

PRESIDENT'S MESSAGE

The fall racing season is upon us and that should mean cooler weather; though the weather in August was much kinder for training (and racing) than it usually is. But of course, that doesn't mean that you don't need to be prepared for almost anything. That was very apparent to me at a recent race.

I walked the Madison Mini-Marathon in Madison, WI in August. (A great race, I highly recommend it.) The day was supposed to be fairly warm with rain forecast overnight. So of course, the rain came late, starting about 4 a.m. but stopping before the race. With us all lined up and approximately 5 minutes to go before the start, a severe thunderstorm moved into the area and all 5,000 participants took cover in the student union and surrounding buildings. Almost an hour and a half later, we returned to the start; the temperature was a good 10 degrees cooler, it was still raining, and the wind was gusting and quite cold. Add to this the almost continuous ascent from mile 6 through mile 7.5 through the U of Wisconsin Arboretum and the wet, spongy trail (something like racewalking on a mattress) for the last mile along Lake Mendota, and you have one of the most unusual races I've done.

I realized early in the race that I'd recently done an entire half in the pouring rain (Portland last fall), trained 8 to 10 miles without fueling first, and fairly regularly hill train. The only thing I hadn't prepared for was standing around on a marble floor for over an hour! (I'll have to add that to my training.) So the race went quite well, and I've learned that it's the training you do both for your body and your mind that counts. In fact, it's what you think you can do that determines how well you'll do when the challenges aren't quite what you expected. Here's to your training and a great fall season!

Laura Modisette

A Different Kind of Walking

By Vince Walsh

"Oh, no. It's a one-way road. We need to turn around and find another route," I said as we were driving through Grand Canyon Village to the Bright Angel trailhead at the top of the south rim of the Grand Canyon. It was Friday morning, June 10, 2011. Our backpacks were loaded down, water bottles full and hiking poles in hand. Anxious and ready like runners (rather make that walkers) waiting for the race to start. The remaining of all our belongings was packed away in suitcases and bags to be left behind in our two vehicles while we were in the canyon for three days. "Finally", I said as we found our way to the trailhead, "Jon, Tina, Rafael, Mike and Aaron, you all can take your gear and wait here while Sheila, Melissa and I find a place to park the vehicles." A bit of a scramble, not the start that I had envisioned for this hike that I had been planning since last fall.

This past June a group of us did a rim-to-rim hike of the Grand Canyon. I am thankful for the opportunity to share a bit of this with my fellow Ohio Buckeye Striders. Our group of eight hikers, ranging in age from 19 to 60 with no one between the ages of 29 and 58, consisted of my eldest daughter Melissa, my son Aaron, my older sister Sheila, my nephew Mike, three young friends from Switzerland - Jonathan, Tina and

Continued on page 2.



A Different Kind of Walking

Rafael, and me. During the school year of 2007/2008, Jonathan had been a foreign exchange student living with my nephew Mike's family. He returned to the U.S. with his friend Tina for a visit. His older brother Rafael had spent a semester studying at USC. Melissa, Aaron, Jonathan and Tina had been traveling through southern Utah earlier and we all met up at the south rim the night before this hike.

How did this current excursion come about? Back in May 2008, Melissa, Aaron, Mike, Jonathan and I hiked down the south rim, camping overnight at Bright Angel Campground and hiking back up the following morning. It was a strenuous yet exhilarating endeavor. I remembered all the preparations and worries I had leading up to that hike. What dangers might we encounter – rattlesnakes, scorpions, walking off the edge? My son had a fear of heights which caused me never-ending concern. I knew my nephew Mike would be okay. He's part mountain goat but I wondered about the rest of us. Disproving the adage that there was no such thing as a dumb question, I even asked Jonathan, "You are not afraid of heights, are you?" In his very slow and deliberate Swiss accent, he replied, "I am from Switzerland. I live in the Alps!" emphasizing each word. Needless to say, we all survived that hike. While we were celebrating over dinner, a t-shirt hanging on the wall of the restaurant caught my eye. The writing on the t-shirt said, "Rim-to-Rim". "Hmm", I thought to myself. "Someday, someday". I filed that thought and desire at the back of my mind. This past fall, that someday started to come into focus.

