 4	Sharon Woods Park
June 11	Worthington Hills Park
June 18	Chillicothe -- Board Meeting
June 25	Franklin Park
July 2	Alum Creek Bike Path
July 9	Whetstone Park near the Park of Roses
July 16	Sharon Woods Park
July 23	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.