Now back to that Friday morning. That someday was today. When Sheila, Melissa and I made it back to the trailhead, most of our group had already started. No chance for a group photo. Hiking the canyon, particularly in the early stages, can be a bit like leap-frogging. One person will stop to rest or take in the view. Others will pass. Then someone else will stop. It can go on like this for several miles. I knew somewhere down the trail we would all meet up again. The rim-to-rim hike is roughly 26 miles, almost a marathon. Just less than one vertical mile down the Bright Angel trail and more than one vertical mile up the North Kaibab trail. The descriptive word being rough. Although the trails are well maintained, it does not mean that they are smooth or even or flat. Rather they are very irregular – sandy, stony, rocky, hard and soft. Trails can be ledges cut into the sides of cliffs, narrow paths across wide plateaus, or a scattering of rocks traversing a stream. They can range in width from as wide as a sidewalk to so narrow that only one person can pass at a time with drop-offs along the edge from several feet to several hundred feet. There is an etiquette along the trail. Hikers on the way up have the right of way over hikers on the way down. No matter which way they are headed, mules always have the right of way. Somehow the words "etiquette" and "mule" do not seem to go together. In addition mules always pass on the outer side of the trail and they like to dangle their outside legs over the edge of the trail as they walk. Everyone you meet along the trail is polite and cordial. There is a sense of a shared experience.



Bright Angel Trail, probably the most popular trail in the canyon, starts at 6,080 feet. Some 9-1/2 miles later it arrives at Bright Angel Campground (2,490 feet), a descent of almost a mile. As we started out, there are two very short tunnels along the first section of the trail. Over the first mile and half of the trail, it follows a natural fault line and descends over 1,000 feet to a rest house with water and rest room. Another mile and half and 1,000 feet below is another rest area. The various rock formations are visible along the walls of this section of the canyon. Far below is an expansive plateau. After this second rest area is a set of grueling switchbacks known as "Jacob's Ladder". They open onto the plateau and the trail gradually descends for another mile or so to Indian Garden, an oasis along the way. Here are trees, shade and water; even a corral for the mules to take a break. People congregate here to rest and exchange brief stories as they fill their water bottles, wipe their brows and eat snacks. "Which way are you going – up or down? Where are you from?" We met some folks who had that morning finished a several day rafting trip that started at Lee's Ferry. They were hiking out from the Colorado River some 2-1/2 miles and 1,500 feet below. Still ahead was the toughest part of their hike. Across from me was a lone traveler in a bright yellow shirt, resting and filling his water flask. We had spoken with each other earlier as we leap-frogged along the trail. I later found out that he was a retired school teacher from the Pittsburgh area.

One of the most interesting and peculiar sights in Indian Garden is the pushup performing lizards. Apparently they demonstrate their virility by doing pushups and to outperform any potential rivals. They don't seem to be able to distinguish between humans and other lizards so if you mimic doing pushups while looking at them, they will continue to do pushups as long as you do. I am not sure if both the female and male lizards do this or whether it is just a "guy" lizard thing.

Before I continued on, I made sure that everyone had made it this far and was prepared to go on. Most of the young people had set out already. Melissa was staying behind to accompany Sheila. I knew that we each had our

Continued on page 4.

Emerald City Half Marathon

By Pat Roam

In adding to my preparation for the New Albany Classic, I decided to participate in the Emerald City Half Marathon. When the race began, there was a light rain, which stopped within five minutes. The sun came out and the weather held nicely with a slight breeze throughout the race. The path was lovely, winding through paths in the Glacier Ridge Park.

The race was well organized, started on time, and was a flat, beautiful course. Many tree-lined paths kept us cool. At every mile, there were water stations with tons of friendly volunteers. Here's a nice touch: the volunteers handing out water wore disposable gloves. In addition, a volunteer with a stopwatch told each participant his/her time at every mile. There were people along the way who cheered and encouraged us.

The technical shirts were gender specific and you could exchange sizes. The medal is large and heavy and at the finish line, someone puts it around your neck.

Even though there is not a walking division, walkers were welcomed and treated well by the race team and participating runners.

Following the race, water, fruit, milk and nutrition bars were plentiful. In addition, there was a party at Buffalo Wild Wings with great, free food. In fact, I couldn't eat half of what was on the plate -- it was very generous.

The course was well marked, with volunteers telling us the path. There were cones everywhere so you couldn't get disoriented and go the wrong way. Medics were numerous and rode bikes and squads up and down the path continually to keep everyone safe.

At the race end, even the last few were welcomed, there were cheers and food left; the race didn't close down.

I would recommend the Striders participate in this race next year. It was well done, a lot of fun and had many walkers.

RACE WALKING

Reprinted From the Ohio USATF Newsletter

Ohio race walkers have been having a great year in 2011 with numerous success stories. This should bode well for them as everyone looks forward to 2012 and the Olympic Trials in Eugene, OR, the IAAF World Cup of Race Walking in Russia and the Olympic Games in London.

Athletes have competed not only at Ohio Championship competitions, but at National and even International competitions.

Internationally, **Susan Randall** from Beaver-creek and **Erika Shaver** from Centerville represented the USA at the 15th Pan American Race Walk Cup which was held in Medellin, Columbia. That competition featured the top race walkers from every country in North, South and Central America in a team completion that is, in some ways, similar to cross country. Erika also represented the USA in the annual junior dual meet with Canada.

In order to compete on a USA team in international competition you must have success at the national level. Both of these athletes have accomplished that with Randall placing 7th at the USA T&F Nationals in Eugene in the open women's 20k race walk. Randall, who was 11th in the 2008 Olympic Trials, walked a new personal best time of 1:43.24. Shaver, also competing in Eugene, finished 2nd in the Junior Women's 10,000m race walk.

The women weren't the only race walk athletes in Eugene at the National Championships. Placing 6th in the men's 20k race walk was **Michael Mannozi**. Mannozi who represents the Miami Valley TC has been tearing up the race walk circuit with a 2nd at the USA 10k Nationals, a

win in the 5000m distance at the USA Club Nationals and Olympic Trial qualifying performance while winning the Ohio Association Championships in both the 50K and 20K race walks.

Also performing well in the Ohio Association Championships were Randall who took both the 20k and 10k titles in competitions held in May and June, respectively. The Ohio men's winner at the 10k distance was the Miami Valley TC's **Omar Nash**.

While not winning a title, one other Ohio walker earned an early qualifying mark for the 2012 trials, **Josh Wiseman**. A recent Cedarville University graduate Wiseman walked 1:34.55 in April -- well below the 1:36.00 required. He was just one of several Ohio USATF athletes who performed at the top of the college ranks. Others include **Joel Pfahler** (Cedarville), **Kyle Hively** (Rio Grande), **Jake Gunderdine** (Goshen), **Reini Brickson** (Lindsey-Wilson) and **Michael Mannozi** (Notre Dame).

Several Ohio athletes also achieved success in the ranks of the master athletes. Top among these were the Miami Valley TC's Nash. Nash strode to victory at the recently completed Masters T&F Nationals held at Baldwin-Wallace College in the 10k race walk posting a winning time of 51:34. Other winners at the Master's T&F Nationals include **Chris Schmid** from Wooster, who won the Master's 60-64 division and our own **Jack Shuter**, who dominated the Master's 80-84 age group. Shuter and Schmid also won national titles at 5000m race walks held on the track.

There will be two clinics on race walking and race walk judging this September. One will be in the Columbus/New Albany area and one in the Mason/Cincinnati area. Contact Vince Peters at mv_tc@sbcglobal.net for more information on these clinics.

A Different Kind of Walking

own pace and we would be spread over a wide distance along the trail. For much of the 3 day hike, I was alone with Melissa and Sheila some distance at the back of me and the others far ahead. There were fewer hikers to encounter this far down into the canyon. I enjoyed the sense of being out here alone though my feet were blistered and very sore. Hiking downhill after the first easy mile, is very demanding on the legs because of the control required and taxing on the feet as they encountered all sorts of obstacles. My hiking pole helped considerably. I continued on along the trail, descending moderately into another inner canyon and looking forward to a special spot that I remembered from my previous hike. Coming out of this section, the inner canyon opened into a rather desolate and expansive area. I knew what lay ahead. I was coming to the edge of Devil Corkscrew, a spot that was burned into my memory. Looking out over it gives a sense of intimidation yet excite-

ment like entering the grasp of a monster. I am not a roller-coaster fan but being here must be like being on a roller-coaster at the top of a hill. As I approached the edge, I thought I was all alone. I could look out over the bow-shaped section of the dark Vishnu schist and see the dramatic series of switchbacks as they zigzagged along the edge of the formation dropping several hundred feet. I could see no one. Yet as I drew closer to the edge, there tucked in the shade of a massive rock that stood as a sentinel at the top of the corkscrew, was the man in the yellow shirt. He invited to sit and I cramped myself into a spot next to him and we spoke again. His plan was to continue down to the river and then hiked back to the top the same day. "Wow!" I thought, "What an undertaking!" One part of me was worried about his safety and wanted to say, "Don't do it!" It was already 10:00 AM and the day was getting hotter. There would be no more water until he would get back to Indian Garden, hours from now. Yet the other part of me wanted to say, "Go for it." As I got up to continue on, I

Upcoming Races

Date	Race Name	Start Time	Location	Walk Div?
9/8	Ambercrombie & Fitch 5K	6:15 pm	New Albany	No
9/10	Amethyst 5K	9 am	Wolfe Park	No
9/11	New Albany 10K & Half Marathon	8 am	New Albany	Yes
9/17	Dublin Alumni Association 5K	9 am	Dublin	No
9/17	Taking Strides for Kids 5K	9 am	Homestead Park, Hilliard	No
9/17	Cruise In 5K	8:30 am	Pataskala	No
9/18	Steps for Sarcoma 5K	8:45 am	Thompson Park	No
9/18	Dash for Dad 5K	9 am	Gahanna	No
9/18	Race to End Domestic Violence 5K	9 am	Jeffrey Mansion, Bexley	No
9/23	Oktoberfest Meiler Vier	6:15 pm	Ohio Expo Center	No
9/24	Race for the Kids	8 am	Upper Arlington	No
9/24	Rhythm & Shoes 5K	9 am	Delaware	Yes
9/25	Cat Caper 5K	9 am	Clintonville	Yes
9/25	EAS 10 miler	8 am	Three Creeks	No
10/1	Celebrate Wellness 5K	9 am	Genoa Park	No
10/2	10 Mile Walking Challenge	8 am	Glacier Ridge	Yes
10/8	Game Day 5K	9 am	Glacier Ridge	No
10/8	5K for K9s	9 am	Alum Creek State Park	No
10/8	John A James MS 5K	9 am	Genoa Park	No
10/8	Creative Living Rock 'n' Roll 5K	10 am	Sharon Woods	No
10/9	Get Your Rear in Gear 5K	11 am	Upper Arlington	No
10/9	Dayton River Corridor Classic Half Marathon	9 am	U of Dayton	
10/15	Buckeye Hall of Fame Grill 5K	???	Grandview	No
10/16	Mohican 5K	9 am	Loudonville	Yes
10/16	Columbus Marathon & Half	7:30 am	Columbus	Yes
10/22	Chilly Bones 5K	10 am	Upper Arlington	No
10/28	Dead Celebrity 3 Miler	7:30 pm	343 Front St Tavern	No
10/29	Fright Night 5K	8 pm	Gahanna	No
10/29	Celebrity Ghosts 5K	8:30 am	Westerville	No
10/30	Franklinton Halloween 5K	10 am	Franklinton	No

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

encouraged him, suggesting that he might want to rest at Indian Garden and wait until evening before he made his final ascent. The way I was feeling there was no way I could do what he was planning on doing.

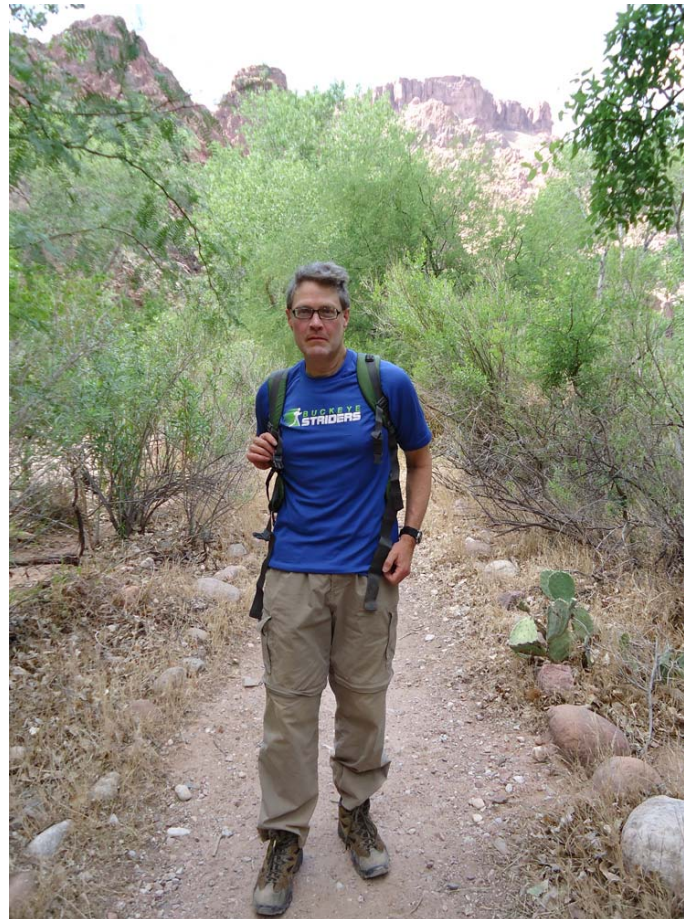
I started down Devil Corkscrew with the sun beating down, stopping along the way to rest, snack and soak up the awesomeness of the surroundings. There was concern for my sister and daughter who were somewhere behind. Later towards the bottom of the Corkscrew, as I rested in the corner of a switchback, trying to find some shade, the man in the yellow shirt caught up with me. I was so relieved when he said he had spoken with my sister and daughter further back on the trail and they were doing okay. I continued on alone, walking along a ledge and crisscrossing Pipe Creek all the while hoping to hear the roaring sound of the Colorado River. Finally, the river. Another milestone. 7.7 miles from the Bright Angel trailhead. Bad news though. Bright Angel Campground was still another mile and a half away on the north side of the river. From this point it was an uphill climb along the river following a sharp ridge on the face of the cliff wall rising high above the water.

Somewhere upriver around bends that I could not see at this time was a silver suspension bridge, creatively named the "Silver Bridge" that I would need to cross to get to the other side. The last several hundred yards before reaching the bridge were through sand. High noon and no shade at all. Feeling dizzy and out of sorts, my legs ached and my feet were sore and this was only the first day. Two more days still to go. I wanted to wait here for Sheila and Melissa but I was low on water and my body temperature was rising. When I finally arrived at our campsite, the others were already enjoying the cool water of Bright Angel Creek, soaking their feet and completing submerging in the water.

All I wanted to do was to get my boots off and lie flat on the ground though I knew that if my sister and daughter did not arrive soon, I would have to head back to look for them. Just as I was leaving to go search for them, they arrived. Now I could put those worries out of my mind and let my body recuperate for the next two days' hike. The young people were still full of energy and spent the rest of the day having a great time playing cards. With Jonathan and Mike, there would never be a dull moment.

Bright Angel Campground is a quiet area along the creek wedged in a small canyon. Shady trees give each campsite some privacy. The temperature during the day and into the evening is well over 100 degrees yet it can get quite cool at night. The evening at the campground is calm, peaceful and quiet. A sense of tranquility settles over the area as the light fades. The park service tries to keep the atmosphere this way. It's not a noisy, party commercial type place. There are only three campsites at this location that allows parties of more than 6 and only one such campsite at our next destination - Cottonwood Campground. I had applied for these permits months ago. Because we had a large group and there were limited potential campsites, I had submitted a spreadsheet of forty possible dates and options. As it turned out, I got my first choice.

The amenities here are simple. Two rest rooms. No showers. Cold water. Portable water here, as with the other



few locations along the trail where it is available, is from a spout sticking out of the ground. Each of us had a thin sheet of plastic, an inflatable air mattress and a very light weight sleeping bag for the night. Our backpacks and boots were hung from large metal poles. All soap, food and anything with an odor (excluding smelly hikers) were stored into large metal containers with sealed lids provided at each campsite. Anything carried into the canyon must be carried out - no trash barrels along the way.

Several months ahead, we had arranged for a 6:00 AM breakfast at the Phantom Ranch cafeteria. My sister had also ordered a Friday night dinner. At dinner, the supervisor told her that there were openings for the 5:00 AM breakfast if we were interested. The next day's hike, only 7.4 miles and a climb of 1,500 feet most of which was through a narrow shady corridor along Bright Angel Creek known as "The Box", should not be too difficult. But as I came to find out, this hike through a corridor with 200 foot walls has very little breeze and it is commonly referred to as "The Furnace Box". Temperatures here can soar very high. All agreed. 5:00 AM breakfast was the way to go. Breakfast in an air-conditioned cabin was all you can eat - pancakes, eggs, sausages, bacon, peaches, toast, coffee and juice. I don't eat meat but this would be the only hot food and cup of coffee I would have during the entire hike.

After breakfast we quickly filled our water bottles, used the rest rooms and put on our packs and we were on our way heading along the North Kaibab trail. We quickly dis-

Continued on page 6.

A Different Kind of Walking

persed along the trail with Melissa, Sheila and I in the rear. In the early dawn, "The Box" was cool enough that I had to wear a windbreaker. Walking through "The Box" was eerie yet majestic. I wanted to stop to soak it in but it was a race against the sun. The high walls and narrow corridor kept the sun at bay for most of the morning. Eventually the canyon opened up into a wide shadeless expanse and we followed a narrow, fairly leveled dirt path until we came to a steep climb appropriately named "Cardiac Hill". On the downside of the hill was the turn-off for Ribbon Falls. Tired and hot, worn out from the climb, it was decision time. How much further to the Cottonwood Campground? Should we go there first and return to Ribbon Falls or should we go to the falls now? The right choice won. We headed towards Ribbon Falls, a $\frac{3}{4}$ mile detour off the North Kaibab Trail. I imagine many hikers missed this detour yet I found Ribbon Falls to be probably the highlight of the whole hike. We climbed down a ridge, crossed a small bridge and up over some giant boulders until we reached the falls. Breathtaking! We spent a good hour here. Continuing on, we arrived at Cottonwood Campground, another shady oasis in this vast openness of an inner canyon.

Cottonwood Campground is at 4,080 feet. Our next day destination, the North Kaibab Trailhead at the top of the north rim is at 8,250 feet – a climb of almost a vertical



mile up and a hiking distance of 6.8 mile. Everyone wanted a real early start so we set the one alarm that we had at 3:00 AM. Knowing that this would be the last time we would be together before we reached the top, we took some group photos that evening. At 3:00 AM I awoke startled by the sound of what I could only assume was some Swiss disco music that Tina had set for her alarm. It was still pitch dark yet our friends from Switzerland, being very punctual, started to break camp. I rolled over for some more sleep wondering how I was going to make it through this day. Finally everyone was able to get their gear together, filled their bottles and we were on our way. Again, all the young people were gone first sometime around 4:00 AM. Sheila, Melissa and I were not too far behind.

The north rim, although a steep climb, was simply magnificent. The trail started out gradual and began to climb up through solid rock formations. Along the way we encountered many hikers on their way down from the north rim. I marveled at how they could have made it so far so early in the morning. Some of them were using two poles and going very fast. I spoke with a young man and asked him where he was headed. He said he was going all the way to the south rim. The day before he had hiked down from the south rim to the north rim and today he was on his way back. As I struggled onwards and upwards, a new thought and goal began to take shape in my mind.

Our first landmark on the way up was Roaring Springs, the source for all the water for the south rim of the Grand Canyon. For many years, an artist lived and raised his family there and took care of the water treatment plant. Now it supposedly runs automatically. As my sister and I struggled up the north rim, there across a canyon some several hundred yards away was a waterfall that I assumed was part of Roaring Springs. Two signs were on the side of the trail – one had an arrow pointing upward; the other had an arrow pointing downward – and it said "Roaring Springs". It took me no more than a few seconds to decide which direction I was going and it was not toward Roaring Springs. We traveled along a very narrow trail cut into the side of the rock face as it wound its way up through this inner canyon. The next landmark would be a bridge traversing from one side of this inner canyon to the other. We climbed and climbed not seeing it until we noticed that it was down below. I knew we would have to descend and then climb up again. It was psychologically taxing to hike back down to reach the bridge and then hiked back up that same distance just to be even on the other side. Climbing up beyond the bridge the steep switchbacks seemed to go on forever. Whenever I looked back, the bridge became smaller and smaller as it receded into the distance and the depth.

The next important landmark was Supai Tunnel and water! Beyond the tunnel was a vertical hike through evergreen forest to reach the North Kaibab trailhead, our destination. Three quarter of a mile from the top I stopped at "Coconino" overlook. I sat on a flat downward slopping rock just contemplating the view. I could see the trail as it zig-zagged downward and vaguely made out the bridge far below. Beyond that the trail appeared as a thin strand of thread finally landing on a flat area and winding off to the

right out of view. This picture created a memory to cherish for a long time. Even though I was not at the top yet, I had a sense of being blessed and humbled that I was able to undertake this adventure. There was a feeling of joy being up close and personal with this magnificent place. People that come here experience the canyon in different ways. To some it may be a race of speed and endurance. To others, a slow pace hike of meditation. Some may just want to view it from the top. A few daring explorers may delve into the canyon along unmarked trails where even fewer had gone before. It is a personal experience. To anyone who would like to hike the canyon, I would give the same response as I would to anyone who might want to do a marathon – YOU CAN! Just do the right training and preparation. As for me,

this is like a walking race I have enjoyed so much that I want to go back and do it every year.

The next morning I awoke very early to look out over the canyon. As I got a cup of coffee at the coffee shop, I met a rather gregarious bearded man who was slightly overweight. Was he someone who just came to admire the canyon from the top? When will I ever learn? Never judge a book by its cover. As we spoke, he said that he had hiked to the north rim from the south rim. A little surprised, I asked him, "Where did you camp?" He responded, "Oh, no. I hate camping." I said, "You mean you hiked the rim-to-rim in one-day?" "Yes," he replied.

Hmm.... Rim-to-rim in one-day? Yes! Someday, I thought. And back again? Maybe. Someday

Hills and Heat in August = A Fun Half

By Cindi Leeman

The Parkersburg News and Sentinel Half Marathon is one of my favorite races. Not only are the race fees very reasonable, but the entire town gets behind the race. The volunteers and the people in the town are friendly and welcoming.

The temps were in the high 60s and the day was expected to be sunny and a little bit warm when Deb Chenault and I lined up at the start.

Most of this course is very scenic. Walking through historic neighborhoods, or along the river, looking out over the hills of West Virginia, crossing bridges – you almost forget that it is very hilly. (Yes, this course is very hilly. In fact, there are so many hills, I will only warn you about one – between mile 11 and 12 in town. Whew! It is a killer!)

The temps rose into the mid-80s before we reached mile 8, which made the hills just a little bit tougher. To battle the heat, ice was a wonderful addition to the water stops! There were 16 water stops with ice at several of them.

There were monitors along the course to verify that the more than 140 walkers all walked the entire race. The walker bibs were a different color and walkers wore one bib on both the front and the back for easy identification. That makes the fact that awards are given to walkers much more meaningful.

One of my favorite parts of this race is, as you approach the finish line, there are people lining the streets cheering. It is great hearing the announcer call your name and having the crowd cheer! The people in this town are familiar with racewalking and do a great job of encouraging us back-of-the-packers to finish strong. It is a lot of fun!

As we crossed the finish line, we received an ice-cold sweat towel, a medal and we were pointed in the direction of water and food. We didn't end up eating much at the finish line because the pizza lunch was already in full swing. Deb and I met some really nice people while cooling off and eating pizza and ice cream.

For the \$45 registration fee, you get: pre-race pasta dinner, post-race pizza lunch, technical shirt, finisher

medal, sweat towel at the finish line and awards for walkers. There was more than one water stop per mile (closer together near the finish line), Gatorade and ice at many water stops! There were even wet sponges at a few stops. The finish line offered cold bottles of water, soft drinks, fruit, Panera bagels and free massages.

The only thing I would change is the shirt. The shirts are in men's sizes only and even the smalls are too big for small women. In the overall scheme of things, that is not such a big deal.

So, if you are tired of the over-the-top costs of destination races that do not even acknowledge walkers, I would highly recommend trying this race. I can almost guarantee that you will come back.

A special thanks to Donna Graham and Debbie Spears for making us feel so welcome and for all of the work they do helping to keep this race walker friendly!



High school trumpeters played the National Anthem while a giant flag was lowered from the top of a downtown building.

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

Style	Size	Price - \$	Order
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 _____

Race Results

April 30 Road Runner Run 5K Vonnie Kriebel 41:34:90 3rd F 55+	June 5, Lake Health Distance Classic Half Marathon Nancy Palma 3:04:40 Pat Roam 3:10:21
May 7, Cap City Half Marathon, Columbus, OH Nancy Palma 2:54:00 Elaine Langford 3:00:21 2 nd AG Peg Landini 3:00:33 Cheryl Estep 3:09:19 Deb Chenault 3:10:16	June 11 Worthington Summer Classic 3K Worthington, OH Jack Shuter 24:26 1 st AG
May 7, Commit to be Fit 5K, North Bank Park, Cols, OH Jack Shuter 45:35	June 12, Gary Smith Worthington Classic 3 Miler Carol Musser 34:06
May 8, Jack Mortland , Eastwood Metro Park, Dayton, OH 5K: Jack Shuter 44:45 3 rd place M OA 10K: Joyce Prohaska 1:04:42, 2 nd place W OA	June 15 Flag Day Event 2-mile Walk Mentor, OH Joyce Prohaska 20:03 1 st OA
May 15 Rite Aid Cleveland Half Marathon Joyce Prohaska 2:28:03	July 29 USA Masters T&F 5K, Berea, OH Donna Graham 31:30 3 rd AG Joyce Prohaska 32:36 5 th AG Jack Shuter 44:41 AG
May 29, Coeur d'alene, Idaho Half Marathon Elaine Langford 3:00:52 3 rd AG	July 31 USA Master T&F 10K Berea, OH Donna Graham 1:05:19 5 th AG Joyce Prohaska 1:07:37 6 th AG Jack Shuter 1:35:09 AG
May 30, Upper Arlington Memorial Day 5 Miler Jack Shuter 1:10:36	August 20 Parkersburg News & Sentinel Half Marathon Cindi Leeman 3:07:37 Deb Chenault 3:16:34
June 4 Hall of Fame Senior Olympics, Canton, OH 1500 M race walk Joyce Prohaska 9:13:00 1 st OA 5K racewalk Joyce Prohaska 33:05	AG = age group; OA = overall; WOA = women overall; M = men overall

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:

September 10	Griggs Reservoir Park
September 17	Franklin Park
September 24	Alum Creek Bike Path
October 1	Whetstone Park
October 8	Sharon Woods Park
October 15	Worthington Hills Park
October 22	Griggs Reservoir Park
October 29	Franklin Park
November 5	Alum Creek Bike Path

- 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 to the walking location for the latest updates.